



**Weill Cornell
Medicine**

Psychiatry

Academy for
Behavioral Health and
Continuing Education

Holding in Healing: An Examination of the Experiences of Parents, Infants and Clinicians in High-Risk Perinatal Settings

**2nd Annual
Weill Cornell Medicine
Perinatal-Infant Psychiatry
Conference**

*Sponsored by the Academy for Behavioral
Health and Continuing Education*

**Saturday, May 18th, 2024
9:00 am - 3:30 pm EST**

CE and CME Credits Available



REGISTER NOW



About the Event

Abstract

Perinatal and infancy are medically and psychiatrically vulnerable times for parents and infants. The purpose of this conference is to better educate clinicians in the field of perinatal and infant psychiatry and to establish a forum for exchange of innovative ideas and care collaboration between the fields of psychiatry, psychology, obstetrics, pediatrics, neonatology, and ancillary fields. There is a knowledge gap for clinicians and trainees in the fields of perinatal and infant psychiatry, in particular, as these fields are often isolated educationally and clinically. This gap in knowledge and the separation between these fields have become an obstacle in full-spectrum treatment, especially as we have continued to learn about the profound importance of these periods in individual's life and the reciprocal connection between parent and child beyond mere biology. This conference will address the impact of the perinatal loss and medical complications during the perinatal period and infancy on perinatal and infant mental health. To better inform our clinical practices we will incorporate lived experiences of patients and clinicians throughout the conference.



Register:

https://weillcornell.zoom.us/webinar/register/WN_mkYqYhsZQFKyPSoXweXkmg



Saturday, May 18th, 2024

9:00 am - 3:30 pm EST



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

CME

This event is approved for 6 AMA/PRA category 1 credits only for live attendance. There is a \$100 fee for CME credits.

CE

This event is approved for 6 CE credits for live attendance by psychologists and social workers. 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).



CE Certificate Requirements

6.0 CE credits are available for \$100 and will be awarded to licensed psychologists and social workers who attend the conference **live** and have met the requirements below. 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 Saturday May 18th by 9:00am.**

Please note that to receive your 6.0 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. If you are on faculty at WCM, sign into the zoom using your SSO and please make sure to use your full name.

Evaluation forms will be distributed via email following the workshop to those meeting the attendance requirements above. There will be one certificate awarding 6.0 CE hours for the event. No partial credit will be given to those attending only a portion of the conference.

The Weill Cornell Medicine Department of Psychiatry, 525 E68th 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 is approved by the American Psychological Association to sponsor continuing education for psychologists. Weill Cornell Medicine 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

By the conclusion of this activity, participants should be able to:

1. Gain more awareness and competence in understanding the mother-baby (parent-infant) health as a unit.
2. Increase the clinician's understanding of the experiences of parents and babies in acute perinatal care setting.
3. Increase the clinician's understanding the experiences of parents in the context of perinatal loss.
4. Increase the clinician's understanding of the need for multidisciplinary care to provide a comprehensive and wholesome care for parents and babies in these settings.
5. Increase the clinician's ability to assess, formulate, and come up with treatment plans with a dyadic lens and understanding for high risk perinatal situations.



Program Schedule

9 - 9:15 am | Start and Introduction

9:15 - 10:15 am | Keynote Presentation

Speaker: Allison Dempsey, Ph.D.

10:15 - 12 pm | Perinatal Loss Section

Chair: Victoria Wilkins, Ph.D.

10:15 - 11 am | Patient Panel

11 - 11:45 am | Clinician Panel

Panelists: Missy Trull; Will Sheldon; Nicole Brosnan

11:45 - 12:30 pm | Keynote Presentation

Speaker: Deb Rich, Ph.D., PMH-C

12:30 - 1 pm | Lunch break

1 - 3:15 pm | Acute Perinatal Care Settings Section

Chair: Soudabeh Givrad, M.D.

1 - 1:45 pm | Patient Panel

1:45 - 2:30 pm | Clinician Panel

Panelists: Melissa Scala, M.D.; Amanda Yeaton-Massey, M.D.; Shanna Sapienza, R.N.; Talia Grossman, LMSW

2:30 - 3:15 pm | Keynote Presentation

Speaker: Priya Gopalan, M.D.

