

## Greater Manchester pregnancy, family and mental health training webinars

We are pleased to announce the Greater Manchester Pregnancy, Family and Mental Health training programme. Across 12 weeks from 14<sup>th</sup> January to 1<sup>st</sup> April 2020 at lunchtime, we will run webinars by experts to explore the importance of parental mental health and the parent infant relationship. We will explore what factors may impact the perinatal experience and how as GM services we can support families across GM in this crucial period.

These webinars are for health or social care professionals who work with young children, parents and families across Greater Manchester.

### Webinar 1 - Perinatal Mental Health the Obstetric View

Date: Thursday 14 January 2021

Time: 1200 – 1300

This session is for non-maternity staff to outline the antenatal and postnatal journey of pregnant women. It will also discuss common problems in pregnancy and how some medical conditions can mimic mental health problems. An understanding of this journey by teams involved in the care of pregnant women with mental health problems will help in planning their care.

#### Facilitator

- Dr Fatima Abu Amna, Consultant Obstetrician and Gynecologist with special interest in PNMH, Manchester University undergraduate clinical placement tutor. Wrightington, Wigan and Leigh Foundation Trust.

Registration link [www.eventbrite.co.uk/e/131033608049](http://www.eventbrite.co.uk/e/131033608049)

### Webinar 2 - Perinatal and Infant Frame of Mind

Date: Thursday 21 January 2021

Time: 1200 – 1300

This session will outline the framework that should be used by all staff and services when working with families experiencing perinatal mental health problems. It will include an introduction to the knowledge and skills needed to work with parent and infant mental health, followed by a detailed outline. Discussion on how working in perinatal and parent-infant mental health may differ from other areas of work and how practice can be adapted to meet the needs of families at this time will be explored.

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### **Facilitator**

- Dr James McManus, consultant clinical psychologist, specialist perinatal CMHT at Wythenshawe hospital and he has established the psychological provision in both perinatal community mental health teams and the inpatient mother and baby unit. James provides supervision and consultation to staff within the perinatal mental health service and to staff in other services about psychological approaches to perinatal mental health.

Registration link

<https://www.eventbrite.co.uk/e/perinatal-and-infant-frame-of-mind-tickets-131035947045>

### **Webinar 3 – Introduction to Perinatal Psychiatry and Risk Assessment in the Perinatal Period**

Date: Thursday 28<sup>th</sup> January 2021

Time: 1200 – 1300

This session will outline the importance of Perinatal Psychiatry. We will cover the mental, physical, social and economic burdens associated with perinatal mental health illness, and how services are transforming to reduce these. We will explore red and amber flag risk factors in the perinatal period highlighted by evidence from the MBRRACE report. This session will give guidance on pathways and organisation of GM perinatal services.

### **Facilitators**

- Dr Ipsy Mukherjee and Dr Laura Murphy, consultant perinatal psychiatrists working with the Greater Manchester Mental Health NHS Foundation Trust.
- Dr Sarah Jones, consultant perinatal psychiatrist, GMMH Trust lead for perinatal services and clinical lead GMEC PPIMH expert reference group, GMHSCP.
- Dr Aaron McMeekin, consultant perinatal psychiatrist (GMMH) and honorary senior clinical teacher at the academic unit of medical education (University of Sheffield). Aaron has specific interests in psychological medicine training in Cognitive Behavioral Therapy focusing on perinatal treatment.

Registration link <https://www.eventbrite.co.uk/e/131049493563>

### **Webinar 4 - Assessment and Management of Common and Urgent Mental Health Presentations within the Perinatal Period.**

Date: Thursday 4<sup>th</sup> February 2021

Time: 1200 - 1300

This session will cover the range of mental health issues encountered in the perinatal period from 'Baby Blues' to 'Postnatal Psychosis'. The session will deliver an overview of demographic and aetiological information, symptoms of how perinatal conditions present with options and rationale for treatment.

### **Facilitators**

- Dr Ipsy Mukherjee and Dr Laura Murphy, consultant perinatal psychiatrists working with the Greater Manchester Mental Health NHS Foundation Trust.
- Dr Sarah Jones, consultant perinatal psychiatrist, GMMH Trust lead for perinatal services and clinical lead GMEC PPIMH expert reference group, GMHSCP.

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- Dr Aaron McMeekin, consultant perinatal psychiatrist (GMMH) and honorary senior clinical teacher at the academic unit of medical education (University of Sheffield). Aaron has specific interests in psychological medicine training in Cognitive Behavioral Therapy focusing on perinatal treatment.

Registration link <https://www.eventbrite.co.uk/e/131049238801>

### **Webinar 5: Prescribing of Psychotropics in Pregnancy and Breastfeeding.**

Date: Thursday 11<sup>th</sup> February 2021

Time: 1200 – 1300

This session starts with the factors to consider when starting, continuing or stopping psychotropic medications in pregnancy and breastfeeding. It provides an evidence-based overview for psychotropics including antidepressants, anxiolytics, antipsychotics and mood stabilisers. The session will emphasise the importance of a collaborative approach, ensuring mother can make an informed choice and fetal exposure is limited to appropriate treatment.

#### **Facilitators**

- Dr Ipsy Mukherjee and Dr Laura Murphy, consultant perinatal psychiatrists working with the Greater Manchester Mental Health NHS Foundation Trust.
- Dr Sarah Jones, consultant perinatal psychiatrist, GMMH Trust lead for perinatal services and clinical lead GMEC PIMH expert reference group, GMHSCP.

