



**Weill Cornell Medicine**  
Psychiatry

Academy for Behavioral Health and  
Continuing Education

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# ***From Conception to Connection: Relational Health in the Perinatal Period and Infancy***

**3rd Annual Weill Cornell  
Medicine Perinatal - Infant  
Psychiatry Conference**

Sponsored by the Academy for  
Behavior Health and Continuing  
Education

**Friday, June 6th, 2025  
10:00am - 4:30pm EST**

*CE and CME Credits Available*

Register **[HERE](#)** & Pay for  
CE/CME Credits **[HERE](#)**



# About the Event

## Abstract

The perinatal and infancy periods are times of increased biological, psychological, and social risk for mental health challenges in families. At the same time, they are also sensitive periods for growth, resilience, and a prime window for early interventions that can have lasting positive impacts. This conference aims to support professionals who work with families during these critical stages by providing them with the latest evidence, tools, and resources to advance perinatal-infant mental health integrated care. By focusing on relational health during the perinatal period, this conference highlights not only the challenges but also the strengths and opportunities for growth and resilience in parents, infants, and families. Through interdisciplinary dialogue and collaboration, it seeks to bridge existing gaps, enhance clinical expertise, and promote holistic, evidence-based approaches to care—advancing perinatal-infant mental health integrated care during this crucial window for intervention.



Register:  
Add registration link here



Friday, June 6th, 2025  
10:00am - 4:30pm EST



Registration and attendance to the live online conference is free.

### CME

This event is approved for 5.5 AMA/PRA category 1 credits only for live attendance. There is a \$100 fee for CME credits.

### CE

This event is approved for 5.5 CE credits for live attendance by psychologist, social workers and LMHC's. There is a \$100 fee for CE credits. See full CE credit information on the next page.



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



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Psychiatry



## CE Certificate Requirements

5.5 CE credits are available for \$100 and will be awarded to licensed psychologists, social workers and licensed mental health counselors who attend the conference live and have met the requirements below. Attendees have to attend for the entirety of the live conference to be eligible for credits. Participants who do not meet the attendance requirements will not receive a CE certificate or refund. Payment for CE Credits must be received no later than Friday June 6th by 9:00am.

Please note that to receive your 5.5 CE certificate for the event, you must sign in with your full name, attend the entire conference and complete the evaluation in accordance with NYSED and APA requirements. Please contact [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

Evaluation forms will be distributed via email following the workshop to those meeting the attendance requirements above. There will be one certificate awarding 5.5 CE hours for the event. No partial credit will be given to those attending only a portion of the conference. Please contact

Weill Cornell Medicine (WCM) Department of Psychiatry, 525 E 68th St. New York, NY 10065, is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0192. Weill Cornell Medicine (WCM) Department of Psychiatry is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0302. Weill Cornell Medicine (WCM) is approved by the American Psychological Association to sponsor continuing education for psychologists. Weill Cornell Medicine (WCM) maintains responsibility for this program and its content. The New York Presbyterian Hospital Department of Social Work is recognized by New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0155.

## Learning Objectives

1. Demonstrate increased awareness and competence in understanding the parent-infant relationship as a unified health system.
2. Analyze the relational experiences and challenges parents and infants face during the perinatal period to enhance clinical understanding and intervention.
3. Explain the importance of integrating perinatal and infant mental health care to provide comprehensive, holistic support for parents and infants.
4. Apply a dyadic framework in assessment, case formulation, and treatment planning for the perinatal population to improve clinical outcomes.





# Program Schedule

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**10:00 AM - 10:15 AM**

**Welcome & Orientation**

**Importance of Integration and Relationships in Perinatal Mental Health**

Soudabeh Givrad, M.D., Amalia Londoño Tobón, M.D., Misty Richards, M.D.

**10:15 AM - 11:15 PM**

**Keynote Presentation**

**Promoting Attachment and Mentalizing During the Transition to Parenthood:  
Minding the Baby**

Arietta Slade, Ph.D.

**11:15 AM - 11:20 AM**

**Bio Break**

**11:20 AM - 12:05 PM**

**Patient Panel** (Moderator: Misty Richards, MD)

**Lived Experiences in Perinatal Mental Health**

Limary Lorenzo, Xochitl Carlos Mendez, Milena Pastreich

**12:05 PM - 12:20 PM**

**Lunch/Bio Break**

**12:20 PM - 1:05 PM**

**Clinician Reflective Discussion Panel** (Moderator: Soudabeh Givrad, M.D.)

**Lived Experiences of Doing Dyadic Psychotherapy**

Talia Hatzor, PhD; Gloria Castro, PhD

**1:05 PM - 1:10 PM**

**Bio Break**

**1:10 PM - 1:55 PM**

**Integrating Perinatal and Infant Psychiatry in Clinical Practice** (Moderator:

Amalia Londoño Tobón, M.D.)