3:15 - 3:30 pm | Final remarks and closure

Thank you to the conference team:

Conference Chair: Soudabeh Givrad, M.D.

Conference Co-Chairs: Hannah Strater, DNP PMH NP-BC & Lindsey Wallace Goldman, Ph.D.

Planning Committee: Soudabeh Givrad, M.D.; Hannah Strater, DNP PMH NP-BC; Lindsey Wallace Goldman, Ph.D.; Leah Susser, M.D.; Alison Hermann, M.D.; Victoria Wilkins, Ph.D.

Featured Speakers



Nicole Brosnan

Certified Child Life Specialist, NewYork-Presbyterian

Nicole Brosnan is a child life specialist servicing the neonatal intensive care unit at NewYork-Presbyterian Komansky Children's Hospital. For 5 years, Nicole has worked in healthcare settings to identify and address the coping needs of patient families. She currently supports families of premature or medically complex infants to navigate the medical environment, normalize the experience and build skills of resilience in an extremely stressful situation.



Allison Dempsey, M.D.

Associate Professor of Psychiatry, University of Colorado School of Medicine

Dr. Dempsey is a licensed clinical psychologist with clinical work focuses on integrated behavioral health care in academic medical settings, particularly for women with high-risk pregnancies, infants with complex medical conditions and their families. She uses human-centered design approaches to implement innovative solutions to improve behavioral health practice and often incorporates technology and clinical informatics

into approaches to reduce disparities in care, improve effectiveness of service delivery and lead to greater health outcomes. She has been appointed Director of Informatics and Director of Technology for the Department of Psychiatry, leads the technology pillar of the University of Colorado Brain and Behavior Innovation Center and is the Behavioral Health Physician Informaticist for the University of Colorado Health system. She is a national leader as the Founding Member and Co-Chair of the National Network of NICU Psychologists, Co-Chair of the Early Childhood Special Interest Group for the Society for Developmental and Behavioral Pediatrics, Steering Council Member for Developmental and Behavioral Medicine for EPIC Systems and a member of the CPT Advisory Group for the American Psychological Association.



LaMone Downey Leonard, MSW, LICSW

Founder and CEO, Rising Hope Counseling and Wellness

LaMone Downey Leonard is a licensed independent clinical social worker in Massachusetts who has provided mental health support to diverse populations for over two decades. She is the Founder and CEO of Rising Hope Counseling and Wellness, a private practice that specializes in providing holistic mental health services for BIPOC adults. Her mission is to create safe and supportive healing spaces for those experiencing difficulties with depression, anxiety, life transitions, perinatal mental health and reproductive trauma. LaMone hopes to continue to normalize the act of seeking support and to spread the message that everyone deserves their happiness and healing.



Soudabeh Givrad, M.D.

Assistant Professor in Clinical Psychiatry, Weill Cornell Medicine

Dr. Givrad is Director of the Maternal-Infant Psychiatry Program and Director of the Perinatal and Infant Psychiatry Fellowship at Weill Cornell Medicine. 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 is focused on bringing attention to perinatal psychiatric disorders and increasing awareness of the critical importance of supporting families of young infants to optimize their development. She has also been working on increasing training opportunities in perinatal and infant mental health for mental health clinicians.



Priya Gopalan, M.D.

Associate Professor of Psychiatry, University of Pittsburgh School of Medicine

Dr. Gopalan is Chief of Psychiatry for University of Pittsburgh Medical Center Magee-Womens Hospital and Medical Director of the psychiatry consultation-liaison service across 9 hospitals in the University of Pittsburgh Medical Center system. An esteemed educator, Dr. Gopalan has been a faculty director for the psychiatry residency's Academic Administrator Clinician Educator (AACE) track since 2014. She is also a faculty co-advisor to the reproductive psychiatry and women's mental health area of concentration at Western Psychiatric Hospital and is active in teaching OB-GYN residents at Magee-Womens Hospital.



Talia Grossman, LMSW

Social Worker, NewYork-Presbyterian Hospital

Talia Grossman began her specialty in social work at Mount Sinai Medical Center as an obstetrics social worker. She specialized in working with families of infants with prenatally diagnosed cardiac anomalies and worked closely with the neonatal intensive care unit. Talia currently works with a team at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns neonatal intensive care unit. She is the co-chair of the Pediatric Bereavement Committee and monthly perinatal and infant loss support group at NewYork-Presbyterian.



