



Nine Glangeaud, Katherine Wisner, and Jane Hanley.

Congratulations to Marcé Society President Nine Glangeaud!

Thank you for a highly successful International 2012 meeting! The conference was replete with excellent presentations and conversations with colleagues from many countries. Nine also arranged a lovely dinner cruise on the Seine for the conference attendees. We also welcomed our new President, Jane Hanley, who is busily planning our 2014 international conference in Wales! We also announced our President Elect, Jeannette Milgrom, from Melbourne, Australia.

Congratulations, Dr. Katherine Wisner!

Marcé Society Past President Dr. Wisner was awarded the Marcé Medal at our Paris Conference! You can read the full story here:

http://www.feinberg.northwestern.edu/news/2012/10/wisner_award.html?utm_source=IPHAM+Newsletter&utm_campaign=1fee860e25-IPHAM_Bulletin_20121010&utm_medium=email.

Outgoing President's Message

Nine Glangeaud, Paris, November 27, 2012

Dear Marcé Society members,

I was very pleased and honored serving the Marcé Society for these past two years that have ended with the success of the Biennial meeting in Paris this past October 2012. The congress in Paris with 788 participants from 40 countries was an amazing one with 374 excellent contributions from 29 countries.



Nine Glangeaud and Jane Honikman

During these two past years, the number of members has greatly increased and new regional Marcé Society groups have emerged in Spain, in Germany, and in Turkey, added to the historical ones: UKIMS, Australasian, and Francophone. Although far from Paris, the Australasian group was well represented at the Paris conference. They will surely support very well our new international President-elect: Jeannette Milgrom (who will be President in 2014). The North American members contributed greatly to interventions at the Paris congress. Good to know that they will be hosting a congress in Chicago mid-November 2013.

During the congress we were pleased to have a symposium from the German speaking regional Marcé Society, as well as a Norway and a Swiss symposium, with very dynamic members that will enhance the relation between the perinatal mental health in Germany, Austria, Switzerland, and Norway and the International Marcé Society. Last but not least, the UKIMS chapter contributed with our new President Jane Hanley, who will now lead the International Marcé Society and prepare a wonderful conference in Wales for 2014. Congratulations to her and best wishes for her presidency! We hope that the other countries and regions, like Italy, with all their clinical and research resources in perinatal mental health, will soon become very active new regional groups of the International Society.

Finally, I personally want to thank all participants, the program committee, and the Francophone Marcé Society who worked so hard with me to make this congress interesting, innovating and very friendly. Now we are working within the executive committee to see how we can grant you and your colleagues access to all of the information brought up during this congress, and to make the Marcé Society a leader in the perinatal mental health field. We still need all your energy, ideas and expertise to help the International Marcé Society to achieve this target....Please speak to your neighbors and colleagues about the Marcé Society and don't forget to renew your membership for 2013.

For more information contact Nine Glangeaud at nine.glangeaud@inserm.fr or marce.society.paris2012@gmail.com)

Welcome President Dr. Jane Hanley!

President Dr. Jane Hanley is a long-time member of the Society. She has organized the Revision of the Marcé Pak, which is a curriculum for health care professionals who need information from experienced perinatal mental health practitioners to increase their practice skills. Dr. Hanley is interested in cultural beliefs related to postnatal depression and its impact on society. She trained at the Royal London Hospital and served in mental health nursing in the Bahamas and general surgical, medical and occupational health nursing in the Sultan of Oman Armed Forces. She rejoined the National Health Service when she became a health visitor and she then completed her PhD. Jane is the immediate Past President of the United Kingdom and Ireland Marcé Society (UKIMS). Welcome Dr. Hanley, we look forward to working with you!

A Letter from Dr. Hanley

Following the great success of the Presidency of Nine Glangeaud, I am honoured to be the next President of the Marcé Society. We have seen the Marcé Society grow significantly over the past 10 years, embracing an increasing number of members from countries across the globe. Some of the research is unparalleled and the new knowledge has impacted positively on the lives of mothers worldwide. What is encouraging is the way in which interest in perinatal mental health has taken a significant upturn, particularly in the United Kingdom where there are daily articles in the media of mothers receiving the appropriate health and support leading to their recovery.

The next two years will present challenges as the Society expands but this is where we will rely on you to steer in the direction you would like to go. We have already established several resources for members use, including the popular 'Listserve', the production of the Distance Learning Pack and a DVD, but what other resources we can offer? What ideas do you have to enhance the awareness of perinatal mental health issues? How can we encourage greater membership? What areas of research are becoming important?

