

# ***Marce of North America Newsletter***

May 2021



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

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## **MATERNAL MENTAL HEALTH WEEK: May 3rd-7th, 2021**


May 3rd - May 7th is Maternal Mental Health Week. We have partnered with 2020 MOM and their Blue Dot campaign to raise awareness about maternal mental health- they have us listed as a partner on their website - please visit the website for inspiration and to learn more ([MMH Awareness Week 2021 – TheBlueDotProject Maternal Mental Health](#)). Please visit [The Blue Dot Project](#) and our Instagram and use hashtags [#HearHer](#) and [#MMHWeek2021](#)


## **MONA INSTAGRAM PAGE LAUNCH**

MONA leadership has been working on building our social media presence and we are excited to share that we recently launched an Instagram page (@marceofnorthamerica). Please visit the page, follow us, and stay tuned for updates on the conference, organization announcements, resources, and much more on perinatal and parental mental health.





 **Marcé**  
of North America  
*Promoting Perinatal Mental Health*





 **marceofnorthamerica** ...


 **marceofnorthamerica** Welcome to The Marcé Society of North America (aka MONA)!

We committed to the advancement of Clinical Care, Research, Advocacy, and Education. **\*\*CARE\*\***.


WE ACCOMPLISH OUR MISSION BY:

-  Promoting interdisciplinary preventive and treatment services to childbearing persons, their families, the public, and the general medical community.
-  Encouraging the development of novel assessment, diagnostic, treatment and integrative care

 Liked by **mmhla2** and 2 others

22 HOURS AGO

 Add a comment... [Post](#)



## Introducing the MONA member of the Month – Erica Medina Serdan

 Facebook

 @depre\_posparto

We are expanding our monthly newsletter to feature our members. This month we are learning more a new MONA member, Erica Medina Serdan who lives and works in Mexico.

If you would like to nominate yourself or a fellow member for the Member of the Month, contact [Deepika.goyal@sjsu.edu](mailto:Deepika.goyal@sjsu.edu) for more information!

*We also would enjoy hearing your ideas for the newsletter or any other aspect of our Marcé of North America organization! Please send your ideas to [Deepika.goyal@sjsu.edu](mailto:Deepika.goyal@sjsu.edu)*

### MEMBER OF THE MONTH QUESTIONS

#### **1. What is your current professional role?**

I am a Perinatal Psychologist, helping mothers and their families who experience Perinatal Mood and Anxiety Disorders. I also work with couples going through perinatal losses and infertility treatments.

#### **2. What drew you to the field of Perinatal Mental Health?**

The lack of adequate information, training, and treatment options in Mexico, which leaves mothers isolated, abandoned, and without the opportunity to have a healthy transition to motherhood

#### **3. What is your current research involvement?**

Along with a female group of researchers from the Mexican “National Institute of Psychiatry”, we established a Facebook fan page that provides information and emotional support for women during pregnancy and the postpartum period. It includes a support group, which is providing important information for an ongoing project about Perinatal Mental Health during the COVID-19 pandemic ([@saludemocionalperinatal](https://www.facebook.com/saludemocionalperinatal))

#### **4. What does a typical workday look like for you - including before and after work?**

Currently, I’m working online from home in one-on-one sessions and training for doulas, midwives, nurses, and psychologists.

I normally exercise and practice yoga in the mornings, help my husband and my 10-year-old son with breakfast, lunch and dinner and after his online classes, we go outside to play or walk around the block.

I watch TV, read a while and try to meditate every night before going to bed.

#### **5. What are you most excited about in your current work?**

Being part of the recovery process of women in distress, watching them become empathic mothers, and having the inner strength to take care of their families as well as of their own physical, emotional and social wellbeing.

**6. What's one of the most important things you've learned from a mentor or role model?**

Not judging, minimizing, discrediting, or ignoring any women's symptoms, feeling, emotions, thoughts, behavior, or cry for help. It's always better to inform, support, prevent and normalize all the physical, emotional, and social components of motherhood, including those erroneously considered as "positive" or "negative", to have a complete and real experience for women, their babies, partners, and their loved ones.

**7. What are your favorite things to do outside of work?**

Watching movies, getting together (online) with friends and family, reading, doing yoga, and enjoying desserts with a good cup of coffee.

