

Sarah Ayers PharmD

Sarah Ayers is a clinical pharmacist specialising in maternal-fetal medicine and academia. She completed a two-year pharmacotherapy residency program at the Texas Tech University Health Sciences Center (TTUHSC) in Lubbock, TX and has made significant clinical and research contributions to TTUHSC's InfantRisk Center in Amarillo, TX during her residency training and onward.

Julie Cottle MHSc, GradDipHSc (Western Herbal Medicine), IBCLC

Julie Cottle is a naturopath, international board certified lactation consultant (IBCLC), and regulatory science professional specialising in foods and complementary medicines. She provides academic support for the Bachelor of Health Science (Naturopathy) program at Endeavour College of Natural Medicine and delivers telehealth services supporting mothers and infants through a global employee assistance program with Maven Clinic.

Gerrard Ferreira BSc Biomedical Science, BSc(Hons) orthopaedic research, MPharm, MBA (current)

Gerrard Ferreira is a clinical pharmacist at King Edward Memorial Hospital (Women and Newborns), where he supports obstetric and gynaecology wards and occasionally the sterile compounding suite. Gerrard's clinical interests include peripartum analgesia and medicine safety in lactation; he has authored a study on postoperative opioid use following caesarean section, examining utilisation patterns and implications for care.

Wendy Jones PhD, MRPharmS, MBE

Dr Wendy Jones is known for her work on providing a service on the compatibility of drugs in breastmilk and has been a registered breastfeeding supporter for 38 years. She is the author of *Breastfeeding and Medication* (2018), *Why Mother's Medication Matters* (2017), *Breastfeeding and Chronic Medical Conditions* (2020). Wendy was awarded an MBE in the New Year's Honours List 2018 for services to mothers and babies.

Treasure McGuire PhD, BSc(Pcol), BPharm, GradDipClinPharm, GChEd, CertIVTAE, FACP, FPS, FANZCAP (Edu, ObsGynae), MAdPha

Associate professor Treasure McGuire is an experienced clinical pharmacist, pharmacologist, educator, and researcher. As assistant director of pharmacy, Mater Health, SEQ, she manages an academic practice unit that delivers pharmacology curricula to five health disciplines across three universities. She holds two senior appointments in her hospital role with Bond University Medical School and the University of Queensland School of Pharmacy.

Hao Vo-Tran MCLinPharm, BPharm (Hons), GradCertPharmPrac, FANZCAP (ObsGynae), FADPha

Hao Vo-Tran is currently the medicines information and publications pharmacist at the Royal Women's Hospital, Melbourne. In this capacity, she provides medicines information to healthcare professionals and the public alike. She is also the editor of the *Women's Pregnancy and Breastfeeding Medicines Guide*.

Accreditation:

Australian Health Practitioner Regulation Agency (AHPRA): This education counts towards your continuing professional development (CPD) hours: 6 hours.

IBCLC: CERP's may be self-logged at no additional cost.

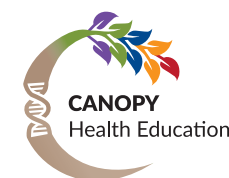
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Prices

Full Price: **\$149 AU**

Group Price (5 or more delegates): **\$120 AU**

Student/Unwaged: **\$120 AU**

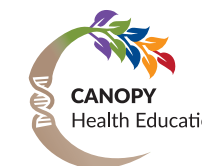


1. Mental Health in the Perinatal Period

Two informative webinars

2. Medications in Pregnancy and Lactation

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1.

Mental Health in the Perinatal Period

November 8th 2025 – February 28th 2026

Join leading experts in perinatal and infant mental health for a comprehensive webinar exploring evidence-based strategies, clinical insights, and lived experiences.

Covering topics from emotion regulation and family relationships to complex presentations and psychopharmacology, this program equips health professionals with practical tools to better support parents and infants during the perinatal period.

Amanda Connell – The SELF Framework: A practical approach to incorporating emotion regulation into self-care for new and expecting parents

Sharon Cooke – The dark side of birth: Crisis, collapse and relational repair

Nicole Highet – Transition to motherhood: Lived experience themes and clinical insights

Melody Jackson – Beyond the blues: Complex presentations in perinatal mental health

Kathleen Kendall-Tackett – Feeding, crying, and mother-infant sleep: Why standard sleep advice threatens breastfeeding and harms maternal mental health

Liora Noy – OCD and intrusive thoughts in the perinatal period

Elly Taylor – Supporting the whole family: A relational approach to perinatal mental health

Marie Zahorick – Medications for mothers' minds: Psychopharmacology for lactating mothers

Amanda Connell MCLinPsych

Amanda Connell is a clinical psychologist and board-approved supervisor working at the intersection of infant feeding and perinatal and infant mental health. She is the founder of Spilt Milk Psychology and is known for her warm, engaging approach to complex clinical issues. Grounded in Compassion-Focused Therapy, Amanda's work is shaped by inclusive, trauma-informed, and relational principles.

