



The
Marcé
Society



President's Letter-

It is with great pleasure and enthusiasm that I embark on a 2 year journey as President of the Marcé Society for Perinatal Mental Health. I look forwards to building on the past and working with members, Officers, the Board and Regional Groups to generate opportunities for the future, whilst strengthening the Society. We have a rich mix of Committee members that blends new blood whilst cherishing the knowledge of those who have held past positions, and including the voice of new parents. As I look at the tasks ahead, I want to thank Jane Hanley (and the previous Executive Committee) for having left the Society in such a strong position. We have a solid member and financial basis, a great discussion forum, new initiatives in social media, a new constitution and more. I hope to emulate

Jane's pragmatism and, as was written in the 'Tribute' presented to her in Swansea, her humour, wisdom and a calm approach promoting the involvement of all health professionals in the care of women with perinatal mental illness, and their families. I also look forwards to working with Regional groups of the International Marcé Society and I have been impressed by their energy, drive and great initiatives.

In terms of my own background, I am passionate about perinatal mental health. My career has spanned both research and clinical work and I have been involved for many decades with the Marce Society. I value strong community/networking/support and multidisciplinary collaboration. On a personal note –I am well placed to represent an international Society, having been born in Paris, grown up in Australia and my daughter recently returned from South Africa whilst my son is doing his PhD in Chicago. I will visit you all!

Some of my first tasks will include:

1. Setting strategic goals for the next two years, including ways of increasing membership to reach more professionals working in the perinatal field by setting up a subcommittee.
2. And importantly, after such a fantastic Swansea conference.... great plans are afoot! I hope with your help to organize an exciting conference in Melbourne in 2016.

Jeannette Milgrom, President

Highlights of the Swansea Conference by Anne Sved Williams-

Dear Marcé Members,

It is the last day of a very successful Marcé Society International Meeting in Swansea, Wales and I have found it a big buzz which I want to share with you. It is rare to come to a meeting where every single plenary is inspiring with at least one thing which might have stayed in my rather over-full brain. Some of those inspirations for me are:

- De-stigmatising campaigns around mental health as described by Professor Graham Thornicroft of King's College, London, with his bottom line of the value of disclosure of mental illness. The next day, Professor Louise Howard, who is one of the world's most prominent perinatal mental health researchers, delivered her lecture ("What is evidence based perinatal mental health care?") as the recipient of this year's Marcé medal and finished her plenary by disclosing in some details her severe postnatal depression following the birth of each of her 2 daughters. What a wonderful role model. She described how her own experience postnatally informs her research and input to the field.



- Professor Vikram Patel gave us an overview of maternal mental health and adverse child outcomes in low and middle income countries where 90% of the world's births take place. He talked about the development of peer support programs and some work to train "functional neighbours" (my term) with 1.5 days of training to provide appropriate listening skills to deprived and depressed mothers. I am inspired to work harder to try and bring some mental health professionals from Asia/Pacific to Marcé meeting in Adelaide so we are more truly AustralASIAN – so anyone who has ideas about this, eg. contacts in Asia or Pacific please let me know so we can encourage more people to come – and also help them to make it happen.

- A musicologist, Jennie Muskett, who is writing lullabies for pregnant women based on the rhythms and sounds of women with their infants gave a gentle and humorous talk and made me want to buy her DVD when it is released shortly. It can be tracked through beginbeforebirth.org

- A film, *The Stranger in Me*, about a woman with a psychotic postnatal depression, made by a film maker in Germany with subtitles is compelling viewing and makes for powerful teaching and discussion. The Marcé Society is considering buying a copy for use around the world which is good but it costs about 600Euros and the logistics of shifting it around may be an issue although copies are being considered so watch this space.

- An amazing talk by Dr Steve Suomi who is Chief of Comparative Primates at the NICHD in Bethesda, Maryland who described his work with Rhesus and other monkey groups observing parenting under both natural and experimental conditions, confirming many of my hypotheses about family groups, good parenting skills, secure base and so on.

