

February 2011
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Marcé Society

Newsletter

The Marcé Society is an International society for the understanding, prevention, and treatment of mental health disorders related to childbearing, and effects on the child partner and family. The principal aims of the society are to promote, facilitate and communicate about research into all aspects of the mental health of women, their infants and partners around the time of childbirth. This involves a broad range of research activities ranging from basic science through clinical practice to health services research. The Society is multidisciplinary and encourages involvement from all disciplines including psychiatrists, psychologists, pediatricians, obstetricians, midwives, early childhood nurses, physiotherapists, occupational therapists, community psychiatric nurses, community nurses, health visitors, social workers.

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Letter from the Editor

Dear Colleagues:

Welcome to the 2011 edition of the Marce' Society newsletter. The officers of the Marce' Society are interested in hearing from you! We want to include information in future newsletters that is relevant to your scholarship, your discipline, and your practice with promoting the health of mothers, babies, and families. We welcome notices of conferences, calls for abstracts for conferences or publications, questions and answer sessions with experts, and book reviews.

We wish you well and thank you for the excellent work that you do.

Best wishes,

M Cynthia Logsdon, PhD, APRN, FAAN

Information Editor, Marce'Society

Mrs. Rosalynn Carter, former First Lady, at the Pittsburgh Meeting!



Perinatal Mental Health Research: Harvesting the Potential

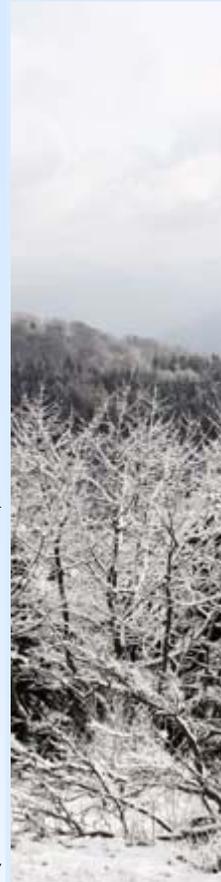
Biennial Meeting of Marce' Society 2010

Pittsburgh, Pennsylvania, USA

In conjunction with Postpartum Support, International, the Marce' Society Conference took place on October 26-30, 2010 in Pittsburgh, Pennsylvania, USA. Over 400 participants enjoyed presentations by experts from throughout the United States as well as from Canada, the United Kingdom, Norway, Sweden, Denmark, Germany, Italy, the Netherlands, Portugal, France, Switzerland, Spain, India, Australia, Nigeria, and South Africa. Presenters represented disciplines of medicine, nursing, psychology, social work, perinatal psychobiology, and epidemiology.

Attendees were welcomed by Katherine Wisner, MD, MS, President of Marce' Society. The keynote address was provided by former First Lady, Rosalynn Carter. Mrs. Carter created and chairs The Carter Center's Mental Health Task Force, and hosts the Rosalynn Carter Symposium on Mental Health Policy.

The Channi Kumar Memorial Lecture: Controlled Clinical Trial of Antepartum Interpersonal Psychotherapy versus Parenting Education Program at 3 NYC Sites, was provided by Margaret Spinell, MD. The Marce' Medal Presentation: Postpartum psychosis-known, unknowns, and unknown unknowns, was provided by Dr. Ian Jones, University of Cardiff. Pre conference workshops included: Postpartum Support International Training, Interpersonal Psychotherapy for Perinatal Depression, Screening and Referral for Women with Postpartum Depression, Biostatistical Methods in Clinical Trials, Interpersonal and social rhythms therapy during childbearing, fathers and pregnancy outcomes. Many thanks to Dr. Wisner and the planning committee for an excellent conference!



Marce' Society Website

The Marce' Society website contains useful information about the organization, current officers, resources, and links to regional Marce' groups. Take a look at comments from participants who attended the 2010 Marce' Society conference in Pittsburgh, PA. Links to regional groups are also available.

<http://www.marcesociety.com/>

MedEdPPD

MedEdPPD is an interactive website that was originally funded by the National Institute of Mental Health to promote education of primary care providers around issues related to care of women with postpartum depression. This rich resource is free and includes multimedia presentations; provider tools such as care pathways, screening tools, provider questions and answers, and provider directory; recent and classic publications; slide library; events calendar; and resources. Continuing kudos to MediSpin, Inc., Chief Executive Officer, Brian Shanahan, for this rich resource available for busy professionals as well as for consumers.

<http://www.mededppd.org/>



International Conferences

Postpartum Support International 2011 Conference
Seattle, Washington USA
Call for proposals due 3/1/11.

19e European Congress of Psychiatry (EAP) 2011
12-15 March, 2011. Vienna, Austria
Translating research into care.

