

PERINATAL PSYCHIATRY: FOCUS ON TREATMENT ACROSS PREGNANCY AND THE POSTPARTUM

THURSDAY, OCTOBER 15, 2026
Live-Stream

WELCOME

On behalf of the entire Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our conference: Perinatal Psychiatry: Focus on Treatment Across Pregnancy and The Postpartum.

Thank you for joining us this year.

TARGET AUDIENCE

The target audience for this event is practicing psychiatrists, primary care physicians, social workers, psychologists, nurse practitioners, licensed mental health counselors, nurses and prescribing nurse practitioners.

EVALUATION FORMS/CME/CEU CERTIFICATES

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows:

Mghcme.org/WMHPerinatal2026

QUESTIONS

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the chat box on Zoom.

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CONTACT INFORMATION

For questions or comments, please contact MGH Psychiatry Academy customer service at 866-644-7792 or mghcme@mg.harvard.edu.

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LEARNING OBJECTIVES

At the end of this educational activity, participants should be able to:

- Describe and apply the risks/benefits regarding the utilization of psychiatric medication during pregnancy, postpartum and breastfeeding context.
- Identify strategies for screening and treatment of postpartum depression.
- Discuss the presentation and treatment of postpartum psychosis; describe and assess the vulnerability for mood episodes in women with bipolar disorder and acute treatment and preventative strategies.
- Identify reliable resources for information on the reproductive safety of medications.
- Discuss the pharmacologic treatments of substance use disorders in pregnant and postpartum women.
- Discuss the pharmacologic treatments of ADHD in pregnant and postpartum women.
- Describe the research on evidence-based psychotherapy for perinatal mental health.
- Describe the treatment of emergency perinatal mental health care.

ACCREDITATION



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Massachusetts General Hospital Institute of Health Professions.

MGH IHP is accredited by the ACCME to provide continuing medical education for physicians.

Full Conference Attendance

Up to 6.75 AMA PRA Category 1 Credit™

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MGH Institute of Health Professions designates this live activity for a maximum of up to **6.75 AMA PRA Category 1 Credit™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS



The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for **6.75** Continuing Education (CE) credits for psychologists.

REGISTERED NURSES

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for up to **6.75** contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

SOCIAL WORKERS



As a Jointly Accredited Organization, MGH Institute of Health Professions is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.

Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. MGH Institute of Health Professions maintains responsibility for this course. Social workers completing this course receive **6.75** clock hours for continuing education credits.

PHARMACISTS (ACPE)



This activity provides 6.75 contact hours (6.75 CEUs) of continuing education credit. ACPE Universal Activity Number UAN JA4008265-9999-25-003-L99-P.

NOTE FOR PHARMACISTS: Upon closing of the electronic evaluation, MGH IHP will upload the pharmacy-related continuing education information to CPE Monitor within 60 days. Per ACPE rules, MGH IHP does not have access nor the ability to upload credits requested after the evaluation closes. It is the responsibility of the pharmacist or pharmacy technician to provide the

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correct information [NABP ePID and DOB (in MMDD format)] in order to receive credit for participating in a CE activity.

Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits™* associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits™* may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

PROGRAM AGENDA

THURSDAY, OCTOBER 15, 2026

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

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1:15-2:00 PM	Cognitive Behavioral Therapy for Depression, Anxiety, and OCD in the Perinatal Period Courtney Louis, 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 Courtney Louis, 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

FACULTY

COURSE DIRECTORS

Lee S. Cohen, MD (Course Director/Speaker)

Director, Ammon-Pinizzotto Center for Women's Mental Health
Perinatal and Reproductive Psychiatry Clinical Research Program
Massachusetts General Hospital

Associate Chief of Psychiatry (Philanthropy and Department Communications)

Producer/Executive Producer , More Than Blue , <https://womensmentalhealth.org/more-than-blue-documentary/>

Edmund and Carroll Carpenter Professor of Psychiatry
Harvard Medical School

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Marlene P. Freeman, MD (Course Director/Speaker)

Marlene P. Freeman, MD
Professor of Psychiatry, Harvard Medical School
Massachusetts General Hospital Department of Psychiatry
Director of Clinical Services and Associate Director,
Ammon-Pinizzotto Center for Women's Mental Health, Perinatal and Reproductive Psychiatry
Abra Prentice Foundation Chair in Women's Mental Health
Medical Director, MGH Clinical Trials Network and Institute
Editor in Chief, The Journal of Clinical Psychiatry

REVIEWERS/PLANNERS

Wanda Gonsalves, MD (CME Content Reviewer)

Retired Professor University of Kentucky College of Medicine

John Fromson, MD (COI Reviewer)

Professor of Clinical Psychiatry, Harvard Medical School
Department of Psychiatry, Mass General Brigham

Jane Pimental, MPH (Planner)

Director, Division of Professional and Public Education
Managing Director, Massachusetts General Hospital Psychiatry Academy
Massachusetts General Hospital

Susan Sprich, PhD (Psychologist Reviewer)

Director of Psychology Training
Department of Psychiatry
Massachusetts General Hospital

Joshua Thomas Spencer, PharmD (Pharmacy Content Reviewer)

