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.

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.

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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.

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Registration includes breakfast & lunch. Free onsite parking available.
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