



Perinatal & Infant Mental Health in the Nordic Countries: Challenges and the Way Forward

1st Nordic Marcé-NFSU Joint Conference

25-27 October 2023

Uppsala University Main Building
Uppsala, Sweden

Preliminary program – changes may occur in the program

Wednesday 25th October 2023 (NFSU)

| | | |
|-------------|---|---|
| 08:30-10:00 | Registration & Coffee | |
| 10:00-10:10 | Welcome! | Sanne Holst, President NFSU |
| | Part 1: Parent-Infant Psychotherapy with Traumatized families | |
| 10:10-10:50 | Parent-Infant Psychotherapy with Traumatized Families (English) | Dr. Amanda Jones, Anna Freud Centre |
| 10:50-11:00 | Short break | |
| 11:00-11:45 | Parent-Infant Psychotherapy with Traumatized Families cont. | Dr. Amanda Jones, Anna Freud Centre |
| 11:45-12:45 | Lunch | |
| | Part 2: Parental Stressors & Child's First Year of Life | |
| 12:45-13:30 | <i>"It came out much better than I feared" - "I felt that being a mother was two, or even four, sizes too big for me."</i> Experiences and thoughts about mothering and the infant in first year postpartum with bipolar disorder (Norwegian) | Teija Anke psychologist, PhD Vestre Viken, Rbup Øst og Sør |
| 13:30-13:45 | Short Break | |
| 13:45-14:30 | Repetitive negative thoughts in the perinatal period – how parents' mental health and attachment to the child are connected (Norwegian) | Agnes Bohne, psychologist, PhD, Universitetssykehuset Nord-Norge, Tromsø |
| 14:30-15:00 | Coffee Break | |
| | Part 3: How to Help Parents Look for & Interpret Infants' Signals & Communication | |
| 15:00-15:30 | NBO, AMOR Interventions & Sensitivity Training (Norwegian) | Unni Tranaas Vannebo, health nurse, RBUP Øst og Sør, sped- og småbarn. |
| 15:30-16:00 | Implementation of the ADBB in Primary Care in Denmark – Lessons learned and future perspectives | Mette Væver, prof. clinical childpsychology, University of Copenhagen |
| 16:00-17:00 | NFSU Annual Meeting for Members | |

Thursday, October 26th 2023 (common day)

| | | |
|-------------|--|---|
| 08:00-09:00 | Registration & Coffee | |
| 09:00-09:15 | Welcome! | Sanne Holst (President NFSU) & Alkistis Skalkidou (President Nordic Marcé) |
| 09.15-10:45 | Moving on from the First 1000 days in the Nordic countries | Moderator: Birgitta Wickberg Kari Slinning (Norway) Liv Lyngå von Folsach (Denmark) Ann-Cristine Jonson (Sweden) Petra Kouvonen (Finland) Jenny Ingudottir (Iceland) (via zoom) |
| 10:45-11:15 | Coffee Break | |
| 11:15-13:00 | When Regular Outpatient Treatments are not Enough "Orkdalsmetoden – The Orkdal Method – Inpatient care for women with postpartum depression" Parent-Child Centre (social services in Denmark) Borgestadklinikken Parent-Child Centre (Norwegian) Haga Mödra-barnhälsovårdsteam, Gothenburg: Intensive follow-up during and after pregnancy | Moderators Christine Esbensen & Malin Eberhard Gran Elin Killi Olsen, Specialist in psychology, Psychologist, Nidelv DPS, Orkdal døgns, St.Olavs Hospital, Trondheim, Norge Kristine Håland Marina Liljeros, district nurse. Charlotte Karlsson, health care curator. |
| 13:00-14:00 | Lunch | |
| 14:00-16:00 | Parallel Symposiums | From submitted abstracts |
| 16:00-17:00 | Marcé Board Meeting for Members | |
| 19:00 | Conference Dinner | |

Friday, October 27th 2023 (Nordic Marcé)

| | | |
|-------------|---|--|
| 09:00-09:15 | Summary of day 1 and 2. Welcome to day 3. | Prof. Alkistis Skalkidou (President, Nordic Marcé) |
| 09:15-10:15 | Severe mental disorders in the perinatal period (English) | Prof. Louise Howard (UK) (via zoom), and participants' abstracts |
| 10:15-10:35 | Coffee break | |
| 10:35-11:35 | Care pathways with focus on stepped care (English) | Profs. Heather O'Mahen (UK) and Nicole Hightet (Australia) (via zoom) and participants' abstracts |
| 11:40-12:00 | Inspirational lecture: "Overlooking cultural issues in a multi-cultural, multireligious society" (English) | Prof. John L. Cox (UK) |
| 12:00-13:00 | Lunch | |
| 13:00-14:00 | Prediction of peripartum depression | Prof. Trine Munk-Olsen (Denmark), and participants' abstracts |
| 14:00-14:40 | Perinatal mental health research in the Nordics : short history and current research (participants oral presentations) | Ass.Prof. Birgitta Wickberg and participants' abstracts |
| 14:40-15:00 | Coffee break | |
| 15:00-16:00 | Transgenerational effects of peripartum depression | Prof. Hasse Karlsson (Finland), Ass.Prof. Carolyn Cesta (Sweden), and participants' abstracts |
| 16:00-16:15 | Closing comments and greeting from the president of the international Marcé Society | Alkistis Skalkidou, Sanne Holst, Jennifer Payne (via zoom) |