- Professor Lynne Murray, who has become more explicit about the domains of emotional development which are important for good child cognitive outcomes. Including secure attachment, scaffolding new skills, helping in fearful situations, and sharing reading. Her new book, *The Psychology of Babies* is a wonderful semi-pictorial outline of her views and understandings from her rich research career

- The originator of the Marcé Society, the esteemed Professor John Cox, was awarded the inaugural John Cox Medal (to his surprise) at the lecture he was giving along the theme of "Perinatal mental health leads the way in health in terms of showing how to work compassionately as well as collaboratively"!

- Lots of rich input about MBUs, maternal mental health and effects on children, and many sessions regarding the organic sides of our work, including Dr Vivette Glover's work on antenatal stress and working memory in offspring; epigenetics from Dr Steve Claes; Dr MacAllister-Williams and his amazing knowledge of brain pathways and the influences of medications used in severe mental illness; and many more, including:

- Professor Ian Jones, with his fantastic knowledge of bipolar mood disorder and puerperal psychosis. It was a thrill to meet him ahead of his promised trip to the (drum roll): **MARCÉ SOCIETY FOR PERINATAL MENTAL HEALTH AUSTRALASIA/ADELAIDE MEETING OCTOBER 22-24, 2015!**

Anne Sved Williams- President of the Australasian Marcé Society



A Fun and Insightful Journal of the Swansea Conference by Deborah Sims-

Journal of a Conference Junkie

INTERNATIONAL MARCE SOCIETY CONFERENCE, 2014

[Please click here to read a day by day recap of the Conference!](#)

Certificate of Recognition for Prof Ian Brockington-

Jane Hanley has written to Prof Ian Brockington on behalf of the Marc members thanking him for his wonderful contribution to the Marce Society, together with a printed certificate which read :

Certificate of Recognition *The International Marcé Society wishes to recognise the outstanding work in perinatal mental health by Professor Ian Brockington This was evidenced by the great success of the 2014 Biennial Scientific conference, where the importance of his contribution to perinatal mental health was acknowledged by delegates from across the globe. Signed .Dr Jane Hanley President of the International Marcé Society.*

Prof Brockington kindly acknowledged the correspondence and reminded Jane that this is his 40th year of working in the field of mother- infant psychiatry! We are sure that every member will wish Professor Brockington well and feel privileged to continue and develop his good works.

The John Cox Medal-

The John Cox Medal for Distinguished Service was initiated at the Marcé Society meeting in Swansea (Sept 10-12, 2014) in honor of Professor Cox's contributions. This medal will be awarded at each biennial Marcé meetings henceforth. Additionally, an interview conducted by Kathie Wisner, Recollections on the Early Days of the Marcé Society for Perinatal Mental Health from Professor John Cox, was submitted to the Archives of Women's Mental Health, our journal, to celebrate this occasion! An excerpt: "The name of the Marcé Society had achieved more national prominence than I had ever anticipated. Indeed the Marcé Society was an organisation that had encouraged much of my subsequent academic and clinical career. And no doubt there are those amongst the current leadership who would say the same."

Conference Highlight- "Current Screening Dilemmas: What we know/what we don't know"

A major highlight of the conference was the forum entitled "Current Screening Dilemmas: What we know/what we don't know". The Panel was impressive and consisted of members well known for their active contributions to this important issue. Topical points of view were put forward, followed by an interactive discussion with the audience, ably moderated by Michael O'Hara. The session began with Jeannette Milgrom presenting a video foreshadowing a book edited by her and her coeditor Alan Gemmill. Identifying Perinatal Depression and Anxiety (Wiley-Blackwell, 2015) will offer a forward-thinking synthesis of the current state of the field by leading international experts. Evidence for the effectiveness and limitations of screening methods are scrutinised and challenges, policy issues and targets for future research identified.

