

Detailed Content Outline: *Mental Health in the Perinatal Period* - Nov 8th 2025 – February 28th 2026

*This activity has not been accredited for CERPs. This education counts towards your continuing professional development (CPD) hours.
This information is provided to assist delegates in self assigning CERPs.

Speaker	Presentation Title	Duration (hr)	Type	I Development & Nutrition	II Physiology & Endocrinology	III Pathology	IV Pharmacology & Toxicology	V Psychology, Sociology & Anthropology	VI Techniques	VII Clinical Skills
Amanda Connell	The SELF Framework: A practical approach to incorporating emotion regulation into self-care for new and expecting parents	1	R					✓		✓
Sharon Cooke	The Dark side of birth: Crisis, collapse and relational repair	1	R					✓		✓
Nicole Highet	Transition to motherhood: Lived experience themes and clinical insights	1	R					✓		✓
Melody Jackson	Beyond the blues: Complex presentations in perinatal mental health	1	L		✓	✓	✓	✓		✓
Kathleen Kendall-Tackett	Feeding, crying, and mother-infant sleep: Why standard sleep advice threatens breastfeeding and harms maternal mental health	1.25	L	✓	✓			✓		✓
Liora Noy	OCD and intrusive thoughts in the perinatal period	1	R					✓		✓
Elly Taylor	Supporting the whole family: A relational approach to perinatal mental health	1	R					✓		✓
Marie Zahorick	Medications for mothers' minds: Psychopharmacology for lactating mothers	1	L				✓	✓		✓
Total		8.25	3.25L 5R							