

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

FIRST FRIDAY FORUM

Friday, November 2, 2018

Mood and Anxiety Disorders During and After Pregnancy: Assessment and Treatment

Michelle Wiersgalla, M.D.; Gabrielle Mauren, Ph.D., LP

Registration:

8:30 – 9:00 a.m.

Program:

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level
and is designed for psychologists and other
mental health professionals.*

Location:

Metro State St. Paul Campus Library - Ecolab Room, located
on 3rd floor (645 East Seventh Street, St. Paul, MN 55106)

About the Program:

This program qualifies for 3.0 continuing education credits.

In this 3 hour training, we will cover the assessment and treatment of Perinatal Mood and Anxiety Disorders (PMADs). It is estimated that 1 in 7 new mothers will suffer from Postpartum Depression and up to 1 in 5 will struggle with Postpartum Anxiety. Given these statistics, it is essential that clinicians who treat women of reproductive age, have a recognition of, and competency in, PMADs. Attendees will be able to understand and differentiate between the "Baby Blues," Postpartum Depression, Postpartum Anxiety and OCD, and Postpartum Psychosis. Risk factors will be discussed including biological, environmental and personal factors. We will also report on the consequences of untreated PMADs. In the treatment section of the presentation, we will cover use of medication during pregnancy and lactation, providing attendees with an understanding of the research supporting the current recommendations. We will also dispel myths around the safety of psychiatric medication use during pregnancy. Lastly, we will cover the psychotherapy models that are empirically supported for the treatment of PMADs as well as other essential self-care strategies.

Participants will be able to:

1. Describe and differentiate between the "Baby Blues," Postpartum Anxiety and OCD, and Postpartum Psychosis.
2. Discuss the risk factors for developing perinatal mental health issues including the consequences of untreated PMADs.
3. Summarize the research supporting the use of medications for PMADs as well as psychotherapy interventions.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About the Presenters:

Michelle Wiersgalla, M.D., is a psychiatrist at Park Nicollet. She attended the University of Wisconsin Medical School in Madison and did her residency in psychiatry at the Harvard Longwood Program in Boston. She works as a psychopharmacology consultant to the Park Nicollet Women's Reproductive Mental Health Program and was previously a staff psychiatrist for the Hennepin County Medical Center Women's Mental Health Program. She sees general adult psychiatry patients as well as patients who are pregnant, planning pregnancy, or postpartum.

Gabrielle Mauren, Ph.D., LP, is a psychologist and the Clinical Manager for the adult psychotherapy practice at Park Nicollet Health Services. She earned her Master's and Ph.D. in counseling psychology from the University of Minnesota. She completed her pre-doctoral internship and post-doctoral fellowship at the University of Pennsylvania. She has worked in higher education and community mental health with patients from multicultural backgrounds struggling with a variety of mental and physical health concerns. Dr. Mauren has a clinical specialty in perinatal mood and anxiety disorders and is the clinical lead for Park Nicollet's Women's Reproductive Mental Health Program which maintains a focus on perinatal and reproductive mental health.

Gabrielle Mauren, Ph.D., LP and Michelle Wiersgalla, M.D. have reported no potential conflicts of interest.

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.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. 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.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



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. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

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If you register **by** October 19, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** October 19, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

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Return To:

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LOCATION: Metropolitan State St. Paul Campus Library, 3rd floor, Ecolab Room

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

