

## **FROM DARKNESS INTO LIGHT: POSTPARTUM DEPRESSION: Identification, Treatment & Healing Perspectives Including a Personal Testimony (9/12)**

**Presenter: Catherine Hunter, LCSW, CADC**

In this seminar, participants will learn about the signs, symptoms, and assessment of postpartum depression. Additionally, participants will view three dvd's from the Hallmark Feature Presentation, Descent into Desperation; a televised story of five Chicagoland women and their individual traumatic experiences with postpartum depression.

The presenter will describe various treatments for these disorders and will expand on her own story as featured in the film.

Finally, the presenter will conclude with how her own experience with suffering depression dramatically changed the direction of her personal and professional life.

Session Objectives:

1. Participants will learn about the risk factors which make women vulnerable to suffering a postpartum depression.
2. Participants will be able to accurately identify symptoms of the baby blues as well as symptoms of clinical postpartum depression.
3. Participants will clearly differentiate different types of ppd continuum including baby blues, anxiety, depression, anxiety, obsessive compulsive disorder, and psychosis.
4. Participants will be educated on the DSM 3-R diagnosis used for ppd.
5. Participants will view three individual women's stories from dvd clips from Descent Into Desperation.
6. Participants will learn how to accurately assess ppd, using the EPDS, The Edingburgh Postnatal Depression Scale.
7. Participants will be challenged by the presenter's story of how her faith was strengthened through her own personal trauma and encouraged to hear how Jesus uses our brokenness in order to help restore hope to those with brokenness.