**8. What is the most interesting book, podcast, TV series, or movie you've encountered in the past year?**

An excellent book about the relationship between narcissistic mothers and their daughters: *Will I Ever Be Good Enough: Healing the Daughters of Narcissistic Mothers* (Karly McBride).

✉ [ericamese@yahoo.com](mailto:ericamese@yahoo.com)

🌐 [linkedin.com/in/ericamedinas...](https://www.linkedin.com/in/ericamedinas...)



## **SPECIAL ELECTION! CALL for Nominations open until May 30th!**

MONA is opening a call for nominations for a **Special Election!**

**We are seeking nominations for a Community Representative and Diversity, Equity, and Inclusion Officer.** The Deadline for nomination submissions will be Sunday, May 30th, 2021

The following is required per our constitution:

*Nominations for all elected Board Members must be supported by two members of the Society and confirmed in writing or by email by the nominee. Nominees will be required to submit a Curriculum Vitae, a statement of vision for their role in the Society and recent photograph.*

The support from the members of the Society should be in writing - in the form of a letter (1-page is sufficient).

Please email all nominations and letters of Support to [marce@meetingachievements.com](mailto:marce@meetingachievements.com) by **Sunday , May 30th!** Please see the description below for each of the board member positions available for this special election!

**Community Representative -**

Is a representative of the advocacy community and will be knowledgeable about advocacy efforts pertaining to perinatal mental health policies, acts, or legislation in North America. The Community Representative will be responsible for detailed communication and facilitation of BOD voting for MONA to partner or "sign-on" for advocacy efforts that are consistent with MONA's mission. The Community Representative has full voting rights on the Board and is expected to attend 8 of the 12 monthly Board meetings. The Community Representative may be elected to serve at term of 4 years and may be elected to serve up to two terms, but not consecutively.

**Diversity, Equity, and Inclusion Advisor -**

Activities will include outreach efforts to expand membership diversity, scheduling ongoing trainings for the Board to ensure an inclusive culture within MONA's leadership, and ensuring broader dissemination of diversity and inclusion materials as they pertain to perinatal mental health education for the membership. Additional activities will include working with the board members and initiatives. The Diversity, Equity and Inclusion Advisor will have voting privileges and is expected to attend at least 8 of the 12 monthly meetings. The term of service will be for four years and each Diversity, Equity and Inclusion Advisor may be elected to serve up to two terms.



**WELCOME TO OUR NEW MARCH & APRIL MEMBERS!**

**Trainees:**

**Rachel Dillinger, MD**

University of Maryland

**Joan Han, DO**

University of Maryland

**Neesha Hussain-Shamsy**

University of Toronto( CANADA)

**Olga Khatun, MD**

Adler University  
**Amanda Koire, MD, PhD**  
Brigham and Womens Hospital  
**Katherine Kosman, MD, MBA**  
VA Hospital Boston  
**Alexandra Marcovicci**  
Tulane University  
**Jessica Mayer, MD**  
Indiana University  
**Elizabeth Monter, DO**  
Eastern Virginia Medical School  
**Nicole Scott, MD**  
UT Dell Medical School  
**Erica Weitz, PhD**  
University of Pennsylvania

**Professionals:**

**Ruthie Arbit LICSW, MA**  
**Jennifer Barkin MS, PhD**  
**Elizabeth Beckman MD**  
**Janet Izbeth Contreras ,Psic (Mexico)**  
**Rahel Giorghis MD (Canada)**  
**Megan Graniello LMSW**  
**Krista Huybrechts PhD**  
**Sawsan Kalache MD (Canada)**  
**Kelly Piazza**  
**Kate Salama MD**  
**Elyse Springer MA-CLP, LMFT, PMH-C**  
**Lies van Bekkum Psy.D**  
**Ronee Wilson PhD, MPH, CPH**

## **ABSTRACTS UPDATE**

We are pleased to announce that we received an amazing response to the call for abstracts which closed on Friday, we had 120 submissions! Thank you to all that submitted! Announcements for accepted abstracts will be sent out in June.

Our fall conference will take place *Virtually* on Thursday October 21st-Sunday October 24th! The conference is entitled *Parental Mental Health During Changing Times*.



