

PIRI

PARENT-INFANT
RESEARCH
INSTITUTE &
INFANT CLINIC



Postnatal depression: Online treatment a big success!

“After the birth of her second son, Tania Borodatch thought she was simply suffering from the fatigue of having two small children. But soon she was diagnosed with postnatal depression. Tania says that when you live day by day you try to function and you just never notice the exact moment when it happens...” To read more of this article (The Age, 21.11.14) click [here](#).

A growing body of research shows that online treatments for depression are effective¹, and when looking specifically at online treatment for postnatal depression (PND), our recent MumMoodBooster feasibility study showed significant reductions in depression over the course of the program that were maintained at 6 month follow-up².

Given the convenience, accessibility, and cost-effectiveness of online

treatments, what we now want to know is: how does our MumMoodBooster program compare with face-to-face cognitive-behavioural therapy (CBT) for PND?

Help us answer this question by encouraging women who are struggling to cope or feeling flat, sad or depressed to visit the study's website:

www.mummoodbooster.com

There, they can find out about this innovative study, which compares three treatments:

- 1. MumMoodBooster** online treatment supported by a personal coach (telephone)
- 2. Face-to-face CBT** treatment provided in the woman's local area (currently available in Melbourne only)

- 3. Routine primary care** (Women in this group also receive MumMoodBooster at the end of their participation in the study).

We're looking for women with a baby under 12 months who are not currently receiving treatment for PND (therapy or medication) to participate.

The more referrals we receive, the sooner we can finish the study and make MumMoodBooster more widely available.

For more information, contact Dr Christopher Holt:

T: (03) 9496 4496

E: Christopher.Holt@austin.org.au

¹ Perini, S. et al. (2009). ANZJP, 43, 571-578.

² Danaher, B. et al. (2013). J Med Internet Research, 15(11), e242.

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.

PIRI Training Calendar: Look who's coming to PIRI in 2015!

Roseanne Clark PhD, Director Parent-Infant and early Childhood Clinic

PIRI is pleased to offer an **exceptional opportunity for clinicians and researchers** to access training in assessment of mother-infant interaction. Roseanne Clark will provide a workshop in early May, 2015 in the use of the Parent Child Early Relational Assessment in clinical practice.

Dr Clark is an Associate Professor in the Department of Psychiatry, University of Wisconsin Medical School. She is the Director of the Parent-Infant and Early Childhood Clinic and the Postpartum Depression Treatment Program. Dr Clark developed the **Parent-Child Early Relational Assessment (PCERA)**, an instrument used for assessing the quality of Feelings and behaviour in parent-child interactions in over 300 clinical Programs and studies internationally.

Dr Clark conducts research and has written numerous articles on postpartum depression, maternal employment, and early parent-child relationships. She is currently the Principal Investigator on two NIMH funded studies. The first is examining the efficacy of two Psychotherapy approaches for women experiencing depression in the Postpartum period. The second is a collaborative study with investigators at Yale University and the University of Massachusetts, Boston investigating the validity of screening and assessment instruments of social-emotional behaviour in Infants and young children and parent-child relationships. Dr Clark's research has Informed policy and practice related to maternal and child mental health. She is committed to raising awareness regarding the importance of early identification, evaluation and treatment of postpartum depression to enhance the wellbeing of women, their infants and families.



This one day workshop will provide attendees with an overview of the scale and higher order constructs together with practical skill development in using the scale to assess mother-infant interaction. Inter-rater reliability will be developed through reviewing clinical video footage, rating interaction and discussion.

For more information email Vera.CORBISIERI@austin.org.au

DUE FOR RELEASE IN 2015

Identifying Perinatal Depression and Anxiety

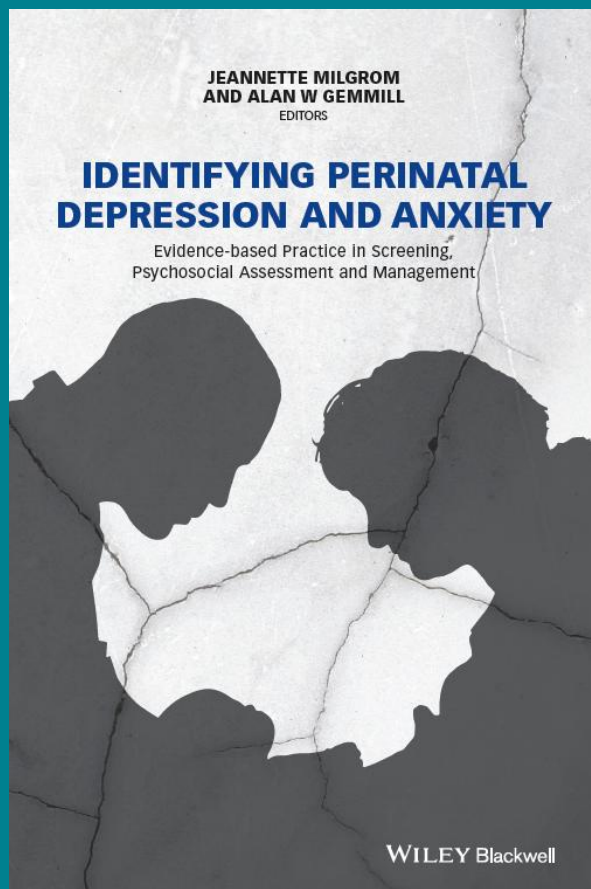
Identifying Perinatal Depression and Anxiety is a new book conceived and edited by PIRI staff, Prof Jeannette Milgrom and Dr Alan Gemmill. It brings together international experts in a comprehensive guide to the latest research and clinical practice in regard to current screening and management models.

