

PIRI

PARENT-INFANT
RESEARCH
INSTITUTE &
INFANT CLINIC



RECRUITING NOW

Online Treatment for Mums with Postnatal Depression (PND)

Our **MumMoodBooster**  program is a new online treatment program for women experiencing postnatal depression. 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 to register for the final phases of our trial.



Benefits include:

- A comprehensive telephone assessment of depression
- Six online interactive cognitive behavioural therapy sessions with weekly telephone coach calls, face-to-face treatment with a psychologist or networking with general practitioners
- 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 or (03) 9496 4496).

BREAKING NEWS

We are now developing the antenatal version of this program and will shortly be recruiting pregnant women for a feasibility trial of this Mum 2b Mood Booster program.

 **Mum^{2b}MoodBooster** 

The Parent-Infant Research Institute (PIRI) is a vigorous & innovative Australian research institute focusing on understanding, developing and applying treatments to improve parent and infant well-being. PIRI believes that early intervention is the key to better outcomes for families.

While PIRI has a strong research focus, it also comprises a clinical unit (Parent-Infant Clinic). The Parent-Infant Clinic is a Centre of Excellence and provides clinical services to assist with the difficulties experienced by parents & infants in the first years of life.

e-Screening for Postnatal Depression and Anxiety

New digital screening tool! In partnership with COPE and PreventionXpress, we have co-developed the iCope screening tool to detect perinatal depression and anxiety symptoms and relevant psychosocial risk factors. Coming soon is a Clinical Support System (CDSSpiri), a guided management reporting tool which, together with the iCope screen, will assist health professionals deliver best practice care. e-Screening holds the potential to improve current practices through delivering a consistent, accurate and rapid assessment. Screening needs to be integrated with best-practice recommendations for appropriate pathways to care based on the Clinical Practice Guidelines.

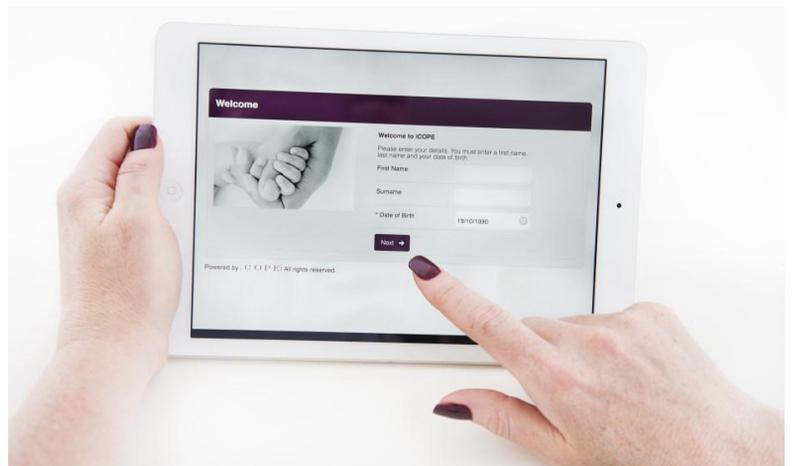


The e-screening system enables screening to be undertaken by clients on a tablet (eg. iPad), and scores to be automatically calculated, interpreted and reported for both health professionals and clients.

PIRI has recently commenced a randomised controlled study with Maternal and Child Health Nurses in the City of Whittlesea to establish the feasibility of the e-screening tool for identification of postnatal depression compared with current practice. This project will assess the success of the new system by its capacity to deliver real-world service improvements: The e-screening tool aims to be quicker, more accurate, involve less staff time and resources, have a high uptake and completion rate and lead to improvements in treatment and recovery rates for depressed women and potentially improve infant outcomes.

PIRI IS LOOKING FOR ADDITIONAL MATERNAL AND CHILD HEALTH SERVICES TO PARTICIPATE IN THIS STUDY

For more information, contact Dr Charlene Holt, PIRI Project Manager at charlene.holt@austin.org.au or on (03) 9496 4496.





