

PIRI

PARENT-INFANT
RESEARCH
INSTITUTE &
INFANT CLINIC



Women four times more likely to recover from Postnatal Depression in our World-first trial of online treatment

We are excited to have just completed our first controlled evaluation of the **MumMoodBooster** program and results will be reported in our soon-to-be published paper! For those that do not know, MumMoodBooster is a 6-session internet-based treatment for women with postnatal depression, guided by weekly telephone coach support. It is an interactive program where women create their own workbooks. In this study, funded by beyondblue and the Windermere Foundation, 21 women were randomly allocated to MumMoodBooster and 22 received treatment as usual.

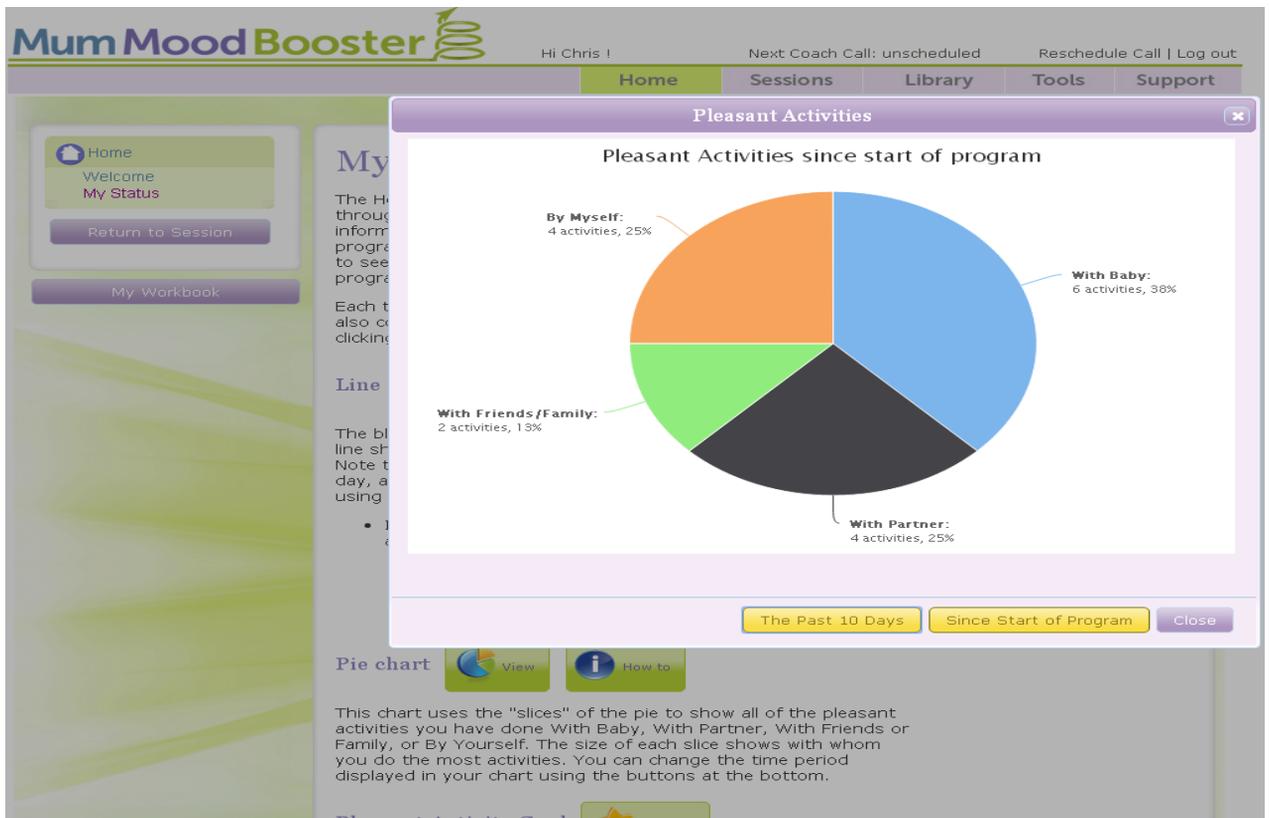
Results revealed that 78.9% of women who received MumMoodBooster program no longer met diagnostic criteria for depression at the end of the study, while in the treatment as usual group, only 18.2% remitted at the end of the study. Anxiety and stress symptoms were also found to be lower for those who completed the MumMoodBooster program. Program satisfaction and session completion was very high, with 86% completing all sessions.

MumMoodBooster appears to be an effective and engaging treatment option that will hopefully reach more women, particularly those who are not willing or unable to attend face-to-face sessions at a clinic. We are currently conducting a larger randomised controlled trial comparing MumMoodBooster to face-to-face cognitive-behavioural therapy (CBT) and will be approaching nurses shortly to talk more about how mums can participate in this program. In the meantime, if you are seeing a woman who may be appropriate for this study, you can ask her to self refer by registering online at www.mummoodbooster.com.

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 (Infant Clinic). The 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.

MumMoodBooster gives mums feedback on how they are going – this example displays a breakdown of pleasant activities since starting the program



Thank You! Referrals open again from January 4th, 2016

The team here at PIRI would like to thank our referrers for your ongoing support and the number of referrals we have been receiving for our research and treatment programs.

What happens when we receive referrals?

All individuals referred to our service receive an initial intake call and, if our services are suitable, will be offered a comprehensive psychological assessment. There are a range of different treatment options available including, group programs and individual therapy. If our services are not a good fit for the client's needs we will refer onto other services. Importantly, we will keep you up to date on how your referral is progressing. To make a referral or receive more information about our programs, please feel free to contact us on (03) 9496 4496 or at piri@austin.org.au.



