

Bridging Biology and Experience

Advances in Reproductive Mental Health

4–6 June 2026 | Intercontinental Double Bay, Sydney

Section of Perinatal & Infant Psychiatry 2026 Conference program

Thursday 4 June 2026

11:00-17:00 Registration open

12:00-13:00 Arrival & light lunch

Session 1: Symposium 1: Preconception care for people with mental illness is more than just medication safety [A]

13:00 – 15:30

13:00 – 13:10 Welcome and introduction

13:10 – 13:30 **Research into preconception care, the preconception care population, existing care pathways and clinical care tools** – Edwina Dorney

13:30 – 13:50 **Interconception and preconception care from a lived experience perspective** – Ariane Beeston

13:50 – 14:10 **Shared decision making, effective communication of risk, evidence base for preconception interventions for the serious mental illness population including metabolic and eating disorders** – Phil Keightley

14:10 – 14:20 Break

14:20 – 14:40 **MotherSafe approach to appraisal of safety of emerging medication, how to think of the whole clinical picture in preconception care** – Penelope Fotheringham

14:40 – 15:00 **Psychiatric medications in pregnancy** – Michelle Smith

15:00 – 15:30 Questions

15:30-16:00 Afternoon tea

Session 2: Symposium 2: ADHD

16:00-16:45 **Wholistic psychiatry, genetic jigsaw puzzles and being a woman with ADHD...Comorbidities, confounding conditions and diagnostic dualities**
Dr David Chapman (virtual)

16:45 - 17:30 **Same ADHD, higher stakes: Pregnancy and parenthood as amplifiers—not origins—of a lifelong neurodevelopmental condition**
Nikki Walsh

17:30-19:30 Welcome reception & Welcome to Country

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Friday 5 June 2026

08:00-08:30 **Registration & arrival tea and coffee**

08:30-08:45 Conference opening

Session 3 Keynote presentation

08:45 – 09:45 **Supporting Aboriginal and Torres Strait Islander families to stay together from the start**
Professor Catherine Chamberlain

09:45: 10: 35 **Things Change - Complexities in prescribing pharmacotherapy during the perinatal period**
Dr Martien Snellen

10:35 – 11:00 Morning tea

Session 4 Free papers

	Session 4a	Session 4b
11:00 – 11:20	Evaluation of the nurturing connections program - A public mental health service for caregivers with moderate-to-severe mental illness, complex needs, and young children [A] Dr Sara Cibralic & Angeline Landry	Women’s reproductive mental health across the lifespan: Translating evidence and lived experience into mental health care [A] Dr Nicole Grainger
11:20 – 11:40	Investigating referral patterns and engagement with perinatal mental health services in First Nations women at risk of psychiatric and psychosocial complications Dr Niranjika Jeyarajah	Insights from The Menopause Hub, Royal Hospital for Women, Sydney: A psychiatrist’s perspective [A,P] Dr Anne-Marie Rees
11:40 – 12:00	Baby on board: Exploring infant mental health and dyadic assessment, management and philosophy of practice in mother and baby units Dr Susan Roberts	The obstacles faced by women with complex psychosis in accessing menopause treatment [C,A,P,E] Dr Sarah Freilich
12:00 – 12:20	Hormonal treatment of postnatal depression: a scoping review Dr Caris Allison	Optimizing brain health during the menopause transition [C, A] A/ Professor Julia Lappin
12:20 – 12:40	A retrospective study of maternal childhood trauma and its impact on perinatal mental health [A] Dr Christie Yung	Beyond the perinatal period: Bridging the divide between perinatal and reproductive mental health in psychiatry training [A] Dr Nicole Grainger
12:40 – 13:00	QUESTIONS	QUESTIONS

13:00 – 13:50 Lunch

Session 5 Invited presentations

13:50 – 14:40 **Mothers who kill their babies: Patterns and prevention**
Dr Yumna Dhansay

14:40 – 15:40 **Creating a neurodiversity affirming consultation experience with your neurodivergent clients**
Maddie Delves and Lydia Meem

15:40 – 16:10 Afternoon tea

Session 6 free papers

	Session 6a	Session 6b
	Symposium: Tresillian Family Care Centres	Migrant women: A symposium on perinatal mental health of migrant women in Australia [A]
16:10 – 16:30	Intergenerational impact of parental complex trauma – Building the evidence base [A] Dr Alice Dwyer	Perinatal mental health of migrant women in Australia: At risk, resilient or missed? [A] Dr Harish Kalra
16:30 – 16:50	Complex trauma, caregiving profiles and early parenting services: Baseline findings from an embedded parent–Infant mental health model Dr Alice Dwyer	Family violence and its association with perinatal depression in migrant women: A systematic review [C,A] Dr Varun Sharma
16:50 – 17:10	Understanding parental mental health characteristics and dyadic outcomes across public and private residential early parenting services [A] Dr Alice Dwyer	Perinatal depression and migration: A systematic review [C,A] Dr Katherine Sevar
17:10 – 17:30	QUESTIONS	QUESTIONS

19:00– 21:00 Conference dinner

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Saturday 6 June 2026

08:15 - 08:45 **Registration & arrival tea and coffee**

Session 7

- 08:45 – 09:45 **The underlying biology of perinatal depression, including the genetic signature and the brexanolone/zuranolone neurosteroid story**
Dr Samantha Meltzer-Brody (virtual)
- 09:45 – 10:45 **Bringing the baby intimately into the consultation and exploring the parents’ experience of becoming a parent to the distressed infant: infant and perinatal mental health**
A / Professor Campbell Paul
- 10:45 – 11:15 **Morning tea**

Session 8

Session 8a		Session 8b
11:15 – 13:30		
11:15 – 11:35	Understanding co-sleeping policies in Australian Mother and Baby Units Dr Grace Branjerdporn	Hormonal transitions as a clinical amplifier of psychiatric symptoms in neurodivergent women [A,P] Dr Lucia Porta Cubas
11:35 – 11:55	When good enough isn’t good enough [P] Dr Malvika Ravi	Maternal Attention Deficit Hyperactivity Disorder (ADHD) and perinatal depression: A systematic review [A,P] Dr Natalie Pierotti
11:55 – 12:15	The weight of expectation [P,E] Dr Malvika Ravi	Supporting the mental health of mothers with autism spectrum disorder in the perinatal period: Experiences from an Australian inpatient mother baby unit [A,P] Dr Fei (Phoebe) Gao
12:15 – 12:35	Sensory profile assessment as a therapeutic tool in a perinatal mental health unit: Supporting regulation, occupation and mother–infant connection [P] Rebecca Morley-John	Parental exposure to Adverse Childhood Events (ACEs) and effect on offspring’s mitochondrial functioning: an exploration of the connection [A] Dr Raja Sadhu
12:35 – 12:55	Addressing a psychosocial gap in perinatal psychiatry: A thematic scoping review of art therapy in infertility and perinatal loss [A] Alissa Michele	Management of ADHD in pregnancy and post-partum period: a case series [P] Dr Karishma Kulkarni
12:55 – 13:30	QUESTIONS	QUESTIONS
13:30 – 13:45	Closing remarks	