

# ***Marce' of North America Newsletter***

September 2022



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

---

## **MONA Education Committee and Research Taskforce: SEEKING VOLUNTEERS**

**Interested in joining MONA's Research Taskforce?**

Please let us know by emailing [Marce@meetingachievements.com](mailto:Marce@meetingachievements.com)! MONA's Research Taskforce will be identifying projects that can be conducted by MONA's members that will help influence the standard of maternal mental health care. Please join us!

The MONA Education Committee is seeking volunteers to serve on two subcommittees, one on educational scholarship and another on advocacy and subspecialty recognition. Interested members should email [reprotaskforce@gmail.com](mailto:reprotaskforce@gmail.com) and indicate which group they are interested in.



The International  
Marcé Society  
for Perinatal Mental Health

---



The International  
Marcé Society  
for Perinatal Mental Health

The International Marcé Society **Conference**  
**19th-23rd September 2022** London • UK  
<https://bit.ly/Marce2022>





## September Paper of the Month: Amanda Koire MD, PhD

Author: Amanda Koire, MD, PhD

[AKOIRE@bwh.harvard.edu](mailto:AKOIRE@bwh.harvard.edu)

**The Paper:** [Sagué-Vilavella et al. \(2022\). Obstetric outcomes regarding the use of lithium in pregnant women with bipolar disorders: A prospective cohort study.](#)

**The Problem:** For women with bipolar disorder, lithium is the most evidence-based medication for maintaining mood stability in the peripartum. However, some studies have linked lithium use in pregnancy to obstetric outcomes including higher rates of preterm birth, increased birth weight, and neonatal readmissions. Yet, bipolar disorder itself has also been associated with obstetric outcomes including preterm birth, caesarian sections, and small for gestational age neonates. Ultimately, the body of literature addressing the potential influence of lithium on obstetric outcomes is limited and would benefit from additional examination.

**The Study:** The prospective cohort study assessed 100 pregnant women meeting DSM criteria for Bipolar I or Bipolar II disorder, enrolled between 2005-2017 under the same protocol, 53 of whom used medication regimens while pregnant that incorporated lithium and 47 of whom did not. For those on lithium, levels were maintained at 0.6-0.9 mEq/L throughout pregnancy. No subjects took valproate, but participants in both groups may have used other psychopharmacologic medications. In the lithium-exposed group, the majority used lithium as monotherapy, while in the non-exposed group ~1/3 took no psychotropic medications at all while another ~1/3 utilized monotherapy of a different mood stabilizer.

**The Findings:** Apgar scores were significantly lower at 1 and 5 minutes in neonates born to the lithium-exposed group. Obstetric outcomes during pregnancy and labor and delivery were not significantly different between the two groups. No significant differences were found in rates of congenital anomalies, though the study was not sufficiently powered to detect rare events.

**Comments:** This study provides an additional data point for the literature that suggests that there are not grossly different obstetric outcomes during pregnancy or labor and delivery for women with bipolar disorder who are treated with lithium compared to those who are not. The study did not address whether there was a differential rate of psychiatric decompensations between the two groups, but prior studies have convincingly demonstrated high rates of clinical worsening when bipolar disorder is not treated during pregnancy. The study does not rule out the possibility of statistical differences in the likelihood of rare events or of smaller differences in rates of more common events. The finding of poorer Apgar scores after birth in the

lithium-exposed group is consistent with what has been demonstrated in the literature, and while this particular study does not follow neonates past birth, other work suggests no differences in neurodevelopmental outcomes in children who were lithium-exposed versus non-exposed during gestation. On the whole, this study provides additional support for the relative safety of lithium use during pregnancy that may be considered when discussing risks and benefits of treatment with patients.





## **MEMBER OF THE MONTH : Jennifer Felder PhD**

Jennifer Felder, Ph.D.

Assistant Professor

Department of Psychiatry and Behavioral Sciences

Osher Center for Integrative Health

University of California, San Francisco

1545 Divisadero St, Suite 301

<http://profiles.ucsf.edu/jennifer.felder>

### **1. What is your current professional role?**

I'm an assistant professor in the Department of Psychiatry and Behavioral Sciences and Osher Center for Integrative Health at University of California, San Francisco.

