




**PARTICIPATE IN THE
BREASTFEEDING TASK FORCE OF
GREATER LOS ANGELES**

- **Subscribe** to the free e-newsletter.
- **Distribute** the Breastfeeding Resource Directory to new parents.
- **Attend a Task Force meeting.** The Task Force meets Quarterly for networking and updates.
- **Attend Task Force Professional Education Seminars.** Regularly scheduled seminars update you on current breastfeeding issues.
- **Make a contribution.** Your tax deductible contribution helps the Task Force continue the projects that support breastfeeding.
- **Do your shopping online.** Sign up with iGive and a portion of your purchase is donated to the Task Force, at no cost to you. Visit the Task Force website and click on the iGive logo.
- **Buy books online.** Visit the Task Force website and click on the Amazon or Barnes and Noble buttons to see the professional and parenting breastfeeding book list we have compiled. You can purchase these books or any other products sold by these online vendors and the Task Force will receive a donation, at no cost to you.
- **Donate** your old car to support the Task Force.

**BREASTFEEDING
TASK FORCE OF
GREATER LOS ANGELES**

Presents:


*Depression and the
Breastfeeding
Woman*


Monday, June 25, 2007
9:00 am to 4:00pm

**San Gabriel Valley Medical Center's
Community Health and Education Center**
261 Junipero Serra Drive
San Gabriel, CA 91776

CO-SPONSORED BY:
San Gabriel Valley Medical Center
Community Perinatal Network, PAC/LAC,
PHFE, NEVHC & SLAHP WIC Programs

TARGET AUDIENCE
Physicians, Registered Nurses, Dietitians,
Nutritionists, Occupational Therapists, CPHWs,
Lactation Consultants, Lactation Educators, La Leche
League Leaders, Health Educators, Doulas,
Breastfeeding Peer Counselors and others interested
in supporting families in the initiation and
maintenance of breastfeeding.

PROGRAM DESCRIPTION

This full day seminar is designed to offer current information on recent research in the field of psychoneuroimmunology (PNI) indicating that depression is associated with inflammation. Breastfeeding has a protective effect on maternal mental health by attenuating stress and modulating the inflammatory response. We will also look at a number of scientifically proven treatments for depression and look at what is most compatible with breastfeeding. We will delve into the latest research on how past abuse can affect a woman's body, mind and spirit and what she can do to overcome these effects. This seminar will also address the negative feelings a substantial number of women feel about their breastfeeding and birth experience and explore what can be done to help them heal from a difficult experience.

OBJECTIVES

Following the didactic presentations, participants will be able to:

- ◆ Describe the protective role of breastfeeding and anti-inflammatory treatments;
- ◆ List three specific strategies to help with abuse issues;
- ◆ Discuss how breastfeeding can have a protective effect on maternal mental health; and to
- ◆ Identify the the traumatic stress reaction that women may exhibit after a difficult breastfeeding or birth experience.

www.breastfeedla.org

FACULTY

Kathleen Kendall-Tackett, Ph.D., IBCLC

Dr. Kendall-Tackett is a health psychologist, International Board Certified Lactation Consultant, and Research Associate Professor of Psychology specializing in women's health at the Family Research Lab, University of New Hampshire. Dr. Kendall-Tackett is the author or editor of 15 books including *The Hidden Feelings of Motherhood*, *Depression in New Mothers*, and *Breastfeeding Made Simple*, co-authored with Nancy Mohrbacher. She is on the editorial board of the *Journal of Human Lactation*, and regularly reviews for 27 other journals in the fields of trauma, women's health, interpersonal violence, depression, and child development and is the "Ask a Lactation Consultant" columnist on Pregnancy.org and serves on the Board of Directors of Attachment Parenting International.

REGISTRATION FEES

Registration fee includes: continental breakfast, lunch, syllabus, and continuing education credit.

Prior to June 18 \$ 90

On or after June 18 or at the door: \$100

LOCATION & PARKING

CHEC is located at 261 Junipero Serra Dr. (cross street is Broadway.) There is **very** limited parking in the parking structure. Street parking is available around CHEC building but **please read street signs as some parking is time limited.**

CANCELLATION POLICY

Written cancellations received **one week prior** to the event will be granted subject to a \$5 processing fee. **No refunds after this date.**

PARTICIPANT CONFIRMATION

Confirmation by e-mail will be sent **only** to participants providing an e-mail address. No other confirmation will be sent.

INFORMATION / QUESTIONS

(213) 596-5776

www.breastfeedla.org

AGENDA

- 9:00 Registration
9:30 **Depression in New Mothers: How Inflammation Increases Risk & Breastfeeding and Anti-Inflammatory Treatments Protect**
10:45 Break
11:00 **Treatment Options for Depressed New Mothers: A Breastfeeding Friendly Approach**
12:15 Lunch
1:15 **Breastfeeding & Sexual Abuse Survivors**
2:30 Break
2:45 **Helping Women Make Peace with Their Breastfeeding & Birth Experiences**
4:00 Adjourn

CONTINUING EDUCATION UNITS

CME, CEU, CPE and CERP credits will be offered at no additional charge.

The Community Perinatal Network (CPN) is an approved provider by the California Board of Registered Nursing. This course offers 6 contact hours of BRN continuing education. CPN's provider number is CEP8931. Licensee must maintain certificate for a period of four years. This course offers 5 hours of CERPs. CERP application will be submitted.

The Perinatal Advisory Council - Leadership, Advocacy, and Consultation (PAC/LAC) is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Sponsorship of PAC/LAC and BTFGLA. PAC/LAC designates this educational activity for a maximum of **5 AMA PRA Category 1 Credit(s)**™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the *CMA Certification in Continuing Medical Education*.

REGISTER ONLINE @ www.breastfeedla.org

OR BY MAIL OR FAX USING THIS FORM

First Name	Last Name	

Job Title	Agency Affiliation	

Billing Address		

City	State	Zip Code

Telephone		

E-mail address		

License Number

Credits Requested (please check all that apply):

CEU CPE CME IBCLC

CREDIT CARD PAYMENT:

\$90 **before** 6/18 \$100 **on or after** 6/18

Card Type: Visa Master Card

Card Number	

Expiration Date	Security number
	(last three numbers on the back of the card)

If paying by credit card, you may fax this registration form to (213) 596-5776.

MAIL REGISTRATION/CHECKS (payable to)

Breastfeeding Task Force of Greater LA

c/o 4300 Par Five Ct.

Westlake Village, CA 91362

REGISTRATION FORM- JUNE 25, 2007