

# Perinatal Infant Psychiatry Conference 2023

## Separation and Connection in an Everchanging World: Understanding the Experiences of Parents and Babies



Register: <https://bit.ly/rsvpperinatal>



Saturday, May 6, 2023  
9:00 am - 4:00 pm



Registration and attendance to the live online conference is free. A recording can be made available upon request.

There is an optional \$100 fee for 6 CE credits for non-Weill Cornell Medicine faculty. 6 CE credits are available free of charge to Weill Cornell Medicine Department of Psychiatry full time and voluntary psychology and social work faculty. CME credits are free.



Credits are available to those who sign in with their full name, attend the entire conference, and complete a survey which will be emailed following the completion of the event.

Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).

## Abstract

The purpose of this conference is to better educate current and future clinicians and to establish a forum for exchange of innovative ideas and care collaboration between the fields of psychiatry, psychology, obstetrics, pediatrics, and ancillary fields. There is a knowledge gap for clinicians and trainees in the fields of perinatal and infant psychiatry, as perinatal expertise is usually found in adult and women's health modalities, whereas infant knowledge is based in pediatrics. This separation has become an obstacle in full-spectrum treatment, especially as we have continued to learn about the profound reciprocal connection between parent and child beyond mere biology. This conference will address the impact of the COVID-19 pandemic on perinatal and infant mental health and highlight themes related to separation and connection that are relevant to our current times.



# Program Schedule



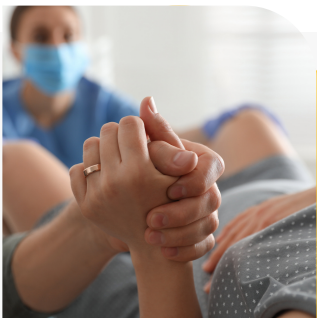
## Welcome and Introduction to the Perinatal-Infant Psychiatry Conference

9:00 AM



## Keynote: Separation and Connection in an Everchanging World: Experiences of Mothers and Babies

9:15 AM | Speaker: Soudabeh Givrad, M.D.



## Pregnancy, Birth and Postpartum During a Pandemic: Subjective Experiences of Women

9:45 AM

Panel Facilitator: Hannah Strater, D.N.P.



## Providing Care to Mothers and Babies during a Pandemic: Subjective Experiences of Clinicians

11:00 AM | Panelists: Georgina Hartzell, M.D.; Susan Karabell M.D.; Christine Salvatore, M.D., Victoria Wilkins Ph.D.; Sidney Wu, M.D.

Panel Facilitator: Hannah Strater, D.N.P.



## **Perinatal Mood and Anxiety Symptoms in the Era of COVID-19**

**12:45 PM | Speaker: Leah Susser, M.D.**



## **Intergenerational Trauma of Separation and Resistance: A Story of Maternal and Infant Health Racial Disparities**

**1:15 PM | Tuyet-Mai Ha Hoang, Ph.D.**



## **A Psychodynamic Perspective on the Peripartum During COVID-19**

**2:00 PM | Alyson Gorun, M.D.**



## **Reproductive Psychiatry Post-COVID: How is our Practice Evolving?**

**2:35 PM | Alison Hermann, M.D.**



## **Closing Remarks**

**3:10 PM**

## **Open Forum**

**3:20 PM**



# Featured Speakers



Soudabeh Givrad, M.D.

Assistant Professor of Clinical Psychiatry,  
Weill Cornell Medicine

Dr. Givrad is the Director of the Maternal-Infant Psychiatry Program and the Infant Psychiatry Fellowship at Weill Cornell Medicine. She specializes in perinatal and infant psychiatry and teaches as part of the Women's Program.

*Dr. Givrad has no disclosures.*



Alyson Gorun, M.D.

Assistant Professor of Clinical Psychiatry,  
Weill Cornell Medicine

Dr. Gorun specializes in reproductive psychiatry and psychodynamic psychotherapy. She is the Assistant Training Director for the General Psychiatry Residency Program and Director of the Psychodynamic Psychotherapy Program at WCM.

*Dr. Gorun has no disclosures*



Georgina Hartzell, M.D.

Assistant Professor of Clinical Psychiatry,  
Weill Cornell Medicine

Dr. Hartzell is an Assistant Attending Psychiatrist on the Pediatric Consultation-Liaison Psychiatry Service and the Child and Adolescent Psychiatry Emergency Psychiatry Service at NewYork-Presbyterian Hospital/ Weill Cornell Medical Center.

*Dr. Hartzell has no disclosures.*



Alison Hermann, M.D.

Associate Professor of Clinical Psychiatry,  
Weill Cornell Medicine

Dr. Hermann specialized in reproductive psychiatry and is the Director of the Women's Program within Weill Cornell Medicine's Department of Psychiatry.

