

By the end of this training, participants will be able to:

1. **Identify** the prevalence, symptoms, and diagnostic features of perinatal and postpartum mental health conditions.
2. **Differentiate** between common postpartum experiences such as the “baby blues” and more severe conditions including postpartum depression and postpartum psychosis.
3. **Describe** biological, social, and psychological factors impacting the postpartum period, including their impact on mood, functioning, and breastfeeding.
4. **Explain** best practices for assessment and treatment planning when working with clients experiencing perinatal and postpartum mental health concerns.
5. **Apply** strategies to ethically and effectively support clients during the perinatal and postpartum period, including referral and collaboration with medical providers.