Sharon Cooke BSc (Nursing), Post Grad (Mid, Child & Comm Hlth), MPerinatal and Infant Mental Health, DipParent-Infant Therapy, DipProfCoaching

Sharon Cooke originally trained as a midwife and child health nurse, then went on to complete a Master of Perinatal and Infant Mental Health and UK-based training in Psychodynamic Parent-Infant Psychotherapy. She developed Mother-Baby Nurture, a government-funded program delivered across 14 communities in Western Australia where she trains and supervises a multidisciplinary team of clinicians.

Nicole Highet DPsych (Clinical)

Dr Nicole Highet is the founder and executive director of COPE: Centre of Perinatal Excellence. With a background in clinical psychology, health promotion and research, Nicole has dedicated her life work to reducing the impacts of perinatal mental health. She is the chairperson of the Australian Perinatal Mental Health Guideline, and leads COPE as the peak body in perinatal mental health in Australia.

Melody Jackson FRACGP, IBCLC, MPH, DCH, GradCert Traumatic Stress Studies

Dr Melody Jackson is a GP, international board certified lactation consultant (IBCLC) and an adjunct senior clinical lecturer (UNDS). She has completed a Master of Public Health, Diplomas of Child Health and Cognitive Behavioural Therapy and a Postgraduate Certificate in Traumatic Stress Studies. She is the clinical director of Breastfeeding & Beyond in Bella Vista, Sydney.

Kathleen Kendall-Tackett PhD, IBCLC, FAPA

Dr Kendall-Tackett is a health psychologist and international board-certified lactation consultant, and the director of Praeclarus Press. She is editor-in-chief of Psychological Trauma, fellow of the American Psychological Association in Health and Trauma Psychology and past president of the APA Division of Trauma Psychology. She is the author of *Women's Mental Health Across the Lifespan* and *Depression in New Mothers*.

2.

Medications in Pregnancy and Lactation

December 1st 2025 – March 31st 2026

This comprehensive 6 hour program explores the safe and effective use of medicines during pregnancy and lactation.

With expert guidance from leading pharmacists and clinicians, this evidence-based program covers medication safety, opioid use, herbal medicine, mental health, and management of common pregnancy conditions—supporting confident, informed care for mothers and infants.

For midwives, nurses, pharmacists, doctors and other health professionals.

Sarah Ayers – Peripartum cardiomyopathy: A comprehensive overview in the setting of lactation

Julie Cottle – Herbal medicine in pregnancy and lactation: Evidence, safety and risk assessment for clinical practice

Gerrard Ferreira – Opioids in pregnancy and lactation: Risk-benefit, monitoring and communication

Wendy Jones – Breastfeeding and mental health: The black hole for many new mothers

Treasure McGuire – Management of common pregnancy-associated conditions

Hao Vo-Tran – Medicines in pregnancy and breastfeeding

Liora Noy RN, MPH, IBCLC, GradDipPsych, GradDipCouns

Liora Noy is a registered nurse and international board certified lactation consultant (IBCLC). She holds a Graduate Diploma in Psychology, a Master's in Public Health, and has completed extensive training in women's psychotherapy, cognitive behavioural therapy (CBT), and acceptance and commitment therapy (ACT). For five years, Liora served as educator for Perinatal Anxiety and Depression Aotearoa (PADA NZ).

Elly Taylor Dip.Arts, ILPS

Elly Taylor is a relationship educator, author, and founder of Becoming Us. She's shared her work with perinatal professionals nationally and internationally and contributed to research projects with universities. Elly worked with NSW Health to create relationship-based antenatal education for first-time parents birthing at two hospitals in Southern Sydney.

Marie Zahorick MS, APRN, PMHNP-BC, FNP-C, IBCLC

Marie Zahorick became a La Leche League leader in 1999 and an IBCLC in 2005 and eventually became a board-certified Family Nurse Practitioner. She works as a nurse practitioner in psychiatry, specialising in women's psychiatry. Her expertise includes psychopharmacology in pregnant and lactating women as well as general psychopharmacology. She is experienced at diagnosing and treating mental illnesses.

Accreditation:

Australian Health Practitioner Regulation Agency (AHPRA): This education counts towards your continuing professional development (CPD) hours: 7.75 hours

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Prices

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Group Price: (5 or more delegates): **\$140 AU**

Student/Unwaged: **\$140 USD**