

PERINATAL INFANT PSYCHIATRY CONFERENCE
Friday, June 6, 2025
Weill Cornell Medical College
Virtual via Zoom
Soudabeh Givrad, M.D., Course Director

IDENTIFIED PRACTICE GAPS/EDUCATIONAL NEEDS

Despite the inherent connection of perinatal and infant mental health, clinicians working in each field are often not well versed in the other field or how they might be able to care and promote wellbeing for the family system including the parent and the child. Experiences of isolation, separation and connection shape the experiences and mental health outcomes for parents and infants during this time but are often understudied and not well understood. We will in particular discuss relational wellbeing in the perinatal period to increase awareness and competency for clinicians and researchers active in this area

TARGETED AUDIENCE

This course is designed for healthcare providers, trainees, and researchers in psychiatry, psychology, obstetrics, pediatrics, primary care, and ancillary fields, who engage with mothers and their babies.

OBJECTIVES/DESIRED OUTCOMES

It is intended that this Weill Cornell CME activity will lead to improved patient care, including improvements in knowledge, competence, or performance. At the conclusion of this activity, participants should be able to:

- a. Gain more awareness and competence in assessing the mother-baby (parent-infant) health as a unit
- b. Increase the clinician's knowledge of the relational experiences and challenges parents and babies face in the perinatal period
- c. Increase the clinician's knowledge of the need for integration of perinatal and infant mental health care to provide a comprehensive and wholesome care for parents and babies in these settings.
- d. Increase the clinician's ability to assess, formulate, and come up with treatment plans with a dyadic lens and understanding for perinatal population.

DISCLOSURE OF RELATIONSHIPS/CONTENT VALIDITY

It is the policy of Weill Cornell Medical College to adhere to the ACCME Criteria, Policies and New Standards for Integrity and Independence in Accredited Continuing Education and to ensure all content is valid in order to ensure fair balance, independence, objectivity, and scientific rigor in all its provided activities. All speakers, Course Directors, Co-Course Directors, planners, reviewers, and staff members participating in provided activities are expected to disclose relevant financial relationships pertaining to their contribution to the activity. Relationship information is analyzed to determine whether conflicts of interest exist. All conflicts of interest are resolved prior to participation in the planning or implementation of this activity. Presenters and authors are also expected to disclose any discussion of (1) off-label or investigational uses of FDA approved commercial products or devices or (2) products or devices not yet approved in the United States.

WCMC CME activities are intended to be evidence-based and free of commercial bias. If you have any concerns, please call the Office of Continuing Medical Education at 646-962-6931 to anonymously express them.

Course Director

Soudabeh Givrad, M.D.

- Has no relevant financial relationship with ineligible companies to disclose.
- Will not be discussing the off-label or investigational use of products or services.

Planning Committee**Hannah Strater, DNP, PMH-NP**

- Has no relevant financial relationship with ineligible companies to disclose.
- Will not be discussing the off-label or investigational use of products or services.

Misty Richards, MD, MS, DFAACAP

- Has no relevant financial relationship with ineligible companies to disclose.
- Will not be discussing the off-label or investigational use of products or services.

Soudabeh Givrad, MD

- Has no relevant financial relationship with ineligible companies to disclose.
- Will not be discussing the off-label or investigational use of products or services.

Amalita Londoño Tobón, MD, IMH-E® Mentor

- Has no relevant financial relationship with ineligible companies to disclose.
- Will not be discussing the off-label or investigational use of products or services.

Course Coordinator**Monica Fortsch**

- Has no relevant financial relationship with ineligible companies to disclose.
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CME Staff

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ACCREDITATION AND CREDIT DESIGNATION STATEMENTS

Weill Cornell Medical College is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Weill Cornell Medical College designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

EVALUATION

The CME Evaluation Form is included in your syllabus. Completed forms will be collected at the door at the end of this activity. We encourage you to complete the Evaluation Form as this will allow us to assess the degree to which the activity met its objectives. It will also guide the planning of future activities and inform decisions about improving the educational program.

WCMC is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 646-962-6931.

Program:

10:00 AM - 10:15 AM

Welcome & Orientation

Importance of Integration and Relationships in Perinatal Mental Health

Soudabeh Givrad, MD, Amalia Londoño Tobón, MD, Misty Richards, MD

10:15 AM - 11:15 PM

Keynote Presentation:

Promoting attachment and mentalizing during the transition to parenthood: Minding the Baby.

Arietta Slade, PhD

11:15 AM - 11:20 AM

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/Break

12:20 PM - 1:05 PM

Clinician Reflective Discussion Panel (Moderator: Soudabeh Givrad, MD)

Lived experiences of doing dyadic psychotherapy

Talia Hatzor, PhD; Gloria Castro, PhD

1:05 PM - 1:10 PM

Break

1:10 PM - 1:55 PM

Integrating Perinatal and Infant Psychiatry in Clinical Practice (Moderator: Amalia Londoño Tobón, MD)

Sheehan Fisher, PhD, Ruthie Arbit, LICSW, Julianna Fineli, MD

1:55 PM - 2:20 PM

Improving Perinatal and Infant Mental Health Internationally

Alexandra Harrison, MD

2:20 PM- 2:45 PM

Reducing the Impact of Toxic Stress on Premature Infants

Connie Lillas, RN, MFT, PhD

2:45 PM - 3 PM

Break

3 PM - 4 PM

Keynote Presentation

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

Maria Muzik, MD

4 PM- 4:10 PM

Closing Remarks

Speaker Disclosures:

Arietta Slade, PhD 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.

Limary Lorenzo 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.

Xochitl Carlos Mendez 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.

Milena Pastreich 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.

Talia Hatzor, PhD 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.

Gloria Castro, PhD 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.

Sheehan Fisher, PhD is an executive at Nurtur, advisory board member at Woebot Health, and a consultant for Mavida Health. All of the relevant financial relationships listed for this individual have been mitigated. They DO NOT INTEND to discuss off-label or investigational use of products or services.

Ruthie Arbit, LICSW 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.

Julianna Fineli, MD 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.

Alexandra Harrison, MD 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.

Connie Lillas, RN, MFT, PhD 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.

Maria Muzik, MD 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.