

Preventing Postpartum Depression: The PREPP Program, a Dyadic Approach Adjunctive to Obstetric Care

Workshop Description

This workshop will instruct participants in the PREPP intervention, a preventive treatment for postpartum treatment that targets the mother-infant dyad, including the use of role play to learn some of the intervention approaches. By the end of the workshop, participants will be familiar with the background supporting the intervention and what each of the 6 coaching sessions covers. The workshop will serve as the first step in certification as a trained PREPP coach; next steps would involve engaging in follow up on line learning and Zoom-based supervision, practice sessions with two non-patients reviewing tape recorded provision of the PREPP intervention with four patients.

Registration Fee

\$250

Target Audience

Mental health clinicians aiming to help pregnant women with heightened stress and/or symptoms of depression and/or anxiety.

Presented by

Catherine Monk, PhD

Catherine Monk is a Professor in the Departments of Obstetrics & Gynecology and Psychiatry at Columbia University Irving Medical Center and Research Scientist VI at the New York State Psychiatric Institute. Dr. Monk oversees the [integrated women's mental health program in Obstetrics & Gynecology](#). Dr. Monk's research brings together the fields of psychopathology, developmental psychobiology, developmental neuroscience, and perinatal psychiatry to focus on the earliest influences on children's developmental trajectories—those that happen *in utero*—and how to intervene early to prevent mental health problems.

Elizabeth Werner, PhD

Elizabeth Werner is a Professor in the Departments of Obstetrics & Gynecology and Psychiatry at Columbia University Irving Medical Center and Research Scientist VI at the New York State Psychiatric Institute. Dr. Monk oversees the [integrated women's mental health program in Obstetrics & Gynecology](#). Dr. Monk's research brings together the fields of psychopathology, developmental psychobiology, developmental neuroscience, and perinatal psychiatry to focus on the earliest influences on children's developmental trajectories—those that happen *in utero*—and how to intervene early to prevent mental health problems.