[To read the full text, please click here.](#)



Frontiers in Perinatal Mental Health - looking to the future

We welcome you to
Melbourne, Australia in
September 2016 for the
International Marcé Society
Biennial Scientific
Conference



*"Join us down under
to discover why
there's nothing like
Australia!"*

Sign up to the mailing list
(info@marcesociety.com) for
further information and dates
soon to be released

For more information
about the Society visit
www.marcesociety.com

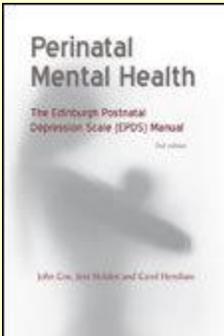
Image Courtesy of Tourism Australia

New expanded mother-baby facility in Rhode Island

The United States has historically lagged behind other nations in the recognition and treatment of perinatal psychiatric disorders in specialized treatment settings. To begin addressing the need for a similar treatment philosophy in America, and through the collaboration of clinical, academic, and administrative personnel at Women & Infants Hospital (WIH) and Brown University in Providence, Rhode Island, the first mother-baby perinatal partial hospital was opened in February, 2000.

Over the years, demand for our services has increased dramatically, despite declining birth rates. To address this need, in May 2014 we were thrilled to be able to move into vastly expanded day hospital space to allow for the treatment of twice as many mothers and infants (i.e. 14 daily).

Photos of our facility are below and to read the full article, [please click here](#).



EPDS Manual Recently Updated by RCPsych Publications

RCPsych Publications, the publishing branch of the Royal College of Psychiatrists, are pleased to announce that a newly updated edition of Professor John Cox's bestselling manual on the Edinburgh Postnatal Depression Scale (EPDS) is now available.

Written by John Cox, Jeni Holden and including Carol Henshaw for this new edition, 'Perinatal Mental Health: The EPDS Manual (2nd edn)' was published earlier in 2014. The scale is now in use around the world and this book offers a practical guide to using it in clinical practice, plus information on its origins and development. The book includes the EPDS questionnaire itself in 58 different languages, plus a discussion of the questionnaire's cultural validity.

[To read the full text, please click here.](#)



Vikram Patel named one of the 30 most influential people in public health by Master's in Public Health Degrees

Vikram Patel is a professor and Wellcome Trust Clinical Science Senior Research Fellow at the London School of Hygiene and Tropical Medicine. He helped create and now co-leads the L.S.H.T.M. Center for Global Mental Health, whose mission is to close the "treatment gap" between the number of people worldwide with mental illnesses and the number of those people actually receiving treatment. Patel also co-founded Sangath, a nonprofit organization dedicated to providing care for patients with developmental disabilities and mental health problems in underprivileged communities.

Sangath won the MacArthur Foundation International Prize for Creative and Effective Institutions in 2008. In addition, Patel wrote "Where There is No Psychiatrist," a mental healthcare manual for non-mental health specialists. For his contributions to the mental healthcare community, Vikram Patel has also won the Rhodes Scholarship, the MacArthur Foundation Fellowship for Leadership Development, and many other honors.

[Please click to read the full article.](#)

Regional Group Updates-

Australasian-

After the wonderful excitement of the Swansea meeting, there is a flurry of activity and planning for the Australasian Branch of the Marce Society. As always there were a lot of Australians and New Zealanders in Swansea and it's a great time for us to meet each other as well as many colleagues from other parts of the world. It is a joyful part of my job as current Marce Australasia President to persuade people that it is the same distance from Australia to the Rest of the World (ROW) as it is from ROW to Australia!

[To read the full text, please click here.](#)

Australasian Marce at the Australian Association for Infant Mental Health Conference

Between the peace of the Brisbane City Botanical Gardens and the tranquillity of the majestic Brisbane River, almost 200 health care professionals met in early October to consider the theme: *Infancy in Crisis, Rupture and Repair*.

The conference started strong on Thursday with excellent presentations. Highlights included a presentation by Judith Solomon, from Bridgeport Hospital in the USA, who explained the clinical implications of attachment disorganisation. Jennifer McIntosh from La Trobe University, Melbourne, covered the current research and theoretical perspectives on infant overnight-care in parental separation, including integrated guidelines for planning infant care. Lane Strathearn returned briefly from Texas Children's Hospital and gave a very appreciative home crowd a fascinating presentation on the neuroscience of infant face perception on infancy in crisis.

Photo to the right of Lyndall White, Anne Sved-Williams and Deborah Sims.

