

On November 6, 2013, the Behavioral Intervention Approaches for Perinatal Mood Disorders Workshop was held at the Perinatal Mental Health Conference, co-chaired by Dr. Michael O'Hara and Dr. Jackie Gollan. This 6.5 hour conference focused on updating clinicians and researchers about the theoretical principles and clinical techniques that represent four separate approaches, all of which represent state of the art psychotherapy for the prevention and treatment of perinatal depression. Two of these approaches reflected the use of technologies, specifically, phone and web-based delivery of psychotherapy offering clinicians new ideas about delivery of service. Also, each of the four presenters provided a half hour demonstration of the techniques with Jen Mathews, an actress from Erasing the Distance, a non-profit arts organization based in Chicago that uses the power of performance to disarm stigma, spark dialogue, educate, and promote healing surrounding issues of mental health. Notably, Jen Mathews improvised a real person who fielded questions at the end of the workshop to answer questions like "how did you pick a good therapist?", and "what treatment experiences helped you to recover?". The first presentation focused on Mindfulness Based Cognitive Therapy for the prevention of perinatal depression in women at high risk of perinatal depression by Sona Dimidjian, Ph.D. at the University of Colorado. The second presentation was focused on web-based Cognitive Behavioral therapy for postpartum depression by Jeannette Milgrom, Ph.D., B.S (Hons) from the University of Melbourne and Brian Danaher, Ph.D., from the Oregon Research Institute. The third presentation was focused on Interpersonal Psychotherapy (IPT) for Postpartum Depression by Scott Stuart, Ph.D., and the fourth presentation focused on the phone-based use of IPT presented by Cindy-Lee Dennis, Ph.D. from the University of Toronto and demonstrated by Dr. Sophie Grigoriadis, M.D. from Sunnybrook Health Sciences Centre.