

MNT Training

Post Natal Depression Course



Post Natal Depression (PND) affects many women and in some cases can last for years after the birth of their child. It can be extremely debilitating affecting not just the mother but the new baby, other siblings and fathers too. Having a greater understanding of Post Natal Depression makes it easier for carers and others involved with the family to be supportive of sufferers.

This 1 Day course is designed for any professional child-carer who comes into contact with mothers who may be suffering from post natal depression or who simply want to be proactive in terms of knowing how to deal with PND. This course is particularly important for Maternity Nurses and live-in Nannies working with post-natal mums. Maternity Nurses in particular should have at least a basic grounding in PND. Early diagnosis and support for those with PND can help recovery rates and thus knowing the signs/symptoms, where to go for support and how you can help directly are invaluable.

The course trainer is a very experienced PND Counsellor who trains Health Visitors on PND, runs support groups and does one-to-one counselling with PND sufferers. She has also developed and facilitated PND training courses for MIND, the NCT and Homestart.

Course content:

What is PND: signs, symptoms and feelings
PND statistics and risk factors
Listening skills
Basic support for depressed mothers
How you can help
Fathers and other siblings

Course Fee: £158

Venue: University of Reading, London Road Campus

Trainer: PND Counsellor

Dates in 2009: Saturday 9th May / Saturday 3rd October

Attendance: 9.30-4.30 pm. (A light lunch will be provided - please indicate any special dietary requirements below).

Students taking this course and the Care of Multiples Course on concurrent days are eligible for a discount of £25 off the total cost of both courses i.e. £291 instead of £316

To book your place please complete and return the slip below with full course fee of £158 payable to 'MNT' at MNT Training, Unit 10, Rooks Farm, The Street, Rotherwick, Hampshire RG27 9BG. You can also pay by card over the phone 0844 8268 446 between 9.30-1.30 pm.

Once your payment has been received, confirmation details, a receipt and instructions on how to get to the course venue will be sent to you.

PND Reply Slip (2009)

Name: _____

Address: _____

Contact Tel No: _____ Email Address: _____

How did you hear about the course? (If via GP surgery – please specify which) _____

Date of Course you wish to attend: _____

Capacity in which attending – i.e. parent/nanny etc: _____ Special Dietary Requirements: _____

I have read the terms and conditions overleaf and agree to them: _____

Signature

POST NATAL DEPRESSION TRAINING COURSE BOOKING TERMS AND CONDITIONS

1. The total cost of the Course is £158 (including VAT). In order to apply for a course, full payment, which is non-refundable, is required along with the completed booking form. (As course places are limited and cannot always be guaranteed, it is recommended that you telephone MNT to determine course vacancies before applying in order to avoid disappointment.) If paying by credit card a 3.7% fee will be charged in addition to the course cost.
2. In the event of a student being unable to attend a course or complete a course no refunds will be available, however students may be offered a place on a later course at the discretion of MNT subject to availability.
3. Course fees include tuition and certification fees. Liquid refreshments at break times are also included. All other costs such as travel and accommodation where needed are payable by the student.
4. It is the student's responsibility to ensure that the course is suitable for their requirements. MNT are happy to offer advice but accept no liability in the event that the content of the course does not meet individual requirements.
5. In extreme circumstances it may be necessary for MNT to reschedule a course or cancel a course altogether due to insufficient numbers, upon which a booking has been made. If the rescheduled dates are not convenient to you, MNT's liability will be limited to a refund of the course paid.
6. MNT reserve the right to alter the advertised course venue and trainers.
7. MNT reserve the right to decline applications.
8. All intellectual property rights, including copyright, patents, design rights and know-how relating to the course or course materials provided or made available in connection with the course remain the sole property of MNT. No copies of course materials provided or any usage of or reference to MNT's name may be made unless it has been agreed in writing by MNT.
9. All students are required to observe and abide by all policies regarding health and safety, security, student conduct and any other regulations as set out by MNT and the University of Reading.
10. The course content has been carefully researched and is believed by MNT to be up-to-date and factually correct. Students are welcome to discuss with MNT any information or advice received from elsewhere of a conflicting nature if they wish to do so.

The information on the completed booking form is intended to form a complete statement of the agreement between the course applicant and MNT. Discussions, correspondence, documentations or representations prior to the submission of the completed booking form are deemed not to affect the contractual position of the parties unless otherwise expressly agreed in writing.

MNT Training, Unit 10, Rooks Farm, The Street, Rotherwick, Hampshire RG24 9BG

DIRECTOR: PHILIPPA MURRAY

VAT REGISTRATION NO:785 6732 78