

**Ψ Westchester County Psychological Association**

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## **The Clinical Division**

*will sponsor a program on*

# *Maternal Mental Health and Perinatal Mood Disorders*

presented by

**Dr. Elana Dumont**  
**The Child & Family Institute**

**Wednesday, January 3, 2018**

**noon to 2:00 p.m.**

**Scarsdale High School, Rooms 170/172**

Dr. Elana Dumont is a licensed clinical psychologist and Clinical Director of the new Maternal Mental Health and Postpartum Program at The Child & Family Institute (CFI). As part of the program, Dr. Dumont will provide evidenced-based therapy to women and families throughout pregnancy and postpartum, exploring feelings related to childbirth, managing personal and societal expectations, and developing coping skills when adjusting to the new role of motherhood, in both an individual and group setting.

Dr. Dumont is also the Director of the Group Program at CFI, providing CBT and DBT skills training for individuals experiencing anxiety and depression. In particular, she runs the SAMSS (Social Anxiety Mastery and Skills for Success) Program, where she works with individuals of all ages with social anxiety in the group context. Dr. Dumont also works full time as the Middle School Psychologist at the Chapin School.

Dr. Dumont completed her doctorate in School-Clinical Child Psychology at Yeshiva University/Albert Einstein College of Medicine and her Pre-Doctoral Internship at Jacobi Medical Center in the Bronx. Dr. Dumont has extensive experience working with children, adolescents, and adults across a wide range of inpatient, outpatient, and school settings.

In this presentation Dr. Dumont will provide an overview of the current research on Perinatal Mood Disorders (PMDs). She will explain the different Perinatal Diagnoses, prevalence and etiology of PMDs, assessment of PMDs, and evidenced-based treatment interventions for PMDs.

This program is available to WCPA & NYSPA Members at no cost  
Non-members pay \$15.00 at the door

**RSVP to [WCPA4U@verizon.net](mailto:WCPA4U@verizon.net) by December 27, 2017**