International Association for Women's Mental Health
4th World Congress on Women's Mental Health
16-19 March 2011. Madrid, Spain

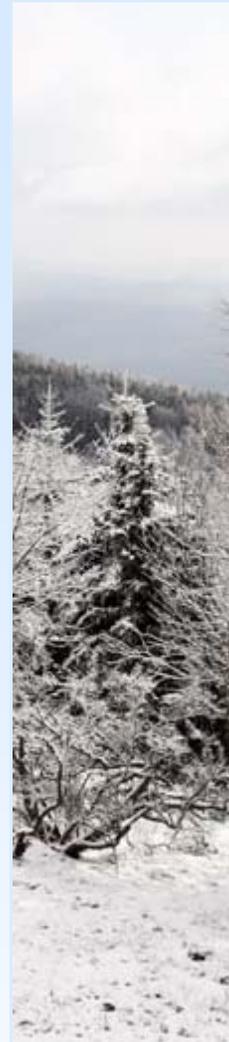
Perinatal Psychiatry in the 21st Century:
The Legacy of Channi Kumar
19-20 May 2011. The Institute of Psychiatry, King's College,
London, England

9th International Conference on Bipolar Disorder
9-11 June, 2011. Pittsburgh, Pennsylvania, USA

Association of Women's Health, Obstetrics,
and Neonatal Nursing
June 25-29, 2011
Denver, Colorado

15th World Congress of Psychiatry
September 18-22, 2011 Buenos Aires, Argentina

**Biennial Conference of International Marcé Society and SMF
October 3-5, 2012, in Paris, France**



Archives of Women's Mental Health (AWMH):

Comments and Article Excerpts

AWMH is the official professional journal of the Marce' Society. Its international scope includes psychodynamics, social and biological aspects of all psychiatric and psychosomatic disorders in women. Editors especially welcome interdisciplinary studies, focusing on the interface between psychiatry, psychosomatics, obstetrics and gynecology. Archives of Women's Mental Health publishes rigorously reviewed research papers, short communications, case reports, review articles, invited editorials, historical perspectives, book reviews, letters to the editor, as well as conference abstracts. Only contributions written in English will be accepted. The journal assists clinicians, teachers and researchers to incorporate knowledge of all aspects of women's mental health into current and future clinical care and research.

Publications in AWMH routinely address measurement issues that scientists encounter in conducting research with samples of international women. Establishing validity of instruments is a time consuming challenge that is facilitated by publication of manuscripts such as by Drs. Van Bussel, Spitz, and Demyhenaere in 2010 (AWMH, 13, 373-384). These scientists investigated the psychometric qualities of the Dutch version of the Maternal Antenatal Attachment Scale (MAAS). In a prospective observational cohort study, 403 expectant mothers completed a booklet with questionnaires in the first (T1), second (T2), and third (T3) pregnancy trimesters. In addition to the MAAS (T1-T3), the following measures were used: the Marlowe-Crowne Social Desirability Scale (T1), the Parental Bonding Inventory (T1), the Relationship Questionnaire (T1) the Facilitator scale and the Regulator scale (T3), the Edinburgh Postnatal Depression Scale (T1-T3) and the Pregnancy Related Anxiety Questionnaire (T1-T3). The mean of the MAAS scales increased



as the pregnancy progressed. Good internal reliabilities were found for the Total MAAS scale, the Quality subscale and the Preoccupation subscale. Small-to-moderate correlations were found with social desirability, maternal orientation, parental care and adult attachment. Maternal mood was weakly associated with the quality but not with the intensity of the maternal attachment feelings. Overall, findings suggest that the Dutch version of the Maternal Antenatal Attachment Scale is a reliable and valid measure of the early emotional tie between a pregnant woman and her unborn child.

Other publications invite scholars to consider additional outcomes as they are investigating mental health of perinatal women. For example Drs. Glasheen, Richardson, & Fabio (AWMH, 13, 61-74), remind us that the prevalence of postnatal maternal anxiety (PMA) ranges from 3% to 43% and may be an important risk factor for adverse outcomes in children.. A systematic search of Ovid MEDLINE and PsychINFO through 2008 identified 18 studies that evaluated child outcomes associated with PMA exposure. Identified studies covered three domains: somatic, developmental, and psychological outcomes. The strongest evidence for an adverse effect of PMA exposure was in somatic and psychological outcomes; the evidence for an effect of PMA on child development is inconclusive.

Recently, AWMH has provided a forum for important conversations related to development of the DSM-V. For example, Dr. Susan Kornstein (AWMH 13, 11-13) advised that it is of utmost importance that the DSM be updated to reflect our current state of knowledge concerning gender issues and women's mental health. She stated that such a revision would help clinicians to better incorporate this knowledge into their practices and enable researchers to better study the influence of gender in the etiology, phenomenology, and treatment of psychiatric disorders.

