



AUT

Perinatal Mental Health

HEAL862 (15 points)

Expand your expertise in perinatal mental health through examination, critique, synthesis and reflection on the literature and research and applying it to your own sphere of professional practice. This course is multi-disciplinary and interprofessional in focus and any Registered Practitioners (eg; midwives, nurses, psychiatrists, psychologists, Tamariki Ora providers, GPs, social workers) is eligible.

- Attached to the Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science and Master of Health Practice **or** as an independent course that may contribute towards professional development.
- Entirely online course using blended learning strategies and collaborative online learning.
- Delivered by lecturers with extensive experience and expertise.
- Course content is continually updated in response to current research and engagement with stakeholders.
- Focused on up-to-date evidence-based learning with immediate application to practice.



**Offered this Semester 1,
2022.**

What can I expect to learn?

- Tailored to individual professional/discipline needs.
- Existing mental illness and perinatal mental health (PMH) and the differences and challenges through the childbirth year.
- Interprofessional working in PMH.
- Challenges and opportunities of Hauora Māori in relation to PMH.
- Social, political, legal and ethical issues in PMH.
- Critique of current PMH services and referral pathways including ethnic and social inequities.
- Current biomedical, psychological and psychiatric treatments and approaches.
- Cultural, religious and spiritual understanding about mental health and wellbeing.
- Innovative services, e.g. Birth afterthoughts/debriefing services, role of specialist Perinatal psychiatrist and PMH midwife.

Contact Course Coordinators



Professor Susan Crowther

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Professor of midwifery and Acting Associate Dean of Post Graduate Research in the Faculty and supervises doctoral, masters and honours students.



Dr Nimisha Waller

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Postgraduate programme leader for midwifery and supervises postgraduate research students.

APPLY ONLINE AT: www.aut.ac.nz/apply

Any questions about applying to AUT please contact

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