Research and development ideas will be able to be showcased at Swansea University in September 2014, where we extend a warm welcome to you. Meanwhile we wish you compliments of the season.

Membership Update

At the Marcé Society general business meeting, we learned that the country with the most international Marcé members is Australia, followed by the United States. Our goal for the last two years has been to increase our membership, and to encourage more countries to develop regional groups. Under Nine Glangeaud's leadership, and with the assistance of our organizational manager Nicole Greer and Parthenon Management Group, we have grown substantially. We now have 600 members, and regional groups from: the United Kingdom/Ireland, France, Spain, Turkey, Germany, Australia/New Zealand, and many more.

The increase and change in membership categories have been discussed and voted on at the general assembly in Paris this past October. The budget for the Society cannot be sustained with the previous membership fees. Despite several grant applications made these last two years, we have not received any grant support, and therefore, we needed to have a small increase in the membership fees to ensure the expenses are covered and that we are able to continue to grow and provide the necessary resources and programming. However, we want our members to stay even if they don't have high incomes and we have tried to increase only the category of members who may be able to support this increase more easily, and that is the medical doctors. We have created a new category for those who can and wish to support the society even more. We are working on trying to improve the services given to this category to thank them for their help.

Renew your Marcé Membership Today!

2013 is right around the corner. Renew now: <http://marcesociety.com/Renewing.aspx>

Training with the Marcé Resource Pack Workshop

by Jane Honikman, Founder of Postpartum Support International

A dozen interested individuals from California, Florida, United Kingdom, Poland and Singapore participated in an interactive session to learn about the history and contents of the Marcé Society's Resource Curriculum.

Jane Hanley, newly elected President of the Marcé Society, and I co-facilitated the October 4th, 90 minute workshop. The Resource Pack has Four Units that are designed for self-study but uniquely suitable for group work. Unit One is called "Emotions and Feelings", Unit Two is "Psychiatric Illnesses and Emotional Disorders, Unit Three is "Skills and Attitudes" and Unit Four is "In Practice". During this workshop we divided into groups and worked on selected activities from Unit One. It was fascinating to listen to the conversation about "Rituals that mark the transition to parenthood" from diverse perspectives.

I was reminded of the fundamental, yet generally neglected, need to listen to ourselves and those we want to help share the experiences of pregnancy, birth and the first postpartum year. Talking for the sake of "just talking" is critical for emotional health. I believe that the content and format of the Marcé Resource Pack provides the basis of excellence in caring for childbearing women and their families. For more information of how you can receive your copy of the Resource Pack, please email us at info@marcesociety.com.

Biology at the Paris Marcé Meeting 2012

by Vivette Glover, Marcé Society Treasurer

The biology strand at the Paris meeting was by far the best it has ever been. I and a few others remember when only about 6 dedicated people used to come to the biology sessions of the Marcé. At this meeting, on Wednesday, there were several hundred. And the quality of the presentations was really high throughout. I was particularly struck by the "blitz" session when we had 9 presentations in 90 minutes. I thought this worked really well, with several presentations as interesting as in the invited symposia. I hope we do it again. In all we had 6 dedicated biological sessions, all well attended, many posters, and other sessions included some biological material too.

One focus of the biological sessions was the effects of perinatal mental illness on the fetus and the child, and the underlying mechanisms, including changes in the placenta. Effects of prenatal anxiety and depression on various types of child outcome were presented, both neurodevelopmental and physical, including alterations in the immune response of the infant. Evidence for role of cortisol in mediating these effects in both mother and child was discussed; one study showed an association between prenatal depression and an increased

cortisol response to a stressor, in the infant.

There were several talks which focussed on genetics and their role in predisposition to perinatal mental illness, especially postnatal depression and psychosis. This is an active area of research which should yield more information in the future. It is complex as most gene variants appear to only have a small effect, and to understand what is going on we will have to understand how many small effects interact.

The presentations included a wide range of different techniques applied to the problems of perinatal mental illness and the effects on the child. These included an MRI study which showed how prenatal stress can affect the structure of the child's brain; and a study which showed how infant attachment style is associated with epigenetic changes (alterations to the DNA which affect how much of a specific gene is "read").

