

## Women's Mental Health

**October 20, 2018**  
**8:00 am - 12:30 pm**

► **This program is free, but pre-registration is required and space is limited.**

### Registration Link:

<https://cme.utsouthwestern.edu/rp1907a-102018>

This program is open to providers in any specialty who screen, treat, and/or refer women for mental health issues. During this seminar, the focus will be primarily on mental health issues that can arise during pregnancy and postpartum.

Speakers will address the importance of screening and early detection, considerations regarding the use of psychotropics and/or psychotherapy during the perinatal period, as well as ethical considerations that may arise.

Case vignettes will be used throughout to illustrate these issues in real-world settings. Finally, a panel of experts will give summative statements regarding the cases discussed and directions for future clinical research.

Early Detection

Research Updates

Perinatal Concerns

Ethical Considerations

Treatments

Psychotherapy

### Event Location

UT Southwestern Medical Center

"D" Lecture Hall Building - DI.602

5323 Harry Hines Blvd

Dallas, TX 75390

Phone: 214.648.3138

[cmeregistrations@utsouthwestern.edu](mailto:cmeregistrations@utsouthwestern.edu)

## AGENDA

7:30-8	<b>Coffee &amp; Registration</b>	
8-8:10	<b>Introduction: Women's Mental Health</b>	Laura Howe-Martin, PhD
8:10-8:50	<b>Screening and Early Detection of Psychiatric Disorders During Pregnancy and Postpartum</b>	Meitra Doty, MD
8:50-9:30	<b>Psychotropic Medications During Pregnancy and Lactation</b>	Yaprak Harrison, MD Matan White, MD
9:30-9:45	<b>BREAK</b>	
9:45-10:30	<b>Psychotherapy Approaches in the Perinatal Period</b>	Anna Brandon, PhD, ABPP
10:30-11:45	<b>BREAK</b>	
10:45-11:45	<b>Psychiatric Ethics during Pregnancy &amp; Postpartum</b>	Geetha Shivakumar, MD, MSCS Anna Brandon, PhD, ABPP
11:45-12:30	<b>Moderated Q&amp;A Panel</b> Matan White, MD Yaprak Harrison, MD, PhD	Anna Brandon, PhD, ABPP Meitra Doty, MD Robin Jarrett, PhD, ABPP Geetha Shivakumar, MD, MSCS

## OBJECTIVES

- Describe current research on conditions such as anxiety disorders, trauma and stressor related conditions and substance use disorders, as applied to pregnancy and postpartum.
- Identify risks and benefits of psychotropic medications during the perinatal period.
- Describe at least one situation for which psychotherapy may be implemented to treat psychiatric conditions during the perinatal period.
- Identify at least 2 ethical challenges associated with psychiatric treatment during the perinatal period.

## CREDIT DESIGNATION

### Accreditation

The University of Texas Southwestern Medical Center is accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** to provide continuing medical education for physicians.

The University of Texas Southwestern Medical Center designates this live activity for a maximum of **4.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

"Psychiatric Ethics during Pregnancy & Postpartum" has been designated by The University of Texas Southwestern Medical Center for 1 credit hour in medical ethics and/or professional responsibility.

UT Southwestern Medical Center can provide professional development per the Texas State Board of Examiners of Psychologists per TSBEP rule 461.11. This activity is designated for 4.0 hours of professional development. *Please Note: Texas State Board of Examiners of Psychologists does not pre-approve professional development credit. It is therefore the responsibility of the licensee to submit their attendance certificate and associated materials to the Texas State Board of Examiners of Psychologists for consideration of credit toward licensure renewal as applicable.*

UT Southwestern Medical Center is not an authorized provider of CE by the Behavior Analyst Certification Board. However, per the BACB, *completion or instruction of a seminar, colloquium, presentation, conference event, workshop, or symposium not authorized by the BACB is considered a Type 3 event and can be counted toward CE requirements only if related directly to the practice of behavior analysis. A maximum of 25 percent of the total required number of hours of continuing education may be applied from this category during any certification cycle. Required documentation for Type 3 CE is an attestation signed and dated by the certificant.*

