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July 2016

## Letter from the President



### Dear Marce Colleagues,

Once again it is with great pleasure that I share with you exciting developments within the Society. This newsletter is bursting with news. The submission of so many high quality abstracts for the forthcoming Conference ensures a smorgasbord of stimulating events. In this edition of the newsletter we feature preconference workshops by international experts. Also in this edition are Regional Group updates, and members who are in the news and making news. I look forward to seeing many of you in person in Melbourne!

Jeannette Milgrom  
President, International Marcé Society for Perinatal Mental Health



The conference will provide an exciting opportunity for researchers, clinicians, consumer groups and policy makers to come together in the vibrant city of Melbourne, Australia.

Our pre and post-conference workshop program (Sunday 25 September and Thursday 29 September) offers a number of opportunities for in-depth skill building across a range of hot topics in perinatal mental health. We encourage you to book your place early, as these events are expected to sell out as seating is limited.

## 25th September Pre-Conference Workshop Speaker (see [www.marce2016.com](http://www.marce2016.com) for more details)



**Diane Reynolds, USA**

**Preconference Workshop:** *"Transforming Parental States of Mind: Clinical Approaches in Mindful and Reflective Parenting"*

**Sunday 25 September, 9.00am - 4.30pm**

Cost \$300 (\$270 for PIPIG (APS) and AAIMHI members)

[View biography >>](#)

[View Workshop description >>](#)



**Dr Scott Stuart, USA**

**Preconference Workshop:** *"Interpersonal Psychotherapy"*

**Sunday 25 September, 9.00am - 4.30pm**

Cost \$300

[View biography >>](#)

[View Workshop description >>](#)

**Professor Ian Jones, UK  
Dr Roch Cantwell, Scotland**

**Preconference Workshop:** *"Dealing with uncertainty: Practical approaches to prescribing dilemmas in pregnancy and breastfeeding"*

**Sunday 25 September, 9.00am - 12.30pm**

Cost \$160



[View biography >>](#)  
[View Workshop description >>](#)



**Professor Louise Howard, UK**

**Preconference Workshop:** *"How to ask and respond to Domestic Violence recommendations by the WHO and NICE - a practical how to do it session"*

**Sunday 25 September, 1.00 - 4.30pm**  
Cost \$160

[View biography>>](#)  
[View workshop description>>](#)



**Dr. Simone Honikman, South Africa**

**Preconference Workshop:** *"Secret History": a training method for enhancing non-mental health providers' empathic care for mothers*

**Sunday 25 September, 9.00am - 12.30pm**  
Cost \$160

[View biography>>](#)  
[View workshop description>>](#)



**Dr. Carol Newnham, Australia**

**Preconference Workshop:** *"The Premiestart Intervention: Helping parents help their preterm infants"*

**Sunday 25 September, 1.00 - 4.00pm**  
Cost \$160

[View biography >>](#)  
[View Workshop description >>](#)

## 29th September Post Conference Workshop Speaker

**Dr Rachel Yehuda, USA**

**Postconference Workshop:** *"Diagnosis and treatment of Post-Traumatic Stress Disorder (PTSD)"*

**Thursday 29 September, 8.30am to 12.00pm**  
Cost \$160

[View biography >>](#)



[View Workshop description >>](#)

## More Special Events and Full Program to be Announced Soon

Other events are being added to the program. More details to come soon on:

- A range of exciting Invited Symposia
- Half day Mother-Baby Unit visits on Thursday 29 September
- Dinners hosted by Keynote Speakers on Monday night

Visit the new Satellite Events section of the conference website to see what other Perinatal training and events are happening around the time of the conference including training in the Newborn Behavioural Observations (NBO) System.



### Newborn Behavioural Observations (NBO) System

This 1.5 day NBO training program is relevant to a range of professionals who work with parents and infants (from birth to 3 months), including perinatal and infant mental health clinicians, midwives, GPs, obstetricians, paediatricians, maternal and child health nurses and social workers. Trainers are Associate Professor Campbell Paul and Dr Susan Nicolson.

Day 1 - Friday 23 September, 2016 4:00pm to 7:30pm

Day 2 - Saturday 24 September, 2016 8:30am to 4:30pm

The Royal Women's Hospital, Ground Floor, Conference Room A

## START TO PLAN YOUR AUSTRALIAN TRIP & REGISTER FOR THE CONFERENCE & SPECIAL EVENTS EARLY BIRD REGISTRATION EXTENDED TO 24 JULY!

