

Remote access via Zoom (instructions at bottom of page)

**TARGET AUDIENCE:** Physicians, Psychologists, Psychiatric Nurse Specialists, Nurses, Social Workers, Residents & Fellows, Medical Students, Allied Mental Health Providers, and all other Healthcare providers. Grand Rounds course content is at Intermediate level.

**\*APPROVED SOCIAL WORK CEs (Upstate Employees Only)\***

**\*APPROVED PSYCHOLOGIST CEs\***

**\*APPROVED LMHC CEs\***

**DATE:** Thursday, February 5<sup>th</sup>, 2026

**\* Virtual Only \***

**TIME:** 12:30- 2:00 PM

**TITLE:** *Adaptation of Dialectical Behavior Therapy to Inpatient Psychiatry*

**SPEAKER:** Susan Sperry, PhD, Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences, SUNY Upstate Medical University

**DESCRIPTION:** Dialectical Behavior Therapy (DBT) is an evidence-based therapy for the treatment of individuals with Borderline Personality Disorder (BPD) that has also been demonstrated to have efficacy in treatment of other psychiatric conditions, including substance use disorders, eating disorders, and complex PTSD. Core components of DBT have relevance in provision of care in the inpatient psychiatric setting, as they introduce patients to skills that can reduce emotional vulnerability, tolerate/lessen emotional distress, and improve interpersonal function. Differences between the aims and processes of inpatient versus outpatient DBT will be presented and observed benefits of DBT in the inpatient setting will be explored.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Identify and understand the core components of DBT treatment
2. Contrast the aims and processes of outpatient DBT skills training to those in the inpatient setting
3. Extrapolate and discuss the benefits of brief exposure to DBT skills training for patients in the inpatient setting

**Faculty disclosure:** Dr. Sperry has no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/824931563>

**Link for CME & CE credits Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**PSYCHOPHARMACOLOGY GRAND ROUNDS**

**\*Virtual Only \***

**\*APPROVED PSYCHOLOGIST CEs\***

**\*APPROVED LMHC CEs\***

**DATE:** Wednesday February 11<sup>th</sup>, 2026

**TIME:** 12:00-1:00PM

**TITLE:** *ECT Review and Updates*

**SPEAKER:** Justin Meyer, MD, Assistant Professor, SUNY Upstate Medical University

**DESCRIPTION:** Psychopharmacology Rounds is an educational series open to faculty and trainees who wish to get together in an open, in-person seminar format to discuss treatment guidelines with a hint of neurobiology and psychopharmacology approaches to a variety of psychiatric disorders. The hope is that by organizing and leading a discussion, we as a group can ensure we are up to date and ideally on the cutting edge of medication management approaches regarding DSM disorders.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Diagnose psychiatric disorder and describe theoretical causes of psychiatric symptoms
2. Follow treatment guidelines and be aware of newer treatments available
3. Review some hypothetical cases

**Faculty disclosure:** Dr. Meyer has no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/99002094312>

**Link for CME & CE credits Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**\*FREE CME CREDITS OFFERED\***

**Credit Designation**

SUNY Upstate Medical University designates this live activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**DATE:** Thursday, February 12<sup>th</sup>, 2026

**NO GRAND ROUNDS – Department Faculty Meeting (open only to faculty members)**

**JOURNAL CLUB**

**\* HYBRID – IN PERSON @ 713 Harrison St. (TU3 2nd Floor) \***

**DATE:** Thursday, February 19<sup>th</sup>, 2026

**TIME:** 12:30- 2:00 PM

**TITLE:** *Single-Cell Patch-Clamp Proteomics of Human Alzheimer's Disease iPSC-Derived Excitatory Neurons Versus Isogenic Wild-Type Controls Suggests Novel Causation and Therapeutic Targets*

**SPEAKER: Aparajita Baral, PhD**, Graduate Student, SUNY Upstate Medical University

**ATTENDING: Wei-Dong Yao, PhD**, Professor and Vice Chair of Research of Psychiatry and Behavioral Sciences, SUNY Upstate Medical University