### **2. What drew you to the field of Perinatal Mental Health?**

As a college student, I was passionate about psychology and gender studies, and I got to combine these interests as a graduate student in Sona Dimidjian's lab studying women's mental health. I conducted clinical interviews for a trial studying whether mindfulness-based cognitive therapy prevents perinatal depression, and I became totally captivated by this population of pregnant and postpartum people. I was inspired by their strong motivation to engage in behaviors to promote their mental health and galvanized by the unique challenges they faced – stigma, competing demands on their time and energy, and difficulty making data-driven decisions about treatments due to exclusion from clinical trials.

### **3. What is your current research involvement?**


I spend 90% of my time on research, working on three main projects. First, I am leading an NIMH-funded randomized trial evaluating whether treating prenatal insomnia prevents perinatal depression. We will begin recruitment for this nation-wide, fully-remote trial in the fall. More info here: [prismstudy.ucsf.edu](http://prismstudy.ucsf.edu).

Second, I am leading an NCCIH-funded pilot randomized trial evaluating the acceptability and feasibility of a mindfulness-based intervention for improving prenatal sleep quality. This intervention was designed for pregnant people with poor sleep quality who might not meet the clinical threshold for insomnia. Our hypothesis is that learning mindfulness skills to cope with discomfort and to calm a busy mind may improve sleep. We just finished data collection and will begin analyses soon. More info here: [rise.ucsf.edu](http://rise.ucsf.edu).

Finally, I am a co-investigator on a PCORI-funded trial comparing the effects of group prenatal care versus individual prenatal care on mental health outcomes in a low-income, primarily Latinx population.

### **4. What does a typical work day look like for you-including before and after work?**

I'm usually up by 7am and then get my two sons up and dressed. They are nearly 2 years and 3.5 years old. My husband makes us breakfast. My 3.5 year old figured out our espresso machine and



loves making us Americanos. Then, we all eat together. I can't say that these breakfasts are a peaceful start to my morning, but I enjoy them. We clean and play until our nanny arrives at 8:30.

I work mostly remotely. At the beginning of the pandemic, we moved to Santa Barbara to be closer to my family. I travel to UCSF monthly, and more as needed. So, most days, I head to my home office and have a mix of Zoom meetings with my team and writing time. One afternoon a week, I provide cognitive behavioral therapy for insomnia to adults in our sleep clinic.

I end my workday at 4pm, exercise until 5pm, then take over with the kids at 5:30pm. Typically my husband makes and cleans up dinner, while I play outside with the kids. They're now getting to an age where they can play nicely together – which gives us some time to chat. We eat dinner together. Kids go down at 7:30, then we might work a bit more, catch up with each other, watch tv, or scroll social media (if I'm being honest). I have a solid and indulgent wind-down routine before bed – bath, skincare, reading.

#### **5. What are you most excited about in your current work?**

I love the day-to-day work of research – writing grants, designing and implementing studies, analyzing data, and working with my team – and I am most excited by the possibility that our work could have intergenerational impacts.

#### **6. What's one of the most important things you've learned from a mentor or role model?**


Anytime I'm struggling with balancing my personal life with work, I call my graduate mentor Sona Dimidjian. She helps me keep things in perspective. For example, after my first son was born, I agonized about returning to work. I didn't feel ready. It took me a long time to get pregnant with him and I was savoring our time together. I wanted to request an extension to my leave but was so worried about how it might affect my career. I called Sona and she said, "In the grand scheme of things, taking more leave could mean *everything* to you and your son, and it really won't make a difference for your career long-term." That was just what I needed to hear, and she was right.

#### **7. What are your favorite things to do outside of work?**

We have electric bikes that we love to ride on the weekends. We enjoy swimming in the pool, going to the beach, hiking, and spending time with my family.