Abstracts from the Pittsburgh 2010 Marce' will be published in the April issue of the AWMH! We applaud the excellent work of AWMH editors, Drs. Meir Steiner and Claudio Soares, in advancing the science and practice of women's mental health and supporting the Marce' Society.



International Review of Psychiatry

In October 2010, several manuscripts published in the International Review of Psychiatry focused on women's mental health, including the mental health of perinatal women. In her introduction to the journal issue, Dr. Louise Howard described the importance of consideration of gender differences in bipolar disorder, the rate of depression in women, and the impact of childbirth on mental health disorders. The journal may be of interest to many Marce' Society members.

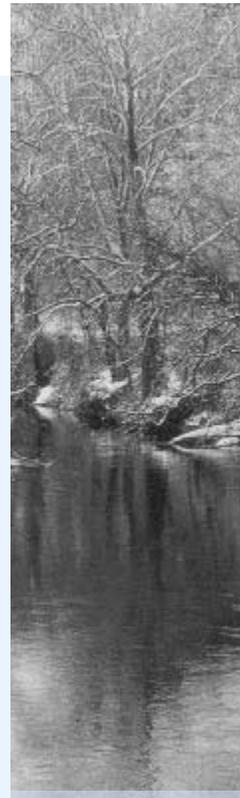
October meeting of NIMH

A summary of the October meeting for **Perinatal Mental Health Services Research from NIMH** has been posted on their website:

<http://www.nimh.nih.gov/research-funding/scientific-meetings/2010/fresh-perspectives-in-perinatal-depression-research-psychosocial-interventions-and-mental-health-services.shtml>

Additionally, on the website you can find a blog by NIMH Director Dr. Thomas Insel on Postpartum Depression, and a downloadable newly-produced NIMH video on the topic. This is aimed at consumers and may be found at the bottom of the page:

<http://www.nimh.nih.gov/index.shtml>



Third International Meeting on Indigenous Child Health: Many Voices Into One Song

By Kathie Wisner

In conjunction with the International Meeting on Indigenous
Women's Health March 6-8, 2009, Hotel Albuquerque,
Albuquerque, New Mexico, USA



Introduction: I was asked to speak at this conference about perinatal depression, specifically about identification, treatment and public policy. The blend of indigenous cultural approaches to health care blended with Western medicine was fascinating!

Description: The conference began with a traditional Indian blessing. The speaker began by thanking guests from the North, East, West and South; the directions have different and important meaning for the Indigenous American Indian Tribes. The whole group of conference attendees made a large circle and spoke to the

person on either side: “you are worthy” “you are handsome (or beautiful)” “you will like me when you get to know me” – then the traditional prayer to quietly thank the Creator for all the beauty around us. This seemed to me to be introducing the day with a mindfulness exercise – perhaps a lovely way to place mindfulness in the forefront of the day, and thinking first rather than our usual incessant doing. What a great idea!

The theme of this meeting: “Many Voices Into One Song” certainly has relevance to the field of perinatal mental health in general, and to the Marcè Society. We are a group of multiple disciplines from different countries, but all dedicated to the emotional wellbeing of women, infants and families during childbearing. Many voices into one song is essentially our strength, and what the International Marcè Society stands for!

As part of the morning ceremonies, the Buffalo Dance was performed for the attendees by three children and three drummers. What I kept thinking was how beautiful the ceremony was in recognizing the connection of the Indian people with the land – a connection we have lost. It was also a very interesting conference with the mix of culture (and reminding us that we all have a worldly context that cannot be ignored).

N. Scott Momaday, an Indian of the Kiowa nation, retired Professor of English and American literature, spoke next about: “The Crisis of Identity Facing Native American and Indigenous Peoples.” He is a Pulitzer prize winner (for his novel, House Made of Dawn). His voice was deep, rich and his words carefully selected but with great ease. His talk was a demonstration of mindfulness, each word sculpted to create a picture. He spoke about the importance of a sense of who one is, with the phrase “I am

What do people do when they encounter something in nature that is different from their usual experience? This example was Devil’s Tower, a rock formation (which was actually used as the meeting place with aliens in the film, Close Encounters of the Third Kind), which reminded me of Uluru in Australia, of Aboriginal significance. He spoke of the importance of stories. I wondered



about the use of stories to connect women with perinatal depression to the time of their recovery – the use of stories from other women who had been through this experience to forge a mental image of the path from illness to wellness, with the identification of iterative steps along this path. I believe that this is what we call treatment planning. I was reminded of the didirri (listening) intervention for “yarning” (storytelling) that Aboriginal women use to cope with feeling “no good.” There was a superb presentation at the Marcè 2008 meeting in Sydney about this issue. The importance of knowing the pathway to wellness came to me in thinking about my friend Sharon’s distress about her fractured pelvis after being thrown from her horse. Until the viewing of the images of her fractures, and the information that conservative treatment (no surgery, physical rehabilitation) would be the pathway to allow the bones to heal, and that she could return to work and eventually even riding with time, the experience was terribly upsetting and beyond her capacity to cope. Establishing pathways; that is, what will likely happen across time, is crucial for coping for us all.

