

PIRI

PARENT-INFANT
RESEARCH
INSTITUTE &
INFANT CLINIC

*PIRI wishes you season's greetings
and happy holidays.*

*Our office and clinic will be
closed from 21st Dec - 2nd
January.*

*We look forward to working
together with you again in 2018!*

The Parent Infant Research Institute (PIRI) was excited to have the Minister of Health, The Hon Greg Hunt MP launch [MumSpace](#) in October 2017. This new government-backed website offers FREE information and access to evidence-based mental health support to pregnant women and new mums. [See p. 5 of newsletter]

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.

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Mum^{2B}Mood Booster

RESEARCH TRIAL

Only 25 places left... refer someone you know!

e-treatment plus phone support for women experiencing depression in pregnancy.

Women in the trial receive **free regular telephone support** in addition to the publicly available online program content. All women in the trial will have access to **six online sessions**, an **online library** and **optional partner support website**. In this trial women will also be reimbursed for the completion of **online questionnaires**.



For more information visit: www.mum2bmoodbooster.com/research

Contact jessica.oliva@austin.org.au for postcards and information.

PIRI WORKSHOPS

Jan –June 2018

In addition to our workshops, we also offer training that can be tailored to your organisation's needs on any area of perinatal mental health. If you're interested in any of our workshops, please let us know and join our mailing list (piri@austin.org.au).

Date	Workshop
<p>Wednesday February 14th 9.30- 1.30 \$165</p> <p>Kinder prep</p>	<p>Travelling the Yellow Brick Road – this half day workshop is for anyone helping parents and children prepare for the transition from home to childcare or kindergarten or school. Suitable for teachers, childcare workers, social workers, psychologists and the like. Presented by Dr Carmel Ferretti (Clinical Psychologist)</p>
<p>Thursday March 22nd 9.30 – 4.30 \$330</p> <p>Increasing help-seeking</p>	<p>Motivational Interviewing – this one day workshop explores how Motivational Interviewing can be used in the perinatal field by Maternal and Child Health Nurses in assisting clients to increase their motivation to engage in treatment when depressed, anxious or struggling with early parenthood. The PIRI Primer intervention will be discussed and the evidence for its use. Role plays will be used to demonstrate and practice skills. Presented by Jennie Ericksen and Rachel Watts (Clinical Psychologists)</p>
<p>Wednesday &Thursday 18th&19th April 9.30-4.30 \$660</p> <p>Treating PND</p> <p>Friday 20th April 9.30-4.30 \$330</p> <p>Assessing Mother-Infant Relationships</p>	<p>Getting Ahead of Postnatal Depression - learn about this evidence based group cognitive behavioural therapy treatment program for postnatal depression. Participants will have the opportunity to learn about the evidence base of the program as well as how to run recruit for and run groups and manage some of the common problems. A users manual is provided and the book <i>Treating Postnatal Depression a Psychological Approach for Health Care Practitioners</i> will be available at a reduced price (Milgrom, Martin & Negri). Presented by Rachel Watts and Jennie Ericksen (Clinical Psychologists)</p> <p>Mother - Infant Interaction, Assessment, Impact of Perinatal Depression and Intervention - learn about observation of the mother-infant relationship and ways of understanding and assessing it. The impact of perinatal depression on the interaction as well as ways to work with mothers to enhance their relationship with their babies after depression.</p>
<p>Thursday June 7th 9.30-1.30 \$165</p> <p>Promoting Mother-Infant Play</p>	<p>Drawing on the creative practice for mother-infant groups - <i>“Slow play with unusual toy objects and new sounds can awaken mothers’ interest in her baby’s response.”</i> This workshop will demonstrate a range of simple activities and therapeutic interventions to use in small or large groups of mother-infant pairs. There will be opportunity for participants to try out the movement games, percussion and informal toys. Suggestions to group facilitators will be offered on how to organize the play space in different ways, and how to use music to support play responses. Developmental stages guide the choice of play interventions. A list of resources for play interaction will be given. Presented by Elizabeth Loughlin (Dance Therapist)</p>

Soon to come... Partner Training

Our first partner, Baby in Mind, offers the First Touch Program. This four day **nationally accredited** course for health and community workers offers a unique insight and set of evidence-informed practical skills for supporting responsive and cue-based interactions between parents and babies.

Contact (02) 6262 4346 or support@babyinmind.org.au.



PIRI Staff Updates

PIRI welcomes **Dr Jessica Oliva** to the research Team. She comes to us from Monash University where she has completed her PhD. She returns to Australia after a post doctorate year in Provence, France studying Oxytocin and human-animal interaction. At PIRI she is working on the MumMoodBooster program, the Mum2BMoodBooster trial and the MumSpace website. She continues to teach in the Graduate Diploma of Psychology Advanced at Monash.

Jennie Ericksen has taken up an honorary appointment with PIRI to continue some of the programs she has been involved in.

Farewell to **Dr Felicity Holmes** who has left PIRI to go to Monash University Counselling Service. Felicity leaves the Clinic, BUPA Parent and Baby Wellbeing Program and MumMoodBooster. She has had a long association with us having completed her Doctorate clinical placement here and later returning part time. We wish her all the best at Monash.