Registration link <https://www.eventbrite.co.uk/e/131047952955>

### **Webinar 6 - Infant Development**

Date: Thursday 18<sup>th</sup> February 2021

Time: 1200 – 1300

This session follows the baby's journey and experiences as they develop in the womb and during their first few months. You will hear just how capable and equipped they are to tell us what is going on for them. We will talk about the development of their senses, their behavioral states, their brain development and touchpoints. The session gives you an opportunity to think about babies' experiences and consider how you can use this understanding to support them and their families.

#### **Facilitator**

- Sarita Dewan, clinical psychologist/clinical lead for PIMH, Heywood, Middleton and Rochdale early attachment service with 12 years of experience as clinical psychologist in Greater Manchester.

Registration link <https://www.eventbrite.co.uk/e/131047591875>

### **Webinar 7 - Parent Infant Relationship 1**

Date: Thursday 25<sup>th</sup> February 2021

Time: 1200 – 1300

This session will provide evidence for the significance of early relationships in babies' development and introduce key concepts used to consider areas of strength and areas of concern within a parent infant relationship.

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### **Facilitators**

- Sarita Dewan, clinical psychologist/clinical lead for PIMH, Heywood, Middleton and Rochdale early attachment service with 12 years of experience as clinical psychologist in Greater Manchester.
- Katie Reid, consultant child and adolescent psychotherapist clinical lead Tameside and Glossop Early Attachment Service.
- Phillipa Gardner, principle clinical psychologist, clinical lead Oldham Early Attachment Service.

Registration link <https://www.eventbrite.co.uk/e/131047154567>

### **Webinar 8 - Parent Infant Relationship 2**

Date: Thursday 4<sup>th</sup> March 2021

Time: 1200 – 1300

This session will enable participants to begin to apply the knowledge gained in PIR session 1 to understand families they are working with, to recognise key aspects of a parent infant relationship, and begin to identify areas of strength and areas of concern within a parent infant relationship.

### **Facilitators**

- Sarita Dewan, clinical psychologist/clinical lead for PIMH, Heywood, Middleton and Rochdale early attachment service with 12 years of experience as clinical psychologist in Greater Manchester.
- Katie Reid, consultant child and adolescent psychotherapist clinical lead Tameside and Glossop Early Attachment Service.
- Phillipa Gardner, principle clinical psychologist, clinical lead Oldham Early Attachment Service.

Registration link <https://www.eventbrite.co.uk/e/131045098417>

### **Webinar 9 - Transition to Parenthood**

Date: Thursday 11<sup>th</sup> March 2021

Time: 1200 – 1300

This session will begin to separate the complex threads which knit together to shape the journey of becoming a parent. We now know more about the primacy of the first relationship between baby and caregiver, and how important it is to 'get it right from the start'. The session will explore the information services can use to support parents, as they encounter new thoughts and feelings, and prepare for the growing relationship between them and their baby.

### **Facilitator**

- Dr Catherine Tighe is a clinical psychologist and clinical lead for parent infant mental health in Trafford. She has a long experience of working in psychological services with parents and infants as they develop their relationships.

Registration link <https://www.eventbrite.co.uk/e/131044181675>

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## Webinar 10 – Trauma in the Perinatal Period: How can we help?

Date: Thursday 18<sup>th</sup> March 2021

Time: 1300 – 1400

This session will explore potentially traumatic events that can occur during the perinatal period, their prevalence, and the impact on parents, the infant, family members and staff. There is growing evidence about what can be done to help parents, the infant and their families during this important life transition

### Facilitator

- Dr Helen Stevens, clinical psychologist and clinical lead for PIMH in Busy and Dr Pauline Lee, consultant clinical psychologist and Greater Manchester Clinical Lead for PIMH.

Registration link <https://www.eventbrite.co.uk/e/131040029255>

## Webinar 11 – Safeguarding Vulnerable Parents and Babies

Date: Thursday 25<sup>th</sup> March 2021

Time: 1200 – 1300

This session will provide the opportunity to learn about particular risk factors in the perinatal period for infants, to think about how safeguarding in infancy has particular importance because of the key developmental tasks at this time and the vulnerability of babies, and to consider the importance of observation in assessing possible risk.

### Facilitators

- Laura Brodetsky and Mary Brown, senior mental health practitioners at Tameside & Glossop Early Attachment Service.

Registration link <https://www.eventbrite.co.uk/e/131039196765>

## Webinar 12 - Holding the Perinatal Frame of Mind whilst Delivering Psychological Therapy

Date: Thursday 1<sup>st</sup> April

Time: 1200- 1300

This session will define what is meant by the perinatal frame of mind and why it is so important while delivering psychological therapy with parents. It will also cover how to hold this frame of mind and factors that may hinder clinicians in holding this frame of mind. The CRIES approach which can be used as a way of holding these ideas within the day to day practice of therapy will be included in this session.

### Facilitator

- Angela Wood, interpersonal therapist at Tameside & Glossop Healthy Minds and one of GM PIMH leads for IAPT. She has been providing psychological therapy within the field for many years and trains PIMH champions within IAPT across GM.

Registration link <https://www.eventbrite.co.uk/e/131016330371>

For further information about registration please contact [nina.ismail@nhs.net](mailto:nina.ismail@nhs.net)