

# Utilizing Relational Assessment to Focus Mother-Infant Dyadic Therapy in the Context of Postpartum Depression, Anxiety and Trauma History

## Workshop Description

The presence of Postpartum Depression and Anxiety, along with frequent co-morbid parental history of relational trauma, can have a significant impact on the developing mother-infant relationship. The Brief Parent-Child Early Relational Assessment (B-ERA) is a valid and reliable tool that allows for development of a Relational Profile and engages parents in assessing their relationship with their infant utilizing video recording of mother-infant interactions, a video replay interview with the mother that also explores her history of being parented, as well as collaborative goal setting to support the mother-infant relationship.

The Mother-Infant Therapy Group for Postpartum Depression (M-ITG) is an evidence-based treatment approach that offers a concurrent Mothers' Therapy group and an Infant Developmental Group, followed by a Mother-Infant Dyadic Therapy Group. Equivalence of M-ITG with Interpersonal Psychotherapy (IPT) was established in an NIMH funded RCT in the significant reduction of depressive symptoms and recovery and recurrence rates of Major Depressive Disorder. Maternal unresolved trauma and loss in the mother's early attachment relationships contributed to variability in the improvement seen in mother-infant relational outcomes. Thus, the refinement and dissemination of the M-ITG approach, in clinical and community settings, integrates a focus on mothers' early attachment relationships as well as trauma focused mindfulness and body-based practices. This three-hour workshop will introduce the B-ERA process and M-ITG treatment of postpartum depression, which offers amelioration of depressive symptoms, psychotherapeutic processing of relational trauma and support for the mother-infant relationship to ensure optimal benefit to the woman's well-being, the quality of the mother-infant relationship and infant outcomes. Participants will have the opportunity to create a relational profile of areas of strength and concern with the B-ERA and extend this to specific M-ITG treatment strategies and learn about this successful therapeutic model that addresses both postpartum mental health and directly supports the mother-infant and family relationships.

## Workshop Start Time

US - Pacific	US - Mountain	US - Central	US - Eastern	BRT (Brasília)	BST (British Summer Time)	CEST (Central European Summer Time)	SAST (South Africa Standard Time)	IST (India Standard Time)	JST (Japan Standard Time)	AEST (Australian Eastern Standard Time)	AEDT (Australian Eastern Daylight Time)
Mon 12:00 PM	Mon 1:00 PM	Mon 2:00 PM	Mon 3:00 PM	Mon 4:00 PM	Mon 8:00 PM	Mon 9:00 PM	Mon 9:00 PM	Tue 12:30 AM	Tue 4:00 AM	Tue 6:00 AM	Tue 7:00 AM

## Registration Fee

\$75

## Target Audience

Clinicians supporting postpartum women with depression and co-morbid disorders

## **Presented by**

### **Roseanne Clark, PhD**

Roseanne Clark, PhD, is a Professor in the Department of Psychiatry, University of Wisconsin School of Medicine and Public Health and is the Co-Founder and Faculty Director of the UW Capstone Certificate Program in Infant, Early Childhood and Family Mental Health. Dr. Clark developed and was Director of the Parent-Infant and Early Childhood Clinic in the UW Department of Psychiatry as well as the UW Postpartum Depression Treatment Program. Dr. Clark developed the widely used Parent-Child Early Relational Assessment (PCERA), The Brief Early Relational Assessment (B-ERA) and the Mother-Infant Therapy Group Approach for Postpartum Depression (M-ITG). For over 35 years, Dr. Clark's research and writing have focused on screening, evaluation and treatment of postpartum depression and infant and early childhood mental health and early parent-child relationships at-risk. She has been committed to conducting research to inform policy and practices that impact underserved women, their infants and families in the childbearing/childrearing years. Dr. Clark has been invited to serve on state and national scientific advisory committees including the the National Institute of Mental Health Roundtable on Perinatal Depression, the NIMH Workgroup on Assessment of Infant/Toddler Mental Health and the SAMSHA Expert Meeting on Maternal Depression. Dr. Clark has been Principal Investigator and Co-Investigator on numerous NIH funded studies including a randomized clinical trial examining the efficacy of a mother-infant relational approach for women experiencing major depression in the postpartum period and the CDC funded Prevention Research Center whose core research project focuses on Addressing Postpartum Depression in Wisconsin Home Visiting Programs.

### **Jen Perfetti, LPC**

Jen Perfetti, LPC, is a Licensed Counselor and an Endorsed Infant Mental Health Clinician. She is the Clinical and Professional Development Coordinator within the UW Department of Psychiatry Parent-Infant Mental Health Programs and the UW Prevention Research Center. She founded Luna Perinatal Counseling, a psychotherapy practice focused on serving women and couples during the pregnancy, postpartum and early parenting periods. Ms. Perfetti co-facilitates a Mother-Infant Therapy Group for mothers experiencing postpartum depression, their infants and families in underserved counties across the state, provides professional development to Home Visitors and mental health clinicians on maternal mental health and mother-infant relationships and provides Reflective Mental Health Consultation to Public Health Madison and Dane County. Ms. Perfetti is core faculty with the Infant, Early Childhood and Family Mental Health Capstone Certificate Program, where she teaches and provides reflective mentoring and consultation.