

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.

DATE: Thursday, April 2nd, 2026

HYBRID (713 Harrison St, 2nd floor)

TIME: 12:30- 2:00 PM

TITLE: *Culture-Bound Syndromes*

SPEAKERS: Fariha Bangash, MBBS, Saeed Shaaban, MBBS, and Mihika Nepal, MBBS, Psychiatry Residents, SUNY Upstate Medical University

DESCRIPTION: Culture-bound syndromes are sets of psychiatric and somatic symptoms that are recognized as a disease only within a specific cultural or societal context. These syndromes highlight the interplay between culture, belief systems, and mental health, offering critical insight into culturally informed diagnosis and care.

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

1. Define and differentiate culture-bound syndromes from DSM-5 recognized disorders using real-world clinical examples.
2. Analyze the sociocultural and historical contexts that shape specific culture-bound syndromes across diverse populations.
3. Apply culturally informed frameworks to evaluate and diagnose patients presenting with symptoms consistent with culture-bound syndromes.

Faculty disclosure: Drs. Bangash, Shaaban, and Nepal 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>

PSYCHOPHARMACOLOGY GRAND ROUNDS

Virtual Only

DATE: Wednesday, April 8th, 2026

TIME: 12:00-1:00 PM

TITLE: *CBT vs. Hypnotics for Insomnia*

SPEAKER: Jade Wu, PhD, DBSM, PMH-C, Clinical Assisant Professor, SUNY Upstate Medical University & Thomas Schwartz, MD, Distinguished 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. Schwartz is a consultant for J&J. Dr. Wu is a consultant for Elizachat, Nooshee, and Matress Firm as well as a speaker for TriggerHub, GDA Speakers, and MacMillian Speaker Bureau.

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, April 9th, 2026

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

DATE: Thursday, April 16th, 2026

HYBRID (713 Harrison St, 2nd floor)

TIME: 12:30- 2:00 PM

TITLE: *Nature as Medicine: New Evidence for the Practice of Forest Therapy and Practical Applications*

SPEAKERS: Stephanie Barlow, DO and Jordan Donegan, MD, Psychiatry Residents, SUNY Upstate Medical University

DESCRIPTION: The Japanese practice of Shinrin-yoku or “forest bathing” involves mindfully immersing one’s senses in nature. New evidence has emerged supporting the role of this practice in reducing physiological indicators of stress, improving mood, and enhancing cognitive function. This talk will explore recent literature and provide practical tips for integrating this practice into the clinical setting.

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

1. Appreciate the influence of mindful engagement with the natural environment on the human mind and body.
2. Recognize new evidence supporting practices of shinrin-yoku or forest bathing.

3. Describe practical ways in which to prescribe nature as medicine and tolls to use in the clinical setting.

TITLE: *When Silence Isn't Golden: Psychiatry Residents' Understanding of Legal Duties*

SPEAKER: Saaduddin Shaikh, MBBS, Psychiatry Resident, SUNY Upstate Medical University

DESCRIPTION: This topic reviews the legal and ethical responsibilities of duty to protect and duty to warn in psychiatric practice. This presentation will highlight common challenges in applying these principles, examine areas where misunderstandings may occur, and discuss strategies to strengthen clinical decision-making and risk management.

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

1. Describe the legal and ethical foundations of the duty to protect and the duty to warn in psychiatric practice.
2. Identify common clinical scenarios where misunderstandings or errors in applying these principles may arise.
3. Apply strategies to improve clinical decision-making and risk management when navigating duty to protect and duty to warn situations.

TITLE: *Benzodiazepine Withdrawal Management*

SPEAKER: Brigitte Delashmette, MD, Addiction Fellow, SUNY Upstate Medical University

DESCRIPTION: In psychiatry and other fields, we are often faced with the challenge of patients on benzodiazepine medications. This presentation will explore options and tools to help patients transition off of benzodiazepine medications.

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

1. Review risks, short term and long term side effects of benzodiazepine medications.
2. Identify other medication options to utilize when patients attempt to wean off of benzodiazepines.
3. Discuss safe taper scheduling options.

Faculty disclosure: Stephanie Barlow, DO, and Drs. Donegan, Shaikh, and Delashmette 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>

DATE: Thursday, April 23rd, 2026

HYBRID (713 Harrison St, 2nd floor)

TIME: 12:30- 2:00 PM

TITLE: *Artificial Intelligence in Psychiatry: Clinical Applications, Ethical Challenges, and Implications for Mental Healthcare*

SPEAKER: Paul Bailey, MD, Danielle Espinoza, MD, Barbara Armendariz, MD, Psychiatry Residents, SUNY Upstate Medical University

DESCRIPTION: Artificial Intelligence (AI) is rapidly transforming psychiatric practice, with the potential to become one of the most significant advances since the introduction of modern psychopharmacology. From diagnostic support and treatment optimization to psychotherapy delivery and digital mental health interventions, AI offers powerful tools to expand access and personalize care. These developments are particularly relevant in youth mental healthcare, where rising demand continues to outpace available resources.

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

1. Evaluate current evidence for AI applications in psychiatry, including diagnostic assessment, psychopharmacologic optimization, psychotherapy delivery, and youth-focused interventions.
2. Describe key clinical use cases of AI in mental healthcare, including early detection, risk prediction, personalized treatment planning, and digital therapeutic tools (e.g., conversational agents).
3. Identify risks, limitations, and ethical considerations associated with AI use, including algorithmic bias, safety concerns, and regulatory challenges.
4. Apply practical strategies for integrating AI into clinical practice in a safe, ethical, and evidence-informed manner, with attention to both adult and child/adolescent populations.

Faculty disclosure: Drs. Bailey, Espinoza, and Armendariz 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>

DATE: Thursday, April 30th, 2026

TIME: 12:30- 2:00 PM

TITLE: *Trauma and the Zero Process: Clinical and Theoretical Considerations*

SPEAKER: Joseph Fernando, MD, Training and Supervising Analyst, Toronto Institute of Psychoanalysis

DESCRIPTION: This presentation explores the mental mechanisms operative during and after trauma, conceptualized as the zero process. The paper describes, using clinical material, how trauma leads to the shut down of the usual construction the present moment, leaving memories that live on as a second reality. Many things can have a zero process form, and a number of these are described: zero process defenses, zero process objects (introjects), zero process affects, zero process symptoms, and the intergenerational transmission of trauma.

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

1. Describe the basic characteristics of the zero process and identify them in clinical work.
2. Identify zero process manifestations in affects and symptoms.
3. Review and deploy specific interpretations in relation to zero process defenses.

Faculty Disclosure: Dr. Fernando 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>

Please email Pamela Le to be added to our email distribution list: 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, Abigail Riggall, LCSW-R, 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.

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

Psychiatry Faculty Practice Inc. Is recognize by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for social workers #SW-0893.

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](tel:+16465588656) or [+1 408 638 0968](tel:+14086380968)

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**.

