New PIRI Website!

The Parent Infant Research Institute is proud to announce our new website.

The new look website incorporates a range of features dedicated to providing efficient and new information to our visitors. Our new search and navigation functions to better help young families, professionals, researchers and key stakeholders.

[www.piri.org.au](http://www.piri.org.au) now includes a blog containing our latest research findings, publications, podcasts, and factsheets for parents.

We have an online referral service to refer a client directly to our clinic and referrals to our treatment programs can be found on the site, as well as the background research and evidence that have contributed to their effectiveness.

It is now easier for clients and visitors to access all of our information on perinatal depression and anxiety, prematurity and mother-infant interaction difficulties.

Like before, you can purchase all PIRI’s books, magazines and DVDs from the website. Users with access to PIRI’s Download Portal - note, this being rebuilt.

You can donate to PIRI and support our cause by visiting the Donate Now button on our homepage.

Visit our new site now! [www.piri.org.au](http://www.piri.org.au)

Our final celebratory meeting with our Web Developer.
**New Perinatal Depression Book Hits The Bookshelves**

Dr Alan Gemmill & Prof Jeannette Milgrom (Parent-Infant Research Institute) have just edited a new international book on perinatal depression identification, assessment and management (Milgrom & Gemmill Eds. 2015. *Identifying Perinatal Depression and Anxiety: Evidence-based Practice in Screening, Psychosocial Assessment and Management*. Chichester: Wiley-Blackwell). The newly released text was a major endeavour involving contributor teams based all around the world and led by the foremost international experts in the field, from diagnostics to health economics to biomedical statistics, treatment, the mother-infant relationship and much more besides. The many scholarly contributions to this new book bring the whole field up to date with the highest standard of knowledge and evidence available and identifies the major research questions for the future.

Dr Gemmill said "We were pleasantly surprised, and a bit humbled, by how enthusiastic so many distinguished researchers were to happily give their time and expertise to make this happen – it was asking a lot of time and energy, but the perinatal research community stepped up and wrote some brilliant contributions for this book. We hope the new book provides a valuable resource for researchers and health care professionals alike."

About Marcé

The Marcé Society for Perinatal Mental Health is dedicated to supporting research and care of prenatal and postpartum mental health for mothers, fathers and their babies.

The Society is an international scientific association formed to advance the understanding, prevention and treatment of mental health difficulties of women, their infants and partners around the time of childbirth. This involves a broad range of activities to promote, facilitate and communicate about all aspects of perinatal mental health ranging from basic research through to health services delivery.

An Australasian conference is held every two years and this year it will be held in Adelaide. The full program for the Marcé Society Australasian Conference in Adelaide from 22-24 October, 2015 at the Adelaide Convention Centre is now on website, www.marce2015.com.au.

2015

Marcé Society
Australasian Conference in Adelaide
THIS YEAR
22-24 OCTOBER 2015
Early Bird Registration closes on 31 August

Come and meet others working in perinatal mental health at our conferences, with a huge range of international and national speakers, providing information on all the topics relevant to perinatal and infant mental health! Do come and join us!

The Society is multidisciplinary and encourages involvement from psychiatrists, psychologists, paediatricians, obstetricians, midwives, early childhood nurses, therapists, occupational therapists, community psychiatric nurses, social workers, community nurses, health visitors and other health professionals and academics, who support the aim of the society. The Society also encourages the involvement of Consumer groups.

2016

Marcé Society International Conference
SAVE THE DATE!

As our PIRI Director, Professor Jeannette Milgrom is President of the Marcé Society the International Marcé Society Biennial Scientific Conference will be taking place 26-28 September, 2016 in Melbourne!
RECRUITING NOW

**Online Treatment for Mums with Postnatal Depression (PND)**

Our [MumMoodBooster](#) program is a new online treatment program for women with PND. In the comfort of their own home and at a pace that suits them, women learn skills known to improve depression. If you know of any women who may benefit from this treatment program, please direct them to [www.mummoodbooster.com](http://www.mummoodbooster.com) to register.

**Benefits include:**

- Online screening for possible symptoms of PND
- Comprehensive telephone psychiatric assessment
- Six online interactive cognitive behavioural therapy sessions with weekly telephone coach calls or face-to-face treatment with a psychologist
- Monitoring of emotional health throughout the program

If you would like some more information about the program, please contact Dr. Christopher Holt: [Christopher.holt@austin.org.au](mailto:Christopher.holt@austin.org.au) or (03) 9496 4496.

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**RECRUITING NOW**

**Getting Ahead of Postnatal Depression: A group treatment for mothers and babies**

The *Getting Ahead of Postnatal Depression Program* recently celebrated its 200th referral to our group program! As the gold standard of care for women with postnatal depression, we offer depressed mothers a supportive group environment under the care of experienced psychologists. Thanks to many of our neighbouring MCH Centre nurses, regular referrals continue to come in.

We are currently accepting referrals for **our next group, due to start at the end of August 2015**. All eligible mothers receive a comprehensive assessment and weekly phone calls from a psychologist until the first session begins.