Deborah Rich, Ph.D., PMH-C, RTSCBC

Licensed Psychologist, Shoshana Center for Reproductive Health Psychology

Dr. Rich is a reproductive health psychologist with over 35 years of specialty experience providing psychotherapy, assisted reproduction evaluations, professional training, consultation and program development. Her private practice, Shoshana Center for Reproductive Health Psychology is named after her daughter who was stillborn full term in 1985 when Dr. Rich was already a practicing psychologist. This profound experience and the lack of services and training at the time significantly altered the course of her career. She has

served in leadership positions in the Pregnancy Loss and Infant Death Alliance, Twin Cities Pregnancy Loss Coordinators Coalition, Pregnancy and Postpartum Support Minnesota, North American Society for Psychosocial Obstetrics and Gynecology, and Minnesota Women in Psychology and is currently the Chair of the International Marce Society Pregnancy Loss and Infant Death special interest group.



Shanna Sapienza D.N.P., RNC-OB, C-ONQS, C-EFM, SAFE

Obstetrics Patient Safety Coordinator, NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns

Shanna Sapienza began her career as a high-risk antepartum and labor and delivery nurse, gaining experience with patients throughout the perinatal period. Following that role, she became interested in forensic nursing and became a SAFE examiner in the NewYork-Presbyterian/ Weill Cornell Medical Center emergency department. From those experiences, she has begun to work as a bridge between the two specialties and advocating for trauma-informed care practices in obstetrics.



Melissa Scala, M.D.

Clinical Associate Professor, Department of Pediatrics, Stanford University School of Medicine

Dr. Scala is a clinical neonatologist and the Medical Director of inpatient infant developmental care at Lucile Packard Children's Hospital Stanford. Her research is focused on understanding the mechanisms and best practices around family centered developmental care including infant neuroprotection and support of parental and infant mental health.



William Sheldon, MDiv

Chaplain Resident, NewYork-Presbyterian

William Sheldon is a chaplain resident at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Infants and NewYork-Presbyterian/Weill Cornell Medical Center, serving the neuroscience and neonatal intensive care units. William has experience in a variety of settings, including educational, congregational and substance use care settings. He received his BA in Theology and History from Boston College before attending Union Theological Seminary, where he received a Master of Divinity with a focus in psychology and religion. He completed his first unit of clinical pastoral education at NewYork-Presbyterian Morgan Stanley Children's Hospital.



Missy Trull, MDiv, BCC

Pediatric Chaplain, NewYork-Presbyterian

Missy Trull is the pediatric chaplain at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Infants and NewYork-Presbyterian/ Weill Cornell Medical Center, serving the pediatric intensive care unit and step down units. In this role, Missy accompanies families through perinatal loss, bereavement, new diagnosis, pediatric chronic illness, neonatal intensive care unit journey and the general emotional and spiritual experience of hospitalization. Previously, Missy started a Spiritual Care program at Gracie Square Hospital after completing her chaplaincy residency at NewYork-Presbyterian Westchester Behavioral Health.



Victoria Wilkins, Ph.D.

Assistant Professor in Clinical Psychiatry, Weill Cornell Medicine

Dr. Wilkins has clinical expertise in assessing and treating adult and geriatric affective disorders, anxiety and bereavement. She has particular interest in working with individuals living with chronic medical illnesses, women experiencing perinatal and menopausal mood and anxiety disorders and individuals coping with loss, especially perinatal loss. As an expert in cognitive-behavioral therapy (CBT), Dr. Wilkins utilizes this as a primary mode of treatment in both outpatient and inpatient settings, such as her work with inpatients on the Affective Disorders Unit and the Women's Unit at NewYork-Presbyterian Westchester Behavioral Health.



Amanda Yeaton Massey, M.D.

Maternal-Fetal Medicine Specialist, Palo Alto Medical Foundation

Dr. Givrad is Director of the Maternal-Infant Psychiatry Program and Director of the Perinatal and Infant Psychiatry Fellowship at Weill Cornell Medicine. 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 is focused on bringing attention to perinatal psychiatric disorders and increasing awareness of the critical importance of supporting families of young infants to optimize their development. She has also been working on increasing training opportunities in perinatal and infant mental health for mental health clinicians.