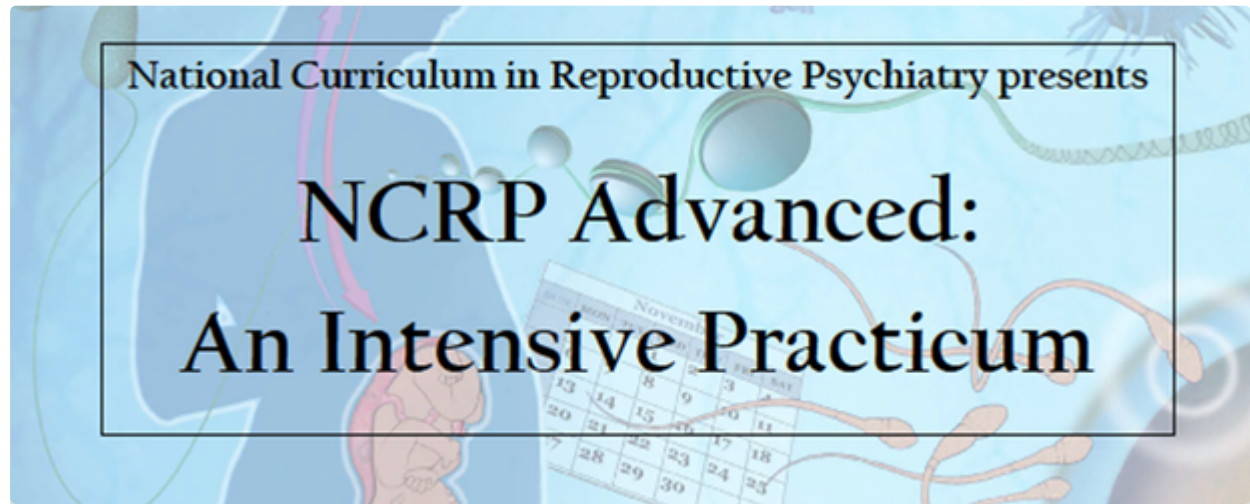
#### **8. What is the most interesting book, podcast, TV series, or movie you've encountered in the past year?**

I'm slowly making my way through the audiobook of Jonathan Franzen's *Crossroads*. Current family favorite are *Skater Cielo* and *Love Makes a Family*.





# NATIONAL CURRICULUM IN REPRODUCTIVE PSYCHIATRY



## **NCRP Advanced REGISTRATION LIVE! October 7th-9th - CMEs Available**

The [registration website](#) for the NCRP Advanced IN PERSON Practicum is now **LIVE!!**

The practicum will feature two MONA members Lauren Osbourne and Sarah Nagle-Yang. Please see the attached agenda [here](#).

Flyer attached and link below:

<https://web.cvent.com/event/30fd81fa-d790-4a0b-ac86-d5fdc972aac2/summary>

Hope to see you in Pittsburgh!



NCRP Advanced Flyer - 8-2-22.pdf

[Download](#)

457.4 KB





## University of Virginia: Recruiting Junior Faculty Psychiatrist

University of Virginia Psychiatry Department is recruiting a junior faculty psychiatrist interested in joining the Reproductive Psychiatry Research Program. The successful candidate will be mentored by Dr. Jennifer Payne and will have both clinical and research time to grow an academic career. Please contact Dr. Payne at [jjp4n@virginia.edu](mailto:jjp4n@virginia.edu) to learn more information.

## Internship Opportunity for a Full-time or Part-time Masters or Doctoral level therapist

The internship is in a well-established group practice in Evanston, IL that specializes in Perinatal Mental Health, Adolescence, and Addiction, along with the general population of anxious and depressed clients.

The therapist can set their own hours, do virtual and in-person sessions, can assess and treat the full range of clients, including adolescents, adults, couples and families.

The on site supervisor will provide weekly individual and group supervision - the supervision is psychodynamic, Jungian, interpersonal, feminist and cognitive behavioral.

- There is an opportunity to be trained in:
- Perinatal Mood and Anxiety Disorders
- Sand Tray Therapy
- Forensic work with postpartum psychosis.

The supervisor does all the billing, will generate referrals, and facilitate networking and advertising. Pay is competitive, and there is an option for benefits. This internship can help an intern build a caseload to take with them at its completion.

### Send CV and cover letter to

Brooke Laufer, Psy.D. [www.drbrookelaufer.com](http://www.drbrookelaufer.com) [brookerlaufer@gmail.com](mailto:brookerlaufer@gmail.com)

847-440-7361

## Medical Director Women's Psychiatry & Behavioral Health – Pittsburgh, PA

### Physician Recruitment

The **Allegheny Health Network (AHN), Behavioral Health Institute** is seeking a Medical Director for its Women's Behavioral Health program. Join and lead a multidisciplinary team offering a dynamic array of services: individual outpatient treatment for perinatal mood and anxiety disorders, a mother-baby intensive outpatient program, a mothers of color group, consult-liaison psychiatry, infant and toddler



development and implementation of new policies and procedures, while collaborating with Institute leadership to implement operational changes to improve patient quality and safety. Be part of a vertically-integrated fiscal and clinical delivery system that is revolutionizing behavioral health service models, providing evidence-based treatments, and measurement-based care.

