



*Illuminating Relevant Clinical Issues  
& Networking with Colleagues*

## **Postpartum Mental Health: Shades of Blue**

**Postpartum Depression or Perinatal Mood and Anxiety Disorders (PMADs) are the most common side effects of birth, but they often go undiagnosed. The long-term impact of PMADs can be debilitating for mother, partner, child, and siblings. The good news? With treatment, prognosis is extremely good. Learn the risk factors, signs and symptoms, and treatment options to help women struggling with PMADs.**

**Thursday, April 1st, 2010**

**2:00 pm-4:00 pm, 2nd Floor, Room 202**

*Networking Begins at 3:30 pm*

Pepperdine University - West Los Angeles Graduate Campus  
6100 Center Drive Los Angeles, CA 90045



**Gabrielle Kaufman, MA,  
BC-DMT, NCC**

**Gabrielle Kaufman, MA, BC-DMT, NCC**, is a dance/movement therapist and national certified counselor who has worked with Holocaust survivors, high-risk teens, adults with mental illness, eating disorders and body image issues, and anxiety and depression. She coordinates New Moms Connect with the Jewish Family Service of LA for women suffering from postpartum depression. She teaches classes for parents of newborns and toddlers, and runs support groups for single parents, individuals with eating disorders, and women with postpartum depression. Gabrielle volunteers for Postpartum Support International, is on faculty with the CMER, has published parenting articles, and has a bilingual (Spanish) private practice in LA.

Please RSVP to Sheila Sayani at [Sheila.Sayani@pepperdine.edu](mailto:Sheila.Sayani@pepperdine.edu) or call (310) 568-5776

This is a FREE event

\*If you are unlicensed, you may be able to get hours towards licensure with your clinical supervisor's approval\*  
*This event is sponsored by Pepperdine's Clinical Training & Professional Development Office*