



COPE

Centre of Perinatal Excellence

Applied Skills in Perinatal Mental Health Assessment and Care

LESSON NOTEBOOK

Module 1 | Lesson 2

What Impacts the Development of Perinatal Mental Health Issues?



Module 1: Lesson 2

What impacts the development of perinatal mental health issues?



Best Practice
Guideline


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Lesson Overview

1. Etiology and risk factors
2. Theories

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Etiology of Perinatal Mental Health



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Etiology

- Research shows ambiguity in mild to moderate presentations
- Less ambiguity and difference of opinion in severe psychopathology, for example Postpartum Psychosis

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Etiology

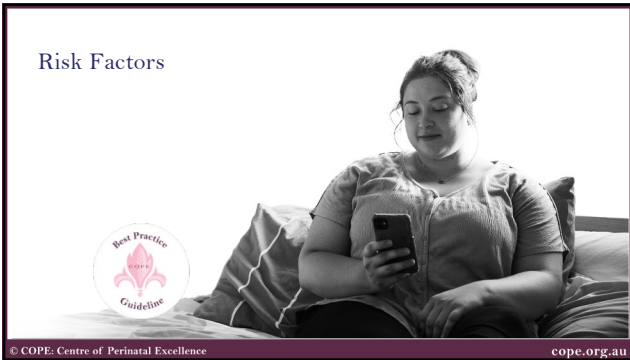
- Risk of Major Depression in 2:1
- 50% higher risk of PND in previous pregnancy
- Antenatal symptoms - increased risk postnatally
- Postpartum psychosis - childbirth a trigger
- Psychiatric history and/or family history

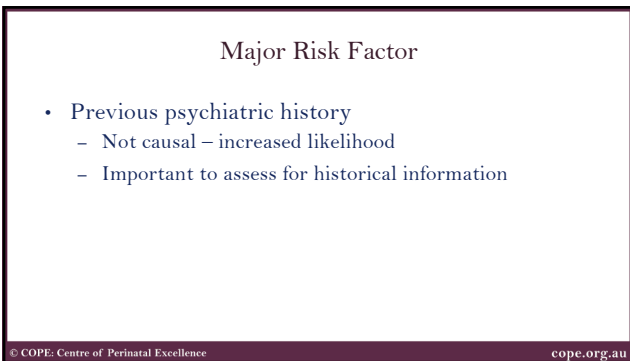
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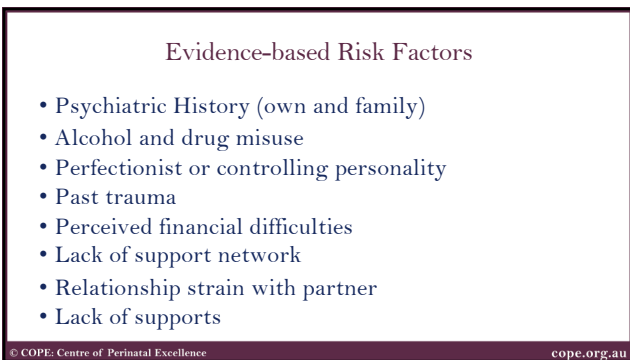
Challenges

- Up to 80 percent of women at risk not identified early
- Highlights importance of screening and assessment
- Need to understand risk factors

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Population Groups at Greater Risk

- Aboriginal and Torres Strait Islander communities
- Culturally and Linguistically diverse (CaLD) communities
- Women experiencing IPV
- LGBTIQ+ Communities

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Theories



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Aetiological Theories
of Perinatal Mental Health

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Theories

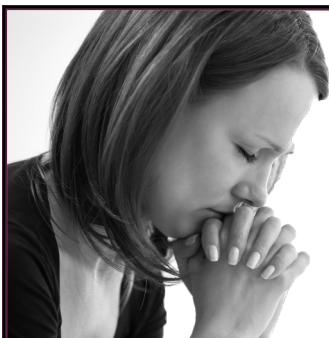
- CBT theory
- Psychoanalytic & Psychodynamic Theory
- Object relations theory
- Interpersonal Theory
- Biological Theory
- Attachment theory
- Family Systems Theory
- Developmental Psychology

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Theoretical Perspectives

- Behavioural - disruptive life events
- Cognitive – factors relating to personality

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CBT
Theory


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Theoretical Perspectives

- Behavioural - disruptive life events
- Cognitive – factors relating to personality
- Psychoanalytic/psychodynamic – internal conflicts