CV's and direct inquiries can be sent to:

Rachel Atchison – Manager Physician Recruitment

[Rachel.Atchison@ahn.org](mailto:Rachel.Atchison@ahn.org), 412-335-0644



MD Director Womens Pittsburg.pdf

 Download

148.1 KB

The logo for Baylor College of Medicine, featuring the text 'Baylor College of Medicine' in a white serif font on a dark blue square background.

Baylor  
College of  
Medicine

## **Baylor College of Medicine Department: Hiring for Psychologist with women's mental health**

Hello!

I have an announcement for the September newsletter about a job opening we have at The Baylor College of Medicine Department of Ob/Gyn, Division of Reproductive Psychiatry. We are searching for a psychologist with specialization in women's mental health to work in a multi-disciplinary clinic for perimenopausal women. The psychologist would be part of our division and work in collaboration with psychiatrists, psychologists and mental health specialists. I have attached the job description as a word document. The job posting website is <https://jobs.bcm.edu/job/Houston-Obstetrics-&-Gynecology-Assistant-Professor-Texa/807070300/>

Karen Horst, MD  
Assistant Professor  
Interim Chief  
Division of Reproductive Psychiatry  
Department of Obstetrics & Gynecology  
Baylor College of Medicine  
Assistant: Alissa Castro  
Medical Director  
The Women's Place  
The Menopause Center  
Center for Reproductive Psychiatry  
The Pavilion for Women  
Texas Children's Hospital  
832-826-5281



Menopause Center psychology position.docx

 Download

40.1 KB



## Attention Social Workers!

Hello MONA Members,

We are looking to hire two social workers as behavioral care managers within an OB/GYN collaborative care program in New York. The job description is attached – look forward to hearing from any interested candidates!

Lauren M. Osborne  
Vice Chair for Clinical Research  
Department of Obstetrics & Gynecology  
Weill Cornell Medicine  
525 E. 68th St., M-706  
New York, NY 10065  
Phone: (212) 746-3154  
Email: [lmo2003@med.cornell.edu](mailto:lmo2003@med.cornell.edu)



Behavioral Care Manager\_LMO contact\_08.12.22.docx

 Download

16.8 KB



## **HIRING: Postdoctoral Fellow, Osborne Lab**

The Psychoneuroimmunology of Pregnancy and Postpartum (PIPPI) Laboratory focuses on clinical and translational studies of the biological mechanisms of affective and anxiety disorders at times of reproductive transition, with a special focus on the immune system. Our lab investigates changes in immune functioning across pregnancy and postpartum and how those changes may be associated with the development or exacerbation of psychiatric illness. We focus on analysis of peripheral cytokines, flow cytometry to examine immune cell counts, stimulation of cells to measure cytokine response, and extracellular vesicle communication. We also work on related systems, including the metabolism of neuroactive steroids and their relationship to GABA-A receptor configuration, as well as maternal physiological measures such as heart rate variability and skin conductance. All of our research is conducted in humans and we work in close collaboration with several basic science labs and with colleagues in neuroimaging. We are looking for a talented postdoctoral scientist to take on an active leadership role in the growth of our laboratory, particularly in the area of conducting immune analyses.

There will be extensive opportunities for career development including mentoring and leading research projects, presenting original research at meetings and national/international level conferences, publications, and writing grant applications. The lab is located in the E Building of 1300 York Avenue in the Department of Obstetrics & Gynecology at Weill Cornell Medicine in New York City, NY.

**Job Requirements:** We are looking for motivated scientists to join our fast-paced and growing team. Candidates should have the ability to work independently as well as in a collaborative research team. The candidate is expected to have strong written and verbal communication skills, an ability to establish clear goals and organize and prioritize work, and the ability and willingness to work with a diverse team of clinicians and scientists, including postdocs, students, and technicians.

**Required Experience:** Ph.D. with expertise in immunology, molecular biology, or neuroscience. Experience in techniques related to immunology such as flow cytometry, imaging, molecular biology and animal models of inflammation, multiplex cytokine analysis, cell stimulation, basic immunology techniques (ELISA, cytokine detection by ELISAs and multiplex), qPCR, are desirable. Strong statistical skills and skills in interpretation and analysis of data are crucial.

