



Perinatal Mental Health: practical skills and resources.

A practical session for anyone actively working with mothers and babies.

Supporting mothers' emotional wellbeing through the common and often challenging psychological and social changes during the perinatal period is now recognised to be as important as the traditional focus on the physical health of the mother and child.

Increasing evidence about early brain development, emotional and behavioural wellbeing of infants within the context of their early relationship, has highlighted the critical importance of building a bond with the unborn baby, and sensitive early caregiving.

Working with women in the maternal setting who experience a range of mental health conditions can be challenging for those who have limited or no experience in this field.

This half-day session has been designed to provide essential information including perspectives on Aboriginal/Torres Strait Islanders and other culturally and linguistically diverse (CALD) populations, the difference between 'Baby Blues' and Post-Natal Depression (PND) and other commonly misunderstood terms and challenges.

A focus is made upon others in the world of a mother who are affected including Fathers, babies and staff.

Practical skills include an opportunity to run through a case study using the Edinburgh Postnatal Depression Scale (EPDS), communication exercises, and how to develop and maintain self-care when working in Maternal Mental Health.

Participants can anticipate completing the session with a sound, general overview of this important topic and an understanding of how the issues not only affect the birthing mother but many people around her including those in her care. Interpretation of the results as well as some resources for referrals.

Learning objectives of this training:

1. Clearer understanding of Perinatal Mental Health and how it impacts on families.
2. How to use and interpret the results of a screening tool for Perinatal Mental Health.
3. Where to send mothers, babies and families care and follow-up.



Lisa Paul has been a Registered Nurse/Midwife for over 28 years and has primarily worked across all areas of maternal care, management and facilitating new student Midwives both in the public and private sectors of healthcare. After the birth of her own child, Lisa went on to become a Calmbirth practitioner and it was during this time that Lisa developed a keen interest in the psychological aspects of Maternal care. Lisa then went on to study and complete her Graduate Diploma in Counselling through the Australian College of Applied Psychology and has since been working in private practice up until recently, where she took up a position as a Mental Health Clinician in Perinatal Mental Health – Raphael Services.

Lisa has presented to Hospitals and Community Groups and is passionate about helping other workers who need more support in feeling comfortable to work with couples who experience mental health issues around the time of becoming parents. Lisa is a 'Circle of Security Parenting Facilitator' and regularly runs courses and workshop with parents who are looking to learn about making stronger, more secure connections with their children and she also incorporates this knowledge into her individual client work.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 3 hours of face-to-face training is issued in the week following attendance at this event

Session Outline
3 hours

Perinatal Mental Health Defined.
Cultural Aspects of Perinatal Mental Health
Baby Blues, PND, Anxiety and Postnatal Psychosis
Birth Trauma and PTSD.

Short break

It's not just mum.....
What can we do to help? The importance of communication
Working with the Edinburgh Postnatal Depression Scale.
Self-Care – so important.
Referrals..
Evaluation and closing.

“If your team are need a concise training session to build on their knowledge of Perinatal Mental Health and leave with new skills, booking this half-day course be a valuable decision.”

Lisa Paul

How will you benefit from attending this training?

- Develop good general overview of Perinatal Mental Health Conditions
- Have the opportunity to practice using and interpreting an assessment tool specific to Perinatal Mental Health (Edinburgh Postnatal Depression Scale).
- Know about the ‘when and where to’ of referrals.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This three-hour workshop is suitable for anyone interested or working with mothers and babies including Midwives, Nurses, Doctors, Social Workers, Community and Case Workers, Counsellors and more.

Feedback form Lisa’s recent presentations to health professionals:

“This was such a positive experience of incredible knowledge for me. I see pregnancy and birthing so differently now!”

“I believe understanding the complexities of mental health in maternal care is an issue for all of us in health care. This has been very informing and opened my mind to things I never thought of before this. Thank you Lisa.”

“Great information! Great presentation! The techniques and resources are so useful. I am going to share all of this with my colleagues. Highly recommend this training.”

“A fantastic course that needs to be done by anyone working with new parents.”

“Lisa, you are incredible. You listen, you care and you made it possible for the group to talk about ask about absolutely anything. You gave us new information, normalised some of my fears and provided useful strategies and resources. So very glad we did this training.”

“We could not have had a better professional for this – warm, approachable, knowledgeable!”