International contributors discuss the evidence, accuracy and limitations of screening methods in the context of challenges, policy issues, and questions that require further research.

Identifying Perinatal Depression and Anxiety provides up-to-date practical guidance of how to screen, assess, diagnose and manage perinatal depression and anxiety, and considers the importance of screening processes that involves infants and fathers, additional training for health professionals, pathways to care following screening, and the economics of screening.

This book offers forward-thinking synthesis and analysis of the current state of the field by leading experts, with the goal of sketching out areas in need of future research.

To pre-purchase a copy click [here](#).



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

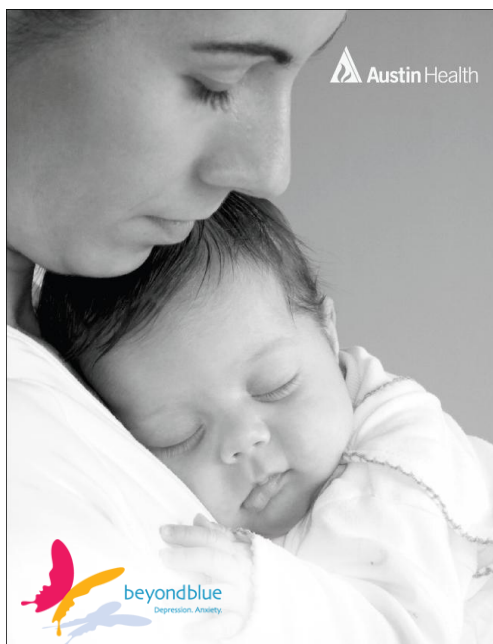
www.piri.org.au



Recruiting now

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

The *Getting Ahead of Postnatal Depression Program* offers depressed mothers a supportive group environment, under the care of experienced psychologists.



All depressed mothers receive treatment:

- Nine group therapy sessions
- Three sessions with their partner

Our program has been rigorously evaluated in randomized trials and shown to reduce postnatal depression . We now want to find out more about how we can improve the way mothers interact with their babies. After the group treatment, mothers are offered:

- Four playgroup sessions with their baby
- Comprehensive care from our team for 6 months

There is **no cost** for mothers to take part in this program. Mothers are reimbursed for completion of questionnaires.

We are currently accepting referrals for our next group.

If you would like an information pack delivered to your work place, or if you have questions about this program, please contact the Project Manager, Dr Fallon Cook on T: 03 9496 4496 E: fallon.cook@austin.org.au

PIRI's team is growing!

Congratulations to Chris and Charlene Holt on the birth of their son, Ethan James.



We would like to warmly welcome two new staff members to the PIRI team: Dr Fallon Cook and Dr Felicity Holmes.

Fallon joins the team as a Research Fellow, as project manager of the *Getting Ahead of Postnatal Depression* Program.



Felicity joins the team supporting staff with screening and assessing mothers at PIRI.



Congratulations to Sofia and Brad Galgut on the birth of their daughter, Zara.

Other News

Congratulations to Professor Jeannette Milgrom, PIRI's Director. *The Lancet*, a highly prestigious journal has recently published a perinatal mental health series. Jeannette is an author on the first paper in the series - "Non-psychotic mental disorders in the perinatal period", which is receiving wide spread attention. If you are a member of *The Lancet*, click [here](#) to log-in and read the full text article.

Jeannette has also been elected as the President of the International Marcé Society for Perinatal Mental Health, and Chair of the 2016 International Marcé Conference which will be held in Melbourne during September.

Holiday Wishes

This is our last newsletter for 2014 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

Dr Fallon Cook
Researcher

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

Ms Felicity Holmes
Psychologist

Ms Rachel Watts
Psychologist

Dr Natalie Rose
Researcher

Ms Eliza Hartley
Researcher

Ms Barbara Frazer
Admin Assistant

Ms Vera Corbisieri
Admin Assistant