



**Karolinska
Institutet**

Course syllabus for

Meeting Expectant and New Parents With Children - An Introduction to Perinatal Psychiatry, 7.5 credits

Att möta blivande och nyblivna föräldrar med barn - introduktion till perinatal psykiatri, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2016 , [Autumn2017](#) , [Autumn2018](#)

Course code	2QA253
Course name	Meeting Expectant and New Parents With Children - An Introduction to Perinatal Psychiatry
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Sexual, Reproductive and Perinatal Health
Level	Second cycle, has only first-cycle course/s as entry requirements
Grading scale	Pass, Fail
Department	Department of Women's and Children's Health
Decided by	Board of Higher Education
Decision date	2016-02-04
Course syllabus valid from	Autumn 2016

Specific entry requirements

A professional degree in nursing, midwifery, psychology, medicine, social work, language and speech therapy or a Postgraduate Diploma in Psychotherapy. In addition, proficiency in Swedish and English equivalent to Swedish B/Swedish 3 and English A/English 6.

Objectives

The general aim of the course is that the student should win a deeper understanding of the psychological issues of the perinatal period and be able to apply this understanding in his clinical work. The student should also obtain increased understanding of his own emotional access and impediments in meetings with parents and children on the workplace.

On completion of the course, the student should be able to: *Knowledge and understanding*
- describe and analyse the emotional phenomena of the parenthood

- recognise signs on psychological problems at the future parent
- recognise signs of conversation problem between children and parents
- talk to parents about current problems
- promote parents' mental health within maternal- and child health care
- be familiar with different methods of measurement to identify sign on mental illness
- describe and analyse concepts in perinatal psychiatry

Skill and ability

- use simple communication methodology in his work with parents and children
- systematise his impressions of a meeting with parents and children and suggest possible additional measures as for example psychologist treatment
- identify own emotional reactions at the meeting with parents and children and be able to use these to understand how the problems have arisen and how they can be treated

Judgement ability and approach

- reflect on his own role in the meeting with the patient
- understand the importance of supervision for professional plant and quality assurance in the care
- evaluate how the own effort and the organisation on the workplace influence the handling of the emotional difficulties of the parenthood

Content

The emotional climate during pregnancy and infancy offers a special challenge. Often, parents want to talk with something about his troubles and are thereby available for psychological help. Psychological issues are increasingly noticed i within maternal-child nursing, amongst other due to the increased number of parents, who are depressed during the perinatal period. Nurses and other staff are often aware of the problems and make large actions but one has not always the tools to come in contact with the mother and suggest psychological support. Even within health care that does not primarily turn to new parents with psychiatric problems related to the perinatal period, such problems that require actions may arise. Hit, primary care hears, general psychiatry, etc

The course gives an overview of the psychology of the perinatal period. The emphasis lies on to help the participants to understand the importance in the interplay between parents and children of emotional factors and between staff, parents and children. Each teaching sessions are initiated with a lecture sequence of a supervision session, where the participants in small groups ventilate their emotional reactions in the meeting with parents and children. The lectures are given by researchers in the area. The group supervisions are given of experienced supervisor with psychotherapeutic skills, the sessions include clinical cases that the student meets on his workplace.

Teaching about;

- theories concerning development of mental health/illness and social interaction
- methods for description of parent infant interaction
- psychological reactions and psychiatric conditions in parents to-be or new parents.
- transcultural aspects on pregnancy, childbirth and family life
- treatment methods to promote psychosocial health within maternal- and child health care. application and research
- supervision for professional plant and quality assurance within the care

Teaching methods

The teaching is given as lectures and supervision in patient care every second week .. Each teaching sessions are initiated with a lecture sequence of a supervision session where the participants in small groups reflect on emotional reactions in the meeting with parents and children. The lectures are given by

researchers in the area. The group supervisions are given of experienced supervisor with psychotherapeutic skills, the sessions include clinical cases that the student meets on his workplace. In case the student does not have not current patient/client encounters to refer to case studies will be used.

