



**Advanced Evaluation & Management of Psychiatric  
Illness in Reproductive Age Women for  
Primary Care & Obstetric Clinicians  
Faculty: Adria Goodness, CNM, PMHNP**

**Friday January 27, 2017**

Topics covered will include:

- Hormones, Mood, Pregnancy
- Maternal Psychiatric Treatment: Informed consent, ethics, and pharmacology
- Antidepressant Safety for Pregnant & Breastfeeding Women
- Recognition of Bipolar and Psychotic Disorders in Reproductive Age Women

Location	Time	Parking
Lloyd 700 Building 700 NE Multnomah St 3 <sup>rd</sup> Floor Conference Room	Registration: 7:30-8am Program: 8-5 <i>*Lunch on your own</i>	Please visit <a href="http://www.whwpdx.com">www.whwpdx.com</a>

*Space is limited. This training is designed to be interactive and will have a limited number of participants.*

*This activity is approved for 8.0 contact hour(s) of continuing education (which includes 3.0 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 16102401. This activity was planned in accordance with AANP CE Standards and Policies.*

**Cancellation Policy: May cancel for full refund less \$20 administrative fee up to 20 days prior workshop. 50% refund provided between 20 and 2 days. No refunds within 48 hours of workshop though may qualify for application to future workshops. Printed manuals will only be distributed to those in attendance.**

To register complete the following or contact us at 503-729-1380 or [info@whwpdx.com](mailto:info@whwpdx.com)

Advanced Evaluation & Management of Psychiatric Illness in Reproductive Age Women for Primary Care & Obstetric Clinicians, Friday January 27, 2017 Phone: 503-729-1380      FAX: 503-841-6343	Mail to: 700 NE Multnomah St, Suite 275, Portland, OR 97232 Email: <a href="mailto:info@whwpdx.com">info@whwpdx.com</a>
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Name/Degree/License number: \_\_\_\_\_

Street/Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

After December 20<sup>th</sup>  \$175;      Early Bird (post marked/rcvd by December 15<sup>th</sup>)  \$160

I want the training/reference manual  \$18 (slides will not be printed for participants; limited supply available at workshop)

Charge: \$ \_\_\_\_\_ Credit Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVV \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ Signature: \_\_\_\_\_

## THE PROGRAM

*Advanced Evaluation & Management of Psychiatric Illness in Reproductive Age Women for Primary Care & Obstetric Clinicians* is an exploration of the advanced skill set necessary for primary care and obstetric clinicians to recognize and treat anxiety and depression in women with confidence. The diagnostic process for psychiatric disorders will be broken down into discrete steps, and common DSM-V terminology and diagnoses will become more familiar. Additionally, a depth review of serious psychiatric presentations will hone the clinician's ability to construct a comprehensive "differential." Finally, we will explore the full complement of treatment options for psychiatric distress and discuss the unique ethical and clinical challenges inherent in prescribing for preconception, pregnant, and breastfeeding women.

### RECOMMENDED READING

Consider reading a thoughtful article by Andrew Solomon that will set the stage for increasing your knowledge. "The Secret Sadness of Pregnancy with Depression," which was published in May 2015 in *The New York Times Magazine*, provides a sensitive and nuanced look at the struggles of women with psychiatric illness during pregnancy. Solomon also hints at the challenge faced by clinicians caring for this population – a dilemma that will be explored in depth during the training. This article can be accessed by searching the title and author, or by going directly to <http://www.nytimes.com/2015/05/31/magazine/the-secret-sadness-of-pregnancy-with-depression.html>

### WORKSHOP SCHEDULE

7:30 - 8:00	Registration
8:00 - 9:15	Session I: Hormones, Mood, & Pregnancy – An Overview
9:15 - 9:30	Break
9:30 - 10:45	Session II: Assessment & Diagnosis of Common Psychiatric Symptoms in Women
10:45 - 11:30	Session III: Recognition of Bipolar & Psychotic Disorders in Reproductive Age Women
11:30 - 12:30	Lunch (No host)
12:30 - 2:00	Session IV: Effective Strategies for Treating Depression and Anxiety in Women
2:00 - 2:45	Session V: Maternal Psychiatric Treatment: Informed Consent, Ethics, & Pharmacology
2:45 - 3:00	Break
3:00 - 4:15	Session VI: Antidepressant Safety for Pregnant & Breastfeeding Women
4:15 - 5:00	Session VII: Treatment Goals & Strategies for Reproductive Age Women with Bipolar and Psychotic Disorders
5:00 - 5:30	Discussion and Questions

### FACULTY

Adria Goodness, CNM, PMHNP is a Psychiatric Nurse Practitioner and Certified Nurse Midwife in Portland, Oregon. She completed her Master of Nursing (Midwifery) and her Post-Masters certificate in Psychiatric Mental Health Nursing at Oregon Health & Science University. From 2003 to 2013, Adria worked as a CNM in the Portland area. In 2011, she opened her private psychiatric practice, which she states, "draws from midwifery philosophy in striving to create a health care experience that 'respects human dignity, individuality and diversity among groups'." Adria now treats preconception, pregnant, and postpartum women with emotional and psychiatric distress as a specialist in Reproductive Psychiatry. She has developed a particular interest in supporting clinicians in their care of women, and of themselves.