To complement the Scientific Program, there will be lots of fun activities held during the conference which will showcase Australia's top-class hospitality and culture including:

- Free cocktail reception as part of the Welcome Ceremony on Sunday evening
- Gala Dinner on Tuesday night, with a surprise performance (tickets selling fast)

To facilitate networking for delegates attending the conference, we have negotiated special rates with both hotels, which are located onsite at the Pullman & Mercure Melbourne Albert Park Conference and Event Centre. The venue is located just a short tram ride to Melbourne CBD, which makes it easy to explore the city. These rooms are subject to availability, so we encourage you to book early. Bookings can be made direct with from the hotel by downloading the booking form that is found on the conference website under the Venue and Accommodation tab. This form will ensure your Marcé discount, [www.marce2016.com](http://www.marce2016.com)

We gratefully acknowledge the support of our Conference Sponsors:



## Marce Members Featured Publications

### **A patient decision aid for antidepressant use in pregnancy: protocol for a pilot randomized controlled trial.**

**Vigod et al. 2016 Trials**

This article describes a protocol for a pilot randomized controlled trial of an online patient decision tool that aims to help women make decisions about antidepressant use in pregnancy, in collaboration with their providers. The overall concept of the patient decision aid (PDA) is that maternal and infant outcomes will be optimized when women make informed treatment decisions consistent with their own values about possible benefits and harms of each treatment option. The investigators designed the online patient decision aid with the help of QoC Health, a patient-focused health care technology company based in Canada, and are in the midst of a pilot study to determine the acceptability of the decision tool among patients and providers, and to establish the feasibility of conducting a larger randomized controlled trial to definitively establish the efficacy of the decision tool at helping women make informed decisions aligned with their own values.

Major depression affects 1 in 10 women during pregnancy and can have serious and negative impact on maternal and child health(1). Antenatal depression is associated with higher rates of poor antenatal care, poor nutrition, and substance abuse while infants are at risk for prematurity and poor fetal growth. It also increases risk for postpartum depression, a condition linked to child cognitive, behavioural and emotional problems. While mild and sometimes moderate severity depression can be treated with psychotherapy alone, antidepressants should be considered in more severe illness. In this situation, women and providers have to weigh possible risks of untreated antenatal depression against potential risks from antidepressant exposure such as small increased risk for infant cardiac defects and respiratory problems, and uncertain long-term child impact. Previous research by the authors, and others, showed that women have significant difficulty deciding whether or not to use antidepressant medication to treat their depression in pregnancy(2).

Patient decision aids are decision support tools designed to enhance effective decision-making for patients facing complex decisions. PDAs help patients understand treatment options, possible benefits and harms, and prepare them to make decisions in collaboration with their provider. PDAs can help to reduce decisional conflict, a construct known to be associated with delayed and ineffective treatment decisions(3). This PDA was designed using International Patient Decision Aid Society (IPDAS) guidelines, systematic reviews on antidepressants in pregnancy, research on women's decisional needs, and with input from an Advisory Committee of patients, front-line providers, and health professional organizations. Women can view the PDA alone or with others, but a secure password ensures privacy. Unlimited logins allow women to complete it at their leisure or re-read sections/repeat exercises, creating flexibility in the face of competing demands like work or childcare. Women can then print a summary of their work with the PDA and/or send it

by email to their treating provider.

As an interactive electronic tool, the PDA can be used in a broad range of clinical settings, and easily updated to reflect new evidence. This relatively simple, low-cost intervention has the potential help women make effective decisions around treatment of depression during pregnancy, thereby reducing the burden of antenatal depression on mothers and children.

1. Howard LM, Piot P, Stein A. No health without perinatal mental health. *Lancet*. 2014;384(9956):1723-4. Epub 2014/12/03.
2. Walton GD, Ross LE, Stewart DE, Grigoriadis S, Dennis CL, Vigod S. Decisional conflict among women considering antidepressant medication use in pregnancy. *Arch Womens Ment Health*. 2014;17(6):493-501. Epub 2014/08/12.
3. Stacey D, Legare F, Col NF, Bennett CL, Barry MJ, Eden KB, et al. Decision aids for people facing health treatment or screening decisions. *Cochrane Database Syst Rev*. 2014;1:CD001431. Epub 2014/01/29.

## Eating disorder symptoms pre- and postpartum

*Cecilia Brundin Pettersson, Modjtaba Zandian, David Clinton; Arch Womens Ment Health. 2016 Mar 10*

The study aimed to investigate symptoms of disordered eating pre- and postpartum using a standardised and widely used measure of eating disorder (ED) psychopathology. A consecutive series of women attending either prenatal (N=426) or postnatal (N=345) clinics in metropolitan Stockholm were assessed using the Eating Disorder Examination Questionnaire (EDE-Q). Assessments were conducted at either the first visit to prenatal clinics (10-12 weeks of pregnancy) or 6 to 8 months postpartum. An optimised shortened version of the EDE-Q was best suited for studying eating disorders pre- and postpartum. Using the optimised version of the instrument with 14 items and a cut-off score of  $\geq 2.8$ , it was estimated that 5.3 % of prepartum and 12.8 % of postpartum mothers were suffering from clinical eating disorders. Seriously disordered eating behaviour during, and especially after, pregnancy may be more common than previously thought. It is imperative that health services focus increased attention on these problems by raising awareness, developing and extending specialist services, as well as through implementing educational programmes and training directed toward frontline healthcare services.

