

BIRTH TRAUMA AND POSTPARTUM PTSD

Presenter: Jessica L. Punzo, Psy.D.

**Friday, May 2, 2025 ♦ 12:00 p.m. – 2:00 p.m. (EST)
Zoom Webinar**

The World Health Organization recently denounced abusive or disrespectful care of birthing people during labor, which is so common worldwide that one in four birthing people develop symptoms of post-traumatic stress disorder (PTSD) after birth. Traumatic birth negatively impacts both breastfeeding and perinatal mental health. Breastfeeding cessation occurs earlier, and depression or anxiety are common. This symposium will define what postpartum PTSD (PP-PTSD) is and how it presents in birthing people. Common risk factors for PP-PTSD will be identified, as well as ways to assess for it in clinical practice. Time will be spent discussing the current research on this topic including treatment approaches and protective factors for the birthing community. Moreover, this symposium will address aspects of diversity in birthing people, such as race, sexual orientation, gender identity, and disability.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Jessica L. Punzo, Psy.D. is a licensed clinical psychologist in the state of Illinois and also an active member of PSYPACT. She completed her doctoral degree in Clinical Psychology with a concentration in Traumatic Stress at Adler University. Throughout her career she has worked with trauma/PTSD in a variety of settings, including corrections, community mental health, and the VA. Dr. Punzo is currently the President-Elect for APA Division 56 – Trauma Psychology and is also a board member of the Board of Convention Affairs (BCA) of APA. Moreover, she is the Metropolitan Regional Representative for the Illinois Psychological Association (IPA).

Dr. Punzo's areas of clinical experience and interest include LGBTQ+ populations, maternal mental health, and psychedelic-assisted therapy. She recently completed a certification in psychedelic-assisted therapy through the Integrative Psychiatry Institute.

PROGRAM OBJECTIVES

Participants will be able to:

- Explain aspects of birth that can cause negative reactions, as well as risk and protective factors for PP-PTSD
- Describe key differences of PP-PTSD in racial and sexual minority communities, and birthing people with disabilities.

PROGRAM AGENDA

12:00pm – 12:20pm	Discussion of PTSD and how birth can constitute a traumatic experience
12:20pm – 12:40pm	Prevalence and risk factors of Postpartum PTSD/Birth Trauma
12:40pm – 1:00pm	Assessment and treatment of Postpartum PTSD/Birth Trauma
1:00pm – 1:20pm	Diversity considerations in Postpartum PTSD/Birth Trauma
1:20pm – 2:00pm	Overview of protective factors and resilience in Postpartum PTSD

For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/25.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/25.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.