



MA PPD Fund announces scholarships for mental health clinicians for CBT for perinatal mood and anxiety disorders

January 10, 2023

The **Mass. PPD Fund** and **Strong Roots Counseling** are proud to announce a scholarship opportunity for mental health clinicians for Strong Roots Counseling's upcoming online training, **Birthing Healthier Families®: Post-Graduate Certificate for Use of CBT for Perinatal Emotional Complications** on March 13 and 14, 2023. This certificate meets the requirements for advanced training for the pursuit of the Postpartum Support International's PMHC Certification for those seeking this designation. Learn more about the requirements at the PSI site [here](#).

This certificate will provide specific CBT (Cognitive Behavioral Therapy) strategies to enhance clinicians' practice in treating women with perinatal emotional complications. Emotional complications are the most common complication of pregnancy and often go unreported, undiagnosed, and untreated. The aim is to acquaint providers who care for clients with pregnancy and postpartum mental health issues with the range of perinatal emotional complications, the rationale for why cognitive and behavioral approaches are effective in perinatal treatment, the screening tools to assess for perinatal emotional complications, and ways to obtain support for clients.

Participants will discuss the research supporting CBT treatment as effective for the perinatal population. Participants will discuss provided case examples that demonstrate the impact of CBT for anxiety, depression, and OCD. Participants will be provided with a list of resources for further exploration of CBT and perinatal treatment. This program is geared toward therapists. It has been approved for 12 social work and LMHC CEU's. Additional details included [here](#).

The Mass. PPD Fund is a state-based nonprofit working to improve communities' capacity to address Perinatal Mood and Anxiety Disorders (PMADs) through raising awareness, training, and systems change.

Scholarship recipients will be chosen by a Mass. PPD Fund Scholarship Committee and the Fund's Board based on their demonstrated ability and commitment to serve the perinatal population, and specifically areas/populations with significant unmet need, including geographically, and with respect to language, race and ethnicity, and income status of clients. Priority will be given to Massachusetts providers.

To be considered, scholarship applicants must complete their program application with Strong Roots Counseling, and send a copy of that application, along with a brief statement (2-3 paragraphs) describing their commitment to the perinatal population and to underserved communities as described above to Mass. PPD Fund Executive Director Jessie Colbert at jcolbert@massppdfund.org by January 31, 2023. Winners will be selected by February 15.

Questions? Contact Jessie Colbert at the Mass. PPD Fund at jcolbert@massppdfund.org.