



**Taking Action  
Around Childbirth  
Together! Mental  
Health Prevention  
and Support to  
Parenthood.**

**THE MARCÉ SOCIETY FOR PERINATAL MENTAL HEALTH  
CONGRESS: OCTOBER 3-5, 2012**

We hope to see you in Paris eight months from now! Many thanks to the 370 authors who submitted abstracts for contribution to the Congress. Our scientific committee is busy putting together the program with oral sessions, workshops and posters. Now is the time for you to register:

[http://www.infocongres.com/page6.php?congres\\_id=123](http://www.infocongres.com/page6.php?congres_id=123)

Accommodations

A variety of hotels are available near the conference venue, which is in a very nice central quarter of Paris. You can reach many interesting places by foot or by Metro. Information about hotels is on the infocongres website:

[http://www.infocongres.com/page6.php?congres\\_id=123](http://www.infocongres.com/page6.php?congres_id=123)

On the right you can download a list of "selected hotels" near the Conference site. Metro stations are located nearby! The nearest metro is SEGUR. On the left if you click on "hotel," you see a map with all the hotels near the congress, with the nearest Metro station marked M.

Pre-Conference IPT Workshop

In the framework of its perinatal psychiatry project, La Teppe Medical Center is endorsing the teaching and the practice of IPT (Interpersonal Psychotherapy) in France. After organizing two introductory workshops in 2009 and 2011, we are proud to announce a 6-day workshop sequence on IPT for 2012 : **Pr Scott Stuart** MD (University of Iowa USA), will be here with us in Tain l'Hermitage, France, and will lead workshops at various levels. These courses will take place before the International Congress of the Marcé Society in Paris in October 2012, thus attracting, we hope, a number of qualified foreign participants. If you are enrolled in the congress, these workshops will be offered to you without additional cost. Please click here for more information: <http://marcesociety.com/Meeting.aspx>.

**SOCIETY MANAGEMENT UPDATE by Katherine Wisner**

Dear Marcé members:

The Executive Committee has been busy planning for our financial health as an organization. We have come a long way in the last several years! We are not a wealthy organization, but our membership is increasing and the benefits we offer are increasing across time. The listserv has been a fascinating forum for our members to communicate and consult with one another. The website is attractive and user-friendly. Members can view the lectures from the last international Marcé meeting for free on our companion website [www.mededppd.org](http://www.mededppd.org).

We are asking you to renew your membership this year, and to PLEASE ASK A COLLEAGUE TO JOIN! OR GIVE A MEMBERSHIP AS A GIFT TO A FRIEND OR STUDENT! We need to increase membership in order to generate the management fees that support our important work. To renew membership, please click here: <http://marcesociety.com/Renewing.aspx>.

We are adding a voluntary DIAMOND HONOR membership this year of \$250 per year, which includes the *Archives of Women's Mental Health*. The members of the DIAMOND HONOR group will be named in the Newsletter and at the Paris meeting.

At the 2012 Marcé Members Meeting in Paris, we will review the budget and the plan to increase the financial stability of our international organization. Here are the issues:

- The International Marcé Society had a period of instability several years ago, and we have emerged to operate in a much more efficient and member-friendly manner with critical organizational management through Parthenon Management Company (Ms. Nicole Greer). Nicole provides all administrative membership and business services, executive committee support, newsletters, listserv communication management, website updates, and financial management. We have tried to keep overall costs low, with a huge amount of donated time by the Officers and Executive Committee, for which we are appreciative!
- We will seek additional income through donations, grants, the Marcé Resource Pak for sale, Jane Hanley's excellent video for sale (see below), and from the Paris conference, with the help of every participant.
- For vote at General Assembly during the next biennial meeting in Paris, the Executive is proposing the following dues structure for the year 2013, which is a small increase in dues in keeping with the increased member services we are now able to offer:

DIAMOND Honor -- which includes the journal AWMH with acknowledgement in the newsletter and at the Biennial Congress (see above).

