

Perinatal Mental Health Seminar

How do we Assess and Manage Perinatal Anxiety in the Primary Care setting?

Friday 3rd March, 2017

- 8.00 am ARRIVAL REGISTRATION
- 8.55 am Welcome - Mark Ayling, CEO St John of God Burwood Hospital
- 9.00 am **Anxiety disorders in Perinatal women – an overview**
Dr Sylvia Lim-Gibson, FRANZCP Perinatal Psychiatrist, RHW
- 9.45 am **Self-Assessment for Emotional Wellbeing in Perinatal women- the *Mummatters* app**
Professor M-P Austin, SJOG Chair Perinatal Mental Health, perinatal psychiatrist RHW
- 10.00 am **How safe are medications - for Anxiety Disorders -in Pregnancy & breastfeeding?**
Professor M-P Austin, SJOG Chair Perinatal Mental Health, perinatal psychiatrist RHW
- 10.30 am MORNING TEA
- 10.45 am **Impact of maternal anxiety on mother-infant interaction and infant outcomes**
Associate Professor Cathy McMahon, Centre for Emotional Health, Psychology Department, Macquarie University
- 11.45 am **Clinical case Hypothetical - “Everything has to be perfect, including me”.**
Professor Bryanne Barnett, FRANZCP AM + panel
- 1.15 pm LUNCH
- 2.00 pm **Workshop: Wot! Me worried? Management of Perinatal Anxiety Disorders in a nutshell**
Professor Gavin Andrews, AM, MD,
- 3.00 pm AFTERNOON TEA
- 3.15 pm Workshop Continued - Professor Gavin Andrews
- 4.15 pm FEEDBACK - QUESTIONS - CPD CERTIFICATES

Perinatal Mental Health Seminar

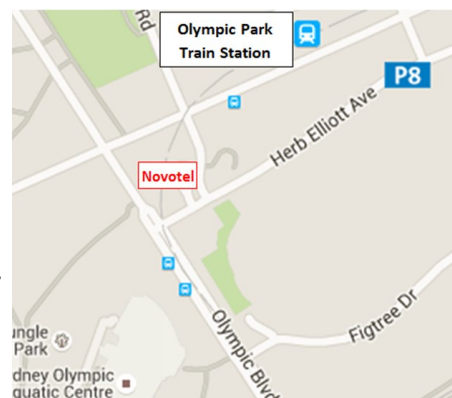
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DATE: Friday 3rd March, 2017

TIME: 9.00 am - 4.30 pm (*Equivalent to 5 CPD hours for AHPRA*)
(8.00am - Arrival & Registration)

VENUE: Novotel Sydney Olympic Park,
Olympic Boulevard & Herb Elliott Ave, Sydney Olympic Park NSW

*Novotel is located nearby Olympic Park train station
(approx. 3min walk).*



*Parking: Limited parking under Novotel (\$25 flat rate day parking), alternate parking station is carpark P8 (under CBA building) and is approx. 10min walk to Novotel (\$25 flat rate day parking).
More info: www.sydneypark.com.au/parking*

COST: \$185.00 (includes lunch, morning and afternoon tea)

RSVP: 17th February, 2017 Fax: (02) 9747 5223 or email: filomena.cavallaro@sjog.org.au

Payment Options

Cheque Made Payable to St John of God Health Care

Cheques sent to: P.O. Box 261 Burwood 1805 Attention: Filomena Cavallaro

Credit Card: ☐ VISA ☐ MASTERCARD

Card holders name: _____

Card Number: _____ Expiry Date: _____

Attendee Details

Please write in block letters

Name: _____

Organisation/Address: _____

Position _____

Address for Receipt: _____

Phone: _____

Email: _____

Dietary Requirements: _____