



Antidepressants Galore: New and Coming Soon

Abstract

In 2019, esketamine was approved for treatment resistant depression, the first new mechanism of action for depression in several decades. Since that time, additional medications with unique mechanisms of action have been developed for the treatment of MDD. The seminar will focus on an understanding of the mechanism of action and evidence based for these new antidepressant medications including esketamine, zuranolone, psychedalics, and others

Biography

Dr. Adam Savitz currently serves as Chief Medical Officer at Alto Neuroscience, since July 2021. He has been a voluntary faculty member at Weill Cornell since 2011, and before that, he was a full-time faculty member from 2001 to 2011 serving as unit chief of the Second Chance Program. Before joining Alto, Dr. Savitz served in various roles at Janssen Research and Development, LLC, a pharmaceutical company, from May 2011 to June 2021, most recently serving as Senior Director Clinical Research from July 2017 to June 2021. From 2020 to 2021, he served as Clinical Strategy Leader for the Mood Disorder Disease Area Stronghold. Dr. Savitz completed his psychiatry training and served on the staff at Massachusetts General Hospital. He received an MD and a PhD in molecular biology at the University of California, Los Angeles, and a BS/MS in molecular biophysics and biochemistry from Yale University.

Learning Objectives

1. Describe the evidence for the approval of esketamine for MDD.
2. Compare the evidence for zuranolone for postpartum depression and MDD.
3. Explain the basic mechanism of action of psychedelic medications

Suggested Reading

1. Vasiliu, O. (2023). Esketamine for treatment-resistant depression: A review of clinical evidence (Review). *Experimental and Therapeutic Medicine*, 25(3), 111. <https://doi.org/10.3892/etm.2023.11810>
2. IsHak, W. W., Hirsch, D., Renteria, S., Totlani, J., Murphy, N., Chang, T., Abdelsalam, R., Salem, M., Meyer, A., Keerthana, S., Liu, A., Contreras, L., Tadros, E., Hedrick, R., Danovitch, I., & Pechnick, R. N. (2025). Depressive disorders: systematic review of approved psychiatric medications (2009-April 2025) and pipeline phase 3 medications. *BMC Psychiatry*, 25(1), 939. <https://doi.org/10.1186/s12888-025-07141-3>
3. Lam, R. W., Kennedy, S. H., Adams, C., Bahji, A., Beaulieu, S., Bhat, V., Blier, P., Blumberger, D. M., Brietzke, E., Chakrabarty, T., Do, A., Frey, B. N., Jacobbe, P., Gratzner, D., Grigoriadis, S., Habert, J., Husain, M. I., Ismail, Z., McGirr, A., . . . Milev, R. V. (2024). Canadian Network for Mood and Anxiety Treatments (CANMAT) 2023 Update on Clinical Guidelines for Management of Major Depressive Disorder in Adults: Réseau canadien pour les traitements de l'humeur et de l'anxiété (CANMAT) 2023: Mise à jour des lignes directrices cliniques pour la prise en charge du trouble dépressif majeur chez les adultes. *The Canadian Journal of Psychiatry*, 69(9), 641-687. <https://doi.org/10.1177/07067437241245384>



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(Courtesy)

Weill Cornell Medical College, Cornell University



Tuesday February 17th 2026 | 7pm-8pm



<https://weillcornell.zoom.us/j/9247715337>

1

Passcode: 728638



CONTINUING EDUCATION (Optional)

1 CE is available for a \$20 fee, available to **Psychologists, Social Workers and LMHC's** who sign in with their full name, attend the entire lecture and complete a survey which will be emailed following the completion of the workshop. *CME credits are NOT available for this event.*

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Content is appropriate for beginner, intermediate and advanced level practitioners.

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