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**Weill Cornell
Medicine**
Psychiatry

Perinatal Psychiatry: The Latest in Treatment Options



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SPEAKER DISCLOSURE: Dr. Karabell 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.

DATE



Tuesday March 4th 2024 | 7pm-8pm

Live online Webinar:

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

Passcode: 728638



CONTINUING EDUCATION (Optional)



1 CE 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.

Sponsored by the Weill Cornell Medicine
Department of Psychiatry Faculty Council

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Abstract

The perinatal period presents a unique set of challenges and opportunities to the mental health of individuals with far-reaching consequences. This presentation will provide a review of the most up to date evidence on pharmacotherapy and non-pharmacological interventions for more common mood and anxiety disorders occurring during this period. The use of novel therapies such as neuro steroids will be mentioned. The presentation will highlight the importance of sleep and partner mental health. Additional resources for mental health clinicians will be provided.

Biography

Susan Karabell MD is a psychiatrist in private practice specializing in reproductive psychiatry and general adult psychiatry and psychotherapy. She has over ten years of clinical practice. After completing medical school at St. George's University in Grenada, Dr. Karabell completed her residency at Mt. Sinai West-Morningside (formerly St. Luke's Roosevelt) in New York, followed by a fellowship in reproductive psychiatry at Women and Infants Hospital of Rhode Island, an affiliate of the Warren Alpert Medical School of Brown University. Before starting her private practice, she spent over five years working as a psychiatry attending at Weill Cornell, where she trained residents, nurse practitioners and other trainees in perinatal mental health and reproductive psychiatry. She continues to lecture on topics including perinatal substance abuse and provide resident supervision in perinatal mental health and group therapy. She has contributed to textbook chapters in reproductive psychiatry and has lectured at national conferences. She is currently a psychoanalytic candidate at Columbia University. Prior to becoming a physician, Dr. Karabell had a career in investment banking and business development.

Learning Objectives

1. Identify common mental health conditions in the perinatal period.
2. Describe established and emerging pharmacotherapy and non-pharmacological approaches in each of these conditions.
3. Describe limitations of these interventions.

Suggested Reading

1. Pardo, C., Watson, B., Pinkhasov, O., & Afable, A. (2024). Social determinants of perinatal mental health. *Seminars in Perinatology*, 48(6), 151946. <https://doi.org/10.1016/j.semperi.2024.151946>
2. Drysdale, A. T., Poleshuck, E., Ramsey, M. H., & Monk, C. (2024). New treatments: Opportunities and challenges. *Seminars in Perinatology*, 48(6), 151941. <https://doi.org/10.1016/j.semperi.2024.151941>
3. Werner, E., Le, H., Babineau, V., & Grubb, M. (2024). Preventive interventions for perinatal mood and anxiety disorders: A review of selected programs. *Seminars in Perinatology*, 48(6), 151944. <https://doi.org/10.1016/j.semperi.2024.151944>
4. Jairaj, C., Seneviratne, G., Bergink, V., Sommer, I. E., & Dazzan, P. (2023). Postpartum psychosis: A proposed treatment algorithm. *Journal of Psychopharmacology*, 37(10), 960–970. <https://doi.org/10.1177/02698811231181573>
5. Stewart, D. E., & Vigod, S. N. (2019b). Postpartum Depression: Pathophysiology, treatment, and emerging Therapeutics. *Annual Review of Medicine*, 70(1), 183–196. <https://doi.org/10.1146/annurev-med-041217-011106>