**Special Event
tickets on
sale now!**



www.marce2016.com

**Pre and Post
Conference Tickets
Now Available**

Prof. Jeannette Milgrom is the President of the International Marcé Society . She and PIRI staff have worked hard to bring an exciting opportunity for researchers, clinicians, consumer groups and policy makers to come together in the vibrant city of Melbourne, Australia.

The pre and post-conference workshop program (Sunday 25 September and Thursday 29 September) offers a number of opportunities for in-depth skill building across a range of hot topics in perinatal mental health. We encourage you to book your place early, as these events are expected to sell out as seating is limited. You do not have to attend the whole conference to attend a workshop.

**Please note -
EARLY BIRD
REGISTRATION
EXTENDED TO
24 JULY!**

25th September Pre-Conference Workshop Speakers (see www.marce2016.com for more details)



Diane Reynolds, USA

Preconference Workshop:
*Transforming Parental States of
Mind: Clinical Approaches in Mindful
and Reflective Parenting*
**Sunday 25 September, 9.00am -
4.30pm**

Cost : \$300 (\$270 for PIPIG (APS) and
AAIMHI members)



Dr Scott Stuart, USA

Preconference Workshop:
"Interpersonal Psychotherapy"
**Sunday 25 September,
9.00am - 4.30pm**
Cost: \$300



Professor Ian Jones, UK
Dr Roch Cantwell, Scotland

Preconference Workshop: *"Dealing
with uncertainty: Practical
approaches to prescribing dilemmas
in pregnancy and breastfeeding"*
**Sunday 25 September, 9.00am -
12.30pm**

Cost : \$160



Professor Louise Howard, UK

Preconference Workshop:
*"How to ask and respond to
Domestic Violence -
recommendations by the WHO
and NICE-a practical how to do
it session"*
**Sunday 25 September, 1.00pm
- 4.30pm**
Cost: \$160



Dr Simone Honikman, South Africa

Preconference Workshop: *"Secret History": a training method for enhancing non-mental health providers' empathic care for mothers*
Sunday 25 September, 9.00am - 12.30pm
Cost : \$160



Dr Carol Newnham, Australia

Preconference Workshop: *"The Premiestart Intervention: Helping parents help their preterm infants"*
Sunday 25 September, 1.00-4.00pm
Cost: \$160
Sponsored by



29th September Post-Conference Workshop Speaker



Dr Rachel Yehuda, USA

Postconference Workshop: *"Diagnosis and treatment of Post-Traumatic Stress Disorder (PTSD)"*
Thursday 29 September, 8.30am-12.00pm
Cost: \$160

More Special Events and Full Program to be Announced Soon

Other events are being added to the program. More details to come soon on:

- A range of exciting Invited Symposia
- Half day Mother-Baby Unit visits on Thursday 29 September
- Dinners hosted by Keynote Speakers on Monday night

Visit the new [Satellite Events](#) section of the conference website to see what other Perinatal training and events are happening around the time of the conference including training in the Newborn Behavioural Observations (NBO) System.

Book Your Delegate Registration and Your Accommodation Early

To compliment the Scientific Program, there will be lots of fun activities held during the conference which will showcase Australia's top-class hospitality and culture including:

- Free cocktail reception as part of the Welcome Ceremony on Sunday evening
- Gala Dinner on Tuesday night, with a surprise performance (tickets selling fast)

To facilitate networking for delegates attending the conference, we have negotiated special rates with both hotels, which are located onsite at the Pullman & Mercure Melbourne Albert Park Conference and Event Centre. The venue is located just a short tram ride to Melbourne CBD, which makes it easy to explore the city. These rooms are subject to availability, so we encourage you to book early.