UT Southwestern Medical Center has automatic status as an approved provider of continuing education credits for social workers per the Texas State Board of Social Work Examiners rule 781.511(c). This activity is designated for 4.0 hours of continuing education. *Please Note: Regarding entities that receive automatic status as approved providers under this section, the Texas State Board of Social Work Examiners will not provide documentation of board-approved status nor will the board include such entities in its roster of board-approved providers.*



## SPEAKER BIOGRAPHIES

### Course Co-Directors

**Laura Howe-Martin, PhD** Associate Professor at UT Southwestern Medical Center, and Associate Director of Continuing Education in the Department of Psychiatry

**Adam Brenner, MD** Professor and Distinguished Teaching Professor at UT Southwestern, and Director of Residency Training and Vice Chair for Education in the Department of Psychiatry

**Meitra Doty, MD** Dr. Doty has been an Assistant Professor in the UT Southwestern Department of Psychiatry since 2013. She completed medical school at the University of Oklahoma, followed by psychiatry residency at UT Southwestern. Dr. Doty supervises psychiatry residents at the Parkland Outpatient Psychiatry Clinic and the Women's Mental Health Track. She is the psychiatrist for the Parkland Postpartum Depression Clinic and the Parkland Victim Intervention Program. She also serves as the psychiatry consultant/liaison in the Parkland Maternal Fetal Medicine clinic, and is the psychiatry representative member of the Texas Department of State and Health Services "Maternal Mortality and Morbidity Task Force."

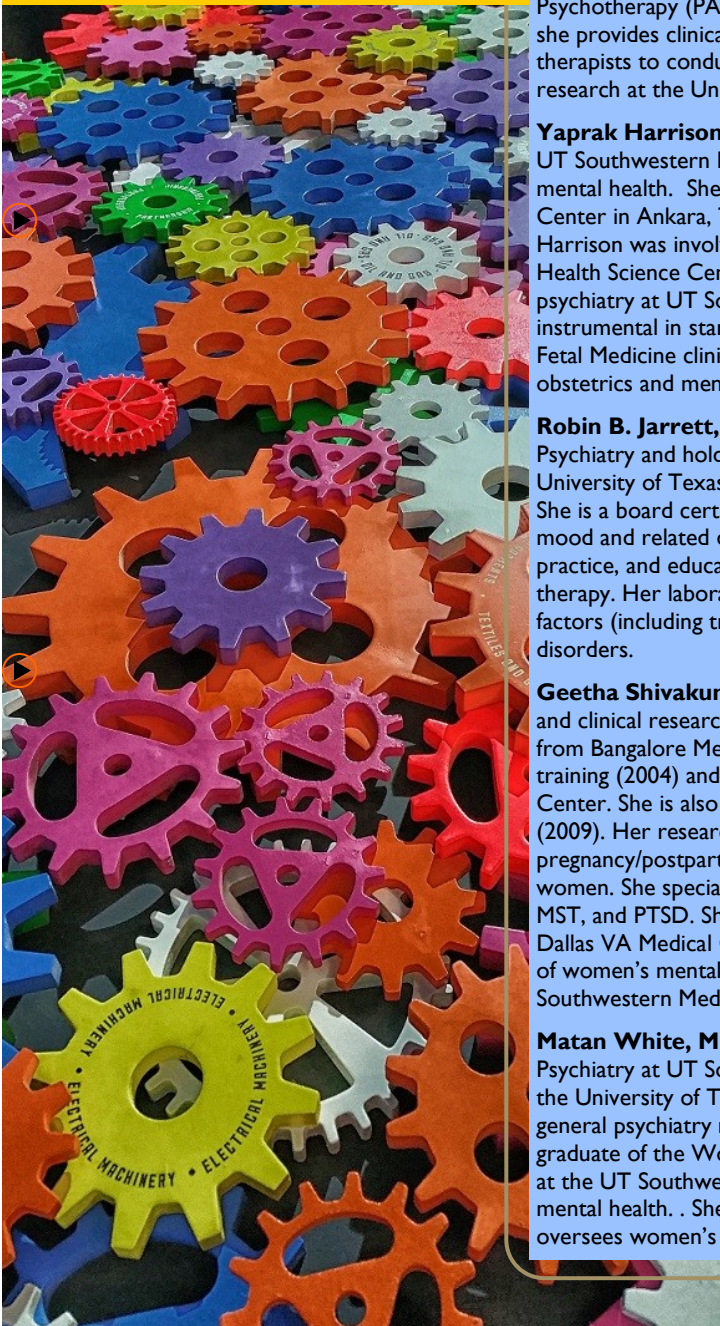
**Anna R. Brandon, PhD, MS, ABPP** Dr. Anna Brandon is a board-certified clinical psychologist in private practice in Southlake, TX. Dr. Brandon completed her doctoral training at the UT Southwestern Medical Center, and subsequently received a Master of Science in Clinical Science as an NIH-funded Clinical Scholar. As an Assistant Professor at UT Southwestern, she assisted in the development of the development of a free standing Women's Mental Health Center, and was awarded early career development award from the NIH to develop Partner-Assisted Interpersonal Psychotherapy (PA-IPT) for perinatal mood disorders. Alongside her private practice, she provides clinical supervision for graduate students at UT Southwestern, trains therapists to conduct Interpersonal Psychotherapy (IPT), and collaborates in IPT research at the University of Iowa.