*Dr. Hermann is a cofounder with equity stake in Iris OB Health.*





Tuyet-Mai Ha Hoang, Ph.D.

Assistant Professor, School of Social Work, Center for Social and Behavioral Science, University of Illinois at Urbana-Champaign

Dr. Hoang is interested in conducting community-engaged approaches to research on racial justice and disparities in health outcomes. Her research is dedicated to addressing racial injustices in both educational and clinical settings

*Dr. Hoang has no disclosures.*



Susan Karabell, M.D.

Assistant Professor of Clinical Psychiatry, Weill Cornell Medicine

Dr. Karabell practices as an Attending Psychiatrist at NewYork-Presbyterian/ Weill Cornell Medical Center in the outpatient Women's Mental Health Program. She has expertise in pregnancy and postpartum psychiatric disorders, pregnancy loss, infertility, preconception planning and menopause.

*Dr. Karabell has no disclosures.*



Christine M. Salvatore, M.D.

Assistant Professor of Psychology in Clinical Psychiatry, Weill Cornell Medicine

Dr. Salvatore is a pediatric infectious diseases specialist. Her clinical interests include general pediatric infectious diseases, the evaluation and management of infections in immunocompromised hosts including bone marrow and solid organ transplant and chemotherapy recipients, congenital infections and bone and joint infections.

*Dr. Salvatore has no disclosures.*



Hannah Strater, D.N.P.

Psychiatric Nurse Practitioner, Maternal-Infant Psychiatry Program, Weill Cornell Medicine

Dr. Strater has had a lifelong passion for all the facets of women's lives and how they unfold in different countries and cultures. This general interest was a theme in her earlier years working in marketing and brand strategy, her years as a yoga teacher, and culminated in her graduate studies in psychiatry and women's mental health.

*Dr. Strater has no disclosures.*



Leah Susser, M.D.

Assistant Professor of Clinical Psychiatry,  
Weill Cornell Medicine

Dr. Susser specializes in reproductive psychiatry and is involved in teaching in the Women's Program at Weill Cornell Medicine. Dr. Susser is also the Director of the Journal Club for the Payne Whitney Women's Program.

*Dr. Susser has no disclosures.*



Victoria Wilkins PhD

Assistant Professor of Psychology in Clinical  
Psychiatry, Weill Cornell Medicine

Dr. Wilkins is an psychologist in the Affective Disorders Unit and The Women's Unit at NewYork-Presbyterian Hospital Westchester Behavioral Health. She is also the Training Coordinator for the Psychology Externship Program at Weill Cornell Medicine.

*Dr. Wilkins is paid for her service on the behavioral subcommittee for "Researching COVID to Enhance Recover (RECOVER)/NIH-post-acute-sequelae of SARS-CoV-2 Intervention Prioritization Panel." She is involved in reviewing interventions to determine if NIH should prioritize them for funding.*



Sidney Wu, M.D.

Assistant Professor of Clinical Obstetrics and Gynecology, Weill Cornell Medicine

Dr. Wu has been affiliated continually with New York Presbyterian-Weill Cornell Medical Center where she has privileges for surgical and obstetrical care. She plays an active role in the teaching environment of the medical center, mentoring medical students and resident physicians.

*Dr. Wu has no disclosures*



# Learning Objectives

1. Describe how parent and infant health functions as a unit.
2. Demonstrate understanding of the impact of COVID-19 and other stressors on the experience of women and infants during pregnancy, childbirth, and the postpartum period.
3. Describe the direct experiences of mothers, infants, and their care providers through subjective, biological, psychological, and social lenses through periods of isolation.
4. Explain the impact of COVID-19 on perinatal mood and anxiety disorder symptoms.
5. Identify how COVID-19 led to experiences of separation and connection for families in the perinatal period from a psychodynamic perspective.
6. Describe the impact of COVID-19 on psychiatry and how it has affected practice for patients and care providers.
7. Explain racial disparities that exist for mothers and infants and how intergenerational trauma has affected families.



# References

Federica, G., Renata, T., & Marzilli, E. (2023). Parental Postnatal Depression in the Time of the COVID-19 Pandemic: A Systematic Review of Its Effects on the Parent-Child Relationship and the Child's Developmental Outcomes. *International Journal of Environmental Research and Public Health*, 20(3), 2018.

Kovacheva, K., Rodríguez-Muñoz, M., Baya, D., Salas, S., & Motrico, E. (2022). The Relationship between Healthcare Experience and Perinatal Depression during COVID-19 Pandemic. *Clínica Y Salud*, 33(3), 117-125.

Lebel, C., MacKinnon, A., Bagshawe, M., Tomfohr-Madsen, L., & Giesbrecht, G. (2020). Elevated depression and anxiety symptoms among pregnant individuals during the COVID-19 pandemic. *Journal of Affective Disorders*, 277, 5-13.

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