

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

DECEMBER 2021



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

## **CALL OUT FOR INFORMATION: SOCIAL MEDIA ENGAGEMENT**

MONA seeks to increase engagement with our membership on social media. We would like to start by highlighting the research that many of you are doing to impact parental mental health as well as connect MONA members with similar research interests.

If you are doing research and open to engaging with MONA including being tagged on posts and sharing your work, please provide us your name, IG handle, and any active research projects in the link below.

Thanks to all who are already following and engaging with us on social media! Also, if you're not involved in research and want to share your IG handle, please do!



 **MONA Members I...**

[docs.google.com](https://docs.google.com)



## **MEMBER OF THE MONTH: DR. SHEEHAN FISHER**

1. What is your current professional role? **I am an Assistant Professor and clinical psychologist at Northwestern University.**

2. What drew you to the field of Perinatal Mental Health? **I always had a passion for understanding parents' experiences transitioning to this new role and how this impacted children. I felt that parents do not have much support in making this life stage enjoyable and successful, and the culture around parenting puts undue pressure and stress on families. I was interested in developing interventions, changing clinical practice, and influencing culture to better support parents.**

3. What is your current research involvement? **I currently have a R21 from NIMHD focused on treating maternal depression through an intervention that solely targets the fathers' support of the mothers' mental health. We train fathers prenatally to have skills and psychoeducation that should reduce maternal perinatal stress and risk for depression in the postpartum period.**

4. What does a typical work day look like for you-including before and after work? **I get my daughter dressed and ready for school daily (except I work with her from home one day a week) and then either am working on my RCT, responsibilities for my perinatal psychology scholar training program, or treating perinatal patients. After work each day, I pick up my daughter from school and we shop together to make dinner, while I gradually teaching her how to cook.**

5. What are you most excited about in your current work? **I am excited about creating new interventions that involve fathers more to support maternal mental health so we don't put too much pressure on mothers to fix everything and make perinatal mental illness a family event that all can support. I am also excited about getting more involved in public policy and projects that can impact the culture of parenting in the US.**

6. What's one of the most important things you've learned from a mentor or role model? **To never take on responsibility without decision making authority.**

7. What are your favorite things to do outside of work? **I love to cook and teach others about how cooking can be used to increase well-being. I have started to gear this passion/hobby to perinatal families.**

8. What is the most interesting book, podcast, TV series, or movie you've encountered in the past year? **A movie from Spain called El Hoyo that is available on Netflix as "The Platform." I enjoy movies**

that highlight the good and bad in human nature, especially when placed in a biased, rigged system.



## **JUST EXTENDED!! ENJOY ON DEMAND CONFERENCE CONTENT until DECEMBER 30th**

Dear Registrants,

Thank you for attending Marce of North America's 2021 Virtual Conference. We hope you took a lot away from this informative conference! In the event you missed any of the sessions, you can now view all session recordings online.

Please follow the steps below:

1. Go to <https://marcenortham.redefine.meetingachievements.com/>
2. Input the same username and password you used to access the conference
3. Once there, use the "Agenda" tab to navigate to the appropriate day
4. Select the session you'd like to view and click the teal "Watch Session" button
5. Under the "Contents" tab, or off to the right hand side, click the yellow "View Archived Recording" button to watch the session

The recordings will be now available until December 30, 2021, so please make sure to view them within that time frame.



The International  
Marcé Society  
for Perinatal Mental Health

## **MARCE INTERNATIONAL: SPECIAL INTEREST GROUPS**

As members of the International Marcé Society, all MONA members are eligible to participate in Special Interest Groups. Current groups are:

- [Fathers](#)
- [Pregnancy Loss and Newborn Death](#)
- [Prevention of Perinatal Mental Health Disorders](#)

- [Reproductive Mental Health Forensics](#)

We are also beginning a SIG about LGBTQ issues and will provide updates in early 2022.