Sheehan Fisher, Ph.D., Ruthie Arbit, LICSW, Julianna Fineli, M.D.

**1:55 PM - 2:20 PM**

**Improving Perinatal and Infant Mental Health Internationally**

Alexandra Harrison, M.D.

**2:20 PM- 2:45 PM**

**Reducing the Impact of Toxic Stress on Premature Infants**

Connie Lillas, RN, MFT, Ph.D.

**2:45 PM - 3 PM**

**Bio Break**

**3 PM - 4 PM**

**Keynote Presentation**

**Healing Across Generations: Promoting an Infant Mental Health Perspective  
in the Context of Perinatal Care**

Maria Muzik, M.D.

**4 PM- 4:10 PM**

**Closing Remarks**

**4:15 PM -5:15 PM**

**Perinatal-Infant Mental Health (PIM) Network Post-conference Get Together,**  
hosted by George Washington University Medical Center (different Zoom link)

# Featured Speakers

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## Ruthie Arbit, LICSW, MA

Ruthie Arbit has been a therapist for 15 years and specializes in perinatal and pediatric mental health. Ruthie has worked at Medstar Georgetown University Hospital for the past 8 years and is currently working on infant mental health integration within the Perinatal IOP. Ruthie runs weekly mom/baby dyadic groups and assists with research, development, and implementation of the infant mental health component of the IOP. In addition, Ruthie runs a therapy group practice in Washington DC and Maryland. Ruthie teaches, writes, and contributes to research in perinatal and pediatric Mental Health and has been published in a number of acclaimed publications including the Journal of the American Academy of Child & Adolescent Psychiatry, The Atlantic, and The Washington Post. She has presented at a number of conferences including Postpartum Support International Conference, Mayor Bowser's Maternal and Infant Health Summit, and Marcé of North America Perinatal Mental Health Conference. She also teaches courses including CBT for the Perinatal Period and CBT/ERP for Perinatal OCD. Ruthie is also on the Board of Washington DC's Postpartum Support International Chapter.



## Gloria Castro, PsyD

Dr. Gloria Castro was granted the Fraiberg-Harris Fellowship to complete her postdoctoral training at the Infant-Parent Program (UCSF). She developed a perinatal mental health consultation at Zuckerberg San Francisco General Hospital (ZSFGH). She worked as part of an interdisciplinary team to provide continuity of care to pregnant women and their young children at the Women's Health Center, Labor and Delivery, postpartum unit, Neonatal Intensive Care Unit, and The Children's Health Center at ZSFGH. Dr. Castro has provided perinatal mental health consultation to midwives and public health nurses at ZFGH. Dr. Castro joined the Child Trauma Research Program in 2016. She is the co-author of the book Make Room for Baby. Perinatal Child-Parent Psychotherapy to Repair Trauma and Promote Attachment. Dr. Castro is the co-developer of Perinatal Child-Parent Psychotherapy (PCPP). She has been implementing P-CPP in the Bay Area and throughout the country. Dr. Castro has provided neuropsychological assessment to children from zero to five years of age. Prior to coming to the Infant-Parent Program, she worked at the Children's Hospital, at the National Medical Center in Mexico City and at the National Autonomous University of Mexico (UNAM).



## Julianna Finelli, MD

Julianna Finelli is assistant professor of psychiatry at Tulane University School of Medicine. She is a general psychiatrist and a child and adolescent psychiatrist whose clinical focus is infant and early childhood mental health and perinatal mental health. She serves as medical advisor and perinatal psychiatrist consultant for Louisiana's Provider to Provider Consultation Line (PPCL), and supervises child psychiatry fellows at the 0-6 Clinic at Metropolitan Human Services District (MHSD), Early Childhood Supports and Services (ECSS), and the Tulane Comprehensive Assessment and Treatment Team (TCATT) in New Orleans.

