

Biographical Information

Dr. Kendall-Tackett is a health psychologist, International Board Certified Lactation Consultant, and Research Associate at the Family Research Lab, University of New Hampshire. She is a Fellow of the American Psychological Association, a La Leche League leader, chair of the New Hampshire Breastfeeding Taskforce, and the Area Coordinator of Leaders for La Leche League of Maine and New Hampshire. She teaches seminars across North America and in several countries around the world.

Dr. Kendall-Tackett is author of more than 170 journal articles, book chapters and other publications, and author or editor of 17 books including *Non-Pharmacologic Treatments for Depression in New Mothers* (2008), *The Hidden Feelings of Motherhood* (2005), *Depression in New Mothers* (2005), and *Breastfeeding Made Simple*, co-authored with Nancy Mohrbacher (2005).



She is on the editorial boards of the *Journal of Human Lactation*, *Child Abuse and Neglect*, *Journal of Child Sexual Abuse* and *Journal of Interpersonal Violence*.

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2008 Continuing Education Seminars for Lactation Specialists



www.GraniteScientific.com
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2008 Continuing Education Topics

A New Paradigm for Depression in New Mothers

Recent research has revealed that depression is associated with systemic inflammation: specifically, the increase in proinflammatory cytokines. Puerperal women are especially vulnerable because inflammation significantly increases during the last trimester of pregnancy. In addition, common experiences of new motherhood, such as sleep deprivation, postpartum pain, and psychological trauma, also cause inflammation levels to rise. This session will describe how stress triggers the inflammatory response, and why breastfeeding and anti-inflammatory treatments protect maternal mental health.

Treatment Options for Depressed, Breastfeeding Mothers

The negative effects of postpartum depression, on both mother and baby, are too serious to ignore. Fortunately, there are a number of treatments for depression with empirically demonstrated efficacy, including a wide range of non-pharmacologic treatments. Almost all are compatible with breastfeeding. This session summarizes research findings on omega-3s, exercise, bright light therapy, cognitive and interpersonal psychotherapy, St. John's wort, and antidepressant medications. It also describes the implications of each for breastfeeding.

Publications: *Non-pharmacologic treatments for depression in new mothers* (monograph, 2008), *Depression in New Mothers* (book).

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

Each year, hundreds of thousands of women initiate breastfeeding only to stop in the first few days or weeks postpartum. Why does this happen? It's certainly not lack of information or lack of mothers' interest in the topic. This attrition suggests that a different approach is needed. In this presentation, I describe the seven natural laws for nursing mothers that simplify breastfeeding and help mothers tap into their own innate wisdom. These laws are based on the latest research from around the world and will help you teach mothers more effectively so they can have a successful breastfeeding experience.

Publications available: *Breastfeeding Made Simple: Seven natural laws for nursing mothers* (book).

Breastfeeding and Survivors of Adverse Childhood Experiences

Can events from childhood influence a woman's current mothering experience? Yes, they can. But they don't have to be the blueprint for the rest of her life. This session provides an overview of the latest research on the effects of childhood abuse; its impact on breastfeeding; how it can affect a woman's body, mind and spirit; and what she can do to cope.

Publications available: *Depression in New Mothers* (book), *Hidden Feelings of Motherhood* (book), *Health Consequences of Abuse in the Family* (book), *Handbook of Women, Stress and Trauma* (book), *Breastfeeding and the sexual abuse survivor* (LLLI LC Module).

Trauma Associated with Perinatal Events

Substantial numbers of women feel negatively about their birth experiences, have premature babies, experience childbearing loss, or mourn the loss of breastfeeding. These effects can last a lifetime. But there is much you can do to help women heal. In this session, you'll learn about recent research on these topics and what mothers can do to gain closure on their experiences.

Publications available: *Hidden Feelings of Motherhood* (book), *Handbook of Women, Stress and Trauma* (book), *Depression in New Mothers* (book).

Ethologists and Earth Mothers: Scientific Evidence for Attachment Parenting

For many years, experts considered parenting from the heart to be the exact opposite of the scientific approach. But research over the past 20 years has shown that breastfeeding and responsive parenting are good for both mothers and babies. This session compares and contrasts the highly scheduled "scientific mothering" approach with the more intuitive attachment-parenting approach. In the end, we see that attachment parenting is the true scientific approach.

Publications available: *Breastfeeding Made Simple* (book), *Hidden Feelings of Motherhood* (book).