

Spring 2023 - Live, Virtual Event

# Maternal Mental Health Intensive Training

## Essentials of Perinatal Psychiatry: Psychopharmacology and Psychotherapy

### Monday, March 13<sup>th</sup> • 9:00 am - Noon • 3.0 CME credits

Led by Project TEACH's expert team of reproductive psychiatrists and psychotherapists, this program is designed to enhance prescribers' skills to assess, treat and manage mental health concerns in perinatal patients. This interactive program, presented live via Zoom, will provide helpful tools and treatment strategies for psychiatric, ob/gyn and family practice clinicians to utilize with their practice.

Course modules include:

- Discussing the Risks/Benefits/Alternatives to Perinatal Psychiatric Treatment
- Use of Antidepressants and Benzodiazepines in Perinatal Patients
- Use of Mood Stabilizers and Antipsychotics in Perinatal Patients

At the conclusion of this program, learners will be able to:

1. Identify the risks of untreated and undertreated perinatal psychiatric illness.
2. Understand pharmacotherapies in pregnant and lactating patients, thereby enhancing prescriber ability to perform informed consent with their patients and recommend treatment.
3. Utilize psychotherapeutic approaches in addressing mental health needs of perinatal patients

**This CME event is at no cost to psychiatric, primary care, ob/gyn and pediatric clinicians in New York State.**

**For more information, visit our website [www.ProjectTEACHny.org](http://www.ProjectTEACHny.org) or [Click here to register today!](#)**

**Certification** - The University at Buffalo Jacobs School of Medicine and Biomedical Sciences designates this internet live activity for a maximum of **3.0 AMA PRA Category 1 credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



### 3 Follow-up Sessions on Mondays from Noon - 1 pm

Attendees of the half-day training are eligible and encouraged to participate in three, one hour follow-up sessions.  
1.0 CME for each session.

**March 20, 2023**

**“Approach to Psychotherapeutic Interventions in Perinatal Mood and Anxiety Disorders”**

**March 27, 2023**

**“Case Discussion:  
Perinatal Psychiatric Illness”**

**April 3, 2023**

**“Body Image and Eating Disorders  
in Perinatal Patients”**