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Centre of Perinatal Excellence

Applied Skills in Perinatal Mental Health Assessment and Care

LESSON NOTEBOOK

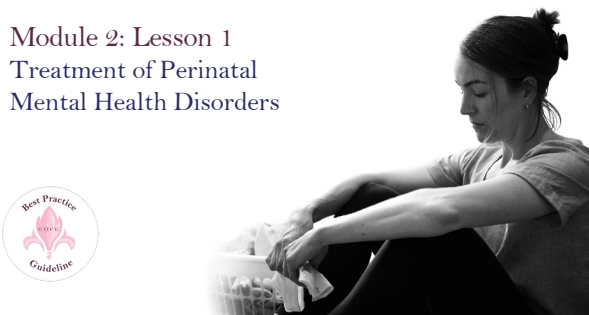
Module 2 | Lesson 1

Treatment of Perinatal
Mental Health Disorders



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

Module 2: Lesson 1
Treatment of Perinatal
Mental Health Disorders



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Lesson 1 Overview

1. Effective treatment impact

2. Biopsychosocial model

3. Preventative treatment

4. Options for treatment

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Effective
Treatment Impact



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National Guidelines

- Preventative therapies
- Psychosocial support
- Psychological approaches
- Complementary therapies
- Pharmacological therapies

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Preventative Therapies

1. Psychoeducation

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Preventative Treatment

- Parenthood transition programs
- Books
- Online programs
- Psychology prevention tools
- Improving the couple dynamics/communication
- Extended family unit preparedness
- Financial planning
- Early warning signs - who identifies and plans for action

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Preventative Therapies

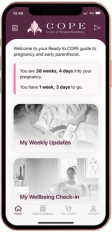
1. Psychoeducation

- Informed by psychological principles

- Ready to COPE App

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Preventative Therapies

1. Psychoeducation

2. Mindfulness-based CBT

3. Psychosocial Support

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Psychological Approaches

• Individual structured psychological interventions

• Directive counselling

• Post-traumatic birth counselling

• Mother-infant relationship interventions versus treatment as usual or enhanced treatment as usual

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Complementary Therapies

- Omega-3 fatty acids
- St John's Wort
- Ginkgo Biloba
- Acupuncture

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Psychopharmacology

Favorable in risk benefit analysis:

Risk of medication use

versus

Risks of not treating moderate to severe illness



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Pharmacological Therapies

- Antidepressants - SSRIs
- Benzodiazepines and non-benzodiazepine hypnotics
- Z drugs

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Biopsychosocial Model and
Implications for Treatment



Best Practice
COPE
Guideline

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Treatment for Psychological Factors

- Psychological adjustments
- Perceptions
- Stress response and coping style
- Cognitions - “baby brain”
- Personality traits
- Expectations and ideals
- Conception journey
- Trauma, grief and loss

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Treatment for Behavioural Factors

- Lifestyle change
- Sleep changes
- Physical activity
- Sexual activity
- Eating and diet

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Treatment for Relational Factors

- Adverse life events
- Intimate relationship discord
- Relationship with infant
- Interpersonal relationships and problems with key relationships
- Challenges in communication with health professionals
- BPD impact on relationships

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Treatment for Environmental Factors

- Isolation and poor support
- Marginalised communities
- Social adversity
- Technology
- Impact of culture
- Social media

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Treatment for Neuro-chemical Factors

- Genetic/family history
- Previous mental health disorders
- Sensitivity to hormonal changes
- Other non-pregnancy related mental health disorders
- Epigenetic
- Breastfeeding changes
- Sleep rhythms
- Iron, copper, mineral changes
- Thyroid gland - eg. onset of Hashimoto

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Treatment for Physiological Factors

- Physical activity
- Connection to support
 - eg. Birth trauma support group
- Obstetric and gynecological complications
- Conception challenges
- Physical health conditions

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Options for Treatment

- Social support interventions
- Home-based interventions
- Evidence-based psychotherapy approaches
- Integrative interventions
- Family systems and perinatal mental health
- Psychopharmacology and other somatic interventions
- Baby factors
- Sleep

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