Mr. Momaday’s “I am” was expanded to his work, and his images were powerful. “I am an eagle playing with the wind. I am the cold of the dawn. I am the roaring of the rain. I am the glitter on the crust of the snow. I am the hunger of a young wolf. I am alive. I stand in good relation to the Earth. I stand in good relation to the gods. I stand in good relation to all that is beautiful. I am.” The constant reminder for me is to mindfulness. He went on: “Names and words confer being. To name something is to confer meaning upon it. I am the story of myself.”

He spoke of a “cultural amnesia” in which Indigenous people “were made to forget who they are.” Cultural conflict collisions occur and the less forceful culture gets weakened and sometimes destroyed. He told a story of how the Kiowa were defeated and the morale was terribly low (in about 1850). The death rate exceeded the birth rate. The Kiowa grandmothers began to make beautiful cradleboards at that time. They did this again to create a pathway to the future – a symbol of hope for those who will come after them. These cradles are now in museums for their great beauty. They made cradles for the children who “promise the dawn.”



Panel Session: Indigenous Healers

Indigenous Elders Declaration: Elders identify traditional knowledge as a primary tool to restore women and children's health. Western medicine does not recognize traditional knowledge. Women Give Life: Violence against Indigenous women must cease. Children have low self-esteem due to loss of cultural connections that promote connectivity to the land, animals, community. The balance of life is crucial, which reminds me of dialectical therapy principles. Maternal and child health is central to the mandate of improving Indigenous women's health. The healers believe that implementation of traditional and cultural learning processes of the indigenous people into health practice is crucial for public health. They implemented these concepts into pre-natal and post-natal care and child development. Community based research is relationship based, not disease or academic interest focused. The panel discussed Issues inherent in practicing medicine under policies and rules of Western practice with the incorporation of cultural knowledge frameworks. It is important for women to understand their bodies and to prepare for a pregnancy and motherhood. Knowledge of ceremony, medicine and ritual observation is important to public health. Women and children are sacred and the birthing process is a natural, sacred process. There are traditional medicines to take across the life cycle of a woman from birth, childhood, adolescence, womanhood and old age. Each stage has important teachings, medicine and rituals to be followed. Specifically, such rituals were conducted in pregnancy and post-partum for creating a healthy baby and healthy mother. The words are said to the new baby upon birth have lifelong significance.

The presenters' discussion the Seven Tires of Passage, which serve the goal of connecting individuals to a community: Conception, Birth, Loss of Tooth (6-7 years), New Body (Childbearing potential), Partner and Parenting, Elderhood and Wisdom, Death. For women, great value is placed upon the capacity to give life. Women must have their own powers and their own voice. The child is attached to the mother for nourishment, nurturing, gentleness, softness and wrapped in her love. Dreams are essential in the health of the mother and infant. Traditional approach to birthing: provide support to calm the mother, sing to the mother giving birth. She is tended by female relatives who tell



stories. There is a birthing medicine that is taken about 6 weeks before the birth that eases the birth. The name of the baby is derived from the experience of the birth. "I am woman."

This conference was very informative and enjoyable. I had the opportunity to visit the New Mexico area and visit the oldest inhabited pueblo, Acoma, in America. I was intrigued with the Indian cradleboards, and photographed several.



Why Join the Marcé Society?

The Marcé Society is an international society for the understanding, prevention and treatment of mental illness related to childbearing. The principal aim of the society is to promote, facilitate and communicate about research into all aspects of the mental health of women, their infants and partners around the time of childbirth. This involves a broad range of research activities ranging from basic science through to health services research. Please tell your colleagues about the Marcé!!!

As a member of Marcé, you are a part of a society whose members work to:

- Exchange the latest advances in research.
- Facilitate communication and collaboration in research.
- Promote educational programs to effectively disseminate new research findings, both in the scientific community and to the lay public.
- Encourage publication of research.
- Increase the public understanding of the personal, familial and societal impact of the mental health of women, their infants and partners.
- Support increased research funding for prenatal and postpartum women's mental health research around the world.
- Promote the highest scientific and ethical standards in research and its application in clinical psychiatric practice.
- Communications are facilitated through a members-only email listserve, to ask members for consultation on clinical and research issues.

Your membership in the Marcé Society allows you:

- Electronic subscription for *The Archives of Women's Mental Health* (for Gold Level Members only)
- Reduced Registration Fees for the International Marcé Society Conference
- The next meeting is scheduled for 3 - 5 October 2012, Paris, France!
- Committee Membership Opportunities
- Newsletters