

# PERINATAL MENTAL HEALTH

## THE NATIONAL TRAINING COURSE

Dr Alain Gregoire (35 years in perinatal psychiatry and 20 years running this course) chairs two inspiring days of internationally renowned expert speakers, providing evidence-based, up to date and clinically relevant knowledge covering most areas of the NHSE Competency Framework and the Scottish Curricular Framework. Each live talk is followed by submitted questions from the audience and live answers.

**Wednesday 2<sup>nd</sup> and  
Thursday 3<sup>rd</sup> October  
2024  
Zoom Webinar**

### Feedback from previous courses:

"Brilliant course - would highly recommend"  
"Very, very interesting and highly relevant"  
"Thank you for the opportunity to be taught so well by such high quality specialists"  
"The best course I have ever been on in perinatal mental health. Or anything else!"

**Suitable for** any health and social care professional in adult or child mental health, including psychologists, psychiatrists, mental health nurses, IAPT practitioners, mental health social workers, child social workers; midwives, obstetricians, GPs and health visitors with a special interest in perinatal mental health; all clinicians and managers involved in specialist perinatal mental health services.

### DAY 1

- 9.00** Connect and welcome
- 9.10** Good perinatal MH care for all, by all  
*Alain Gregoire*
- 10.00** Bipolar disorder and postpartum psychosis  
*Ian Jones*
- 11.00** Break and quiz
- 11.20** Intergenerational mental health: effects on the fetus and epigenetics  
*Vivette Glover*
- 11.50** Perinatal MH and Child development  
*Rebecca Pearson*
- 12.20** Partners' Mental Health  
*Paul Ramchandani*
- 12.50** Break and Quiz
- 1.20** Why do we care? A partner's experience  
*Raj Bunger*
- 2.10** Good care for partners: what we can do  
*Paul Ramchandani*
- 2.40** Domestic violence and perinatal mental health: what we know  
*Hind Khalifeh*
- 3.10** Break and Quiz
- 3.30** Domestic violence and perinatal mental health: what we can do  
*Hind Khalifeh*
- 4.00** Women with terrifying intrusive thoughts  
*Peter Lawrence*
- 4.50** Quiz Answers, reflections
- 5.00** Close

### DAY 2

- 9.00** Connect and welcome
- 9.10** Intergenerational transmission of psychological disadvantage  
*Alain Gregoire*
- 10.00** Why do we care? A personal experience  
*Laura Richmond*
- 10.50** Break and quiz
- 11.10** Psychological models  
*Hannah Wilson*
- 11.40** Trauma informed care: how should we care?  
*Alain Gregoire*
- 12.10** Psychological interventions  
*Hannah Wilson*
- 12.40** Break and Quiz
- 1.10** Helping parents understand babies  
*Susan Pawlby*
- 1.50** VIG: transforming parent-baby relationships  
*Hilary Kennedy*
- 2.30** Making sure we reach all communities: latest results of the ESMI study of UK perinatal services  
*Heather O'Mahen*
- 3.20** Break and quiz
- 3.40** Medication in pregnancy and postnatally: principles and practice  
*Alain Gregoire*
- 4.45** Quiz Answers, reflections
- 5.00** Close