We would also like to take this opportunity to wish you and your family best wishes for the holidays and for health and happiness throughout the coming year.

We thank you for your support during 2015 and we look forward to a continued relationship in 2016. Happy Holidays from the team at Parent-Infant Research Institute!

International Marcé Society Conference, Melbourne 2016

Call for Abstracts Open

PIRI Director is currently President of the International Marcé Society and Conference Chair!

It is with great pleasure that I can announce the Call for Abstracts for the International Marcé Conference, September 26-28, 2016. I look forward to a vibrant and exciting time together where we will share ideas, knowledge and meet with old friends as well as make new ones.

The Conference will bring together the global perinatal mental health community and is set in a comfortable hotel which will allow us to live together for a few days and build the new “frontiers for the future”, to improve the emotional well-being of mothers, fathers and babies. Conference highlights include international experts bringing the latest research, advancements in clinical care and workshops. Stay tuned for ongoing announcements including the Gala dinner surprise, the special small dinners, hosted by keynote speakers, launching of new initiatives and extra conference events such as tours of mother-baby units.

I warmly welcome you to Melbourne, which has many attractions to suit everyone. If you love food, the beach, culture, shopping, the outdoors and a casual lifestyle, you will be well looked after. After all, Melbourne has been rated one of the most liveable cities in the world for several years!

Jeannette Milgrom, PIRI Director & President Marcé

Check out the conference website at www.marce2016.



The
Marcé
Society

2016 International Marcé Society Conference *Frontiers in Perinatal Mental Health - looking to the future*

Conference
26-28 September 2016

Preconference Workshops
25 September 2016

Melbourne
Australia



PIRI Training Calendar: What's coming in 2016!

Date	Training	Presenter	Workshop Topic
April			
Wed & Thurs 6th & 7th 9.30am - 4.30pm each day	2 day workshop \$660 - inc GST Lunch, morning & afternoon tea provided	Rachel Watts Clinical Psychologist Sofia Rallis Clinical Psychologist Alan Gemmill Senior Research Fellow	Getting Ahead of Postnatal Depression Workshop
Friday 8th 9.30am - 4.30pm each day	1 day workshop \$330 - inc GST Lunch, morning and afternoon tea provided	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
May			
Dates to be confirmed 9.30am - 4.30pm each day	2 day workshop \$660.00 - inc GST Lunch, morning and afternoon tea provided	Sofia Rallis Clinical Psychologist	Motivational Interviewing Techniques for health professionals to facilitate help seeking in perinatal women
June			
Dates to be confirmed 9.30am - 1.30pm	½ day workshop \$165.00 - inc GST \$150 agency multiple bookings Morning tea provided	Elizabeth Loughlin PIRI Dance Therapist/Creative Arts Therapist & Social Worker	Promoting Pleasurable Infant- Mother Play Short course for health professionals working with vulnerable mothers and infants
June			
Thurs 14th	1 day workshop \$330.00 - inc GST Lunch, morning and afternoon tea provided	Jennie Ericksen Clinical Psychologist	Towards Parenthood Introduction to this antenatal intervention and how health professionals can provide coach support

Register your interest for the above workshops at vera.corbisieri@austin.org.au

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 in 2016	For more information 02 62624346 0468 489 379 POA iaim.org.au support@iaim.org.au	Glenda Chapman	Infant Massage Instructor Courses Nationally accredited training course
February			
12th - 16th <i>(Friday to Tuesday with Mon 16th 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
May			
13th – 17th <i>(Friday to Tuesday with Mon 16th 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
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

Other News

Hello Hello!

My name is Corine Straver, and i am doing my internship here at PIRI. I am a student from the Netherlands, and finally in my last year of medicine. Eventually I would like to be a General practitioner. I love the family orientated mindset that PIRI has, which is also beneficial when you work as a GP.

My research project involves premature children (born <30 weeks). All those little babies start their lives in the Neonatal Intensive Care Unit (NICU). The NICU is a stressful place to be, there are a lot of stressful events experienced e.g., intubation, taking blood via a heel prick, ventilation for 24 hours a day etc. In my project I am looking to see if these stressful medical events have an influence on their neurobehavioural development.

As soon as results are available, these will be presented in a forthcoming newsletter, I will keep you posted!

Regards,

Corine



Towards Parenthood is now available in a Dutch version *Kinderen Krijgen*: Follow link below:

[http://www.nieuwezijds.nl/Boek/9789057124495/
Kinderen-krijgen/](http://www.nieuwezijds.nl/Boek/9789057124495/Kinderen-krijgen/)

Congratulations to Jessica and Adam on the birth of their son, Harry.



Holiday Wishes

This is our final newsletter for 2015 and we would like to wish you all a very safe and happy holiday season.

Thank you for your involvement with PIRI and the Infant Clinic over the past year.



PIRI & Infant Clinic Team

Prof Jeannette Milgrom
Executive Director

Ms Jennie Ericksen
Manager, Psychologist

Dr Carol Newnham
Psychologist, Researcher

Ms Rachel Watts
Psychologist

Ms Sofia Rallis
Psychologist, Researcher

Dr Alan Gemmill
Researcher

Dr Christopher Holt
Researcher

Ms Elizabeth Loughlin
Dance Therapist

Dr Jessica Ross
Psychologist, Researcher

Dr Carmel Ferretti
Researcher

Dr Felicity Holmes
Psychologist

Ms Barbara Frazer
Admin Assistant

Dr Natalie Rose
Project Manager

Ms Eliza Hartley
Researcher

Dr Tamsin Kane
Psychologist

Ms Vera Corbisieri
Admin Assistant