GOLD members -- \$200 includes the journal AWMH

SILVER Physician members -- \$100 no journal AWMH

SILVER General non-physician members -- \$ 60 no journal AWMH

- As a comparison, the Marcé Society dues are low compared to other international organizations! So we need your positive vote at the Paris meeting for our new dues structure! Schizophrenia International Research Society= \$145; World Association for Infant Mental Health=\$75 (without the journal); Postpartum Support International=\$150; North American Society for Psychosocial Obstetrics and Gynecology=\$150; Society for Biological Society=\$250.



**Marcé Society**

## NEWS FROM REGIONAL GROUPS

**Members are  
Helping Women All  
Around the World!**

### Marcé Society in Barcelona

The first Spanish Marcé Society meeting will take place in Barcelona May 11th. Josep Maria Farré and Gracia Lasheras, psychiatrists from Dexeus clinic are organizing it, with the collaboration of LLuisa Garcia Esteve and myself. For more information about this meeting, please contact Olza Fernandez Ibone: [ibone.olza@salud.madrid.org](mailto:ibone.olza@salud.madrid.org).

### Marcé Society in North America

Two Marcé Symposia are planned for the NASPOG ANNUAL MEETING in the United States. The North American Society for Psychosocial Obstetrics and Gynecology (NASPOG) annual meeting is April 22-25, 2012 in Providence, Rhode Island.

### **North American Society for Psychosocial Obstetrics & Gynecology**

April 22, 2012 **Marcé Society Symposium 1: SSRIs During Pregnancy and Liability Issues -**  
*Chair: Katherine Wisner*

April 24, 2012

8:00am – 12:00noon **Marcé Society Symposium 2: Neonatal Effects of Substance Abuse and Treatments and Perinatal PTSD -**  
*Chair: Margaret Howard*

For the full program and details of the Marcé Symposia, click here: <http://www.naspog.org/>.

### News from Marcé Society member in Mexico

Marcé Society member Katia Thiele in Mexico

I am a postpartum depression survivor and I wrote the first book in Spanish worldwide about postpartum depression, it is ideal for Latino mothers. The book is entitled, "Maternidad Tabú" by publisher Urano, and it educates Mexican women about PPD and PPP. This is one of the first resources to address mental issues in Mexico. You can check it out here:

<http://www.maternidadtabu.mx/>. You may also email Katia at: [katiathiele@yahoo.com](mailto:katiathiele@yahoo.com).

### News from Marcé Society Members in Portugal

My name is Sónia Simões, I am Portuguese and I am just about to finish my training in Psychiatry. In Portugal, the internship in Psychiatry is done in 5 years. That internship consists of Internment, Addictive Behaviour, Neurology, Liaison Psychiatry, Community Psychiatry, Child and Adolescence Psychiatry, Day Hospital and Optional Internship. In what concerns the Optional Internship I chose to do Perinatal Psychiatry because, to my knowledge, there are no specialized services in that field in my country and because I always felt I didn't have enough information in that area.

In this way, uniting my fascination for Perinatal Psychiatry and my curiosity for knowing what was being done in specialized services (namely at the Mother-Baby units), I had the opportunity of doing an observational Internship at the King's College Hospital in London in 2011, for 3 months, under the tutorship of Prof. Louise Howard. This has been a unique experience in both professional and personal fields. It has raised my interest for this Psychiatry's subspecialty and it has given me knowledges that allow for a better approach of mental illness in the perinatal period.

In the future I would like to work in this Perinatal Psychiatry area and even develop some investigation work. If you would like to communicate with Sónia, please email her at: [siersimoes@gmail.com](mailto:siersimoes@gmail.com).



John Cox,  
Professor  
Emeritus,  
Keele  
University, UK

### **REFLECTIONS ON THE 'KENDELL SLIDE'**

John Cox, Marcé Society Past President

The 'Kendell slide' (Kendell, Platz and Chambers 1987), so commonly featured in our perinatal presentations, shows a histogram with a tall puerperal column, which illustrates the chief findings of the classic Edinburgh Case Register study carried out thirty years ago. A relative risk of 35 for admission with a psychosis in first time mothers in the 30 days postpartum was, and is, a major confirmation of the causal triggering of childbirth. This key finding had spurred us in Edinburgh to determine whether there was also an increased incidence of non-psychotic depression in the community after childbirth. We found a more modest threefold increase in first month onsets- but our histogram was less memorable.

