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.

T: 9496 4496   F: 9496 4148   www.piri.org.au
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 (CDSSpirit), 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.
Prof. Jeannette Milgrom is the President of the International Marce 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.

**Pre and Post Conference Tickets Now Available**

**Special Event tickets on sale now!**

www.marce2016.com

**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

Please note - EARLY BIRD REGISTRATION EXTENDED TO 24 JULY!
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

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
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

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


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

<table>
<thead>
<tr>
<th>Date</th>
<th>Training</th>
<th>Presenter</th>
<th>Workshop Topic</th>
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<tbody>
<tr>
<td><strong>September</strong></td>
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| **Sunday 25\textsuperscript{th}** 1.00pm-4.00pm | $160 - inc GST  
Register at [https://www.marce2016.com](https://www.marce2016.com) | Carol Newnham  
PIRI Neuropsychologist | Preconference workshop sponsored by PIRI.  
*The Premiestart Intervention: Helping parents help their preterm infants* |
| **Monday 26\textsuperscript{th} - Wednesday 28\textsuperscript{th}** | 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  
Register at [https://www.marce2016.com](https://www.marce2016.com) | Marcé Conference | 3 day conference on Perinatal Mental Health |
# PIRI Workshops at Parent-Infant Research Institute

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

## Baby in Mind

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<th>Date</th>
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<th>Workshop Topic</th>
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|               | For more information: [02 62624346](tel:02%2062624346)  [0468 489 379](tel:0468%20489%20379) | Glenda Chapman     | Infant Massage Instructor Courses  
Nationally accredited training course |

*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

**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

### August

- **19th - 23rd**  
  *(Friday to Tuesday with Mon 22nd off)*  
  Four day workshop  
  Lunch, morning and afternoon tea provided daily  
  Glenda Chapman  
  Learn a set of evidence based practical skills for supporting responsive interactions between parents and babies

### November

- **25th - 29th**  
  *(Friday to Tuesday with Mon 28th off)*  
  Four day workshop  
  Lunch, morning and afternoon tea provided daily  
  Glenda Chapman  
  Learn a set of evidence based practical skills for supporting responsive interactions between parents and babies

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**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](mailto:piri@austin.org.au) or complete a referral form on the website [www.piri.org.au](http://www.piri.org.au).
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 (e.g. 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.