

**Perinatal & Infant Mental Health Services**

  **Helen Mayo House Family Unit**

**PO Box 17**

**Fullarton SA 5063**

**INTRODUCTORY CERTIFICATE IN PERINATAL MENTAL HEALTH**

The 10 week Introductory Certificate of Perinatal Mental Health will run each Wednesday from 3pm to 6pm, commencing 2nd May until 4th July, 2018.

The course venue will be Helen Mayo House at Glenside Health Services.

**Cost:**

* $600
* $300 for CAMHS staff
* No cost to Helen Mayo House staff

Enrolments generally have been received from people who work with families with infants, in particular from WCHN staff, NGOs, CAHMS, private practitioners, child protection or mental health services, either adult or child.

**The aims of this course are to:**

* Provide basic knowledge and skills to those who work with families who have an infant up to the age of 3 years, focusing particularly on pregnant and postnatal women.
* Improve their sense of confidence and competence in their work, particularly around understanding emotional needs of the woman and her family.
* Enable workers to reflect on how their own views and feelings impact in their work so that they can effectively use themselves in their work.
* Reflect on the views and feelings expressed by others in the reflective supervision groups to integrate new knowledge, determine alternative pathways or confidently confirm their current practices.
* Become familiar with perinatal mental health concepts in greater depth, to provide access to reading material and to see and hear the views of professionals and consumers in this area

**Course work will include:**

* Basic theories relevant to work in the perinatal mental health area including cultural, family, and biopsychosocial frameworks.
* Participating in reflective supervision which provides opportunity for case discussion and self-reflection about working with perinatal families and the effects of mental illness on infants and children.
* Lectures on more severe mental health issues in the perinatal period
* How to recognize when things need further input from other professionals and where to get this help.

**Assessment will be undertaken in the following way:**

* 80% attendance is required
* Contribution to supervision groups
* One 8 minute presentation on a topic relevant to the students’ workplace. This will take place in Week 10.

Students will be required to successfully complete each of the above assessment requirements to receive a Certificate from the Women’s and Children’s Health Network.

**Pre-Reading:**

* Most sessions will require some pre-reading. Lecturers will select an article that relates specifically to their presentation. Admin will email articles to students approximately a week before the respective session.
* Most lecturers use a PowerPoint presentation which will also be emailed to students in the days leading up to session.

Faculty will include a range of professional practitioners who have been working with perinatal families for many years: Chris Ciancio, Dr. Belinda Edwards, Sue Ellershaw, Mary Farrington, Dr Rebecca Hill, Sharron Hollamby,

Dr. Ros Powrie, Steve Sheehy, Dr Anne Sved Williams, Neil Underwood, Maria Wigley, Angie Willcocks, Chris Yelland,

Students are expected to behave in a respectful and ethical manner. Any breach may result in being asked to leave the course.

If you have any questions regarding the course, please contact Stephanie Tay Health.PIMHSHelenMayoHouse@sa.gov.au or Dr Anne Sved Williams Anne.SvedWilliams@sa.gov.au

**Dr Anne Sved Williams**

*Faculty Director, Medical Unit Head – Helen Mayo House*

*Women and Children’s Health Network*