[To read the full text, please click here.](#)



Spanish-

SPANISH MARCE MEETING MAY 2014

Success audience during the III Journal of Perinatal Mental Health in Barcelona, Spain.

On May 9, Barcelona hosted the annual meeting of the "III Journal of Perinatal Mental Health", a scientific activity sponsored by the International Marce Society for Perinatal Mental Health and Spanish Marce Perinatal Mental Health Society (MARES), organized in coordination with the Quirón-Dexeus University Hospital, Clínic-Maternitat University Hospital and the Autonomous University of Barcelona.

The event, which a full auditorium, conducted jointly scientific communications and professionals meeting working in both clinical and research-teaching reproductive and perinatal mental health in our country, gathering experts from Departments and Services, Clinical and University, who actively participated in various discussions and presentations. They highlighted the current findings about influence of maternal eating behaviour on offsprings, and exciting research focused on the thematic areas: 1. Pregnancy and exposure to substances, 2 Postpartum Mental Health and 3. Maternal and infant bond.

Nordic-

Great news from the Nordic countries: We conducted our first general, constituent assembly for the new Nordic branch of Marcé society! This was done September 10th, 2014, at Swansea. 23 Nordic members were present at the general meeting, and more than 30 are now registered as paying members to the International Marcé Society.

Please let me know whether there are any more formalities that needs to be completed before becoming an official regional branch of the Marcé society.

The board constitutes the following members:

President: Signe K Dørheim, MD, PhD, adult psychiatrist, Norway

Vice president: to be elected 2015

Secretary (4 years): Pamela Massoudi, Psychologist, PhD, Sweden

Treasurer (4 years): Merethe Vinter, Public health nurse/Health visitor, Denmark

Information Editor (4 years): Gro Vatne Brean, Child Psychologist, PhD, Norway

Other members (2 years)

Malin Eberhard-Gran, MD, Public health, Prof., Norway

Kari Glavin, Public health nurse/Health visitor, PhD, Norway

Pirjo Mäki, MD, PhD, Child psychiatrist, Finland

Kari Slipping, Child psychologist, PhD, Norway

Birgitta Wickberg, Psychologist, Prof. emeritus, Sweden.
Eva Andersson, midwife, Sweden.

Francophone-

28th September - 2nd October 2015

La Teppe Medical Center, Tain L'Hermitage, France
Presented by La Teppe Medical Center and Postpartum Support International, this five-day 2015 Perinatal Mental Health Training brings together experts in the field of perinatal mental health. Tain L'Hermitage, a beautiful spot in the South of France, is easily accessible by fast train from Paris Charles de Gaulle airport and is close to Lyon airport. All workshops are presented in English and are applicable for psychiatrists, psychotherapists, researchers, nurses, social workers, and other caregivers.

[To read more information, please click here.](#)



Maureen Ngepai Marks 19 November 1946 - 13 July 2014

Maureen Marks worked at the Institute of Psychiatry from 1987 until her retirement in 2006. She joined the IoP as a lecturer/researcher working with Professor Channi Kumar, in the Section of Perinatal Psychiatry, and was appointed Senior Lecturer in 1993. For most of her time at the IoP, Maureen held a joint appointment as Consultant Adult Psychotherapist and Senior Clinical Tutor with the South London and Maudsley NHS Foundation Trust and practiced as a Psychoanalyst.

These twin appointments reflected Maureen's passionate interest in both research and patient care, particularly the inner life of patients. Maureen's research interests were primarily in mother-infant attachment and the evaluation of perinatal mental health services.

Maureen's concern for the care of pregnant and postnatal women was evident in her steadfast support for improvements in perinatal clinical services. She was involved in the initiation of the London & South Thames Clinical Network in Perinatal Psychiatry and led on the development and publication of regional protocols, care pathways and management recommendations for pregnant and postnatal women with mental health problems.

