Overview
Mental health problems affect 20% of women in the perinatal period and suicide is one of the leading causes of maternal mortality. Many women are not recognised as being unwell and go untreated. Stigma in relation to mental health problems is a further barrier to women seeking appropriate help and support. Specialist perinatal mental health services are being developed across the UK and there is a need for all professionals who work with women in pregnancy and the postnatal period to have skills in detecting, assessing and managing the conditions.

This 2 day intensive course for obstetricians, gynaecologists, midwives, health visitors, GPs and mental health professionals will increase understanding of maternal mental disorders (nature, course, assessment and management) and the associated skills required in maternity services. The course will be delivered by experts from psychiatry, psychology, psychotherapy, obstetrics and midwifery in Perinatal Mental Health and the content will reflect the HEE PMH Competency Framework objectives.

Learning Objectives
- To enable obstetrics and gynaecology doctors, midwives and allied professionals to identify and understand the aetiology, nature and course of mental health problems in pregnancy and the first year following childbirth
- To understand the characteristics of disorders in the perinatal period which contribute to complexity and risk across physical, emotional and social domains
- To enable participants to reflect on the role of stigma as a barrier to effective identification and management of mental disorders
- To understand current developments in relation to services, care pathways and clinical networks
- To understand that each discipline has a role to play in the care of women with mental disorders and to understand multi-disciplinary and multi-agency working and the need for good communication
- To update professionals on the latest developments in management and treatment of mental disorders in the perinatal period (including physical and psychological strategies)
- To understand the effects of maternal mental health problems on the developing fetus and infant
- To understand how the participants can contribute to the development and provision of services

Who Should Attend?
- All Consultants, SAS Doctors and Trainees in Obstetrics and Gynaecology
- Midwives
- Nurse Specialists
- Obstetric anaesthetists and physicians
- GPs
- Neonatologists
- Medical Students
**Course Organisers**
Dr Liz McDonald FRCPsych, MPhil, DU, London
Dr Karen Joash MRCOG, London
Dr Maddalena Miele MRCPsych, D Phil, London

**Honorary Director of Conferences**
Mr Philip Toozs-Hobson FRCOG, Birmingham

**Honorary Deputy Director of Conference**
Mr Andrew Sizer FRCOG, Shropshire

**PROGRAMME**

**Thursday 13 December**

**Mental Disorders**

8.45am  *REGISTRATION AND REFRESHMENTS*

**Session I**  
*Chair: Dr Liz McDonald*

9.15am  **Welcome and introduction**
Prof Lesley Regan and Maria Viner, Chief Executive Officer, Mothers for Mothers

9.35am  **The perinatal frame of mind: what is this and what does it mean for training and educating professionals?**
Dr Liz McDonald, Consultant Perinatal Psychiatrist

10.20am  **The obstetricians role within the development and provision of perinatal mental health services**
Miss Karen Joash, Consultant in Obstetrics and Gynaecology, Imperial NHS Healthcare Trust, London

10.45am  **Discussion**

11.00am  *REFRESHMENTS*

**Session II**  
*Chair: Dr Maddalena Miele*

11.20am  **Psychosis in the perinatal period**
Prof Ian Jones, Director NCMH, Professor of Psychiatry, Cardiff University

11.50am  **Birth trauma and PTSD**
Prof Susan Ayers, Professor of Maternal and Child Health, City, University of London

12.20pm  **Maternal anxiety and OCD in the perinatal period**
Dr Heather O’Mahren
12.50pm  Discussion

1.05pm  LUNCH

Session III
Chair: Dr Alison Wright

1.45pm  Perinatal depression
Dr Lucinda Green, Private Consultant Perinatal Psychiatrist – Priory
Wellbeing Centre, Portland Hospital & Women’s Wellness Centre

2.15pm  Substance misuse and alcohol dependency in pregnancy
Dr Emily Finch, Clinical Director, Southwark Central Acute and Addictions
Directorate, South London and Maudsley NHS Foundation Trust

2.45pm  Eating disorders in pregnancy and the perinatal period
Dr Niki Kern

3.15pm  Discussion

3.30pm  REFRESHMENTS

Session IV: Workshop Session A
Delegates can choose only one breakout group from below

3.50pm  1. Pre-birth planning: working within a multi-agency framework
Dr Olivia Protti, Consultant Perinatal Psychiatrist, City and Hackney Centre
for Mental Health, Homerton Hospital

Dona Thomas

Ms Jill Demilew, Consultant Midwife Public Health, King’s College Hospital,
London

2. Working together: joint obstetric and psychiatric management
of complexity in the antenatal period
Dr Neha Rawat, Consultant Perinatal Psychiatrist, Goodmayes Hospital,
Ilford

Dr Farida Bano, Consultant Obstetrician and Gynaecologist, Barking,
Havering and Redbridge University Hospitals NHS Trust, London

