



Formation pour les professionnels  
de l'enfance, de l'adolescence et de la famille

# Les dépressions parentales périnatales, souffrances des premiers liens

La formation continue du Centre d'Ouverture Psychologique Et Sociale (Copes) s'adresse à tous les acteurs du champ médical, psychologique, pédagogique et social (médecins, gynécologues, obstétriciens, psychologues, psychiatres, pédiatres, infirmiers, éducateurs, travailleurs sociaux, moniteurs d'éducation familiale, psychomotriciens, orthophonistes, sages-femmes, puéricultrices, enseignants...), garants de la prévention précoce et de la santé globale de l'enfant, de l'adolescent et de la famille.

Les stages et les formations sur site proposés par le Copes explorent les domaines de l'enfance à l'adolescence, les problématiques familiales, sociales et culturelles et les questions institutionnelles.



Devenir parent est une période de grands bouleversements pouvant entraîner chez certains une dépression parentale. Il s'agit là même d'un véritable enjeu de santé publique car leur prévalence est considérable.

Les dépressions parentales touchent à la fois la personne déprimée mais aussi le lien parent-enfant et le développement de l'enfant. Les effets néfastes de la dépression parentale se retrouvent sur l'instauration des premiers accordages avec le bébé, ainsi que sur la maturation cognitive et psychoaffective de l'enfant.

Pourtant, ces dépressions restent peu connues des professionnels de terrain. Il est donc nécessaire d'en préciser les contours cliniques et les bases thérapeutiques.

**Animé par Jessica Shulz, psychologue clinicienne et docteur en psychologie. Participation d'intervenants spécialisés.**

## Thèmes

Les enjeux et le développement de la parentalité : devenir mère, devenir père. — Nidification psychique. — Ambivalence du désir d'enfant. — La dépression du *post-partum* : épidémiologie. — Clinique. — Diagnostic différentiel (blues du post-partum, psychose puerpérale). — Thérapeutique. — Dépressions paternelles : place des pères dans la société. — Prises en charge. — Conséquences des dépressions parentales sur le développement de l'enfant : interactions précoces (biologiques, comportementales, affectives, fantasmatiques). — Effets sur le développement du bébé et du jeune enfant.

## Objectifs

Spécifier les impacts des dépressions parentales (maternelle et paternelle) sur le développement de l'enfant. — Identifier les caractéristiques d'une dépression parentale. — Adapter le cadre thérapeutique.

## Public et prérequis

Tous les professionnels du champ médico-social de la périnatalité, de l'enfance et de l'adolescence.

## Méthodes de travail

3 jours. — Exposés théorico-cliniques. — Échanges avec les participants.

### Stage

SM24-15

### Tarif

810 €

### Lieu

Paris

### Dates

2-3-4 avr. 2024 (soit 21 h sur 3 jours)



## MARDI 2 AVRIL 2024

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- Accueil des stagiaires. — Introduction, présentation du stage. — Les enjeux et le développement de la parentalité ..... 9 h à 13 h  
**Shulz Jessica, psychologue clinicienne, service de pédopsychiatrie, Association de santé mentale du 13<sup>e</sup> arrondissement de Paris (ASM13), unité René Diatkine ; docteur en psychologie ; membre du laboratoire PCPP, université Paris V-René Descartes.**
- Outils diagnostic et prise en charge de la dépression périnatale.....14 h à 17 h  
**Shulz Jessica**

## MERCREDI 3 AVRIL 2024

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- Entre patrescence et paternalisation; introduction à la psychopathologie des pères, cas clinique d'un père..... 9 h à 13 h  
**Jean-Dit-Pannel Romuald, psychologue clinicien; psychothérapeute en libéral et en crèche, la Maison bleue, Avanne et Miserey; maître de conférences, université de Franche-Comté; docteur en psychopathologie psychanalytique, université Paris Ouest (UPO).**  
**Shulz Jessica**
- Les groupes de parole de pères.  
La question des agirs.....14 h à 17 h  
**Jean-Dit-Pannel Romuald et Shulz Jessica**

## JEUDI 4 AVRIL 2024

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- Les dépressions paternelles périnatales..... 9 h à 13 h  
**Shulz Jessica**
- Les professionnels face à la dépression parentale.  
Conclusion et évaluation de stage .....14 h à 17 h  
**Shulz Jessica**

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion.

It is not only the illiterate who are at risk of being left behind in the new global economy. The world's population is growing rapidly, and the number of people who are poor is increasing. In 1990, there were 1.2 billion people living on less than \$2 a day. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion.

The world's population is also becoming more diverse. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of race and ethnicity.

The world's population is also becoming more urban. In 1990, there were 1.2 billion people living in cities. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more urban in terms of population density.

The world's population is also becoming more educated. In 1990, there were 1.2 billion people in the world who were illiterate. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more educated in terms of literacy rates.

The world's population is also becoming more mobile. In 1990, there were 1.2 billion people in the world who were living in their birthplace. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more mobile in terms of migration patterns.

The world's population is also becoming more diverse in terms of religion. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion.

This means that the world is becoming more diverse in terms of religious beliefs and practices.

The world's population is also becoming more diverse in terms of culture. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of cultural practices and traditions.

The world's population is also becoming more diverse in terms of language. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of languages spoken.

The world's population is also becoming more diverse in terms of gender. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of gender roles and expectations.

The world's population is also becoming more diverse in terms of social class. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of social class and economic status.

The world's population is also becoming more diverse in terms of political beliefs. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of political beliefs and ideologies.

The world's population is also becoming more diverse in terms of values. In 1990, there were 1.2 billion people in the world who were of African descent. By 2000, there were 1.5 billion, and by 2010, there will be 2 billion. This means that the world is becoming more diverse in terms of values and beliefs.