

*You are Invited to Participate in a Virtual Workshop*

***Perinatal Emotional Complications:  
What Every Provider Needs to Know***  
**Training for mental health clinicians and community-based  
organizations**



Presented by Deborah Issokson, Psy.D.

***Objectives:***

- Participants will be able to assess perinatal mental health and differentiate between perinatal depression, anxiety and PTSD.
- Participants will gain treatment strategies for perinatal emotional complications.
- Participants will become knowledgeable about community resources and support services for childbearing families.

**Who should attend:**

**LMHC/LMFT/LICSW/LCSW/Nurses/Nurse Practitioners/Family  
Support Staff/Childcare Providers/Early Intervention/  
DCF Staff/Pediatric Providers/Lactation Consultants**

**Date: Wednesday, March 9, 2022**

**Time: 6:00-8:00PM**

**Location: Virtual Zoom Format-Link provided upon registration**

**Fee: Free, registration required**

**CEU Information: We are applying for LSW, LICSW, and LMHC CEU's. All others will receive a certificate of contact hours.**

**To Register, email: [marywilsonearlyedconsult@yahoo.com](mailto:marywilsonearlyedconsult@yahoo.com)**

**Please register by March 1<sup>st</sup>. You will receive confirmation of registration on 3/1/22.**  
Please send your name/discipline/region you serve. We will follow up on March 1<sup>st</sup>.

## Description of Program:

Some of your clients will become pregnant and bear or adopt a child. There is a 10-20% chance that this client will struggle with perinatal emotional complications including depression and anxiety and an 80% chance that there will be other stresses of the perinatal period. 50% of people struggling with these perinatal disorders go undetected and untreated. Timely evaluation and treatment is of utmost importance for the health and well-being of the birthing parent, baby and the whole family. This workshop will provide you with information and material that will assist you in your work with childbearing clients. You will learn how to assess prenatal and postpartum mental health; you will learn how to shape therapy and support services with this client during the perinatal period; you will become knowledgeable about community resources and support services for pregnant and postpartum families.

## Biographical Sketch

Deborah Issokson, Psy.D., a graduate of the Massachusetts School of Professional Psychology, is a licensed psychologist specializing in perinatal mental health. Since 1993, she has provided psychotherapy for women and their partners as well as training, supervision and consultation to healthcare and mental health professionals and graduate students in the area of reproductive mental health. She is a frequent guest speaker at national and local conferences, schools, and professional and community organizations.

Deborah is a published author and contributor to several books and articles. She is co-author of chapter 21, *Postpartum*, in *Our Bodies Ourselves* for the New Century, 1998 and chapter 23, *The First Year of Parenting* in *Our Bodies Ourselves: A New Edition for a New Era*, 2005. She is also a contributor to *Our Bodies Ourselves, Pregnancy & Birth*, 2008 and the 2011 revised edition of *Our Bodies Ourselves*. She has served as a consultant to authors in print media as well as on-line and is quoted in numerous publications, both in print and on-line. She maintains a private practice, *Counseling for Reproductive Health & Healing*.

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**Department of  
Early Education and Care**