Exceptional candidates who have these skills and a master's degree with appropriate experience may also be eligible.

Please send a cover letter, CV, and the name of 3 references to:

[lmo2003@med.cornell.edu](mailto:lmo2003@med.cornell.edu)



## UMass Chan Fellowship in Early Relational Health

Dear Colleagues,

We are delighted to share the Infant-Parent Mental Health Fellowship recently became part of our Lifeline for Families Center at UMass Chan Medical School. It also being rebranded as the Fellowship in Early Relational Health. The Core Faculty and Chief Faculty, Ed Tronick, of the Fellowship will continue to support an interdisciplinary cohort of Fellows in the same dynamic program – now in hybrid format - scheduled to begin in September 2022!

The [UMass Chan Fellowship in Early Relational Health](#) is an exceptional, comprehensive 18-month hybrid training program in early relational health research, theory, assessment, and relationship-based interventions. The mission of the Fellowship is to enhance the knowledge base of professionals supporting society's most vulnerable children and families, understanding cutting edge assessments and 2-generation dyadic relationship-based interventions that improve the mental health and well-being of caregivers and close the gap in young children's development and provide resilience to overcome adversities from trauma, poverty, and systemic racism. This dynamic, interdisciplinary group of Fellows learn from world-luminaries in the field in both in-person and remote learning sessions over the course of 18 months. For more information, please contact Dorothy Richardson at [Dorothy.Richardson@umassmed.edu](mailto:Dorothy.Richardson@umassmed.edu). More information is below and attached. Please also pass along to your colleagues.

Best,

Nancy

Nancy Byatt, DO, MS, MBA (she, her, hers)

Executive Director, Lifeline for Families Center & Lifeline for Moms Program

Professor with Tenure of Psychiatry, Obstetrics & Gynecology and Population & Quantitative Health Sciences

Medical Director, MCPAP for Moms

<https://www.umassmed.edu/lifeline4moms/ERH>



UMassMed ERH Brochure.pdf

 Download

462.8 KB



## Hiring for Psychiatric NP

Fellow MONA Members,

I am advising Hey Jane, a women's telehealth startup that is focused on increasing access to stigmatized but critical health care, expand its primary focus on medical abortion care into their second vertical: Perinatal Mental Health Care!

Please see attached Job Description for a Psychiatric NP and forward along to anyone you think may be interested.

Best,

Jessica Vernon

--

Jessica Vernon, MD, FACOG (She/Her)

[OB/GYN NYU Langone Faculty Group Practice](#)

Empowering Moms at [Metamorphosis to Mom](#)

[LinkedIn](#) | [Substack](#) | [Instagram](#)



Psych NP Job Description .pdf

[Download](#)

70.8 KB



## Article on Perinatal Depression and Psychosis by Brooke Laufer, Psy.D.

<https://www.tandfonline.com/doi/abs/10.1080/00332925.2021.1959219>

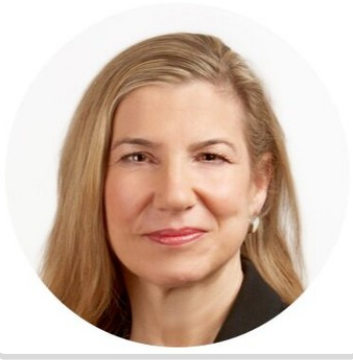
Brooke Laufer, Psy.D.

847-440-7361

[www.drbrookelaufer.com](http://www.drbrookelaufer.com)

Women's Reproductive Mental Health Specialist

Evanston, IL



## The transition to parenthood in obstetrics : Enhancing prenatal care for 2 generation impact

Several MONA members, obs and psychologists, published a recent paper envisioning an enhanced prenatal care environment – similar to that in pediatrics – for added two generation impact, which a big emphasis on maternal mental health.

Catherine Monk, Ph.D.

