



Perinatal Grief and Loss: Healing Families

*Pine Rest Annual Perinatal Mood and
Anxiety Disorder Conference*

Friday, May 6, 2016

8:30 a.m. – 4:00 p.m.

Pine Rest Postma Center



**PINE
REST**

Christian
Mental Health
Services

Perinatal Grief and Loss: Healing Families

Special Guests:

Joann O'Leary PhD, MPH, MS, IMH-E® (IV)
Nancy Kingma, RN, LPC, NCC
Madhavi Latha Nagalla, MD

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Register Online:
pinerest.org/PMD2016

Purpose Statement

Statistics indicate that as many as one in four pregnancies end in miscarriage, not taking into account mothers affected by early infant death. Perinatal grief and loss can have a significant impact on women and families and can endure without treatment. The conference will explore how perinatal grief and loss are different from perinatal mood and anxiety disorders (PMAD) as well as treatment options to help women and families who have experienced a loss.

Presenters will share tools and treatment strategies including yoga and mindfulness to help encourage self-care in women and families. Attendees will also hear a mother's testimonial about loss, the impact of loss and recovery.

Who Should Attend

Physicians, physician assistants, nurse practitioners, registered nurses, nurse midwives, licensed practical nurses, social workers, mental health professionals, home health workers, and others involved in the care of women are invited.

Goals

- Identify three strategies for treating people with infant loss.
- Identify the two similarities and two differences between treating people with PMAD versus treating people with a perinatal loss.
- Identify three self-care strategies that both can be used as practitioners and that we can teach our clients to use during times of significant stress.

Schedule

- 8:00 - 8:30 a.m. Registration
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- 8:30 - 8:45 a.m. Opening Remarks
Pine Rest Mother and Baby Program staff & Outpatient PMAD staff
-
- 8:45 - 9:45 a.m. Perinatal Loss and Its Impact on Families
Presented by Joann O'Leary PhD, MPH, MS, IMH-E® (IV)
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- 9:45 - 10:00 a.m. Break
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- 10:00 - 11:00 a.m. Perinatal Loss and Its Impact on Families, continued
Presented by Joann O'Leary PhD, MPH, MS, IMH-E® (IV)
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- 11:00 - 11:30 a.m. Mindfulness Presentation
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- 11:30 a.m. - 12:00 p.m. Lunch Provided



Schedule

12:00 - 1:00 p.m.	Sleep Disturbances in Pregnancy and Postpartum <i>Presented by Madhavi Latha Nagalla, MD</i>
1:00 - 1:30 p.m.	Patient Experience <i>Presented by Lesley Jeruzal</i>
1:30 - 1:45 p.m.	Break
1:45 - 2:45 p.m.	Evolution of Self Care: Healing through Movement <i>Presented by Sandy Parker, BS, CPT</i>
2:45 - 3:45 p.m.	Distinguishing Perinatal Mood Disorder from Perinatal Grief <i>Presented by Nancy Kingma, RN, LPC, NCC</i>
3:45 - 4:00 p.m.	Closing Remarks <i>Pine Rest Mother and Baby Program staff</i>

Continuing Education

Social Workers

5.0 CE credits offered.

Pine Rest Christian Mental Health Services is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0047. CE hours are recognized by the Michigan Board of Social Work.

Medical Professionals

5.0 CME credits offered.

Pine Rest is accredited by the Michigan State Medical Society to provide continuing medical education for physicians. Pine Rest designates this PMAD Conference for a maximum of 5 **AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Partial credits will not be issued.

Registration

Register online: pinerest.org/PMD2016

Register by mail:

Payment must accompany registration.

Name/Credentials

Organization

Address

City

State

ZIP

Phone

E-mail address

Cost

- \$125 – Includes seminar and lunch

Seating is limited. Registration must be received by April 27, 2016.
If you have a need for special accommodations,
please call 616.222.4566.

Payment

Please make checks payable to:

Pine Rest Postma Center

No refunds will be issued after April 27, 2016.

Please return form with payment to:

Pine Rest Postma Center

PO Box 165

Grand Rapids, MI 49501-0165

For information, contact:

postmacenter@pinerest.org

or 616.222.4566.

Featured Speakers

Joann O'Leary, PhD, MPH, MS, IMH-E® (IV)



*Joann O'Leary
PhD, MPH, MS,
IMH-E® (IV)*

Joann O'Leary is a consultant in the area of prenatal parenting and the early years of life. She has spent her career working with childbearing families, both in low risk and high risk pregnancies. Her background includes as an LPN in NICU, an infant teacher/parent coordinator in a Special Education and a Parent-Infant Specialist in a high risk perinatal center. She has a PhD in Work, Community and Family Education, a Masters in Psychology from Queens University, Belfast, NI and an MPH in Maternal Child Health from the University of MN. She has done extensive research on pregnancy and parenting after the loss of a baby and spoken nationally and internationally on this topic.

Nancy Kingma, RN, LPC, NCC



*Nancy Kingma,
RN, LPC, NCC*

Nancy is licensed as both a nurse, specializing in obstetrics, and a therapist. She has been supporting women, children and families for thirty years. In combining these two professions, Nancy motivates and encourages individuals and families to move toward wholeness, health and their ultimate purpose in life. She is widely known for her work in grief and loss, especially with families having experienced the death of an infant or child.

Madhavi Latha Nagalla, MD

Dr. Nagalla is an Adult Staff Psychiatrist at Pine Rest Christian Mental Health Services, and is a Clinical Instructor at MSU College of Human Medicine.

She is board certified in General Psychiatry and Psychosomatic Medicine. She is the anchor psychiatrist in our Mother and Baby Partial Program and has led this team in expansion of services and research efforts around Perinatal Depression.

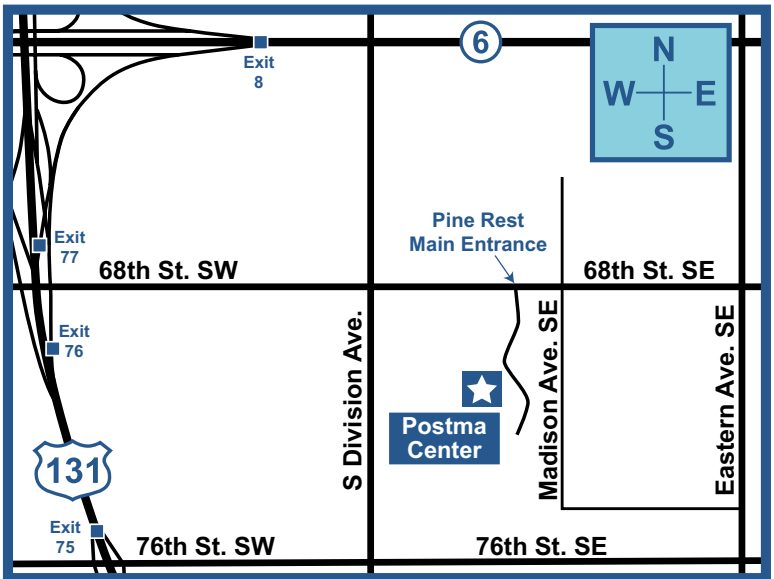
Event Details

Friday, May 6, 2016

8:30 a.m. – 4:00 p.m.

Postma Center
Pine Rest Christian Mental Health Services
300 68th Street SE
Grand Rapids, MI 49548

Register online at pinerest.org/PMD2016



Contact Information

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616.222.4566