I wonder if our preoccupation with biological/metabolic triggers has led to neglect of other findings of the Kendell study. Mothers admitted for example with a psychosis in the first 15 days postpartum were more likely to be single than married. Being unmarried, having a first baby, Caesarean Section and perinatal death were each associated with increased risk of postnatal mental disorder. Most clinicians recall a committed parental partnership blown apart by a treatable perinatal mental disorder which had traumatize family members, adversely affected sexual intimacy and empathic capacity, and they have regretted the lack of family intervention.

Is it likely that future studies using psychiatric and legal records could determine whether there is an association between marital separation/divorce/single parenting and peripartum mental disorder? Such a study could open up a new field of prevention (including pre- conception counseling) and also uncover some key determinants of severe puerperal illness. Long live the Kendell slide!

### **"BABIES ALOUD" – WHAT MEN NEED TO KNOW ABOUT POSTNATAL DEPRESSION**

For fathers, health professionals, groups, and individuals. The films are designed to challenge stereotypes by reinforcing the notion of a balanced parental relationship which is fundamental to help the mother affected by post natal depression to cope with the disorder and to make an effective recovery. Each film looks at a particular aspect of the mother/father/infant relationship, examines the particular stressors and misconceptions that cause it to be unbalanced and proposes possible remedies. The films are not intended to be positivistic, in the sense of linking specific problems with specific solutions, because often problems in postnatal depression are not well defined and overlap with ordinary responsibilities of parenthood and child-care. They are intended to stimulate a discussion in which possibly difficulties and possible solutions can be constructively debated. For further information please click: <http://shsfaculty.swan.ac.uk/janehanley/>

## LINKS TO OTHER ASSOCIATIONS IN MENTAL HEALTH OR PERINATALITY

### Begin Before Birth: <http://www.beginbeforebirth.org/>

This new website shows how the emotional state of the mother can affect the neurodevelopment of the fetus, and shows some of the underlying mechanisms. There are three short videos for you to view which show the importance of reducing maternal stress, anxiety and depression during pregnancy, not only for the mother herself, but because of the effects it can have on the fetus and the child.



**New website resources for you!**

### APP - Action on Postpartum Psychosis: [www.app-network.org](http://www.app-network.org)

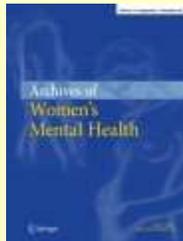
APP has re-launched their website and are keen to improve it further in the coming months.

## UPCOMING MEETINGS IN OUR FIELD

- UK Regional Meeting: What's new in Perinatal Mental Health? 16 May 2012
- 2nd Annual meeting SMFM Society for Maternal and Fetal Medicine, 6-11 February 2012, Dallas, USA
- 4th International conference on drug discovery and therapy (ICDDT), 12-15 February 2012, Dubai, UAE

To view the complete list of upcoming meetings, please visit:

<http://marcesociety.com/Upcoming-meetings.aspx>



A Diamond or Gold level Marcé membership includes the *AWMH*!

### THE JOURNAL OF THE MARCÉ SOCIETY

If you are not a gold member and have not been able to read a copy of *The Archives of Women's Mental Health* lately, here are some articles that you have missed:

- [A review of postnatal mental health websites: help for healthcare professionals and patients](#)
- [Emotional reactivity in infants with congenital heart defects and maternal symptoms of postnatal depression](#)
- [Sleep deprivation and postpartum mental health Case report](#)

**Thank you for your support of the Marcé Society for Perinatal Mental Health. We want to hear from you. Please email Nicole Greer at: [ngreer@parthenonmanagementgroup.com](mailto:ngreer@parthenonmanagementgroup.com) if you have questions or comments.**

[manage](#) your preferences | [opt out](#) using TrueRemove®.

Got this as a forward? [Sign up](#) to receive our future emails.