# Featured Speakers

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## Sheehan Fisher, PhD

Sheehan Fisher, PhD is an Associate Professor and perinatal clinical psychologist at Northwestern University, Feinberg School of Medicine and the Associate Dean at The Graduate School. Dr. Fisher's research career focuses on the reconceptualization of parental mental health research to integrally involve both mothers and fathers to differentiate parents' impact on child medical and mental health. He has been a leader nationally and internationally in integrating DEI in perinatal mental health field, including addressing health disparities and advocating for more inclusion of racial, ethnic, sexual and gender minorities in perinatal research and clinical practice. In addition, Dr. Fisher focuses on public policy and advocacy to support perinatal families and ensure programs address diversity in family dynamics. He was recognized as one of Crain's Chicago Business 2022 Notable Black Leaders and Executives for his dedication to mental health within the Black community. Ultimately, Dr. Fisher's goal is to optimize the health and effectiveness of the parental team to positively influence the child health trajectory and help the family thrive.



## Soudabeh Givrad, MD

Dr. Soudabeh Givrad is an Assistant Professor in Clinical Psychiatry at Weill Cornell Medicine, and an Assistant Attending Psychiatrist at NewYorkPresbyterian Hospital. She is the director of the Maternal-Infant Psychiatry Program and Perinatal and Infant Psychiatry Fellowship at Weill Cornell Medicine. She is board certified by the American Board of Psychiatry and Neurology in adult and child and adolescent psychiatry. She did her adult psychiatry residency training at Yale University, and then completed her child and adolescent psychiatry fellowship at Columbia and Cornell Universities. She has expertise in treating psychiatric disorders during pregnancy and the postpartum period, and works with families of infants and young children in parent-infant psychotherapy when families face issues with attachment, bonding, medical traumas, or other regulatory disorders of infancy and early childhood. Academically, she has been working on bringing increased attention to psychiatric disorders during pregnancy and the postpartum period, and to increase awareness of the critical importance of supporting families of young infants to optimize their development, and to bring a continuum of care from pre-conception to age 3 for families. She has also been working on increasing training opportunities in perinatal and infant mental health for mental health clinicians.



## Alexandra Murray Harrison

Alexandra Murray Harrison, M.D. is a Training and Supervising Analyst at the Boston Psychoanalytic Society and Institute in Adult and Child and Adolescent Psychoanalysis, an Associate Professor of Psychiatry Part Time, Harvard Medical School, at the Cambridge Health Alliance, and on the Core Faculty of the Early Relational Health course at University of Massachusetts Chan Medical School. She is co-founder and President of the NGO, Supporting Child Caregivers, Inc, which collaborates with local institutions to offer current scientific information to front-line child caregivers especially in low to moderate income countries in the context of a long-term relationship. Dr. Harrison has presented on the subjects of developmental and psychoanalytic change, cultural differences, autism, and supporting the infant-parent relationship nationally and internationally, and has contributed to the literature on these subjects.



# Featured Speakers

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## Talia Hatzor, Ph.D - Psychologist

Talia Hatzor, Ph.D, is the director of the Parent Infant Psychotherapy Training Program at the Columbia University Center for Psychoanalytic Training and Research. She is a training psychoanalyst at the Contemporary Freudian Society in New York City. She specializes in teaching via Infant Observation based on Bick's method. In her private practice she sees parents and infants, children, and adults. She has been involved with clinical and supervisory work with families and children in the community for several decades. She is an adviser for the Early Starters International who is working with migrant families in New York City, leading work discussion groups with migrant families and offering infant and young children mental health expertise. She currently chairs the IPA committee of Psychoanalysis in Education in the Community and the World.



## Connie Lillas, RN, LMFT, PhD.

Founder and Executive Director of the NeuroRelational Framework (NRF) Institute - Research to Resilience

Dr. Connie Lillas began her career as a nurse in high-risk maternal-child settings, natural childbirth centers, and perinatal education serving low-income immigrant populations. Transitioning to mental health, she became a marriage, family, and child therapist, and a psychoanalyst. Combining her experience in nursing and mental health, she became an infant mental health and early intervention specialist after experiencing a high-risk pregnancy with preemie twins. Her work now focuses on training cross-disciplinary teams and developing a shared language for customized, collaborative neurorelational care for high-risk populations in allostatic load conditions. She is embarking on researching four types of allostatic load patterns, including prematurity, developmental delays, and disabilities. This research, conducted within a community-based early intervention program, will track dyads in home settings to reduce and eliminate toxic stress using her NeuroRelational Framework.