Diana Vagelos Professor of Women’s Mental Health Director,  
Women’s Mental Health @Ob/Gyn Department of Obstetrics &  
Gynecology Professor of Medical Psychology Department of  
Psychiatry Columbia University Vagelos College of Physicians and  
Surgeons Research Scientist VI New York State Psychiatric Institute  
622 West 168th St., PH15–1540H  
(630 West 168th Street, PH1540H for mail) New York, NY 10032  
917-543-6031



Transition to Parenthood in Ob 2 Gen Impact.pdf

[Download](#)

322.3 KB



## WELCOME TO OUR NEW MEMBERS for 2022!

### TRAINEE MEMBERS:

**Kathryn Abell, DO**

Women's Mental Health Fellow  
Northwestern

**Nahlah Aljuaid, MD**

Resident  
WVU

**Shelby Alsup PhD**

PhD Clinical Psychology Student  
Pacific University

**Molly Arnold**

Clinical Psychology Student  
University of Rochester

**Elisabeth Bernhardt RN, BSN**

Registered Nurse/Graduate Candidate  
University of North Carolina-Chapel Hill

**Timothy Burkhalter**

Doctoral candidate  
University of South Carolina Columbia

**Zola Chihombori Quao**

Resident physician  
University of California, Davis

**Megan Cleary, DO, MA**

Psychiatry Resident, PGY2  
The University of Kansas

**Katherine Crist , MD**

Resident  
Boston Medical Center

**Colleen Doyle, PhD**

Postdoctoral Fellow  
University of Minnesota

**Oluwatoni Eletu B.Sc., BMBS, FRCPSC**

Perinatal Psychiatry Fellow  
Women's College Hospital

**Zoe Frankel, MD**

Fellow  
NYU Langone School of Medicine

**Sarah Haugen**

Viterbo University

**Annie Hart, MD**

Perinatal Psychiatry Fellow  
The Motherhood Center

**Mariann Howland**

Doctoral student  
Institute of Child Development  
University of Minnesota

**Elizabeth Hur, MD**  
Fellow  
LAC+USC Medical Center

**Elena Jordan, MD**  
Resident psychiatrist  
USC

**Jacquelyn Knapp, MD**  
Psychiatry resident  
Oregon Health & Science University

**Jennifer Laflamme, DO**  
Resident psychiatrist  
Advocate Lutheran General Hospital

**Patricia Eshleman Latimer, MD**  
Resident Physician  
University of Cincinnati/UCMC Psychiatry Residency

**Andrea McFerren, DO**  
Psychiatry Resident  
Pine Rest Christian Mental Health Services

**Alejandra Muñoz, MD**  
Resident Psychiatrist  
Pine Rest Christian Mental Health Services/Michigan State University

**Nona Nichols MD**  
Consultation-Liaison Psychiatry Fellow  
University of Pittsburg Medical Center

**Kieran O'Donnell**  
Assistant Professor  
Yale

**Tolu Odebunmi MD, PhD**  
Resident physician  
University of Minnesota

**Madison Pomerantz, MD**  
Psychiatry resident  
Brown University/Butler Hospital

**Karina Sanders**  
Psychiatry resident  
University of Arkansas for Medical Sciences

**Chloe Sharp MD**  
Psychiatry Resident



Brown University

**Megan Shedd MD, MPH**

Psychiatry Resident  
The University of New Mexico

**Lauren Shuffrey PhD**

Associate Research Scientist  
Columbia University Medical Center

**Marissa Sbrilli**

PhD student in Clinical-Community Psychology PhD program  
University of Illinois, Champagne Urbana

**Mara Sigalos-Rivera MD**

Psychiatry resident  
University of Southern California

**Allison Sparpana**

Clinical Research Coordinator  
Nathan Kline Institute for Psychiatric Research  
University of Michigan

**J. Stewart, PhD**

Postdoctoral Fellow of Primary Care Research in Medicine  
Weill Cornell Medicine

**Neisha Voight MD**

Psychiatry Resident - PGY-4  
Columbia University Irving Medical Center  
New York State Psychiatric Institute

**Vanessa Vandergaag**

Masters of Counseling student  
Athabasca University

**Alison Workman PMHNP-BC**

Perinatal Psychiatric Nurse Practitioner  
The MotherHood Center

**Alexandra Yoon, MD**

Psychiatry resident  
George Washington University

**Martha Zimmermann, PhD**

Postdoctoral Associate  
University of Massachusetts Chan Medical School

**PROFESSIONAL MEMBERS:**

**Tracy Alldred, MD**

Psychiatrist  
Joseph Brant Hospital  
Ontario, CAN

**Adam Angel LCSW-C**

Clinical Social Worker

**Veerle Bergink, MD, PhD**

Professor in Psychiatry  
Icahn School of Medicine at Mount Sinai

**Erin Berinz PhD**

Associate Professor  
University of Illinois at Chicago

**Pam Barnes-Palty, PsyD**

Psychologist  
Phoenix, AZ

**Nina Ballone MD**

Psychiatrist  
Inova Fairfax Hospital

**Lucy Bayer-Zwirello, MD**

Medical Doctor, Specialty Maternal Fetal Medicine  
St Elizabeth Medical Center  
Associate Prof Tufts U. School of Medicine

