

Title: DYNAMIC WELLNESS – A Model of Wellness in the context of life transitions

Name: Caroline Little Cribari, M.D., Ph.D.
Wellness Wanted, Inc.

In medicine, pregnancy is categorized as an illness, as it is a system constantly being pushed away from its initial state of equilibrium. At the same time, pregnancy is a constant state of wellness with the body moving through changes in a dynamic process creating equilibrium across its course, thereby actually not being an illness but rather a state of dynamic wellness. This concept was used in order to develop a new model of wellness: "Dynamic Wellness". Traditional models of wellness rely on creating stability in life, identifying healthy behaviors, doing them consistently, and promoting wellness by developing constancy in life. In pregnancy, postpartum and across most women's lives, "constancy" is not the norm. Change is the norm. Therefore, traditional models of wellness do not adequately apply and, thus, do not adequately provide guidance for understanding, assessing, and optimizing wellness in most women's lives. This new model of "Dynamic Wellness" will be presented as a model that will enable women and providers to share a systematic way of approaching and understanding wellness in states of transition with terms needed to communicate about it. The model offers specific guidelines to assess patient wellness when in the state of transition, has a clinical tool for assessment, and provides specific guidelines for optimizing wellness in the context of life transitions.

Biography

Caroline Little Cribari completed her M.D. and Ph.D. in neurobiology and anatomy from the University of Rochester School of Medicine and Dentistry in 1998. She completed her psychiatry residency at Stanford University Medical Center in 2002. She has been the medical director of inpatient, outpatient and residential mental health facilities. She was vice chief and chief of the Department of Behavioral Health, El Camino Hospital, Mountain View, CA. She has specialization in reproductive psychiatry and was a speaker, trainer for Postpartum Support International. She taught for Stanford's family practice residency program behavioral health lecture series. She founded and directed a multidisciplinary women's wellness center and had one of the first TMS centers in California. She is the clinical advisor to PsychOnline telepsychiatry company and provides clinical care to patients through PsychOnline as well as Advanced Psychiatry Associates, Sacramento, CA. She founded Wellness Wanted, Inc in 2019 as a platform to promote women's wellness across their entire lifespan.

Presenting author details
Full name: Caroline Little Cribari, M.D., Ph.D.
Contact number: 530-205-7528
Twitter account: CCribari@DrcribariC
LinkedIn account: Caroline Little Cribari, M.D., Ph.D.
Session name/number: Track 2-6 Postpartum Depression
Category: Oral Presentation