

VIRTUAL
**PERINATAL PSYCHIATRY: FOCUS ON TREATMENT ACROSS PREGNANCY AND
THE POSTPARTUM
OCTOBER 15, 2026**

PROGRAM AGENDA

THURSDAY, OCTOBER 15, 2026

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|-----------------------|---|
| 8:30-8:45 AM | Welcome & Introduction
Lee S. Cohen, MD and Marlene P. Freeman, MD |
| 8:45-9:30 AM | Psychiatry Disorders During Pregnancy
Lee S. Cohen, MD |
| 9:30-10:15 AM | Postpartum Mood and Anxiety Disorders
Marlene P. Freeman, MD |
| 10:15-10:30 AM | Question & Answer
Lee S. Cohen, MD and Marlene P. Freeman, MD |
| 10:30-10:45 AM | Break |
| 10:45-11:30 AM | Sorting Through the Data: Where do patients and providers go for information?
Ruta Nonacs, MD, PhD |
| 11:30-12:15 PM | Substance Use Disorder in Pregnancy and the Postpartum: Pharmacological Treatment
Edwin Raffi, MD |
| 12:15-12:30 PM | Question & Answer
Ruta Nonacs, MD, PhD, Edwin Raffi, MD |
| 12:30-1:15 PM | Lunch Break |
| 1:15-2:00 PM | Cognitive Behavioral Therapy for Depression, Anxiety, and OCD in the Perinatal Period
Rachel Vanderkruik, PhD |
| 2:00-2:45 PM | Common Obstetric Complications: What Every Health Care Provider Should Know
Molly Siegel, MD |
| 2:45 – 3:30 PM | Emergency Perinatal Mental Health Care
Annika Holmberg, PMHNP-BC |
| 3:30-4:15 PM | ADHD in Women: Focus on the Reproductive Years
Allison Baker, MD |

4:15-4:30 PM

Question & Answer

Rachel Vanderkruik, PhD, Allison Baker, MD, Annika Holmberg,
PMHNP-BC, Molly Siegel, MD

4:30-4:45 PM

Conclusion & Closing Remarks

Lee S. Cohen, MD and Marlene P. Freeman, MD