References and Resources

Riddle JN, Hopkins T, Yeaton-Massey A, Hellberg S. No Baby to Bring Home: Perinatal Loss, Infertility, and Mental Illness-Overview and Recommendations for Care. *Curr Psychiatry Rep*. 2023 Nov;*25*(11):747-757. doi: 10.1007/s11920-023-01469-x. Epub 2023 Oct 25. PMID: 37878138.

Benton M, Wittkowski A, Edge D, Reid HE, Quigley T, Sheikh Z, Smith DM. Best practice recommendations for the integration of trauma-informed approaches in maternal mental health care within the context of perinatal trauma and loss: A systematic review of current guidance. *Midwifery*. 2024 Apr;*131*:103949. doi: 10.1016/j.midw.2024.103949. Epub 2024 Feb 11. PMID: 38382415.

Nurse-Clarke N, Freedle A, Bindeman J, Jarvis J, Sember J. Perinatal Bereavement in Racially, Culturally, and Gender Diverse Families. *MCN Am J Matern Child Nurs*. 2024 Mar-Apr *01*;49(2):81-87. doi: 10.1097/NMC.0000000000000983. Epub 2023 Dec 18. PMID: 38112631.

King BC, Eastin SM, Ho SY, Shapiro P, Sheen JJ, Fitelson EM. Inpatient obstetric consultation-liaison services: Meeting unmet needs in perinatal mental health. *Gen Hosp Psychiatry*. 2023 Jul-Aug;*83*:179-184. doi: 10.1016/j.genhosppsych.2023.04.014. Epub 2023 May 1. PMID: 37267727.

Ayers S, Horsch A, Garthus-Niegel S, Nieuwenhuijze M, Bogaerts A, Hartmann K, Karlsdottir SI, Oosterman M, Tecirli G, Turner JD, Lalor J; COST Action CA18211. Traumatic birth and childbirth-related post-traumatic stress disorder: International expert consensus recommendations for practice, policy, and research. *Women Birth*. 2024 Mar;*37*(2):362-367. doi: 10.1016/j.wombi.2023.11.006. Epub 2023 Dec 8. PMID: 38071102.

Givrad S, Hartzell G, Scala M. Promoting infant mental health in the neonatal intensive care unit (NICU): A review of nurturing factors and interventions for NICU infant-parent relationships. *Early Hum Dev*. 2021 Mar;*154*:105281. doi: 10.1016/j.earlhumdev.2020.105281. Epub 2020 Nov 16. PMID: 33229068.

Lean RE, Rogers CE, Paul RA, Gerstein ED. NICU Hospitalization: Long-Term Implications on Parenting and Child Behaviors. *Curr Treat Options Pediatr*. 2018 Mar;*4*(1):49-69. Epub 2018 Jan 24. PMID: 29881666; PMCID: PMC5986282.

Financial Disclosures

Allison Dempsey, PhD has received grant funding (PI) from Babyscripts and grant funding (co-I) from Health Rhythms. All of the relevant financial relationships listed for this individual have been mitigated. She DOES NOT INTEND to discuss off-label or investigational use of products or services.

Victoria Wilkins, 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.

Jeanne Churchill DNP, RN, CPNP 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.

Geeta Malieckal, 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.

LaMone Downey Leonard, 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.)

Colleen O'Loughlin 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.

Missy Trull, NYP Chaplain 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.

Will Sheldon, NYP Chaplain Resident Will Sheldon 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.

Nicole Brosnan, NYP Child Life Specialist Nicole Brosnan 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.

LaMone Downey Leonard, LICSW LaMone Downey Leonard, 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.

Deb Rich, PhD, PMH-C Deb Rich, PhD, PMH-C 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.

Soudabeh Givrad, MD Sudy Givrad, 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.

Julie Zimmerman Chappel Julie Zimmerman Chappel 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.

Julia Merrill Julia Merrill 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.)

Steve Wright (Steve Wright 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.

Melissa Scala, 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.

Amanda Yeaton-Massey, MD was an advisor at Seven Starling. All of the relevant financial relationships listed for this individual have been mitigated. She DOES NOT INTEND to discuss off-label or investigational use of products or services.

Shanna Sapienza, RN 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 Grossman LMSW 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.

Priya Gopalan, 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.