Reproductive Mental Health

Academic Rounds

CBT for Perinatal Anxiety

Speaker: Dr Michelle Haring
Psychologist, Director North Shore Stress and Anxiety Clinic, Clinical Consultant and Master Trainer Canadian Mental Health Association, Vancouver.

Learning Objectives:
- Understand benefits and challenges of CBT for perinatal women with anxiety
- Understanding relevant CBT techniques for perinatal women with anxiety
- What CBT resources are available for perinatal women with anxiety and their healthcare providers

Wednesday, 27th January 2016
12:00-1:00 PM

Join Via Telehealth or Teleconference
If you would like to attend via Telehealth or Teleconference, please respond to kthomaspeter@cw.bc.ca by Tuesday, 19th January 2016 with the following information:
1) Your location (city/hospital) and preferred Telehealth site/room
2) A contact person for your Telehealth site who will be responsible for:
   • Arriving 15 minutes early to participate in the test call
   • Distributing slides, evaluation materials and a sign in sheet
For Teleconference: provide your name, professional role, place of work and contact details.

The Reproductive Mental Health Academic Rounds are a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

Presented by:
BC Reproductive Mental Health Program
BC Children’s Hospital
An Agency of the Provincial Health Services Authority
4500 Oak Street, Vancouver BC, V6H 3N1
Tel: 604-875-2025