## **Brown University: Mental Health Fellowship 2022-2023**

We are excited to announce that we will begin accepting applications for our Women's Behavioral Health fellowship starting May 1, 2021 for the 2022–2023 academic year. The fellowship is open for physicians who complete their general psychiatry training by the end of the 2021–2022 academic year and are interested in pursuing additional training in women's mental health with a focus on perinatal mental health and reproductive psychiatry. We are proud of the educational opportunities provided to our fellows: clinical experience in the nation's first mother-baby psychiatric partial hospital program; consult liason experience; and treatment of perinatal substance use disorders. Housed in the Department of Medicine, Division of Women's Behavioral Health at Women & Infants Hospital, the fellows will be a part of the Department of Psychiatry & Human Behavior at the Warren Alpert Medical School of Brown University. Further details regarding the training opportunities offered through the fellowship are available at our website: <https://www.brown.edu/academics/medical/about/departments/psychiatry-and-human-behavior/overview-training-dphb/womens-mental-health-fellowship-overview>



WMH fellowship flyer 2022-2023.pdf

[Download](#)

78.8 KB







## 2020 Teaching & Mentoring Excellence Awards Recipient

Congratulations to MONA Member and Treasurer Sandraluz Lara-Cinisomo for this award!

Click the link to see her short video on page 27

[https://provostevents.web.illinois.edu/events/women\\_at\\_illinois/](https://provostevents.web.illinois.edu/events/women_at_illinois/)



## NIH supported study to support Black mothers, free and available nationally!

Please support this novel investigation!

The objective of the African-American Social Support Effectiveness Treatment-Partners alleviating Perinatal Depression (ASSET-PPD) intervention is to enhance fathers' involvement in the family during the perinatal period to reduce maternal stress. Fathers are an underutilized source of support and they can assist women in improving quality of life and that of their families.

The study requires minimal involvement of the mother since the fathers are participating in the intervention, but the intervention is expected to have a significant impact on the mother's stress and mood. Please refer African-American mothers with depression! For more information, please contact Dr. Fisher at [sheehan.fisher@northwestern.edu](mailto:sheehan.fisher@northwestern.edu). Attached is an abstract of the study, and I would be happy to discuss further !

Thank you in advance for your help!

Sheehan D. Fisher, Ph.D.

Assistant Professor

Northwestern University, Feinberg School of Medicine

Department of Psychiatry & Behavioral Sciences

Asher Center, 676 N. St. Clair, Suite 1000

[sheehan.fisher@northwestern.edu](mailto:sheehan.fisher@northwestern.edu)



1.14.21 ASSET PPD Study flyer.pdf

[Download](#)

3.0 MB

## TRAINING OPPORTUNITY: CBT and ERP for Perinatal OCD

The COVID-19 Pandemic has seen a dramatic rise in perinatal anxiety, depression, and OCD. New research shows that Cognitive-Behavioral Therapy can treat and prevent Perinatal Mood and Anxiety Disorders. Join me and learn how to use this evidence-based treatment in your work!

Monday and Tuesday June 14th and June 15th

Part 1 and Part 2: CBT and ERP for Perinatal OCD. All those who have taken the part 1 training will be eligible to join for Part 2.

2 day training comprised of didactics, role plays, and group exercises 12 CEUs awarded Register [here!](#)

Thank you,

Ruthie

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Ruthie Arbit

Maternal and Pediatric Psychotherapist

[arbitcounseling.com](http://arbitcounseling.com)

## Touchstone Institute

### **LIVE SUMMER SESSION JUST ADDED: PERINATAL-FOCUSED ADVANCED EMDR TRAINING!**

Join Dr. Mara Tesler Stein and perinatal (trauma) specialists around the world for this live-streamed training.

The Advanced Practice of EMDR for Perinatal & Infant Mental Health  
June 28-30, 2021

This EMDRIA-approved training builds upon the skills taught in Foundational/Basic EMDR training, integrating the AIP lens with the Three Core Tasks framework. It is designed to address the specific needs of clinicians working with clients in the perinatal period. You will learn not just what to do but how to conceptualize a wide range of perinatal mental health issues, raising the level of care you provide to families. As an added benefit, you will spend three days connecting with and learning from other passionate EMDR-trained perinatal specialists from across the country. (18 CEs offered for psychologists, social workers, and counselors).

<https://icm.thinkific.com/.../the-advanced-practice-of...>

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Completion of at least EMDR Foundational/Basic Training Part I is a prerequisite for this training.

