

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: 13:00 – 15:30	Symposium 1: Preconception care for people with mental illness is more than just medication safety [A]
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	Preconception planning in bipolar disorder – Michelle Smith
15:00 – 15:30	Questions
15:30-16:00	Afternoon tea
Session 2:	Symposium 2: ADHD
16:00-16:45	Holistic 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 Nicki 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 and Dr Julia Feutrill
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 and Dr Anne-Marie Rees
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 and Dr Felice Watt
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 – 15:10 **Pregnancy in Women with Intellectual Disability – Considerations and Support Options**
Maddie Delves & Katherine McNamara

15:10 – 15:40 **Strengths and challenges of autism and ADHD in pregnancy and parenting**
Lydia Meem

15:40 – 16:10 Afternoon tea

Session 6 free papers

	Session 6a	Session 6b
	Symposium: Parental mental health, complex trauma, and dyadic outcomes: Emerging evidence from early parenting services	Migrant women: A symposium on perinatal mental health of migrant women in Australia [A]
16:10 – 16:30	Complex trauma, caregiving profiles and early parenting services: Baseline findings from an embedded parent–Infant mental health model Dr Alice Dwyer, Beth Fulton and Ann DeBelin	Perinatal mental health of migrant women in Australia: At risk, resilient or missed? [A] Dr Harish Kalra
16:30 – 16:50	Understanding parental mental health characteristics and dyadic outcomes across public and private residential early parenting services [A] 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	Intergenerational impact of parental complex trauma – Building the evidence base [A] Dr Alice Dwyer and Professor Sally Cripps	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 **Melding perspectives: Inviting the baby into the consultation where parents experience major mental illness in the perinatal period and working with parents of troubled infants**
A / Professor Campbell Paul & Dr Claire Nieuwoudt
- 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] Anjana Ferns, Ada McCluskey and Malvika Ravi	Maternal Attention Deficit Hyperactivity Disorder (ADHD) and perinatal depression: A systematic review [A,P] Dr Natalie Pierotti	
11:55 – 12:15	Sensory profile assessment as a therapeutic tool in a perinatal mental health unit: Supporting regulation, occupation and mother-infant connection [P] Rebecca Morley-John	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	Addressing a psychosocial gap in perinatal psychiatry: A thematic scoping review of art therapy in infertility and perinatal loss [A] Alissa Michele	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	The weight of expectation [P,E] Luisa Betancourt, Ada Mc Cluskey and Malvika Ravi	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		