



Science. Compassion. Action

GP Program

# Perinatal in Practice

## Audience

GP Registrars; GPs; Practice Nurses;  
Midwives; Aboriginal Health Workers;  
Psychologists; Counsellors & Other  
Allied Health Professionals

## Duration & Format

9-hours  
Face to  
face  
(plus morning tea, lunch,  
and afternoon tea)

## Topics

**Topic 1:**  
Transition to Parenthood  
**Topic 2:**  
Understanding Attachment  
**Topic 3:**  
Screening & Diagnosis  
**Topic 4:**  
Postnatal Management  
**Topic 5:**  
Antenatal Management

## Description

This workshop aims to introduce health professionals to the current understanding of perinatal mood disorders and its management, using lecture, case studies and interactive exercises.

## Learning outcomes

- Recognise the psychosocial stressors that commonly affect parents in the perinatal period.
- Opportunistically screen women for perinatal mood disorders using a screening tool and clinical interview.
- Diagnose perinatal mood disorders as distinct from commonly experienced adjustment difficulties.
- Assess the risk of untreated perinatal depression for the mother-baby dyad.
- Select appropriate medications for pregnant and breastfeeding women when pharmacological treatment is indicated.
- Develop a comprehensive management plan using a MHTP for women with perinatal mood disorders.

## Accreditation

- 9 CPD hours incl. 5.5 hrs Education Activity & 3.5 hrs Reviewing Performance (ACRRM & RACGP).
- Mental Health CPD (GPMHSC).
- 9 hrs CPD (Psychologists).

Scan to Register



Saturday, 16<sup>th</sup> March 2024  
9:00AM - 5:00PM  
Dubbo RSL Memorial Club – Jacaranda  
Room, 178 Brisbane St, Dubbo NSW  
2830

**FREE - This activity is funded by the Western NSW  
PHN for AHP/Midwives/GPs/GP  
Registrars/Practice Nurses/Aboriginal Health  
Workers/Counsellors/Psychologists in the Western  
NSW region.**



Register **online** or at [education@blackdog.org.au](mailto:education@blackdog.org.au)

