

Confronting Maternal Depression:

Strategies for Recognizing Depression, Supporting Mother's Recovery, and Sustaining the Child's Healthy Development

Presented by: **Martha Farrell Erickson, Ph.D.**

Project ABC is a collaboration between CHLA, CII, LACDCFS, LACDMH & USC



Friday, February 27, 2009

8:00 am – 4:00 pm

California Endowment

1000 N Alameda, LA, CA 90012

Martha Farrell Erickson, Ph.D. has had a long and distinguished career at the University of Minnesota, linking research, practice and policy in the areas of parent-child attachment, child abuse prevention and children's mental health. Building on her research on parent-child attachment and attachment-based interventions she has developed with Byron Egeland, Marti speaks and consults extensively throughout the U.S. and abroad.

Continuing Education Requirements: CE's are offered for **PSY, MFT, LCSW, and BRN**. Course meets the qualifications for 6.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Children's Institute, Inc. provider # PCE 498. Children's Institute, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's Institute, Inc (provider # CEP 8409) is approved by the California Board of Registered Nursing for 6.5 contact hours. Children's Institute, Inc. maintains responsibility for this program and its content.



Children's Hospital Los Angeles designates this educational activity for a maximum of 6.5 hours AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may be applied CMA Certification in Continuing Medical Education.

SUMMARY:

Countless mothers suffer the debilitating effects of depression, from the mild and relatively transient "baby blues" to major clinical depression or even depression-related psychosis. Even in its mildest forms, maternal depression can undermine good parenting and compromise a child's health, safety and development. Too often depression is undiagnosed, untreated and misunderstood, which magnifies its negative consequences for the whole family. In this interactive workshop, Dr. Erickson will draw on both research and practical experience to help participants learn to recognize different types of depression; understand its effects on the parent-child relationship and the child's development; address social and cultural barriers to seeking help; and use strength-focused strategies to support the mother's recovery and promote positive parent-child relationships even in the face of this challenging mental health problem.

LEARNING OBJECTIVES:

1. Identify different types of maternal depression and the pattern of symptoms that characterize each
2. Describe major ways depression affects a mother's perceptions and behavior with respect to her children
3. Identify major factors that often are barriers to women getting appropriate diagnosis and/or treatment for depression
4. Given practice dilemmas, generate for each at least three positive actions you could take to support the mother's recovery and promote the child's well-being and healthy development

Fulfills 6.5 hours of California Training Guideline D.

PLEASE PRINT CLEARLY

Name _____

Email (for confirmation of receipt, print clearly) _____

Mailing Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____

Pay by Credit Card: Visa Mastercard American Express

Card Number _____ Exp Date _____

For your security, please include the last 3 digits of the number on the back of your card: _____

Signature _____

To Pay by Check, please make payable to: **Children's Institute / Project ABC**

- All registration forms **must be accompanied w/payment**. Please retain a copy of your registration form.
- There are no registration refunds issued for cancellation, but substitutions are allowed.
- To order & receive CE's, please indicate type of license (e.g. MFT, LCSW), state of issuance & license #.

Type: _____ State: _____ License #: _____

Open to the first 100 registrants only. This will fill quickly. Payment required w/registration.

Registration includes breakfast & lunch. Free onsite parking available.

Registration.....\$115

CE Fee, 6.5 credits.....\$15

CE credit is optional

Please indicate Total:

\$115 or **\$130(w/CE)**

Please fax or mail completed registration form & payment to:

Project ABC
Attn: Maureen Maki
155 N Occidental Blvd, Ste 246
Los Angeles, CA 90026

Fax: 213-383-5963

Contact: mmaki@chla.usc.edu
213-383-5992

www.projectabc-la.org