Pharmacy Department, Massachusetts General Hospital

Angela Alves, LICSW (Social Work Content Reviewer)

Case Management Advanced Clinician
Spaulding Rehabilitation Hospital

Jane Davis, DNP, CRNP (Nurse Content Reviewer)

University of Alabama Medical College

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SPEAKERS

Allison Baker, MD

Child, Adolescent and Perinatal Psychiatrist
Instructor in Psychiatry, Massachusetts General Hospital
Harvard Medical School

Annika Holmberg, MS, PMHNP-BC, PMH-C

Massachusetts General Hospital
Acute Psychiatry Service

Courtney Louis, PhD

Postdoctoral Fellow, Massachusetts General Hospital and Harvard Medical School

Ruta Nonacs, MD, PhD

Staff Psychiatrist, Massachusetts General Hospital Center for
Women's Mental Health

Edwin Raffi, MD, MPH

Perinatal and Reproductive Psychiatry
Massachusetts General Hospital
Ammon-Pinizzotto Center for Women's Mental Health
Director of Mental Health
HOPE clinic for Pregnant & Postpartum Women with SUD
Instructor in Psychiatry
Harvard Medical School

Molly R Siegel, MD

Medical Director for Obstetrics and Gynecology, Mass General Health Centers
Associate Director for Obstetrics and Gynecology, MGH Center for Immigrant Health
Clinical Instructor of Obstetrics, Gynecology, and Reproductive Biology, Harvard Medical School
Division of Maternal-Fetal Medicine
Massachusetts General Hospital

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FACULTY DISCLOSURE STATEMENTS

In accordance with the disclosure policy of MGH Institute of Health Professions as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

Commercial Interest

The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit www.accme.org.

Financial relationships

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant financial relationships

ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant” financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

Conflict of Interest

Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.

The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing health care goods or services (relevant to the content of this activity) consumed by, or used on, patients:

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LEE S. COHEN, MD

Commercial Interest Example: Company X	What was received Speaker Fee	For what role? Promotional Speaker
Alkermes, Inc.; Dr. Reddy's Laboratories, Inc.; Otsuka America Pharmaceutical, Inc.; SAGE Therapeutics; Supernus Pharmaceuticals; Teva Pharmaceutical Industries Ltd.; Bristol-Myers Squibb	Research support for the National Pregnancy Registry for Psychiatric Medications	PI on the National Pregnancy Registry for Psychiatric Medications
JDS Therapeutics LLC; Luminous Minds LLC	Fee	Consultant
National Institutes of Health; The Marriott Foundation.	Research support	PI on research studies / Director of Center for Women's Mental Health at MGH
The Marriott Foundation	Funding for podcast	Executive producer on So Glad You Asked" podcast run by the center for women's mental health

MARLENE P. FREEMAN, MD

My spouse/partner and I have the following relevant financial relationship with a commercial interest to disclose:

As an employee of MGH, Dr. Freeman works with the MGH CTNI and MGH Center for Women's Mental Health, which has had research funding from multiple pharmaceutical companies and NIMH.

MGH National Pregnancy Registry:

Current Sponsors: Alkermes, Inc. (2016-Present); Bristol-Myers Squibb Company (2025-Present); Eisai Inc. (2022-Present); Otsuka America Pharmaceutical, Inc. (2008-Present); Sage Therapeutics (2019-2023, 2024-Present); Supernus Pharmaceuticals (2021-Present).

Past Sponsors: Forest/Actavis/Allergan (2016-2018, declined to sponsor: 2018-Present); Aurobindo Pharma (2020-2022, declined to sponsor: 2022-Present); AstraZeneca Pharmaceuticals (2009-2014, declined to sponsor: 2014-Present); AuroMedics Pharma LLC (2021-2022, declined to sponsor: 2022-Present); Johnson & Johnson/Janssen Pharmaceuticals, Inc (2019-2023, declined to sponsor: 2024-Present) ; Ortho-McNeil-Janssen Pharmaceuticals, Inc (2009-2014, declined to sponsor: 2015-Present); Pfizer, Inc. (2009-2011, declined to sponsor: 2012-Present); Sunovion Pharmaceuticals, Inc. (2011-2023, declined to sponsor: 2024-Present); Teva Pharmaceutical Industries Ltd. (2018-2025; declined to sponsor 2025-Present); Dr. Reddy's Laboratories, Inc. (2023-2025, declined to sponsor 2025-Present).

Updated sponsors can be found at: <https://womensmentalhealth.org/research/pregnancyregistry/>

Research through MGH: Sage, NIA, NIMH. Consulting through CTNI through MGH (included below).

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Advisory boards or consulting, Data Safety Committees/Independent Data Safety and Monitoring Committees: Janssen (Johnson& Johnson), Novartis, Neurocrine; Eliem, Sage; Brainify; Everly Health; Tibi Health; Relmada; Beckley Psytech; Bria Biotech; Reunion; Vistagen; Mycomedica.
Educational activities (speaking, planning): MGH Psych Academy, WebMD, Medscape, Pri-Med, Postpartum Support International, PRIME, HMP Global, CME Institute

All other individuals in a position to control the content of this educational activity have reported no financial relationships with ineligible companies.