**Barbara Byers MD, MPH**

Psychiatrist  
Capital Mental Health

**Wendy Davis PhD, PMH-C**

Executive Director, PSI  
Postpartum Support International

**Nirmaljit Dhani, MD, DFAPA**

President and founder , Medical director  
Bay Area maternal mental health and el camino health

**Maria Elswick MD**

OB/GYN physician  
Kaiser Permanente

**Priya Gopalan MD, FACLP**

Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine/UPMC

**Dylan Kathol, MD**

Psychiatrist  
North Side Psychiatry

**Rushaniya Khairova MD, PhD**

Assistant Professor of Psychiatry  
Saint Louis University, School of Medicine

**Robin Gibler MA LPC**

Mental Health Counselor  
Aiyana Counseling LLC

**Megan Deichen Hansen MSW, PhD**

Research Faculty  
Florida State University

**Julie Hergenrather Phd**

Psychologist  
Geisinger Health

**M. Camille Hoffman MD, MSc**

Associate Professor , Maternal Fetal Medicine  
University of Colorado School of Medicine

**Kathryn Hughes, LCSW**

LCSW/ Social Work Faculty  
Pacific Oaks College

**Nicole Lassiter DNP, CNM, MSN, RN, CNE**

Assistant Professor  
Frontier Nursing University

**Laura Mayer, MD**

Reproductive Psychiatrist  
Brown University

**Tracy Moran Vozar, PhD**

Clinical Associate Professor, Director P-5 MH Specialty  
University of Denver

**Megan Mueller, MD**

Psychiatrist  
Central Arkansas Veterans Health System

**Kristine Norris, DO**

Psychiatrist  
Tucson Outpatient Psychiatry

**Tim Oberlander, MD**

Physician  
University of British Columbia

**Heather O'Brien PsyD**

Psychologist  
Swedish Healthcare

**Abigail Per Lee MA, MFT**

Marriage and Family Therapist  
Private Practice

**Ariana Prieto Licón**

Clinical Psychologist  
Instituto de Estudios Superiores Y Formacion Humana  
Chihuahua Mexico

**Christel Romo**

Perinatal psychology  
Universidad Anahuac  
Mexico City

**Julie Rosinski**

Clinical Social Worker

**Danielle Schuman-Olivier PMHNP, CNM**

Mental Health Nurse Practitioner/Psychotherapist  
Mt. Auburn Hospital

**Alpa Shah, MD**

Psychiatrist, Director Perinatal Mental Health Clinic  
Marshfield Clinic Health System

**Malina Spirito Psy.D., M.Ed., PMH-C**

Director of Psychology Services for Center for Women's Emotional Wellness/Psychologist  
ChristianaCare

**Laura Bradley Thrasher**

Psychologist  
Pisgah Institute

**Jessica Vernon, MD**

OB/GYN  
NYU Langone

**Elizabeth Werner, PhD**

Assistant Professor  
Columbia University Irving Medical Center



## New dates for dads groups: expectant and new dad groups, perinatal loss group for men

Hi all,

I wanted to share dates for 4 groups

A support group for new fathers of children 0-1 (Rookie Season)

A support group for expectant fathers (Entering the Draft)

A support group for dads with preschool aged children 2, 3, and 4 (Veteran Dads)

A bereavement group for dads that have experienced perinatal loss.

Our next 10-week group for new dads starts August 30th at 830-930pm and our next 2 session expectant dads group will be held Sept 11th and Sept 18th from 10am-1130am. Our group for dads with preschool aged children, will hold its groups from 12-1pm beginning Sept 22nd. All support groups are virtual (**no residency requirements**) and operate as a semi-structured peer support group. You can learn more and sign up on our website [www.dadswithwisdom.com](http://www.dadswithwisdom.com) or @dadswithwisdom on IG. To sign up directly you can click the link below for our partners website <https://app.acuityscheduling.com/schedule.php?owner=18081780&appointmentType=category:Dad%20Groups>

Our next 6 week **men's perinatal loss group** will begin on 10/10. This group is for men that have experienced stillbirth/early infancy loss up to 3 months after birth. This group meets for 6 sessions on a weekly basis. The group has **no residency requirements**. It is facilitated as a structured psycho education and peer support group to help men cope and find a way forward.

