

16th Annual Meeting of the French Regional Group

Société Marcé Francophone

Bordeaux, 23 et 24 mai 2013

The focus of this congress was the different psychotherapeutic approaches in perinatal. We had 200 participants coming from all parts of France, Belgium, Luxembourg, Switzerland and even Canada!

Antoine Guedeney made a presentation about the evolution of perinatal joint psychic cares. Professionals working in different disciplines in the perinatal field, (neither psychologists nor psychiatrists), expressed their point of view and difficulties about caring for women with perinatal psychological disorders. Then followed plenary sessions with presentations on different types of care by several experts by A Carel on family therapy, N Guedeney on attachment theory, MR Moro on care in transcultural context, O Omay on IPT and G Merminod on psychotherapies using videos feedback.

Then there were workshops on each of those types of care to enable participants to discuss their practice with those experts.

As usual for a Marcé Society congress, this one in Bordeaux had a very friendly atmosphere as well as a very good scientific level of exchange between participants. Participants reported in their congress evaluation that they appreciated having been informed about those different types of care and they felt that this should help them to improve their clinical practice to care for the different disorders of their patients.

A two day training on **Interpersonal Psychotherapy Treatment (IPT)** ("Clinical introduction"-Qualification for level A-ISIPT) took place before the congress. This psychotherapy has been empirically demonstrated to be effective in the treatment of affective disorders and interpersonal problems and has been proven to be particularly helpful for women with depression during pregnancy and the postpartum. IPT is not yet well known or used in France.

This is the first time that such a training was available in France and in French. The three trainers were all French Marcé members trained by Pr. Scott Stuart and supervised by Ursula Streit (Oguz Omay, psychiatrist: Perinatal psychiatry consultations, La Teppe, Tain l'Hermitage ; Elisabeth Glatigny-Dallay and Ingrid Lacaze are both psychologists: Réseau de Psychiatrie Périnatale, Pôle Universitaire de Psychiatrie de l'adulte, CH Charles Perrens, Bordeaux). The group of 30 participants (midwives, pediatricians, nurses, psychologists, psychiatrists) discovered with enthusiasm this therapy. Feedback from the group was excellent, many underlined immediate change in their practice.