REGISTER NOW



marce2016.com

PremieStart

We are in the final stage of completing all our developmental assessments of our premature children who are now turning 7 years old. This research project commenced in 2007 with a cohort of 123 premature babies, born less than 30 weeks of gestational age. The project involved a 10 session intervention program that was conducted in the Neonatal Intensive Care Unit at the Royal Women's Hospital and the Mercy Hospital for Women designed primarily to improve preterm child outcomes.



The intervention program commenced when the babies were at 30 weeks of gestation and continued until the babies were full-term equivalent age (40 weeks). These babies were followed through with assessments at 4 time points throughout the study, at full term equivalent age, 2 years, 4 ½ years and 6 ½ years. The results of this study are now being analysed and written up for publications. We look forward to providing this information to all our families who have been dedicated to the project from the beginning.

We would like to thank the parents, children and extended family for their commitment to the study. It's been a great pleasure to travel the journey with them from the beginning and to watch the children develop over the past 9 years.

We wish our families all the best and we hope we can continue the study into the next phase if we can secure some extra funding. From all of us - PremieStart team

BUPA Parent and Baby Wellbeing Program

PIRI's Parent and Baby Wellbeing Program was recently featured in a national 'real stories' campaign, conducted by Bupa Australia. The Parent and Baby Wellbeing Program is a collaboration between PIRI and Bupa, which offers specialised support to Bupa members during the antenatal and postnatal period.



Families or who are experiencing anxiety and/or depression; or those who are finding the transition to parenthood difficult and need someone to talk to are able to access confidential and personalised support.

Dawn, a Bupa member who accessed support via the Program, shared her experience with postnatal depression and her road to recovery.

To hear more about Dawn's story, please see:

<http://theblueroom.bupa.com.au/families/pregnancy/pnd-recovery>

Further information about the Parent and Baby Wellbeing Program is also available at:

<https://www.bupa.com.au/health-and-wellness/programs-and-support/member-support-programs/ci.parent-and-baby-wellbeing-program.ovc>

We would like to thank Dawn for sharing her story, who in the process has also helped other women and families reach out for support.

PIRI Training Calendar

MARCÉ CONFERENCE at Pullman Albert Park

Date	Training	Presenter	Workshop Topic
September			
Sunday 25th 1.00pm-4.00pm	\$160 - inc GST Register at https:// www.marce2016.com	Carol Newnham PIRI Neuropsychologist	Preconference workshop sponsored by PIRI. <i>The Premiestart Intervention: Helping parents help their preterm infants</i>
Monday 26th - Wednesday 28th	Member Marce - Early Bird AUD \$690 after 24/07/2016 AUD \$800 Non-Member Marce - Early Bird AUD \$790 After 24/07/2016 AUD \$900 Day Registration (Monday, Tuesday or Wednesday) AUD \$350 <i>Register at https:// www.marce2016.com</i>	Marcé Conference	<i>3 day conference on Perinatal Mental Health</i>

PIRI WORKSHOPS

at Parent-Infant Research Institute

Date	Training	Presenter	Workshop Topic
August			
Thursday, 25th	½ day workshop \$165 - inc GST <i>Morning tea provided</i>	Elizabeth Loughlin PIRI Dance Therapist/Creative Arts Therapist & Social Worker	Promoting Pleasurable Infant-Mother Play Short Course for Health Professionals Working with Mothers & Infants
November			
Wednesday 16th & Thursday 17th	2 day workshop \$660 inc GST <i>Lunch, morning & afternoon tea provided</i>	Rachel Watts Clinical Psychologist Sofia Rallis Clinical Psychologist Alan Gemmill Senior Research Fellow	Getting Ahead of Postnatal Depression Workshop
Friday 18th	1 day workshop \$330 - inc GST <i>Lunch, morning and afternoon tea provided</i>	Prof Jeannette Milgrom Clinical Psychologist & Director PIRI Elizabeth Loughlin PIRI Dance Therapist/Creative Arts Therapist & Social Worker	Mother - Infant Interaction, Assessment, Impact of Perinatal Depression and Intervention
Customised Training		POA for Customised Training (03) 9496 4496	
July			
Monday 18th until Friday 31st		Jennie Ericksen Clinical Psychologist	2 week study internship @ PIRI for visiting academic from Malaysia
August			
Wednesday 10th <i>9.00am-5.00pm</i>		Jennie Ericksen Clinical Psychologist Elizabeth Loughlin PIRI Dance Therapist/ Creative Arts Therapist & Social Worker	Workshop for UnitingCareReGen MBU staff Treatment for depression and anxiety- what works for mother and baby

