



Advanced Perinatal Mental Health Psychopharmacology Training

9:00-9:15 Introductions of presenters, participants, objectives, and how workshop functions

PART 1: Antidepressants, Anxiolytics, and Hypnotics

9:15-9:30 Case 1a: PTSD and depression; untreated, key principles in prescribing antidepressants

9:30-9:45 Case 2a: GAD; preconception planning; antidepressants and risk of autism

9:45-10:00 Case 3a: Anorexia nervosa and depression; antidepressants and PNA, PPHN

10:00-10:15 Case 4a: Panic disorder; perinatal considerations for paroxetine

10:15-10:25 Case 5a: Hyperemesis gravidarum

10:25-10:35 Case 6a: OCD, intrusive thoughts, ERP

10:35-10:50 BREAK

10:50-11:05 Case 7a: Childhood sexual abuse; suicidality; breastfeeding, PTSD: prazosin

11:05-11:20 Case 8a: Insomnia; sleep aids

11:20-11:30 Case 9a: Case Study with discussion (OCD, intrusive thoughts, PTSD)

11:30-11:45 Case 10a: Case Study with discussion (Trauma, pre-eclampsia)

11:45-12:00 Case 11a: Case Study with discussion (Perinatal rage)

12:00-1:00 LUNCH BREAK

PART 2: Mood Stabilizers and Antipsychotics

1:00-1:15 Case 1b: Schizoaffective disorder; valproate

1:15-1:30 Case 2b: Bipolar disorder; preconception planning; lurasidone; FDA pregnancy risk categories

1:30-1:45 Case 3b: Lithium

1:45-2:00 Case 4b: Postpartum psychosis; mood stabilizer/antipsychotics and breastfeeding

2:00-2:15 Case 5b: Case Study and discussion (Lamotrigine)

2:15-2:30 Case 6b: Case Study and Discussion (Carbamazepine)

2:30-2:45 Case 7b: Case Study and Discussion (Schizophrenia)

2:45-3:00 BREAK

PART 3: Medication-Assisted Treatment for Substance Use Disorders

- 3:00-3:15 Case 1c: Cigarette smoking
- 3:15-3:30 Case 2c: Alcohol use disorders
- 3:30-3:45 Case 3c: Opioid use disorders

PART 4: Medications for ADHD

- 3:45-4:00 Case 1d: ADHD
- 4:00-4:30 PSI Resources and Wrap-Up