**Yaprak Harrison, MD, PhD** Dr. Harrison is an Associate Professor of Psychiatry at UT Southwestern Medical Center with a special interest in women's wellness and mental health. She received her medical degree at Hacettepe University Medical Center in Ankara, Turkey, and went on to obtain a Ph.D. in pharmacology. Dr. Harrison was involved in psychopharmacology research at University of North Texas Health Science Center in Fort Worth before completing her residency training in psychiatry at UT Southwestern Medical Center and joining faculty in 2001. She was instrumental in starting a wellness and mental health clinic at Obstetrics and Maternal Fetal Medicine clinic at UT Southwestern where women can be seen for both their obstetrics and mental wellness needs.

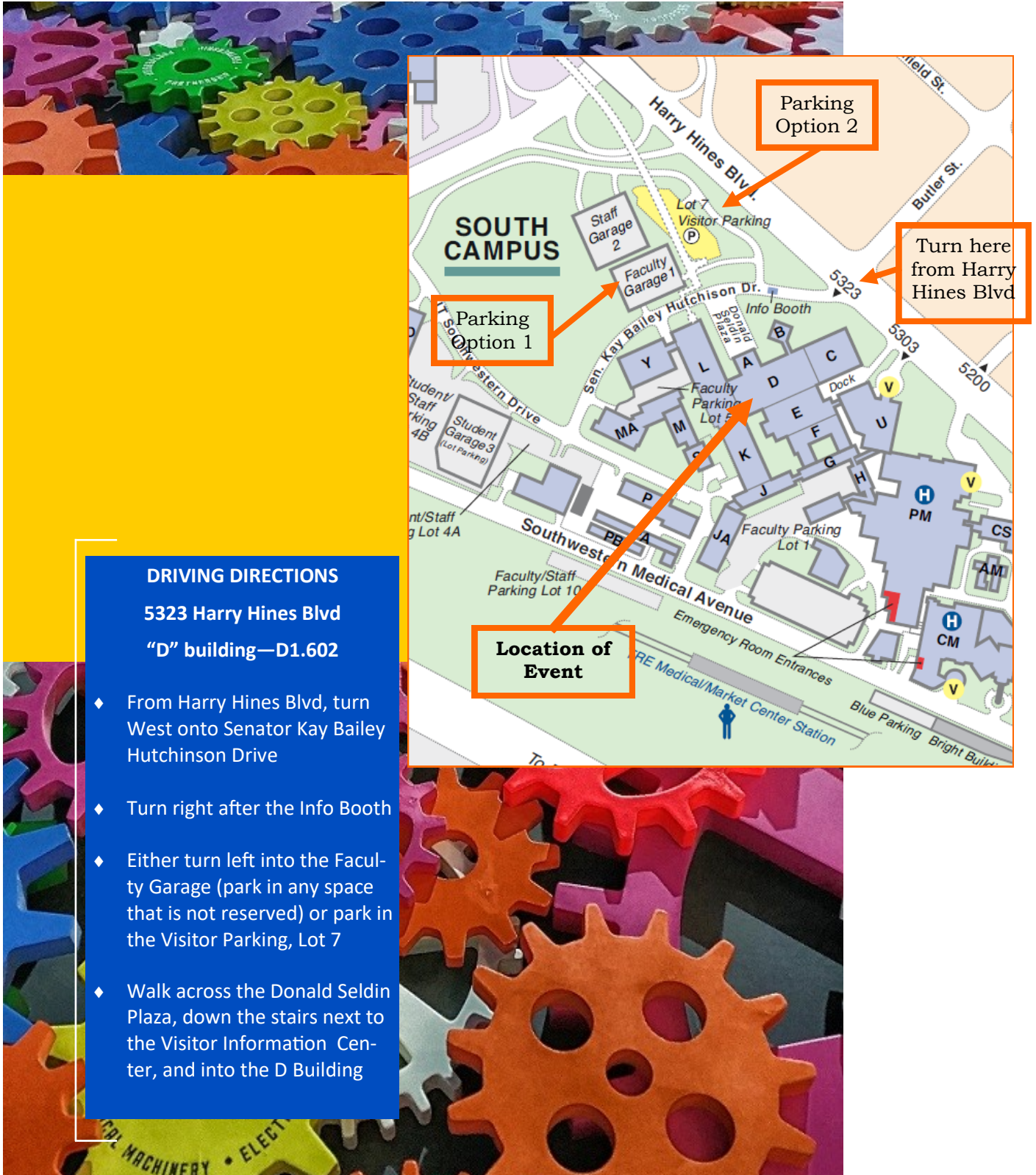
**Robin B. Jarrett, PhD, ABPP** Robin B. Jarrett, Ph.D., ABPP is Professor of Psychiatry and holds the Elizabeth H. Penn Professorship in Clinical Psychology at the University of Texas Southwestern Medical Center, where she has spent her career. She is a board certified clinical psychologist whose research and clinical expertise is in mood and related disorders. Dr. Jarrett is internationally known for research, practice, and education in psychosocial intervention, particularly cognitive-behavioral therapy. Her laboratory focuses on evaluating the role of psychological and social factors (including treatment) to improve health for patients with mood and related disorders.

