

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FIRST FRIDAY FORUM

### Friday, January 7, 2022

Perinatal Mood and Anxiety Disorders: What All Clinicians Need To Know  
Gabrielle Mauren, Ph.D.

**Program:**

9:00 a.m. – 12:00 p.m.

*Introductory: Assumes post-doctoral education status  
and limited familiarity with topic.*

**Location:**

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

**ABOUT THE PROGRAM:**

*This program qualifies for 3.0 continuing education credits.*

One in five new moms and one in ten new dads will develop clinically sufficient levels of depression and/or anxiety. In this training, Dr. Gabrielle Mauren will give you a thorough introduction to Perinatal Mood and Anxiety Disorders to better equip you to assist your clients during times of life transition and/or reproductive challenges.

**Participants will be able to:**

1. Recognize the symptoms and diagnostic differentials for the range of Perinatal Mood and Anxiety Disorders, (e.g., baby blues, depression, anxiety, trauma, and psychosis).
2. Describe risk and contributing factors for developing Perinatal Mood and Anxiety Disorders.
3. Explain the treatment options for Perinatal Mood and Anxiety Disorders, including empirically supported psychotherapy models.

**ABOUT THE PRESENTER:**

**Gabrielle Mauren, Ph.D., LP**, is a psychologist and developer of the award-winning Reproductive Mental Health Program at Park Nicollet Health Services in Minnesota. She did her undergraduate studies, graduate studies, and postgraduate fellowship in Counseling Psychology at the University of Iowa, the University of Minnesota, and the University of Pennsylvania. She has been a featured speaker at local, national, and international conferences, and a contributor to articles on the topic of perinatal mental health. Gabrielle is passionate about helping parents to overcome psychological challenges of parenting and find the joy in making a family.

The speaker has indicated the following conflict of interest: The book, *Myself Again: The PARENTS Postpartum Survival Guide*, will be published by Praeclarus Press in late 2021.

**PLEASE NOTE:** You must attend the full program to get continuing education credit for the event.

**About First Friday Forums:**

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



# MPA First Friday Forum · January 7, 2022

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

## Registration is available until the event begins.

Fee:  MPA member: **\$60**  Non-member: **\$95**  Student: **\$15**  Retired-member: **\$30** (No CE Credit)\*

*\*Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

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Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

**Return To:**  
**Minnesota Psychological Association**

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