PIRI Training Calendar: Collaborating with the International Association of Infant Massage

Date	Training	Presenter	Workshop Topic
Baby in Mind will provide four nationally accredited workshops at PIRI 	For more information 02 62624346 0468 489 379 POA - Register at iaim.org.au support@iaim.org.au	Glenda Chapman Parents who would like to learn massage with their baby can attend 3 free sessions as part of each instructor training workshop. Sat, Sun & Tues Contact Glenda to book 0427 693 660	Infant Massage Instructor Courses Nationally accredited training course
August			
19th - 23rd <i>(Friday to Tuesday with Mon 22nd off)</i>	Four day workshop <i>Lunch, morning and afternoon tea provided daily</i>	Glenda Chapman	Learn a set of evidence based practical skills for supporting responsive interactions between parents and babies
November			
25th - 29th <i>(Friday to Tuesday with Mon 28th off)</i>	Four day workshop <i>Lunch, morning and afternoon tea provided daily</i>	Glenda Chapman	Learn a set of evidence based practical skills for supporting responsive interactions between parents and babies

PIRI'S Specialised Group Programs

PIRI continues to offer **The Community HUGS** program to mothers who would like to focus on further enhancing their relationship and interaction with their babies, following a difficult start to motherhood. The Community HUGS Program consists of 10 sessions and is run by Elizabeth Loughlin (Dance Therapist and Social Worker) and Jennie Ericksen (Clinical Psychologist). The Program is partially funded by a Department of Social Services Child and Families grant. There is no cost to families for accessing and taking part in this program.

The Getting Ahead of Postnatal Depression Program will also continue to be run with the next group starting on Thursday the 14th July. This program consists of 9 CBT-based sessions for mothers and 3 couple sessions focused on strategies to improve depressive symptoms. There is no charge for this service.

For referrals contact our intake team on 9496 4496 or email piri@austin.org.au or complete a referral form on the website www.piri.org.au.

PIRI's Parent-Infant Clinic

The **Parent-Infant Clinic at PIRI** offers support and treatment for mothers, fathers and their infants during **pregnancy and the first two years post birth**. The clinic, which has recently expanded, is staffed and run by experienced psychologists who offer **specialised perinatal psychology services** to individuals and families who may be:

- Feeling overwhelmed, anxious, depressed, or struggling to cope
- Worrying about becoming a parent and/or having difficulty adjusting to parenthood
- Not feeling bonded to their baby
- Coping with a difficult or premature birth

We offer a range of services, including both individual and group programs. **Referrals to our low cost services can be made by your health professional (eg. a GP, midwife, MCHN);** self-referrals are also accepted.

For further information, or to make a referral contact us on: 9496-4496 or via email at: piri@austin.org.au. Referral forms can also be accessed and completed online via our website : www.piri.org.au.



Supporting families during the antenatal and postnatal period

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- Coping with a difficult or premature birth

www.piri.org.au | E: piri@austin.org.au | Ph: 03 9496 4496

PIRI & Infant Clinic Team

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Dr Carmel Ferretti
Researcher

Dr Felicity Holmes
Psychologist

Ms Barbara Frazer
Admin Assistant

Dr Jessica Ross
Psychologist, Researcher (on maternity leave)

Ms Eliza Hartley
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Dr Tamsin Kane
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