All Mothers who take part receive treatment:

- Nine group therapy sessions
- Three mother/partner group sessions
- Four mother/baby playgroup sessions
- 6 months of comprehensive care from the PIPI team
- $25 reimbursement for completion of questionnaires

We carry out a full risk assessment of all mothers referred to us. You will receive correspondence from us to update you on each referred mother’s progress.

**If you are seeing a depressed mother (EPDS of 13 or higher), who has a baby under 12 months old and is not on antidepressants/currently receiving treatment**, please consider her for our group program, an evidence-based treatment.

If you would like information packs delivered to your workplace, or if you have questions about this program, please contact the Project Manager, Dr Natalie Rose.

**T:** 03 9496 4496  **E:** [natalie.rose@austin.org.au](mailto:natalie.rose@austin.org.au)
Our clinical service (Perinatal Mental Health Clinic/Infant Clinic) offers support and treatment for mothers, fathers and their infants during pregnancy and the first two years post birth. A range of programs and services support our clinical trial centre, including individual and group programs, all of which are conducted by our experienced psychologists.

New referrals are currently been accepted.

We offer specialised psychology services for families who may be:
- Feeling overwhelmed, anxious, depressed or struggling to cope
- Worrying about becoming a parent and/or adjusting to parenthood
- Not feeling bonded to their baby
- Coping with a difficult or premature birth

Referrals and Fees
Referrals can be made by a GP, midwife, MCHN or other health professional; self-referrals are also accepted. Services provided by the Clinic are able to be accessed at no or low costs with a current Mental Health Care Plan (individual and group).

Families with private health cover from BUPA and Teacher’s Health Fund can access the service at no additional cost, through the exclusive Parent and Baby Wellbeing (Bupa) and Parent & Infant Programs (THF).

Contact us:
If you would like any further information, or would like to make a referral to our clinic please contact us on:
Phone: (03) 9496 4496, Fax: (03) 9496 4148, Email: piri@austin.org.au
Or find out more, visit our website: www.piri.org.au

Psychologists Wanted

PIRI is recruiting psychologists to deliver face-to-face CBT treatment as part of the MumMoodBooster research project

If you are...
- Experienced in CBT treatment for PND
- Want to deliver a manualised 10 session program
- Want training and support from PIRI
- Interested in being involved in cutting-edge research
- Able to work from your own rooms

All sessions are Medicare funded and training and support will be provided.

Register your interest...
Email: piri@austin.org.au
Phone: (03) 9496 4496
www.piri.org.au
PIRI Training Calendar 2015 July to December

Promoting Pleasurable Infant-Mother Play

*Short course for health professionals working with vulnerable mothers & infants*

Presented by - **Elizabeth Loughlin**, Dance Therapist/ Creative Arts Therapist /Social Worker, Mother- Infant Programs, PIRI & Austin Acute Psychiatry Unit

**Friday, 11th September 2015 (9.30am-1.30pm)**

Cost: $165.00 GST inc. ($150 agency, multiple bookings). Morning tea provided

- Why play? What play?
- Baby play leads to mother-infant play
- Active observation of the infant-mother play: video excerpts
- Play tools to engage infant and mother in office, playgroup, and home visits
- Development stages of early social play
- Observation of mother-infant ‘contours’ in play work
- Practice in how to set up a simple play space
- The physical effect in reciprocal infant-mother mirroring.
- From play to ‘Moving together’

**Towards Parenthood**

Presented by - **Jennie Ericksen** and **Jessica Ross**
Clinical Psychologists, PIRI

**Wednesday, 16th September 2015 (9.30am-4.30pm)**

Cost: $330.00 GST inc.
Lunch, morning and afternoon tea provided

Introduction to this antenatal intervention and how health professionals can provide coach support

All workshops are held at the Parent-Infant Research Institute, First Floor, South Wing, Centaur Building, Heidelberg Repatriation Hospital

**For workshop enquiries:** please contact Vera Corbisieri, (03) 9496-4496 or vera.corbisieri@austin.org.au

Motivational Interviewing

Presented by - **Sofia Rallis**, Clinical Psychologist, PIRI

**11th and 18th November 2015 (9.30am-4.30pm each day)**

Cost: $660.00 GST inc.
Lunch, morning and afternoon tea provided

Techniques for health professionals to facilitate help seeking in perinatal women

PIRI’s Team

We would like to warmly welcome our new Clinical Psychologist, Tamsin Kane who brings valuable skills and experience to the team.

We also say farewell to Fallon Cook has been a valued member of staff and will be sorely missed. We wish her all the very best in her future endeavours.

PIRI & Infant Clinic Team

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<tr>
<th>Role</th>
<th>Name</th>
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<tr>
<td>Executive Director</td>
<td>Prof Jeannette Milgrom</td>
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<tr>
<td>Manager, Psychologist</td>
<td>Ms Jennie Ericksen</td>
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<tr>
<td>Researcher</td>
<td>Dr Alan Gemmill</td>
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<td>Researcher</td>
<td>Dr Carmel Ferretti</td>
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<td>Project Manager</td>
<td>Dr Natalie Rose</td>
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<td>Researcher</td>
<td>Ms Eliza Hartley</td>
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<td>Dr Carol Newnham</td>
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<td>Psychologist, Researcher</td>
<td>Ms Rachel Watts</td>
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**PIRI & Infant Clinic Team**