



SELENI

The Seleni Institute to Hold Maternal Mental Health Training Day in Athens

- USA-based specialist offers free training to mental health specialists in Greece

ATHENS, GR — May 04, 2016 — The Seleni Institute, a non-profit organization based in New York City and dedicated to providing the care, information, professional training, and research funding critical to supporting mothers and families, will be hosting a free mental health care training day for health professionals in Athens on May 13, 2016 at the Hellenic American College.

During this one-day intensive training course entitled, *Maternal Mental Health: Latest Insights and Best Practices*, Haroula Ntalla, Psychotherapist and Psychoanalyst, will train participants on effective treatments for maternal mental health issues. Utilizing the most current theoretical and research findings, she will cover the three critical steps to treating perinatal mood and anxiety disorders (PMADs) and grief from miscarriage, stillbirth, and child loss. The training is intended to educate any mental and medical healthcare providers — such as psychologists, obstetricians and gynecologists, midwives, and pediatricians — who encounter women in the first year after giving birth.

Postpartum depression and anxiety is the most common complication of pregnancy, affecting up to twenty percent of women. Left untreated, PPD can develop into chronic depression for a mother and impair her child's cognitive and emotional development, but with proper treatment, women can recover.

“We know when we support a mother, we support her spouse, we support her children, her family, and then future generations, breaking cycles of isolation, sadness, or anxiety,” said Nitzia Logothetis, founder and executive chairwoman of the Seleni Institute. “With this program, we are thrilled to provide an opportunity for clinical and mental health professionals of Greece to deepen their ability to care for pregnant women and parents.”

Admission to the training day is by invitation only. Healthcare professionals wishing to know more about the event can contact athenstraining@seleni.org.

About the Seleni Institute

Founded in 2011 by George and Nitzia Logothetis, the Seleni Institute is a non-profit organization providing the care, information, professional training, and research funding critical to supporting the mental health of both adult women and teenage mothers.

The organization is dedicated to transforming mental health and wellness for the women of the world.

The Seleni Institute believes that when mothers are supported, they are able to best care for themselves, their children, and their families.

The Seleni Institute treats individuals, not disorders, by providing a 360-degree approach to reproductive and maternal mental health issues. From individual therapy and psychiatry, to acupuncture and massage, to workshops and moms groups, the breadth of services and unique, collaborative environment make Seleni Institute the only center of its kind in New York City.

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