

Perinatal Depression: Recognizing and Treating Depression During Pregnancy and Postpartum

Program Description

Depression during pregnancy and the postpartum is a widespread, serious health problem for women, infants, and families. This workshop will explore the epidemiology of perinatal depression including cultural, risk and protective factors that influence the onset and course of this disorder. Assessment of depression during pregnancy and postpartum will be covered using the DSM-IV-TR and other empirically supported assessment tools. Differential diagnosis will focus on the comorbidity of symptoms related to depression and pregnancy as well as differentiating between normal mood changes and postpartum depression. An overview of empirically supported interventions will be presented as well as a basic introduction to engaging and treating women diagnosed with perinatal depression focusing primarily on techniques related to interpersonal psychotherapy.

Program Objectives

Upon completion of this workshop participants will:

1. Describe the prevalence of perinatal depression.
2. Identify cultural, risk and protective factors that influence the onset and course of perinatal depression.
3. Explain how to recognize, assess, and diagnose depression during pregnancy.
4. Describe the differences between symptoms of pregnancy and symptoms indicating depression.
5. Explain how to recognize, assess, and diagnose postpartum depression.
6. Identify the differences between normative postpartum mood changes and postpartum depression.
7. Describe the increased knowledge of the range of available empirically supported interventions for the treatment of perinatal depression.
8. Explain how to gain basic, beginning skills for engaging and treating perinatal depression.
9. Identify the symptoms and risk associated with perinatal depression and how to seek help.

Target Audience

Mental health, substance abuse and health and human service professional who work with this population.

Credit

6.0 contact hours

Program Agenda

9:00 am	Overview of Perinatal Depression
10:00 am	Diagnosing Depression during Pregnancy
10:30 am	Break
10:45 am	Diagnosing Postpartum Depression
11:30 am	Review of Diagnostic Tools
12:00 pm	Lunch
1:00 pm	Overview of Empirically Supported Interventions

1:45 pm	Risk Factors and Treatment Engagement
2:30 pm	Break
2:45 pm	Brief, Culturally Relevant Intervention Strategy Applied
3:30 pm	Case Study Review
4:30 pm	Wrap-Up/Evaluations/Adjourn

Faculty

Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects over two decades of experience conducting community based as well as and national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China. Additionally, she has been consulting editor for Social Work Research and Social Work and on the editorial review board of Research on Social Work Practice, Social Work in Mental Health, and Social Work in Health Care.