## Limary Lorenzo, PhD

Dr. Limary Lorenzo is a Registered Mental Health Counselor Intern in the state of Florida, specializing in women's mental health, prenatal and postpartum care, trauma recovery, grief and loss, and life transitions. With a strong commitment to culturally responsive and trauma-informed care, she has dedicated more than 16 yrs of service to supporting individuals through therapeutic interventions, crisis stabilization, and personal development strategies. Dr. Lorenzo holds a PhD in Organizational Psychology with a concentration in Clinical Psychology from the Pontifical Catholic University of Puerto Rico and a BA in Psychology from the University of Puerto Rico, Mayagüez Campus. She has extensive experience in mental health therapy, having worked as an Outpatient/Infant Mental Health Therapist, Family Specialist, and Maternity Navigator, providing emotional support services for individuals facing perinatal challenges, substance abuse, domestic violence, and mental health disorders. A self-published author, Dr. Lorenzo has written two books, including a therapeutic tool designed for postpartum mothers, inspired by her own lived experience with PMAD and her clinical practice. As a Puerto Rican who navigated the challenges of finding appropriate mental health care and validation for a traumatic birth experience, she is deeply passionate about advocating for maternal mental health and equitable access to care. Dr. Lorenzo's expertise extends beyond clinical work into consultation, training, and advocacy, having facilitated workshops, conferences, and women's retreats to empower individuals and communities. Fluent in both English and Spanish, she continues to provide compassionate, evidence-based therapy with a strong focus on diversity, inclusion, and holistic wellbeing.

# Featured Speakers

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## Xochitl Carlos Mendez

Xochitl Carlos Mendez, the Alliance Spanish Cultural Program Manager of the Perinatal Mental Health Alliance for People of Color at PSI, is a dedicated leader spearheading expansive outreach efforts across Spanish-speaking countries, creating strategic alliances with global organizations and perinatal providers. With a background rooted in Mexico, Xochitl holds a BA in Special Education and an MA in Child Psychotherapy. Possessing a strong background in advocacy and activism for the most vulnerable communities, Xochitl spearheaded numerous social projects and co-founded multiple nonprofits during her time in Mexico, earning awards for her work in human rights. Upon immigrating to the United States, her advocacy shifted toward the intersections of women, survivors of domestic violence, mental health, and the immigrant community. Following her journey into motherhood and experiencing perinatal mental health challenges, including perinatal loss, Xochitl directed her efforts toward raising awareness, educating, and disseminating information about perinatal mental health among professionals in the field. Her ultimate aim is to establish a new reality where mothers facing perinatal mental health struggles have access to adequately trained and culturally sensitive personnel to meet their needs.



## Maria Muzik, MD, MSc

Dr. Maria Muzik, MD, MSc is a Professor of Psychiatry and Obstetrics & Gynecology (tenured) at the University of Michigan. She holds a medical degree from University of Vienna, Austria, and completed residency in psychiatry both at University Hospital in Vienna and Michigan. She also holds a master's degree from the UM School of Public Health. She is the Medical Director of Perinatal and Reproductive Psychiatry at Michigan Medicine (USA), and of MC3 Perinatal, the state-wide perinatal psychiatry access program for primary care. At Michigan Medicine, Dr. Muzik co-directs Zero To Thrive, a program to support families who are challenged by adversity to help them thrive across pregnancy to postpartum. She is also the perinatal psychiatrist for the Partnering for Future clinic which will be discussed here. She co-developed the Strong Roots™ programs, a menu of resiliency-oriented interventions. Her research work focuses on the impact of adversity and mental illness in the context of childbearing on caregiving and the developing parent-child relationship, and how to support families in overcoming psychological and environmental adversity. She is well published, and her work is funded by federal and foundational awards.



## Milena Pastreich

Milena Pastreich is a Berlin-based German-American filmmaker and an alumna of Berlinale Talents, Film Independent's Documentary Lab, Catapult Film Fund and True/False Film Festival's Rough Cut Retreat, Women at Sundance, and Women in Film. Pigeon Kings, her directorial feature debut, is a character driven documentary about the godfather of the somersaulting pigeon scene in South Central Los Angeles. It premiered at the Seattle International Film Festival and is now available to stream internationally. She previously received the UCLA Spotlight Award for her narrative short, I Feel Stupid, a slice of life coming of age story about the awkward sexually charged silence of teenage life. The film aired on PBS. Jean-Paul Luc Sébastien René, a short she directed about two middle aged besties sunbathing on their living room floor, premiered at SXSW. More recently, Milena's films have embraced characters with mental health issues. This shift in subject matter is a result of Milena having had postpartum psychosis after the birth of her son in December of 2020. Milena also works as a cinematographer and has shot Emmy-nominated films that have screened at festivals such as Cannes and Tribeca. She was awarded Best Cinematography at the New Orleans Film Festival for Garrett Bradley's Below Dreams, and she received the Panavision Award for The Ballad of Finn + Yeti, directed by Meryl O'Connor. Born and raised in San Francisco, Milena earned a BA in Art History from NYU and an MFA in Directing and Cinematography from UCLA.