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Review the benefits and limitations of a novel single-cell patch-clamp/proteomics platform
2. Identify differentially expressed proteins (DEPs) linked to AD-related hyperexcitability
3. Discuss the relevance of linear regression and mediation analyses to infer casual links between proteins expression and disease phenotypes

**Faculty disclosure:** Drs. Baral and Yao have no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/824931563>

**Link for CME & CE credits Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**\*APPROVED SOCIAL WORK CEs (Upstate Employees Only)\***

**\*APPROVED PSYCHOLOGIST CEs\***

**\*APPROVED LMHC CEs\***

**DATE:** Thursday, February 26<sup>th</sup>, 2026

**\* HYBRID – IN PERSON @ 713 Harrison St. (TU3 2nd Floor) \***

**TIME:** 12:30- 2:00 PM

**TITLE:** *Predictors of Success and Educational Outcomes in an Intensive, Online Smoking Cessation Program (MINDonline)*

**SPEAKER:** **Zsuzsa Szombathyne Meszaros, MD, PhD**, Professor of Psychiatry, SUNY Upstate Medical University

**DESCRIPTION:** Nicotine dependence remains the leading cause of preventable death worldwide. The highest quit rates are achieved with intensive, multi-contact behavioral support, regardless of delivery mode (in-person or telepsychiatry). Lack of training of medical professionals is a barrier to provide such interventions. This presentation will describe MINDonline, an innovative, online smoking cessation program where medical students are the therapists providing manual based motivational interviewing. The goal of the MINDonline program (**Motivational Interviewing for Nicotine Dependence online**) is to provide evidence based, intensive, convenient and effective care for patients with nicotine dependence and to teach medical students motivational interviewing skills in an experiential, directly observed telepsychiatry setting. This presentation will describe predictors of success and educational outcomes in the MINDonline program.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. List evidence based pharmacological and behavioral interventions for nicotine dependence.
2. Predict which patients will be successful in the MINDonline program.
3. Compare medical students' educational outcomes after real patient interaction and artificial intelligence mock patient interaction.

**Faculty disclosure:** Dr. Meszaros has no financial relationship with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/824931563>

**Link for CME & CE credits Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

Please email Pamela Le to be added to our email distribution list: [lep@upstate.edu](mailto:lep@upstate.edu)

**\*\*SCHEDULES can also be found online:** <https://www.upstate.edu/psych/education/grandrounds-calendar.php>

**Grand Rounds Videos can also be found online:** <https://upstate.video.yuja.com/V/Playlist?node=58154010&a=775776232>

**Grand Rounds Committee Members:** Melissa Button, LMHC-D, NCC, Theresa Flynn, MD, Carmen Nichita, MD, Nevena Radonjic, MD, PhD, Thomas Schwartz, MD, and Susan Sperry, PhD.

**Planner Disclosures**

None of the planners have financial relationships with ineligible companies with the exception of Thomas Schwartz who is a consultant for J&J.

**Accreditation**

SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Designation**

SUNY Upstate Medical University designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Commercial Support:** No commercial support was received for any of the above sessions.

**Mitigation**

All relevant financial relationships with ineligible companies have been mitigated.

**Commercial Support:** No commercial support was received for any of the above sessions

**Continuing Education:**

SUNY Upstate Medical University, Department of Psychiatry 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 0285

Psychiatry Faculty Practice Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0336

**Instructions to join Grand Rounds via Zoom:**

**SUNY Upstate Medical Psychiatry Grand Rounds**

**is inviting you to a scheduled Zoom meeting:**

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to start or join. <https://upstate.zoom.us/j/824931563>

**Or,**

Go to <https://upstate.zoom.us/join> and enter meeting ID: **824 931 563**

Join from dial-in phone line:

Dial: **+1 646 558 8656** or **+1 408 638 0968**

Meeting ID: 824 931 563

Participant ID: Shown after joining the meeting

Participants: This meeting automatically begins recording as soon as anyone joins it, so **please mute your microphone.**

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