We've received lots of great feedback that the SIGs are a very meaningful way to connect with our international perinatal mental health community. If you would like to contact the Chairs of the SIGs, please email the International Marcé Society Executive Office at [lmiller@parthenonmgmt.com](mailto:lmiller@parthenonmgmt.com)

## **December Paper of the Month**



## Rachel Leah Dillinger, MD, PMH-C

### MONA PAPER OF THE MONTH

Rachel Leah Dillinger, MD, PMH-C

Deif, R., Burch, E. M., Azar, J., Yonis, N., Abou Gabal, M., el Kramani, N., & DakhlAllah, D. (2021). Dysphoric Milk Ejection Reflex: The Psychoneurobiology of the Breastfeeding Experience. *Frontiers in Global Women's Health, 0*, 84.

<https://doi.org/10.3389/FGWH.2021.669826>

**The Problem:** The dysphoric milk ejection reflex (D-MER) is an under-recognized and under-studied clinical phenomenon. Those who experience it describe it as a transient wave of intense negative emotion (e.g., despair, anxiety, disgust) with a rapid onset at each letdown, suggesting a potential physiologic basis. The authors of this study endeavored to provide a literature update on D-MER including neurobiological and psychological theories on etiology, while raising awareness to the scientific community.

**The Study:** This study is a retrospective narrative review of the current available literature on D-MER. It entailed a literature search on databases including PubMed, ScienceDirect, MedLine, and APA PsychArticles. Search terms, inclusion and exclusion criteria were not detailed.

**The Findings:** A small study from 2019 suggests a prevalence of 9.1%. Psychological theories included conflicting thoughts and emotions around the lactating person's self-image and relating to their newborn. On the neurobiological side, a leading hypothesis involves an excessive drop in or sensitivity to the drop in dopamine that is required to disinhibit prolactin release and trigger milk production. Some support for this theory is found in case reports of pseudoephedrine or bupropion ameliorating D-MER symptoms (theoretically by inhibiting dopamine reuptake). The possibility of increased oxytocin release providing relief from such symptoms was also raised. Finally, the authors relate that D-MER is poorly recognized by most health care professionals and patients alike, often mistaken as a perinatal mood or anxiety disorder (PMAD).

**Comments:** D-MER symptoms mimic those of various PMAD's and can be missed as a separate entity. Mental health professionals working with postpartum patients should be aware of D-MER's existence and open to exploring how its presence may affect a patients' mental health, self-concept, breastfeeding experience and related decision-making. While this article is not particularly rigorous, it provides a nice review of lactating neurobiology and highlights the need for additional research in this area so that we can someday

offer more than non-pharmacologic interventions to our patients managing this condition.



## Women's Mental Health Clinical Psychology Scholar Training Program Summer 2022

We are still recruiting for the Northwestern University Perinatal and Women's Mental Health Instructor-Level Clinical Psychology Scholar training program. We still have two positions available for next summer of 2022.

Attached is a description of the program. The clinical psychology program is connected with the psychiatry perinatal fellowship, which provides a unique training experience. Applicants must be licensed to practice in the state of Illinois by the start of the program. Please share with anyone who may be eligible and interested.

Sheehan D. Fisher, Ph.D.  
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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)



Women's Mental Health Scholar Flyer- Clinical Psychology 2022.pdf

[Download](#)  
143.1 KB

## Sackler Infant Psychiatry Fellowship

We are currently in the process of recruiting for The Sackler Infant Psychiatry Fellowship for July 2022. Please see the attached flyer and if you would like to discuss more, please do not hesitate to reach out to me. Please pass along to anyone else who might be interested.

Soudabeh Givrad  
Perinatal, Infant, and Adult Psychiatrist  
Assistant Professor in Clinical Psychiatry



The Sackler Infant Psychiatry Fellowship 2022.pdf

[Download](#)  
199.2 KB

THE UNIVERSITY OF  
**CHICAGO**  
BIOLOGICAL  
SCIENCES

## **Postdoctoral Scholarship position open in Perinatal Mental Health**

The University of Chicago has an opening for a one (1) year, full-time postdoctoral scholar in Perinatal Mental Health beginning July 1st, 2022. The postdoctoral scholar will be under the supervision of Dr. Candice Norcott in the Department of Psychiatry and Behavioral Neuroscience in the Biological Sciences Division of the University of Chicago.