**Geetha Shivakumar, MD, MSCS** Dr. Shivakumar is a board-certified psychiatrist and clinical researcher in women's mental health. She obtained her medical degree from Bangalore Medical College, India, completed her general psychiatry residency training (2004) and T32 research fellowship (2006) at UT Southwestern Medical Center. She is also a graduate from UT Southwestern's Clinical Scholars program (2009). Her research work focuses on impact of reproductive events (such as pregnancy/postpartum, menopausal transition) on mood and anxiety disorders in women. She specializes in treating women Veterans with traumatic stress disorders, MST, and PTSD. She is involved in teaching and other educational activities at the Dallas VA Medical Center and UT Southwestern Medical Center. She is the Director of women's mental health track of general psychiatry residency program at UT Southwestern Medical Center

**Matan White, MD** Dr. Matan White is an Assistant Professor in the Department of Psychiatry at UT Southwestern Medical Center. She obtained her medical degree from the University of Texas Health Science Center at San Antonio, and completed her general psychiatry residency at UT Southwestern Medical Center. She is a former graduate of the Women's Mental Health track, and currently provides clinical services at the UT Southwestern Psychiatry Outpatient Clinic with specialization in women's mental health. She is actively involved in teaching medical students and residents, and oversees women's mental track resident training and education.



# Driving & Parking Directions



**DRIVING DIRECTIONS**  
5323 Harry Hines Blvd  
"D" building—D1.602

- ◆ From Harry Hines Blvd, turn West onto Senator Kay Bailey Hutchinson Drive
- ◆ Turn right after the Info Booth
- ◆ Either turn left into the Faculty Garage (park in any space that is not reserved) or park in the Visitor Parking, Lot 7
- ◆ Walk across the Donald Seldin Plaza, down the stairs next to the Visitor Information Center, and into the D Building