PIRI'S Specialised Group Programs

PIRI continues to offer **The Community HUGS therapeutic playgroup** 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 next group will be early February 2018.

Perinatal Mental Health Clinic and Austin Health

We are working closely with the **Perinatal Mental Health Clinic** at Austin Health to provide **PIRI's Getting Ahead of Postnatal Depression Program**. It will continue to be run with the next group starting Thursday 8th February 2018. This program consists of 9 CBT-based sessions for mothers and 3 couple sessions focused on strategies to improve depressive symptoms. Options to continue with some mother-baby work afterwards are possible. We are also partnering with the Centre for Perinatal Psychology which is a national network of psychologists dedicated to mothers, fathers, infants, couples and families during the perinatal period. The Centre for Perinatal Psychology is located across Australia. Search their [website](#) for your nearest location.

Welcome to **Hayley McDonald** who is taking up the Senior Psychologist position in the Perinatal Mental Health Clinic at Austin Health taking over from Jennie Ericksen. Hayley comes to us from Monash University where she was a senior lecturer in the DPsych program. She has previously run a successful private practice in Sydney.

For referrals to the Perinatal Mental Health Clinic for individual or group programs contact our intake team on 9496 4496 . For PIRI group programs email piri@austin.org.au or complete a referral form on the website www.piri.org.au.



Help PIRI Help New Families

Each year over 70,000 Australian women suffer antenatal and/or postnatal depression, and the figures are likely to be just as high for anxiety. Help PIRI to support these mothers, fathers and babies by donating today.

Visit www.givenow.com.au/parentinfantresearch

See the work we do on www.piri.org.au.



PDeC representatives: Prof Jane Fisher (Monash), Prof Jeannette Milgrom (PIRI) and Dr Heather Rowe (Monash).

Australasian Marce Society for Perinatal Mental Health 2017 Brisbane Conference Highlights

PIRI and PDeC partners representatives attended this Conference which brings together Australian experts in perinatal mental health. MumSpace was promoted during presentations by Prof Milgrom (PIRI) and during a Plenary by Terri Smith (PANDA). The Conference also saw the launch of the new Perinatal Mental Health Guideline.

CONNECT WITH PIRI!

The Parent-Infant Research Institute is active online and on social media.

See our website www.piri.org.au for our latest research findings, publications, information for parents and an online referral service to refer a client directly to our clinic. All our treatment programs can be found on the website, as well as the background research and evidence that have contributed to their effectiveness. You can also purchase all PIRI's books, magazines and DVDs from the website.

Stay up to date with PIRI by connecting with us on Facebook, Twitter and Instagram.



PIRI: Parent-Infant Research Institute



parentinfantresearchinstitute



@PIRI_Austin

New research Grants for PIRI!

Prevention of Adverse Child Behavioural Development Following Maternal Depression in Pregnancy: NHMRC Project Grant, CIA J. Milgrom

In a competitive year for NHMRC Project Grants (16% funding rate), PIRI has been successful in securing funding for this important research which will evaluate whether child outcomes following maternal depression in pregnancy can be protected by antenatal depression treatment.

Postpartum Depression: Action Towards Causes and Treatment: NHMRC Project Grant, CIC J. Milgrom

J. Milgrom has also been successful as a Chief Investigator on this Project Grant led by the University of Queensland, which is a large international study to identify genetic variants that increase risk of perinatal depression using a mobile app as the vehicle for data and subsequent DNA collection. A large genome-wide association study will identify genetic variants for perinatal depression and establish the genetic relationship between perinatal psychiatric disorders and those with onset outside the perinatal period.

Perinatal Identification, Referral and Integrated Management for Improving Depression: The *PIRIMID* Study

After a highly competitive, 2-round, peer-reviewed Expression of Interest process, PIRI has been successful in securing the financial commitment of *beyondblue* as a Partner Organisation on our NHMRC Partnership Grant Proposal that will implement and evaluate our new electronic clinical decision support system (PIRIMID) for perinatal depression screening and **management**, together with our MCHN partners in Whittlesea.

Spread the word about MumSpace.

Free Access to evidence-based resources.

- The new mumspace.com.au website includes access to: **MumMoodBooster (MMB)**
- **Mum2bMoodBooster**
- **MindMum** app
- **What Were We Thinking**
- **Baby Steps**

PIRI's MumMoodBooster and Mum2BMoodBooster, cognitive behavioural therapy (CBT) treatment programs for women with mild to moderate perinatal depression. This program is supported by SMS messaging.

Research published by PIRI has found MMB to be 4 times more effective than routine care at producing remission from a depressive episode.

The Perinatal Depression e-Consortium (PDeC) is led by the Parent-Infant Research Institute (PIRI) in partnership with Perinatal Anxiety and Depression Australia (PANDA), Jean Hailes Research Unit at Monash University, Jean Hailes for Women's Health and Queensland University of Technology.

PIRI Team

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Executive Director

Dr Alan Gemmill
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Clinical Psychologist

Ms Barbara Frazer
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