The Department of Psychiatry and Behavioral Neuroscience is in the thriving and vibrant community of Hyde Park and partners with the community to explore and develop innovative behavioral health interventions for individuals living on the South Side of Chicago. The postdoctoral scholarship position involves working closely with the Department of Obstetrics and Gynecology, conducting clinical research and developing expertise in delivering and evaluation interventions aimed at improving perinatal mental health.



Postdoc Position in Perinatal Mental Health.pdf

[Download](#)  
166.1 KB



**MEMBER  
SPOTLIGHT**

**MEMBERS IN THE MEDIA**



## New Book Release: Karen Kleiman MSW

[WHAT ABOUT US: A new parent's guide to safeguarding their over-extended, over-anxious, sleep-deprived relationship](#), Link to buy [here](#). It's a companion book to [GOOD MOMS have scary thoughts](#)

The demands of a new baby can test a couple's relationship like nothing else! When we factor in sleep deprivation, hormonal changes, depression and anxiety, and different personalities, life with a newborn can feel a bit CRAZY. Couples tend to misinterpret this rough patch as a sign that something is wrong with the relationship, but when couples take steps toward open communication and safeguard their relationship, they can face everything new parenthood throws at them together. From the team behind the bestselling *Good Moms Have Scary Thoughts* comes a new guidebook of short essays, comics, and quick journal prompts about the stressful newborn stage, the struggles that so many new parents face, and the skills you need to tap into your strength as a couple.





## Members in the media publications: Katherine Wisner MD

[Postpartum anhedonia: Emergent patterns in bipolar and unipolar depression.](#)

Gollan JK, Yang A, Ciolino JD, Sit D, Wisner KL. *Psychiatry Res.* 2021 Nov 9;306:114274. doi: 10.1016/j.psychres.2021.114274. Online ahead of print. PMID: 34837882 Review.

[The Association Between Immediate Postpartum Depot Medroxyprogesterone Acetate Use and Postpartum Depressive Symptoms.](#)

Ross CM, Shim JY, Stark EL, Wisner KL, Miller ES. *Am J Perinatol.* 2021 Nov 14. doi: 10.1055/s-0041-1739431. Online ahead of print. PMID: 34775585



## Members in the Media: Julie Bindeman Psy-D

My chapter was just published in [Psychological and Medical Perspectives on Fertility Care and Sexual Health about Sex, Infertility, and Religion.](#)

Bergman, K., & Petok, W. D. (Eds.). (2021). *Psychological and Medical Perspectives on Fertility Care and Sexual Health.* Elsevier.

Julie Bindeman, Psy-D

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## MONA LISTSERV

Hello Members!

As a reminder you are encouraged to use the MONA Listserv for professional advice, referrals, trainings, announcements and important topics that you would like to share with the Marce of North America Community. You must be a member to post on the Listserv with your email registered. Once you send something to the listserv it is always held for review and approve before it is posted. Please Email [MONA@simplelists.com](mailto:MONA@simplelists.com) to send a message to the Listserv.



### **Perinatal OCD Intensive Outpatient Program**

The Perinatal OCD Intensive Outpatient Program serves pregnant and postpartum adults with obsessive-compulsive disorder (OCD), health anxiety, social anxiety, panic disorder, and phobias (intense, specific fears).

Treatment consists of exposure and response prevention (ERP), which is based on cognitive-behavior therapy (CBT), delivered in a group format.

The Women and Infants Hospital of Rhode Island is offering Individual, family, and group sessions. For more information on this targeted perinatal OCD program see the contact information below.