Another area of interest concerned the biological effects of drugs used in the perinatal period, including lamotrigine and olanzopine, as well as the important and topical subject of the effect of SSRIs on the child. Circadian rhythms were discussed, together the role of oxytocin, and paternal responses.

In all it was a great meeting from the biological perspective. I expect even more and better in Swansea.

Maman Blues Association

by Jane Honikman (PSI Founder) in agreement with Nadège Temple-Beauvois and Carolyne Bernard-Chatelain (Maman Blues, France)

A major highlight during a Marcé Society Congress is the opportunity to meet outstanding like-minded individuals from around the globe. On this occasion in Paris, I was delighted to meet the founder and leaders of Maman Blues Association of France, Nadège Temple-Beauvois and Carolyne Bernard-Chatelain.

Carolyne, was a co-moderator with PSI past President Birdie Gunyon Meyer for a Session on Community Care, Support and Adjustment in the Perinatal Period. The Association Maman Blues presented "Parental aid relationship in cyberspace" at this Session. Their website www.maman-blues.fr provides empathy, information and support concerning maternal difficulty. French parents are very fortunate, indeed!

In addition to this presentation, their Association brochure had been translated into English and given to each participant at the Congress. I am so appreciative that they did this since I cannot read or speak French. It is not a surprise to see the universal message "Don't suffer in silence!" or to read the quotes by distressed mothers that echo the voice of parents from around the world. I felt gratification knowing that we are partners as advocates for families.

Maman Blues has recently published a book "Tremblements de Meres" ("Mothers' Earthquakes"). I quote, "This book is a series of testimonials that unveil the maternity crises

affecting thousands of women and children every year. These moving accounts highlight the complexity of these missed opportunities, tell individuals stories of falling apart and resurfacing, and relive painful journeys to the outer limits of self-discovery. It is a poignant demand for recognition of this painful condition, and a call for the transformation of maternity care and the development of appropriate care structures to help mothers in need.”

There is a great deal of information in their well written brochure. A particular paragraph stands out for me. “There are over twenty mother-baby care centers in France and abroad where you can receive consultations or receive a referral to a qualified healthcare specialist near your home.” Unfortunately, this is not the case for most families throughout the world. Bravo to Maman Blues! Keep up your wonderful work.

Postdoctoral Training in Reproductive Mood Disorders

The University of North Carolina at Chapel Hill hosts the only NIH funded postdoctoral training program in reproductive mood disorders. The program directed by David R. Rubinow, M.D. and Susan S. Girdler, Ph.D., is designed to train both MD and PhD scientists, and to foster the development of researchers with expertise in both the biological basis and clinically relevant (predictive) phenotypes of reproductive mood disorders (perinatal depression, premenstrual dysphoric disorder, and perimenopausal depression). The University of North Carolina at Chapel Hill represents an ideal setting for this program because it possesses a vibrant women’s mood disorders clinical program (which includes the first inpatient perinatal depression program in the United States), and a critical mass of researchers in reproductive mood disorders..

The program’s emphasis is on training in pathophysiological *mechanisms* that underlie reproductive mood disorders, and will involve a broad-based and integrative perspective, involving not only psychiatry but cardiology, genetics, endocrinology, neuroscience, and obstetrics/gynecology. Trainees will develop expertise in at least one of four methodological training tracks: Neurosciences, Genetics, Stress Physiology, or Clinical Trials Methodology. Applications for this two year training program (with possible extension for a third year) are being accepted for a July 2013 start date. Salary is consistent with the NIH post-doctoral stipend levels. If interested, send your curriculum vitae and letter of interest to Susan Girdler, Ph.D.: susan_girdler@med.unc.edu or Department of Psychiatry CB 7175 University of North Carolina at Chapel Hill, NC 27599.

2013 Northwestern Perinatal Mental Health Meeting

Marcé Society Past President Kathie Wisner is arranging a regional meeting with co-sponsorship by the Marcé Society on November 6-8, 2013, in Chicago, Illinois. For more information, the website is www.perinatalmentalhealthmeeting.com.



Mark your Calendars for the World Congress of Women's Mental Health!

March 4-7, 2013 in Lima, Peru. Early bird Registration ends January 15, 2013! Learn more about the Congress here:

<http://www.iawmh2013.com/index.htm>



Tell us about your training courses in Perinatal Mental Health!

Your story can be featured in the next newsletter.

Tired of unreliable web sources?

Here is great website with usable research info - if you haven't seen it before!

<http://www.4researchers.org/>