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PHD**

FELLOW OF PSYCHOLOGY IN PSYCHIATRY
WEILL CORNELL MEDICINE

“Cognitive Behavioral Therapy for Postpartum Psychosis: A Comprehensive Approach to Recovery and Relapse Prevention”



- Thursday, April 10th, 2025
- 12:00pm - 1:00pm



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Speaker Disclosure: Dr. Wierzbinska has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

SPEAKER

Eliza M. Wierzbinska, PhD, is a Reproductive Psychology Postdoctoral Fellow at Weill Cornell Medicine, New York-Presbyterian. She was previously a Women's Behavioral Health Postdoctoral Fellow at Zucker Hillside Hospital, Northwell Health. Dr. Wierzbinska specializes in perinatal and postpartum mental health, integrating CBT, DBT, and relational psychodynamic approaches to treat individuals with mood, anxiety, trauma-related, and psychotic disorders. She has extensive experience working with reproductive psychiatry populations in both inpatient and outpatient settings, as well as conducting research on postpartum psychosis and psychiatric conditions across the reproductive lifespan. She is an Associate Editor for the Journal of Psychiatric Research and has presented on perinatal mental health at national conferences. Dr. Wierzbinska is a member of Postpartum Support International, the Society for Menstrual Cycle Research, and APA Division 35: Society for the Psychology of Women

ABSTRACT

Postpartum psychosis (PPP) is a severe psychiatric disorder requiring immediate intervention, yet structured, evidence-based treatments remain underutilized in post-acute care. This presentation explores the integration of Cognitive Behavioral Therapy for Psychosis (CBTp) and Cognitive Behavioral Therapy for Insomnia (CBT-I) into the recovery and relapse prevention phases of PPP treatment. Key areas of focus include diagnostic complexities, the role of sleep stabilization as an early intervention, family engagement strategies, and long-term psychotherapy approaches to promote sustained recovery. Core CBT techniques such as reality testing, cognitive restructuring, and psychoeducation will be highlighted. Attendees will gain insight into the latest research, clinical applications, and case-based interventions that enhance treatment efficacy. This seminar provides a structured framework for implementing CBT-based approaches across inpatient and outpatient settings, optimizing clinical outcomes for individuals with PPP.

LEARNING OBJECTIVES

1. Identify key symptoms and diagnostic challenges in postpartum psychosis (PPP).
2. Explain how CBT-I can be used to stabilize sleep and improve treatment outcomes in PPP.
3. Describe core CBTp interventions for addressing delusions, paranoia, and cognitive distortions in PPP.
4. Compile strategies for integrating family psychoeducation and support into PPP treatment.

REFERENCES

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2. Jairaj, C., Seneviratne, G., Bergink, V., Sommer, I. E., & Dazzan, P. (2023b). Postpartum psychosis: A proposed treatment algorithm. *Journal of Psychopharmacology*, 37(10), 960–970. <https://doi.org/10.1177/02698811231181573>
3. Jairaj, S., Baldwin, D. S., Wildman, E., & Taylor, D. (2023). A systematic review of psychotherapy for postpartum psychosis: Efficacy and implementation. *Archives of Women's Mental Health*, 26(5), 671–683. <https://doi.org/10.1007/s00737-023-01364-6>