



## Free to Attend

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**Weill Cornell  
Medicine**  
Psychiatry

## Optimizing Perinatal Mental Health for our Patients and Ourselves



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SPEAKER DISCLOSURE: Dr. Hermann has no relevant financial relationship(s) to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

### DATE



**Tuesday October 3rd, 2023 | 7pm-8pm**

### Live online Webinar:



<https://weillcornell.zoom.us/j/92477153371>

Passcode: 728638

### CONTINUING EDUCATION (Optional)



**1 CEU is available for a \$20 fee**, available to **Psychologists** and **Social Workers** 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.*

Click here <https://tinyurl.com/2p8n453v> or scan QR Code Below to purchase CE credit for this event:



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

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### Abstract

Perinatal mental illnesses are highly prevalent, yet under-recognized and under-treated in most mental healthcare practice settings. Insufficient knowledge, stigma, and bias influence how clinicians engage with women of childbearing age, whether they be patients, colleagues, or trainees. This talk is intended to raise awareness about perinatal mental illnesses and provide a basic fund of knowledge about how they may be treated effectively.

### Biography

Dr. Hermann completed her undergraduate studies in Psychobiology at The Ohio State University and her medical training at the State University of New York Health Sciences Center, Brooklyn, where she graduated with distinction in Neuroscience. She completed her General Psychiatry residency at Columbia University Medical Center-New York State Psychiatric Institute, serving chief resident in her final year, and remained at Columbia University Medical Center for her fellowship training in Women's Mental Health with Dr. Elizabeth Fitelson. Dr. Hermann is currently the Clinical Director of the Women's Mental Health Program at Weill Cornell Medicine- New York-Presbyterian Hospital. In this role, Dr. Hermann has substantially expanded psychiatric services for perinatal women as well as educational offerings in reproductive mental health for clinicians and trainees at multiple levels. Dr. Hermann maintains multiple active research collaborations which include developing a machine-learning risk prediction algorithm and shared clinical decision-making tool for postpartum depression, developing an ecological momentary assessment tool for monitoring symptoms across periods of hormonal flux such as menstruation or pregnancy and lactation, and delivering app-based psychotherapy interventions for postpartum mood and anxiety disorders. In addition to her academic work, Dr. Hermann maintains a large faculty practice focusing on Women's Mental Health and dedicates significant time to mentoring faculty colleagues.

### Learning Objectives

1. Describe the prevalence of perinatal mood and anxiety disorders.
2. Identify cardinal symptoms of common perinatal mood and anxiety disorders.
3. List effective first-line treatments for perinatal mood and anxiety disorders.

### Suggested Reading

1. Meili Xiao, Ying Hu, Sasa Huang, Guangpeng Wang, Jinxin Zhao, Jun Lei, Prevalence of suicidal ideation in pregnancy and the postpartum: A systematic review and meta-analysis, *Journal of Affective Disorders*, Volume 296, 2022, Pages 322-336, ISSN 0165-0327
2. Choo, E. K., Girgis, C., Han, C. S., Simard, J. F., Adesoye, T., Linos, E., & Mangurian, C. (2019). High prevalence of peripartum depression among physician Mothers: A Cross-Sectional study. *American Journal of Psychiatry*, 176(9), 763-764. <https://doi.org/10.1176/appi.ajp.2019.18121350>
3. Leach, L., Poyser, C., & Fairweather-Schmidt, K. (2017). Maternal perinatal anxiety: A review of prevalence and correlates. *Clinical Psychologist*, 21(1), 4-19. <https://doi.org/10.1111/cp.12058>