When: 830pm EST

Where: Virtual on zoom

Cost: Sliding scale \$180-\$360 for 6 sessions, if cost is an issue please email me, cost will not be a barrier. Payment can be utilized through venmo, paypal and stripe for credit card.

Group size: 6 people per group, this is a closed group once it is full.

Contact: [adam@adamangeltherapy.com](mailto:adam@adamangeltherapy.com)

[www.adamangeltherapy.com](http://www.adamangeltherapy.com)

Thank you!

Adam

Adam Angel, LCSW-C, LICSW (**He, Him, His [Why Pronouns Matter](#)**),

MD Board Approved Supervisor

The Healing Instinct, LLC

[For website and to make appointment](#)

[Psychology Today Profile](#)



## 2023 Conference Announcement: LIVE IN ALEXANDRIA VA

The MONA Board of Directors is excited to announce the following 2023 Conference details:

Theme:

**“Emerging from the Pandemic: Equity and Innovation in Perinatal Mental Health”**

**Venue: Westin Hotel, Alexandria, VA**

**Dates: October 25-28, 2023**



**Downtown  
Alexandria**



**Westin  
Alexandria, VA**



**Potomac River**

## Marce of North America (MONA) and Marce International LISTSERV

Hello Members!

As a reminder you are encouraged to use the MONA Listserv for professional advice, referrals, trainings, announcements and important topics that you would like to share with the Marce of North America Community. You must be a member to post on the Listserv with your email registered. Once you send something to the listserv it is always held for review and approve before it is posted. You will be added to the listserv after enrolling for membership. You will have to confirm via email and opt in.

Please Email [MONA@simplelists.com](mailto:MONA@simplelists.com) to send a message to the Marce of North America Listserv.

### International Marce Society Discussion List

To post to this list, send your message to: [discussion@lsrv.marcesociety.com](mailto:discussion@lsrv.marcesociety.com)

General information about the mailing list is at:

[http://lsrv.marcesociety.com/mailman/listinfo/discussion\\_lsrv.marcesociety.com](http://lsrv.marcesociety.com/mailman/listinfo/discussion_lsrv.marcesociety.com)

If you ever want to unsubscribe or change your options (eg, switch to or from digest mode, change your password, etc.), visit your subscription page at:

[http://lsrv.marcesociety.com/mailman/options/discussion\\_lsrv.marcesociety.com/heatherldegortari%40gmail.com](http://lsrv.marcesociety.com/mailman/options/discussion_lsrv.marcesociety.com/heatherldegortari%40gmail.com)

## DO YOU HAVE SOMETHING TO SHARE?

Please email job postings, fellowships, awards, publications, members in the media , advocacy news, etc to [Marce@meetingachievements.com](mailto:Marce@meetingachievements.com) for future newsletters, we would LOVE to hear from you!

Please send all content by Friday, September 30th for the September Newsletter

## COMING SOON: CALL FOR ABSTRACTS FOR MONA JR INVESTIGATORS DAY



**SAVE THE DATE!**

**JUNIOR INVESTIGATOR DAY**

Nurturing Young Investigators in Reproductive Mental Health  
SCIENCE | REPRODUCTIVE MENTAL HEALTH | MOMS & BABIES

**FRIDAY, FEBRUARY 10, 2023**  
VIRTUAL FORMAT

**Marcé of North America**  
Promoting Perinatal Mental Health

**TARGET AUDIENCE:**  
Assistant Professors and below,  
10 years out from terminal degree,  
including residency and fellowship



**APPLY WITH ABSTRACT SUBMISSION:**  
**OPENING FALL 2022**




### Marcé of North America

 @Marcenortham

The Marcé Society of North America is committed to the advancement of Clinical Care, Research, Advocacy, and Education.

 [marce@meetingachievements.com](mailto:marce@meetingachievements.com)  219.465.1115

 [marcenortham.com](http://marcenortham.com)

