UCSF Office of Continuing Medical Education

10th Annual Bay Area

Reproductive Mental Health Conference

FRIDAY, NOVEMBER 13, 2026

Education | Collaboration | Advancing Care for Individuals and Families

TIME *(Pacific Time)*	SESSION	SPEAKER(S)
8:00 - 8:30 AM	**Check-in and Registration**	
8:30 - 8:45 AM	**Welcome Remarks**	Patricia Robertson, MD Anna Glezer, MD
8:45 - 9:30 AM	**Body Image/Eating Disorders Perinatal/Postpartum**	Jessica Lief, LCSW Ali Starling, CNM, PMHNP
9:30 - 10:15 AM	**Hot Topics in Psychiatry**	Sinmi Bambose, MD
10:15 - 10:30 AM	**Break**	
10:30 - 11:15 AM	**Reproductive Environmental Health and Managing Anxiety**	Amy Padula, MD Theresia Oklan, PhD, PMH-C
11:15 AM - 12:00 PM	**Asian Perinatal Mental Health**	Lucia Cheng, MD
12:00 - 1:00 PM	**Networking Lunch** *(Bring your own lunch or pre-purchase a boxed lunch by 10/31)*	
1:00 - 1:10 PM	**Introduction to Rapid Fire Sessions**	Gowri Aragam, MD
1:10 - 1:30 PM	***Rapid Fire Session:*** **Ketamine as an Emerging Treatment for Postpartum Depression**	Suegee Tamar-Mattis, DO Celeste Monnette, LCSW
1:30 - 1:50 PM	***Rapid Fire Session:*** **Integrating Paternal Mental Health into Perinatal Care: Implications for Maternal Wellbeing, Infant Development, and Family Systems Functioning**	Maryke van Zyl, PhD
1:50 - 2:10 PM	***Rapid Fire Session:*** **Why Can't She Sleep? Understanding the Sleep Effort Trap in Reproductive Psychiatry**	Nishi Bhopal, MD
2:10 - 2:30 PM	***Rapid Fire Session:*** **Perinatal Mental Health in Autistic Women: Sensory Realities, Sexuality, Transition to Motherhood**	Shaina Adelstein, LCSW
2:30 - 2:45 PM	**Discussion of Rapid Fire Sessions**	Gowri Aragam, MD
2:45 - 3:00 PM	**Break**	
3:00 - 3:45 PM	**Recognition and Diagnosis of Postpartum Psychosis and Forensic Implications Discussion**	Patricia Robertson, MD Anna Glezer, MD Rachel Troutman, Staff Attorney
3:45 - 4:00 PM	**Closing Remarks**	Gowri Aragam, MD Anna Glezer, MD
4:00 - 5:40 PM	**OPTIONAL (non-CME) for in person attendees:** **Film Screening: *Baby Doe***	
6:00 - 7:00 PM	**OPTIONAL (non-CME) for in person attendees:** **Film Discussion & Networking Dinner at SF Kebab** *(pay on your own)*	



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