

Perinatal Mood and Anxiety Disorders: Diagnosis, Treatment, and Other Considerations

Anxiety in the Perinatal Period

ACTIVITY DESCRIPTION

About 1 in 5 of all birthing parents will experience a perinatal mental health condition, yet very few receive adequate treatment. This can result in short- and long-term adverse effects for the development of the baby, the birthing parents, and the family. In this webinar series, experts in the field will provide an overview of common perinatal mental health conditions, risk factors, screening tools and treatment available for this population.

TARGET AUDIENCE

This accredited continuing education activity is designed for case managers, counselors, peer specialist, behavioral specialists, therapists and nurses.

EDUCATIONAL OBJECTIVES

At the conclusion of this enduring material, the participants should be better able to:

- Discuss the prevalence of varying anxiety disorders and the impact they have among women and their families.
- Describe types of anxiety disorders in the perinatal period and what screen processes can be utilized for proper identification.
- Identify appropriate perinatal resources concerning anxiety disorders for mothers and their families.

METHOD OF PARTICIPATION

Release Date: 9/5/2023

Expiration Date: 9/4/2024

Program Number: 23CE00100

The estimated time to complete this enduring material is **60** minutes.

In order to receive continuing education credits, you must complete these steps prior to the activity expiration date.

1. View the entire presentation,
2. Complete the post-test with a score of 80% or better,
3. Complete the online evaluation,
4. Save and print your certificate. Retain for future documentation.

Any questions regarding credit, please contact Valeta Creason-Wahl 402-559-7487 or vcreason@unmc.edu

ACCREDITED CONTINUING EDUCATION



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INTERPROFESSIONAL CONTINUING EDUCATION

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The University of Nebraska Medical Center designates this activity for 1.0 ANCC contact hour. Nurses should only claim credit for the actual time spent participating in the activity.



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. This activity has been approved for **1.0** credit hour of continuing education credit.

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FACULTY

The below faculty have nothing to disclose:

- Elizabeth O'Brien, LPC, PMH-C*
- Marianela Rodriguez, PhD*

**faculty and planning committee member*

PLANNING COMMITTEE

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FINANCIAL SUPPORT

No commercial support was received for this activity.