Keywords Disordered eating . Eating disorders . EDE-Q .

## Archives of Womens Mental Health Journal

Volume 19, Issue 3, June 2016//Marce Members in Bold

### [Coping strategies for postpartum depression: a multi-centric study of 1626 women](#)

Alfonso Gutiérrez-Zotes , Javier Labad, Rocío Martín-Santos, **Luisa García-Esteve**, **Estel Gelabert**, Manuel Jover, Roser Guillamat, Fermín Mayoral, Isolde Gommernann

### [Perceived parenting stress in the course of postpartum depression: the buffering effect of maternal bonding](#)

**C. Reck**, A.-L. Zietlow, M. Müller, S. Dubber

### [Anxiety and physical health problems increase the odds of women having more severe symptoms of depression](#)

Sandra J. Weiss , Diana I. Simeonova, Mary C. Kimmel, Cynthia L. Battle, **Pauline M. Maki**, Heather A. Flynn

### [Does non-pharmacological therapy for antenatal depression reduce risks for the infant?](#)

A Jarde , M Morais, **D Kingston**, R Giallo, L Giglia, G MacQueen, Y Wang, J Beyene, S. D. McDonald

## BMJ Open

March 2016, Volume 6, Issue 3/Marce Members in Bold

### [Gender-informed. psychoeducational programme for couples to prevent postnatal common mental disorders among primiparous women: cluster randomised controlled trial](#)

**Lara-Cinisomo S**, Girdler SS, Grewen K, **Meltzer-Brody S**

## Womens Health Issues

May-June 2016, Volume 6, Issue 3/Marce Members in Bold

### [A Biopsychosocial Conceptual Framework of Postpartum Depression Risk in Immigrant and U.S.-born](#)

[Latina Mothers in the United States.](#)

**Jane Fisher, Heather Rowe, Karen Wynter, Thach Tran, Paula Lorgelly, Lisa H Amir, Jenny Proimos, Sanjeeva Ranasinha, Harriet Hiscock, Jordana Bayer, Warren Cann**

## Regional Group Updates and World Maternal Mental Health Day

### Italian Group

The Italian Marcé Society was founded in 2015 by Alessandra Bramante and Pietro Grussu.

The first conference of the Italian Marcé Society entitled "Perinatal Mental Health: The Italian Marcé Society meets the national health care centers" has been held in Milan the 27th of February 2016. There were about one hundred and forty people who attended the meeting with one hundred and ten of them becoming society members. There has been a friendly and welcoming atmosphere. Society members enjoyed working together and came up with workable projects which could be progressed in the near future. The conference aimed to gather the clinical practices related to perinatal mental health from different Italian health care services and to lay the foundation of a good cooperation between those different services throughout the national area. The meeting represented a starting point in developing further clinical projects and educational events related to perinatal mental health and promoting joint multicentric scientific researches. The conference promoted a good cooperation and clinical experiences sharing between different Italian professionals (psychologists, psychiatrists, gynaecologists, pediatricians, obstetricians) who are currently working as multidisciplinary teams throughout the national area in terms of prevention, assessment and management of perinatal mental health.

Article and photos by Alessandra Bramante



A brief moment from the conference



The Steering Committee

**Cesario Bellantuono, Alessandra Bramante (President), Viviana Lamarra, Elena Paschetta, Rosa Maria Quatraro and Pietro Grussu**

### Nordic Group

The Nordic Group participated in the Global Maternal Mental Health Day efforts. Click [here](#) to read our blog, "The Taboo of the Happy time"

Signe Dorheim, President

### First Annual World Maternal Mental Health Day: May 4, 2016!

Marce, the Maternal Mental Health Alliance, and Postpartum Support International (PSI) worked together on

events to celebrate World Maternal Mental Health Day with the theme "Maternal Mental Health Matters." Click [here](#) to learn more about this first annual effort!

## Marce Members In the News ... and Making News

**Samantha Meltzer-Brody**

[An Insurance Penalty From Postpartum Depression. The New York Times](#)



**Kristina Deligiannidis, MD**, currently Associate Professor of Psychiatry and Obstetrics & Gynecology and Director of the Depression Specialty Clinic at Univ. of Massachusetts Medical School will transition this September to her new role as Director of Women's Behavioral Health at Zucker Hillside Hospital/Long Island Jewish Medical Center in Glen Oaks (Queens), NY. Dr. Deligiannidis conducts translational neuroendocrine and multi-modal neuroimaging research in the pathophysiology of peripartum depression. As a reproductive psychiatrist, her expertise is in the psychopharmacologic treatment of peripartum depression and anxiety. In her new position she will advance research, clinical and educational initiatives in Women's Behavioral Health at the nation's 14th largest health system (Northwell Health)

which has nearly 40,000 births annually and is a partner of Hofstra Northwell School of Medicine.