Examination

Written report that should be handed in no later than two weeks before the examination. The report is followed up orally in a seminar, where it is discussed with other course participants and examiner.

Other directives

Language of instruction: Swedish.

Literature and other teaching aids

Hedenbro, Monica; Lidén, Annette

Att bygga en familj

1. uppl. : Stockholm : Liber, 2003 - 128 s.
ISBN:91-47-05169-8 LIBRIS-ID:8851806

[Library search](#)

Perinatal and Postpartum Mood Disorders

2008
LIBRIS-ID:11820921

Salomonsson, Björn

Tryggare kan flera vara : samtal med små barn och deras föräldrar

Stockholm : Carlsson, 2013 - 270 s.
ISBN:978-91-7331-584-5 LIBRIS-ID:13928480

[Library search](#)

Anknytning i praktiken : tillämpningar av anknytningsteorin

Broberg, Anders
Stockholm : Natur och kultur, 2008 - 427 s.
ISBN:978-91-27-11484-5 (inb.) LIBRIS-ID:11179623

[Library search](#)

Baradon, Tessa; Broughton, Carol.

The practice of psychoanalytic parent-infant psychotherapy : claiming the baby

London : Routledge, 2005 - xxiii, 215 p.
ISBN:1-58391-761-6 (pbk.) LIBRIS-ID:10654745

URL: [Länk](#)

[Library search](#)

Beck C. T. & Driscoll J.

Postpartum mood and anxiety disorders A clinicians guide.

Jones and Bartletts Publishers, Inc., 2006

Fraiberg, Selma

Selected writings of Selma Fraiberg

Fraiberg, Louis

Columbus, Ohio : Ohio State Univ. Press, cop. 1987 - xxxi, 688 s.

ISBN:0-8142-0417-1 (inb.) LIBRIS-ID:5744713

[Library search](#)

Moe, V., Slinning, K. & Bergum Hansen, M.

Håndbok i sped- og småbarns psykiske helse

Oslo: Gyldendal., 2010

Psykosocial obstetrik : kropp och själ och barnafödande

Sjögren, Berit

Lund : Studentlitteratur, 2005 - 271 s.

ISBN:91-44-03046-0 LIBRIS-ID:9712842

[Library search](#)

Raphael-Leff, J. (Ed.).

Parent infant psychodynamics. Wild things, mirrors & ghosts.

London: Whurr Publishers, 2003

Raphael-Leff, Joan

Psychological Processes of Child Bearing

London: Anna Freud Centre., 2005

Raphael-Leff, Joan

Pregnancy : the inside story

Rev. ed. : London : Karnac, c2001. - 215 p.

ISBN:1-85575-257-3 LIBRIS-ID:12076731

[Library search](#)

Sameroff, Arnold J.; McDonough, Susan C.; Rosenblum, Katherine.

Treating parent-infant relationship problems : strategies for intervention

New York : Guilford, 2005. - xiv, 304 p.

ISBN:1-59385-245-2 (pbk.) LIBRIS-ID:11581451

[Library search](#)

Stern, Daniel N.

Ett litet barns dagbok

Rundgren, Per

Stockholm : Natur och kultur, 1991 - 228, [1] s.

ISBN:91-27-02793-7 (inb.) LIBRIS-ID:7228833

[Library search](#)

Wickberg, Birgitta; Hwang, Philip

Post partum depression : nedstämdhet och depression i samband med barnafödande

Stockholm : Statens folkhälsoinstitut, 2003 - 74, [11] s.

ISBN:91-7257-254-X LIBRIS-ID:9382532

URL: [Fritt tillgänglig](#)

[Library search](#)

Winnicott, Donald Woods

Lek och verklighet

Löfgren, Ingeborg

3. utg. : Stockholm : Natur och kultur, 2003 - 240 s.

ISBN:91-27-09658-0 LIBRIS-ID:9055350

[Library search](#)