#### **Women & Infants Hospital of Rhode Island**

Center for Women's Behavioral Health

101 Dudley St.

Providence, RI 02905

P: (401) 453-7955

Email: [BHDHdesk@wihri.org](mailto:BHDHdesk@wihri.org)

Fax: (401) 276-7873

## **NASPOG CONFERENCE: April 22-24th, 2022**

CALL FOR ABSTRACTS (See Image Below)

<https://naspog.org/Biennial-Meeting>

Registration link <https://naspog.org/Registration-2022>



**REGISTER NOW**  
**NASPOG Biennial Meeting**

*No Woman Forgotten: Science and Equitable  
Health Care for Women across the Life Span*

Abstract submissions due  
December 12, 2021!

**April 22-24, 2022**

📍 University of Michigan, Ann Arbor, MI

## ARE YOU LESS THAN 25 WEEKS PREGNANT?

Nationwide opportunity for pregnant women in the US to enroll in the **"Mamma Mia" Study to enhance health and well-being for pregnancy and postpartum.**

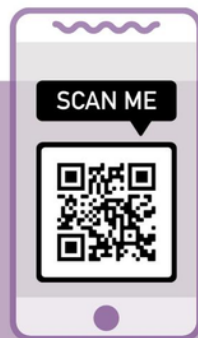
**Participate from anywhere!** All surveys and study activities can be done on your phone (or computer/tablet).

"Mamma Mia" is a **free online program** that will give you access to resources including mindfulness and relaxation techniques, relationship/communication tips, breastfeeding and infant-care planning and more.

**Join us!**

**Pregnant women of color encouraged to participate.**  
Your experience matters!

**Gift cards compensation provided.**



For more info, or to sign-up today go to:

**MAMMAMIASTUDY.ORG**

## MAMMA MIA STUDY

Colleagues-- ***We would appreciate your help in disseminating this information to pregnant individuals, particularly women of color, throughout the nation:***

The [Mamma Mia Study](http://www.mammamiastudy.org) is recruiting pregnant women across the nation to participate in and give feedback about the Mamma Mia program, a completely-online program that provides resources throughout pregnancy and postpartum on topics ranging from self-awareness of emotional health, planning for infant care and breastfeeding, communicating with partners/ providers, mindfulness and gratitude exercises, and beyond. Our goal is to understand more about this as a resource for emotional health and well-being during pregnancy and postpartum. Everything about this study is online- so women can participate from anywhere. All information will be kept confidential, participation is voluntary, and compensation is provided. More details about the study are available here: [www.mammamiastudy.org](http://www.mammamiastudy.org)

[Funded by: Eunice Kennedy Shriver National Institute of Child Health and Human Development; R01HD100395; PI: Kinser]

MONA colleagues--> We appreciate you simply sharing these materials with your pregnant populations; please note that we have no expectation that providers would be involved in active recruitment. We can provide paper copies of flyers/ brochures for your practices. We are also happy to speak with you individually and answer any specific questions. Recognizing that maternal mental health impacts disproportionately affect communities of color, we are **intentionally working to ensure inclusion of voices from all communities-- a focused goal of our recruitment efforts is to elevate the voices and participation of Black women and women of color, actively seeking participation and feedback in this study.**

Thank you, in advance, for your time,  
Patricia

—  
**Patricia Anne Kinser**, PhD, WHNP-BC, RN, FAAN

*Endowed Professor & Assistant Dean of Research, Scholarship, & Innovation*

VCU School of Nursing

*Co-Director Perinatal Mental Health Research*

VCU Institute for Women's Health

## 2022 MARCE' INTERNATIONAL CONFERENCE SAVE THE DATE

Ian Jones 2022 Conference Video



## DO YOU HAVE SOMETHING TO SHARE?



Please email job postings, fellowships, awards, publications, members in the media , advocacy news, etc to [Marce@meetingachievements.com](mailto:Marce@meetingachievements.com) for the December newsletter, we would LOVE to hear from you! Please send all content by Wednesday December 29th for the January 2022 newsletter!




## Marce of North America

 @Marcenortham

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

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