(<https://icm.thinkific.com/.../emdr-therapy-training...>)

If these dates don't work for you, please consider the Self-Paced Advanced Practice of EMDR for Perinatal & Infant Mental Health, also offered by Dr. Mara Tesler Stein through the Institute for Creative Mindfulness.

(<https://icm.thinkific.com/.../the-advanced-practice-of...>)

Have questions? Email us at [info@touchstoneinstitute.org](mailto:info@touchstoneinstitute.org).

Mara Tesler Stein, Psy.D., PMH-C

Clinical Psychologist

7101 N. Cicero Ave., Suite 203

Lincolnwood, IL 60712

773-338-2980

[www.Docmara.com](http://www.Docmara.com)

# LEGAL AND ETHICAL DILEMMAS IN PERINATAL MENTAL HEALTH

This webinar series will take place on **June 3rd, 10th and 17th from 6 pm to 8 pm each day** and includes up to 6 Law & Ethics continuing education credits.

The field of perinatal mental health may present clinicians with unique legal and ethical dilemmas, with an abundance of grey areas to traverse. Concerns about parent, infant and child safety are keenly present for providers supporting families on their reproductive journey. Additionally, ethical dilemmas may arise as clinicians navigate providing equitable care with cultural humility while meeting legal and ethical standards of licensure governing boards.

This 3-part continuing education workshop series pairs legal and clinical voices in conversation to help us problem solve these complex and ever-evolving challenges. Topics include: promoting safe boundaries, child abuse and neglect reporting, managing high risk cases and practicing risk management, and implicit bias. Please join us for what is sure to be an informative, interactive and practice transforming series!

Tickets are available for \$40 per day or \$100 for all three days. See the attached brochure for more information and speaker bios. Registration is open [here](#).

For questions please contact [Erin Sricharoon](#) at [erin@maternalmentalhealthnow.org](mailto:erin@maternalmentalhealthnow.org)

*This project is sponsored by the California Health Care Foundation.*

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ERIN SRICHAROON *she/her/hers*

Events & Communications Coordinator | Maternal Mental Health NOW

e: [erin@maternalmentalhealthnow.org](mailto:erin@maternalmentalhealthnow.org) p: 323.523.3375

w: [www.maternalmentalhealthnow.org](http://www.maternalmentalhealthnow.org)

## **Conference Corner! 2021 MONA VIRTUAL CONFERENCE: Parental Mental Health During Changing Times**

# SAVE THE DATE

**MARCÉ OF NORTH AMERICA (MONA)  
2021 *VIRTUAL* CONFERENCE**

**OCTOBER 21-24, 2021**



**Pre Conference Registration Link will be mailed out later this spring!**

## MONA 2021: Pre Conference Workshops

Wednesday, October 20, 2021

Workshop Times: 10am-1pm CST- & 2pm-5pm CST

Cost: \$75.00 Per Workshop

### **Bringing the National Curriculum in Reproductive Psychiatry to Life: From Content to Competency**

Nicole Leistikow, MD  
Sarah Nagle-Yang, MD  
Lauren M. Osborne, MD  
Lindsay Standeven, MD

### **Advocacy 101**

Adrienne Griffen

### **Recruiting and retaining a heterogeneous perinatal sample including fathers**

Cindy-Lee Dennis, PhD, FCAHS  
Flavia Marini

### **Best Practices in Delivering virtual care**

Lucia Cheng, MD  
Alison Herman, MD  
Deepika Goyal, PhD, MS, FNP-C

### **Perinatal Psychopharmacology: Physiological Considerations and Clinical Approaches for the Pregnant Patient**

Crystal T. Clark, MD, MSc  
Katherine L. Wisner, MD, MS  
Catherine Stika, MD

### **Mindfulness for the Perinatal Patient**

Inger Burnett-Zeigler, PhD

### **The Nuts and Bolts of Writing an Effective NIH Specific Aim Page**

Catherine Monk, PD

**CLICK HERE TO RENEW YOUR MONA  
MEMBERSHIP FOR 2021!!**


MEMBERSHIPS ARE ANNUAL FROM JANUARY 1st 2021 to December 31st 2021




## Marce of North America

 @Marcenortham

The Marcé Society of North America is committed to the advancement of Clinical Care, Research, Advocacy, and Education.

 INFO@PERINATALMENTALHE...

 219.465.1115

 marcenortham.com

