



SELENI

Maternal Mental Health Intensive Training: Young Parents

LEARNING OBJECTIVES

- Identify the parts of the brain that play a vital role in adolescent functioning and how they influence behavior and emotions
- Describe the different attachment styles and understand the relationship between dependence and independence
- Discuss how brain functioning, trauma, and attachment styles interconnect and affect one another
- Describe the social, emotional and psychological challenges that teenage mothers face
- Understand the complex experiences around teen parenthood
- Discuss the three major areas of distress amongst teen parents
- Analyze the risk factors of PMAD development
- Describe biological and psychological risk factors related to perinatal emotional distress or developing a PMAD
- Utilize diagnostic and epidemiological data for mental health concerns associated with the five most employed DSM-5 diagnostic categories in the pregnancy and postpartum period
- Identify various ways teens and young mothers present differently and similarly when experiencing PMADs
- Discuss the implications of untreated mental illness in mothers, fathers, and families - including the baby
- Define three ways in which a clinical interview assessing perinatal emotional distress differs from a clinical interview conducted with patients in the general population



- Learn how to search for the social, emotional and mental factors that play a role in PMAD development
- Identify and utilize best practices to improve the well-being of teen mothers and help them develop a healthy attachment with their infant
- Discuss the most effective, evidence-based interventions for treating PMADs among teens
- Develop a better understanding of the work with teen parents, through various case studies