3. Lived experience – what do women want from their healthcare
practitioners and how can we support their partners?
Ms Clare Dolman, Service User Research, Institute of Psychiatry, Psychology
and Neuroscience, London

Dr Henry Fay, Former GP with first-hand family experience of postpartum
psychosis
4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways
Dr Sarah Finnis, Clinical Psychologist, Hillingdon Hospital, Uxbridge
Ms Elizabeth Siddell, Senior Cognitive Behavioural Therapist, Gilbert Hitchcock House, Bedford

Session V: Workshop Session B
Delegates can choose only one breakout group from below

4.25pm 1. Pre-birth planning: working within a multi-agency framework
Dr Olivia Protti, Dona Thomas and Ms Jill Demilew

2. Working together: joint obstetric and psychiatric management of complexity in the antenatal period
Dr Neha Rawat and Dr Farida Bano

3. Lived experience – what do women want from their healthcare practitioners and how can we support their partners?
Ms Clare Dolman and Dr Henry Fey

4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways
Dr Sarah Finnis and Ms Elizabeth Siddell

5.00pm CLOSE of DAY ONE

Friday 14 December

8.45am REGISTRATION AND REFRESHMENTS

Chair: Dr Maddalena Miele

9.00am Welcome and introduction
Dr Trudi Seneviratne

9.10am My experience: taking medication
Rosie Lowman, Chief Executive Officer, Cocoon Family Support

Session VI: Prescribing psychotropic medication during pregnancy and breastfeeding

9.30am General principles
Dr Liz McDonald
9.50am  Prescribing anti-psychotic drugs and mood stabilisers
Dr Angelika Wieck, Honorary Perinatal Consultant Psychiatrist, Greater Manchester Mental Health NHS Foundation Trust

10.20am  Prescribing anti-depressants
Prof Ian Jones

10.45am  Prescribing sedative, anxiolytic and hypnotic drugs
Dr Angelika Wieck

11.00am  Discussion

11.05am  REFRESHMENTS

Session VII: Understanding the effects of maternal mental health problems on the developing infant and family, perinatal loss and safeguarding
Chair: Dr Sonji Clarke

11.20am  Normal infant emotional development and effects of maternal mental health problems
Prof Jane Barlow, Professor of Evidence Based Intervention and Policy Evaluation, University of Oxford

11.50am  Is reproductive mental health overlooked? Why it matters and what we can do about it
Dr Camilla Rosan, National Programme Lead for Perinatal Mental Health and Consultant Perinatal Clinical Psychologist, London

12.30pm  Safeguarding children – issues in relation to PMH
Dr Heidi Hales, Consultant Adolescent Forensic Psychiatrist, St Bernard’s Hospital, London

12.55pm  Discussion

1.05pm  LUNCH

Session VIII
Chair: Dr Karen Joash

1.45pm  Evaluation of major risk – lessons from maternal deaths enquiries
Prof Marian Knight, Professor of Maternal and Child Population Health, University of Oxford

2.10pm  Abnormal illness behaviour in the antenatal period
Dr Catia Acosta, Consultant Perinatal and Liaison Psychiatrist, Chelsea and Westminster Hospital

2.50pm  Hormones and the brain
Dr Michael Craig
3.15pm Discussion

3.25pm REFRESHMENTS

**Session IX: Workshop Session C**
Delegates can choose only one breakout group from below

3.45pm

1. Perinatal mental health clinical networks, care pathways
Ms Jo Maitland, London Perinatal Mental Health Network Coordinator; Perinatal Mental Health Training and Service Development Lead, Tavistock and Portman NHS Foundation Trust, London

Dr Sarah Taha, Chair of the London Perinatal Mental Health Network, Consultant Perinatal Psychiatrist, West London Mental Health Trust

Miss Karen Joash

Emma Fox sharing her experience of being involved in the London Perinatal Network and the importance of co-production

2. Pre-pregnancy counselling for women with severe mental health problems
Dr Maddalena Miele and Mrs Jenny Fay

3. Training maternity staff in the identification of maternal mental health problems
Dr Lucinda Green

Miss Louise Page, Consultant Obstetrician and Gynaecologist, Chelsea and Westminster Hospital NHS Foundation Trust – West Middlesex Site, London

**Session X: Workshop Session D**
Delegates can choose only one breakout group from below

4.20pm

1. Perinatal mental health clinical networks, care pathways
Ms Jo Maitland and Dr Sarah Taha, Miss Karen Joash and Emma Fox

2. Pre-pregnancy counselling for women with severe mental health problems
Dr Maddalena Miele and Mrs Jenny Fay

3. Training maternity staff in the identification of maternal mental health problems
Dr Lucinda Green and Miss Louise Page

5.05pm CLOSE