Dear Mental Health Professionals:

Postpartum Depression is the theme for this issue of the Project INTERFACE Newsletter, which features the upcoming MSPP program: Learning from Babies, Learning with Parents: Lessons & Directions from T. Berry Brazelton, the continuing education program Overview of Emotional Development and Early Signs of Problems, tips for preventing postpartum depression, and highlights from recent research. We hope you will find the information helpful, and share it with your clients as appropriate.

As you may know, as of 8/10/10, the Massachusetts Legislature gave final approval for a bill designed to help new mothers struggling with postpartum depression. The postpartum depression bill requires Massachusetts health insurers to submit annual reports on their efforts to screen for postpartum depression. The legislation also calls on the Department of Public Health to develop regulations and policies to address postpartum depression including creation of public and professional education programs and the use of screening tools. It also creates a special commission to come up with policy recommendations to prevent, detect and treat postpartum depression.

Read more at


Check out the new and improved Project INTERFACE website enhanced with additional features to improve access to helpful information!

As always, please let us know if you have openings for new clients or if you have updates to your provider profile. To update your provider profile, please e-mail us at updates@projectinterface.org to receive instructions for easy updating online.

Spotlight on Upcoming Programs
Learning from Babies, Learning with Parents: Lessons & Directions from T. Berry Brazelton

Date: Saturday, October 16, 2010  
Time: 9:00 am - 4:30 pm  
Location: MSPP, 221 Rivermoor Street, West Roxbury (Boston)  
Program No: TBB1  
CE Credits: 6  
Tuition: $155

In this session, Dr. Brazelton reflects on the development of his ideas and how he came to see relationships as central. He is joined by four leading scholars and practitioners: Dr. Joshua Sparrow examines the ongoing potential of Brazelton's transformational ideas for infant and family development and for the parallel processes of professional and community development. Dr. Barry Lester discusses how Dr. Brazelton's work revolutionized the developmental sciences research paradigm. Dr. Jayne Singer discusses contemporary issues in child care and early childhood education. Dr. Hofer will discuss hidden regulatory processes that have become the basis for a new understanding of the early origins of attachment and the shaping of development by that first relationship. At the end of the program, all speakers join in a panel to take questions from the audience. 

Topics in this session cover: the newborn infant's capacity for state regulation; ways in which the newborn shapes the care-giving environment; newborn attachment behaviors and their meanings; the impact of maternal depression on mutual regulation; the impact of different subtypes of maternal depressive symptomatology; non-linear models of development; developmental disorganization on parental functioning; and implications for clinical intervention.

Pre-registration requested.

To register, visit https://netforum.avectra.com/eweb/DynamicPage.aspx?Site=MSPP&WebCode=EventDetail&evt_key=f18e91e4-3527-4eb5-9bce-6eb8f5b0b6e

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Continuing Education

Overview of Emotional Development and Early Signs of Problems

Date: Tuesday, November 2, 2010  
Time: 7:00 am - 9:00 pm  
Location: WarmLines, 225 Nevada Street, Newton, MA  
Instructor: Deborah Weinstock-Savoy, PhD  
2 CE Credits, 2 PDPs, or .02 CEU  
Fee: $40

This session provides an overview of emotional development in children from infancy to age eight. We review the processes and stages of emotional development, along with their related tasks and challenges. We examine the variety of factors that influence emotional development, including individual differences among children in health, sensory processing, learning, and temperament, as well as environmental factors such as family and culture. We also discuss early warning signs of problems related to emotional development and identify related resources for adults.


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Tips for Preventing Postpartum Depression

by Nadja Reilly, Ph.D., Director, Swensrud Depression Prevention Initiative,
Children's Hospital, Boston, MA

- **Counseling**- Therapy can be an effective way to learn new ways to cope with stress and manage feelings.
- **Medication**- Antidepressants are effective in treating postpartum depression. If you are breastfeeding, talk to your doctor to discuss which medications are safe to use.
- **Support Groups**- Support groups help in a variety of ways such as helping moms make connections with other moms struggling with postpartum depression, helping moms learn coping skills from other moms, and providing a source of hope and motivation.
- **Additional Treatments**- Many women respond well to yoga, meditation, spiritual counseling, herbal remedies and other natural healing practices.

For more information, visit http://www.mspp.edu/community/freedman-center/files/sadness-after-childbirth.pdf

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**Highlight from Recent Research**

"More Than Just Baby Blues: How Postpartum Depression Arises and How It Could Be Prevented"

Excerpted from Science Daily, June 20, 2010

"Severe baby blues symptoms can be viewed as a prodromal stage for postpartum depression. From this perspective, preventing depressive symptoms in the immediate postpartum period may have powerful impact for prophylaxis of postpartum depression. Attempts can be made to either lower elevated levels of MAO-A with selected antagonist drugs, or to increase the concentration of monoamine neurotransmitters that can elevate mood. Both have the goal of keeping levels of monoamine neurotransmitters in the brain balanced after birth."

Read more at www.sciencedaily.com/releases/2010/06/100616102854.htm

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**Project INTERFACE at WarmLines**

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