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Psychodynamic Theory

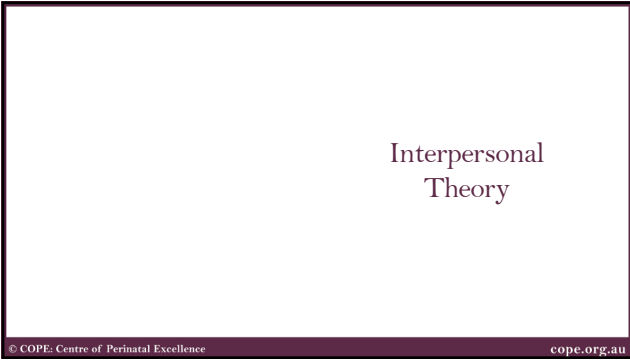


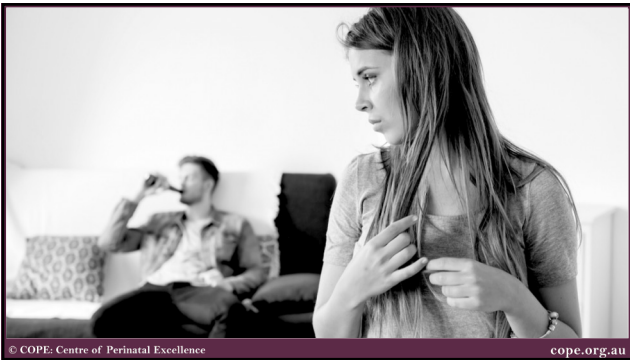
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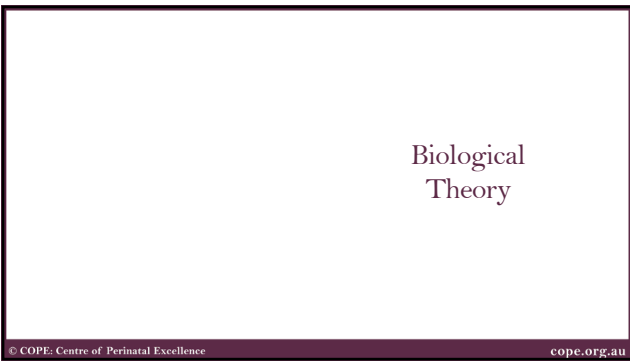
Object Relations Theory



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Theoretical Perspectives

- Behavioural - disruptive life events
- Cognitive – factors relating to personality
- Psychoanalytic/psychodynamic – internal conflicts
- Object relations – infant relationships
- Interpersonal – relationships with partner/others
- Biological – affects of hormonal changes /CNS

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Attachment
Theory



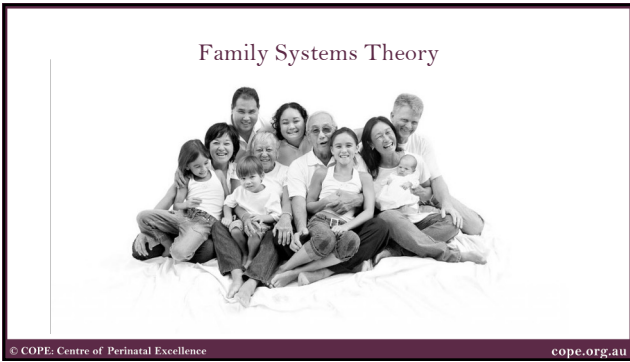
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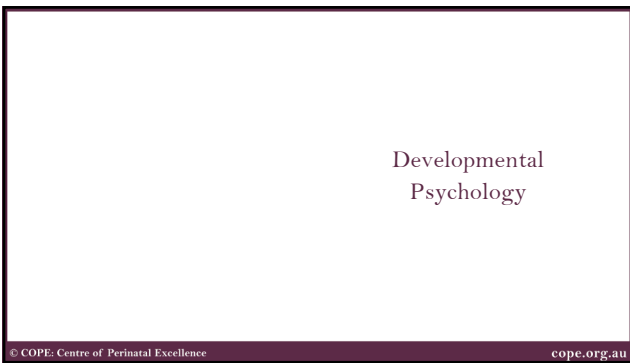
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Family Systems
Theory

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Theoretical Perspectives

- Behavioural - disruptive life events
- Cognitive – factors relating to personality
- Psychoanalytic/psychodynamic – internal conflicts
- Object relations – infant relationships
- Interpersonal – relationships with partner/others
- Biological – affects of hormonal changes /CNS
- Attachment theory – parent-child relationship
- Family systems – individuals inseparable
- Developmental – stages of development

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Holding and Containing

“Holding a postpartum woman when therapy may be the last place she wants to be constitutes one of our greatest therapeutic challenges.”

Karen Kleiman

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Applied Skills in Perinatal Mental Health:
Module 1: Lesson 2

