

# Complex-PTSD: Essential knowledge for good perinatal mental health care

## LIVE ZOOM WEBINAR

Dr Alain Gregoire chairs an inspiring live webinar with national expert speakers on what is probably the most common, yet also the most neglected condition in perinatal mental health care. Aimed at consultant psychiatrists, psychologists and all other professionals across the perinatal mental health pathways of care, each talk is followed by submitted questions from the audience and live answers.

*Not only suitable, but **important** training for all professionals involved with women and their babies during the perinatal period.*

**FOR FURTHER INFORMATION AND BOOKING CONTACT: [coursescentre@gmail.com](mailto:coursescentre@gmail.com)**

- 9.00 **Connect and welcome**
- 9.15 Perinatal mental health and C-PTSD  
*Dr Alain Gregoire*
- 10.00 Challenging personality disorder  
*Interview with Professor Louis Appleby*
- 10.20 Understanding  
*Dr Laura Richmond*
- 11.00 Pre-natal adversity  
*Interview with Professor Vivette Glover*
- 11.20 **Break and Quiz**
- 11.40 The neurodevelopmental effects of early life adversity  
*Professor Eamon McCrory*
- 12.25 Defining and identifying C-PTSD  
*Professor Thanos Karatzias*
- 1.00 **Break and Quiz**
- 1.30 What would help  
*Dr Laura Richmond*
- 2.10 Psychological interventions for C-PTSD in the perinatal context  
*Dr Cerith Waters*
- 2.45 Relationship with baby in parents with early trauma  
*Dr Kirsten Barnicot*
- 3.20 **Break and Quiz**
- 3.40 Enhancing relationship with baby in parents with early trauma  
*Dr Kirsten Barnicot*
- 4.10 Multidisciplinary perinatal MH care for C-PTSD  
*Dr Alain Gregoire*
- 4.40 Q&A for Kisten; Final quiz, answers, reflections, key messages
- 5.00 **Close**