### PPD ACT App

Dear Marce members,

I am delighted to write and say that our PPD ACT app sponsored by the PACT Consortium released in the U.S. The Australian version is also available and the UK version is coming soon. We will be eager to expand into other countries and I know some of you have already expressed interest.

See the [pactforthecure.com](http://pactforthecure.com) website or check out the [Apple press release](#) or [UNC press release](#).

Warm Regards,  
Samantha Meltzer-Brody, MD, MPH

## The Members Only List Serv: Making Connections!

[Check out the archives](#) to make sure you are up to date on some key topics:

- United States case advocated by Meg Spinelli: click [here](#) to read the letter Marce wrote in support
- Postpartum psychosis
- Countries with infanticide laws
- Screenings in pediatric settings
- Job postings and Fellowship opportunities

## New Resources

### Partners to Parents

Dear Marce members,

I am excited to launch [www.PartnerstoParents.org](http://www.PartnerstoParents.org), a website with practical tips on how couples can strengthen their relationship when they are pregnant or have recently had a baby. It is hoped that this website

will contribute to the prevention of perinatal depression and anxiety. Topics include staying connected, parenting as a team, managing conflict, and seeking professional help.

The website was developed as part of my recently completed PhD research and is a free, not for profit resource. Partners to Parents is proud to be:

- \*Father inclusive
- \*Same sex couple inclusive
- \*Informed by evidence
- \*Developed in consultation with parents
- \*Endorsed by an international panel of researchers and perinatal health professionals

I hope you will find it a useful website and help us spread the word to new and expectant parents.

Warm regards,

Pam Pilkington  
Australasian Marce Society Young Researcher Award Winner 2015

## Other News

### NASPOG Fellowship List

The North American Society for Psychosocial Obstetrics and Gynecology has compiled a list of Women's Mental Health fellowships and career opportunities; click [here](#) to review.

Dr. Kathie Wisner, Marce Information Editor

### 2017 Dr Myriam de Senarclens Prize for research in psychosomatic gynecology and obstetrics

The next **Myriam de Senarclens prize** will be awarded in 2017. It will be of the value of 20'000 Swiss Francs (approx. 20,000\$; June 1, 2016). The application deadline is December 1st, 2016.

Best regards,  
Eliane Perrin,  
Secretary, Fondation Dr Myriam de Senarclens

### The Marcé Society Symposium: 2016 WAIMH Conference

The Marcé Society symposium at the 2016 WAIMH Conference in Prague entitled "Perinatal mental health, fetal and child development, what can be done" has been highlighted by Springer USA. This talk was chaired by Past President Nine Glangeaud with expert speakers :Vivette Glover /Treasurer of the Society, Anne Laure-Sutter/Secretary, Paul Campbell and the team of Lynne Murray. Look for more details in future newsletters.

Nine Glangeaud, Past President

## 2016 Leadership Election: Please submit your ballot!

In advance of the Biennial Conference, Marce will be electing new Officers and Board members. The official

Ballot was distributed to all Marce members on 28 June. For information about the candidates, you must log in to the website as a member and navigate to the [2016 Election page](#). Ballots are due 18 July.

## Thank You to our 2016 Diamond Members!

Tahany Banoub  
Jennifer Barkin  
Diana Barnes  
Roseanne Clark  
John Cox  
Kate DeStefano-Torres  
Christine Deeble  
Raja Gangopadhyay  
M. Camille Hoffman  
Jane Honikman  
Catherine Lager  
Aarti Mehta  
Samantha Meltzer-Brody  
Monya Murch - Gangemi  
Masako Nagata  
Lucy Puryear  
KoLynn Sinclair  
Milica Stefanovic  
Bjarta Vilhelm  
Sarah Wakefield  
Eri Watanabe  
Hiroshi Yamashita

## Upcoming Conferences

**IPT Week: Interpersonal Psychotherapy from A to Z**  
**September 19-23, 2016**  
**La Teppe Medical Center, Tain l'Hermitage, France**

Training organized in 3 distinct - yet related - workshops; First two workshops conducted entirely in English, without translation Third workshop in English with playful translation into French.

Click [here](#) for workshop titles, registration information, and more

REMEMBER:

EARLY BIRD REGISTRATION EXTENDED TO 24 JULY!

Send updates on careers, publications, etc. to the [Executive Office](#) for future newsletters.

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