# Featured Speakers

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## Misty C. Richards, MD, MS

Dr. Misty Richards is a child, adult, and reproductive psychiatrist at UCLA who holds a joint appointment in the Division of Child and Adolescent Psychiatry and the Department of Obstetrics and Gynecology. She serves as the Program Director for the UCLA Child and Adolescent Psychiatry Fellowship and is highly involved in medical student education as the Co-Chair of the UCLA DGSOM Medical Education Committee. Clinically, Dr. Richards serves as the Director of Infant Mental Health of the UCLA Maternal Mental Health Intensive Outpatient Program and is also the Co-Founder and Medical Director of Perinatal Psychiatry for the Maternal Outpatient Mental Health Services (MOMS) Clinic in the Department of OB-GYN. She is a passionate clinician-educator with expertise in treating perinatal mood disorders, psychosis, and parent-infant attachment disorders, while also educating the next generation about reproductive psychiatry and early childhood mental health.



## Arietta Slade, Ph.D.

Arietta Slade, Ph.D. is Professor Adjunct in Psychiatry at the Yale Child Study Center, and Professor Emerita of Clinical Psychology at the City University of New York. An internationally recognized theoretician, clinician, teacher, and researcher, she has written widely on reflective parenting, the development of parental reflective functioning, and the implications of attachment and mentalization theory for child and adult psychotherapy. She is a Co-Founder and Co-Director of Minding the Baby™, an evidence-based interdisciplinary reflective home visiting program for high-risk mothers, infants, and their families, at the Yale Child Study Center and School of Nursing. Dr. Slade is winner of the Bowlby-Ainsworth Award from the New York Attachment Consortium, and author of the Enhancing attachment and reflective parenting in clinical practice: A Minding the Baby Approach (Slade, with Sadler, Eaves, and Webb, 2023). She is also author, with Jeremy Holmes, of Attachment in Therapeutic Practice (Holmes & Slade, SAGE Publications, 2018), and editor of the six volume set, Major Work on Attachment (Slade & Holmes, SAGE Publications, 2014), as well as Mind to Mind: Infant Research, Neuroscience, and Psychoanalysis (Jurist, Slade, & Bergner, Other Press, 2008), and Children at Play (Slade & Wolf, Oxford University Press, 1994). She has been in private practice for 45 years, working with individuals of all ages.



## Amalia Londoño Tobón

Amalia Londoño Tobón is a bicultural-bilingual psychiatrist (Spanish-English) and researcher, specializing in perinatal, infant-early childhood, family, and cultural dimensions of mental health. She earned her bachelor's degree in Neuroscience from Johns Hopkins University and her medical degree from Stanford University, followed by residency and fellowship training in psychiatry and child psychiatry at Yale University. Dr. Londoño further honed her expertise through a postdoctoral clinical and research fellowship in perinatal mental health at Brown University, and a research fellowship at the National Institute on Minority Health and Health Disparities. Currently Dr. Londoño is an Assistant Professor at Georgetown University. Her research and scholarly work are dedicated to understanding and addressing mental health disparities during the perinatal and early childhood periods, in the US and globally. Her current research aims to test integration of perinatal health strategies in obstetric and primary care settings. She has authored several scientific publications in academic journals and presented at numerous national and international venues. Beyond her academic role, she serves on national and international leadership roles including being a founding member of La Red Latinoamericana de Salud Mental Perinatal. She is an active member of the Marcé of North America Spanish-Speaking Task Force, and the International Marcé Society (perinatal mental health society). Additionally, she served on the American Psychiatric Association (APA) Perinatal Mental Health Advisory Panel and is the co-chair for APA's LaSaludMental.org developing Spanish language resources for families. She is a committee member of the American Academy of Child and Adolescent Psychiatry Infant and Early Childhood Committee and Health Promotion & Prevention Committee.

# References

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## Financial Disclosures

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Ruthie Arbit, LICSW, MA has financial relationship(s) with Sage Therapeutics and Perigee Foundation perinatal funding for IOP. SHE DOES NOT INTEND to discuss off-label or investigational use of product or services.

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