[To read the obituary in full, please click here.](#)

**A Memorial Event will be held on Thursday, 20th November,
2.00 - 5.00 p.m. at the Rye Hotel, 31 Peckham Rye, London, SE15 3NX.
RSVP: Dr Barbara Wood bwood174@btinternet.com**

Merton Sandler March 1926-August 2014

Merton Sandler, who died in August aged 88, one of the pioneers of Psychopharmacology, was also important for giving early attention to the scientific basis of perinatal mental illness. In 1959 he was the first to propose the monoamine hypothesis of depression. This was based on his pioneering work showing that the antidepressant iproniazid also inhibited the enzyme monoamine oxidase in the brain. He suggested that depression might result from a deficit of monoamines, such as serotonin, noradrenaline and dopamine. When their levels were boosted, by blocking the enzyme which inhibited them, monoamine oxidase, there was an improvement in mood. This, at a time when most psychiatry was still quite psychoanalytic, was part of the beginning of biological psychiatry.

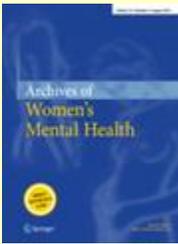
Merton had very wide interests. He edited books on topics ranging from Enzyme Inhibitors as Drugs, to Parkinson's Disease, Migraine, Sexual Behaviour and Alcohol.

In 1978 he edited a book on "Mental Illness in Pregnancy and the Puerperium" based on a conference he had organised at Queen Charlotte's maternity hospital in London, where he worked. It was the first publication which brought together a range of experts on this then neglected topic, and predates the formation of the Marcé Society. It

includes contributions from many later prominent in the field, including Brice Pitt, Ian Brockington, John Cox, Bob Kendell and Channi Kumar. Many of the papers presented seminal work and several raised topics still under discussion today. Channi Kumar presented data showing that depression was as common during pregnancy as postnatally. Bob Kendell showed that having a baby could trigger psychosis. Ian Brockington discussed the symptoms of postnatal psychosis; and John Cox discussed some "socio-cultural determinants of psychiatric morbidity associated with childbearing".

I attended that meeting as a young postdoc, and it certainly stimulated my interest in the subject. I worked with Merton for nearly 20 years, and, together with many others from around the world, will miss him greatly.

-Vivette Glover



AWMH Journal-

Please pay special attention to the four articles listed below who feature contributions by Marcé Members (names in bold):

"Are women with a history of abuse more vulnerable to perinatal depressive symptoms? A systematic review" M. Alvarez-Segura, **L. Garcia-Esteve, A. Torres, A. Plaza, M. L. Imaz, L. Hermida-Barros, L. San, N. Burtchen**

"Antenatal fear of childbirth and sense of coherence among healthy pregnant women in Japan: A cross-sectional study" Mizuki Takegata, Megumi Haruna, Masayo Matsuzaki, Mie Shiraishi, **Tadaharu Okano**, Elisabeth Severinsson

"Maternal bonding in mothers with postpartum anxiety disorder: the crucial role of subclinical depressive symptoms and maternal avoidance behaviour" A. Tietz, A.-L. Zietlow, **C. Reck**

"The Perinatal Anxiety Screening Scale: development and preliminary validation" **Susanne Somerville**, Kellie Dedman, Rosemary Hagan, **Elizabeth Oxnam**, Michelle Wettinger, Shannon Byrne, Soledad Coo, Dorota Doherty, Andrew C. Page

[Click here for the link to the August issue of AWMH.](#)

"Interpersonal psychotherapy for postpartum depression: a systematic review" Mario Miniati, Antonio Callari, Simona Calugi, Paola Rucci, Mario Savino, **Mauro Mauri**, Liliانا Dell'Osso

"Antenatal depression: an artefact of sleep disturbance?" R. Mellor, S. C. Chua, **P. Boyce**

[Click here for the link to the October issue of AWMH.](#)



Thank you to our Diamond Members!!!

Safiyah Abdul-Rahman

Gloria Angeletti

Tahany Banoub

Diana Barnes

Jawaher Binnouh

John Cox

Jane Honikman

Maureen Lagan

Catherine Lager

Adela Marin

Andrew Mavers

Judy McKay
Aarti Mehta
Samantha Meltzer-Brody
Lucia Porta Cubas
Lucy Puryear
Verinder Sharma
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