**Saturday, November 1, 2025 8:15 a.m.–4:00 p.m. Virtual Program**

*Massachusetts Psychiatric Society's*

# 36th Annual Psychopharmacology Update

**MPS dedicates this conference to the memory of Dr. Bradford Lewis, who was scheduled to be one of our esteemed speakers. While he is no longer with us, his work and vision continue to guide and inspire this gathering.**

## Program Overview

Each year the psychopharmacology update course chair and cochair review feedback from the previous year including suggestions for topics of interest. Also, the organizers have extensive experience consulting with psychiatrists who have psychopharmacology questions and become aware of prescribing issues that are not well understood by practitioners. From these sources a set of presentations was developed. The program begins with an appraisal of new and newer drugs in psychopharmacology. A second speaker will focus on schizophrenia, understanding the role of muscarinic cholinergic system in its etiology and treatment. This will be followed by a speaker describing bipolar disorders across pregnancy and the postpartum. The program continues with a discussion on the treatment of insomnia secondary to major depressive disorder and generalized anxiety in adults. After a lunch break, there is a discussion on integrating focal psychotherapy interventions into routine pharmacotherapy. The final lecture will be a review and update on neuromodulation with a focus on Transcranial Magnetic Stimulation. The program will end with questions and answers on any topic in psychopharmacology with a panel of the day's speakers

## Learning Objectives

At the conclusion of this activity, participants should be able to:

- Prescribe medications without being subject to undue influence by drug company marketing
- Know when it might be appropriate to prescribe new and newer psychopharmacology agents over older and current treatments-of-choice
- Select the most evidence-supported medications for efficacy and safety for patients with schizophrenia
- Appreciate the evidence-based way of prescribing in bipolar disorder across pregnancy and the postpartum
- Select the most evidence-supported medications for efficacy and safety for patients with insomnia secondary to major depressive disorder and generalized anxiety in older adults
- Appreciate how to best integrate psychotherapy interventions into routine pharmacotherapy
- Appreciate the evidence based use of neuromodulation with a focus on Transcranial Magnetic Stimulation

**CLICK TO REGISTER ONLINE**

### AMA Credit Designation Statement

The Massachusetts Psychiatric Society designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Accreditation Statement

The Massachusetts Psychiatric Society is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

### REGISTRATION FEE

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|---|---|
| MPS/APA/MMS MEMBER | $150 |
| RESIDENT/FELLOW | $15 |
| NON-MEMBER | $175 |
| MEDICAL STUDENT | $0 |

**Questions?**

Call (781) 237-8100, 8 a.m.–4 p.m. Monday thru Friday

**Please note the link for the conference will be sent on October 31st.**

## Program Schedule

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| **8:15-8:30 a.m.** | **Welcome and Introduction**<br>***Anderson Chen, MD, Activity Chair***<br>***David N. Osser, MD, Activity Co-Chair*** |
| **8:30-9:30 a.m.** | **An Appraisal of New and Newer Drugs in Psychopharmacology**<br>***David N. Osser, MD*** |
| **9:30-10:30 a.m.** | **Schizophrenia: Understanding the Role of the Muscarinic Cholinergic System in its Etiology and Treatment**<br>***John J. Miller, MD*** |
| **10:30-10:45 a.m.** | **BREAK** |
| **10:45-11:45 p.m.** | **Bipolar Disorders Across Pregnancy and the Postpartum**<br>***Marlene P. Freeman, MD*** |
| **11:45-12:45 p.m.** | **A Systematic Approach to the Use of Psychopharmacology in the Treatment of Insomnia**<br>***Anderson Chen, MD*** |
| **12:45-1:30 p.m.** | **LUNCH** |
| **1:30-2:30 p.m.** | **The 16-Minute Hour: Integrating Focal Psychotherapy Interventions into Routine Pharmacotherapy**<br>***David Mintz, MD*** |
| **2:30-3:30 p.m.** | **Review and Update on Neuromodulation with a Focus on Transcranial Magnetic Stimulation**<br>***Bernie Vaccaro, MD*** |
| **3:30-4:00 p.m.** | **More Questions and Answers**<br>***Panel of the Speakers*** |

## Faculty

***Anderson Chen, MD***

*Psychiatrist*
*Massachusetts General Hospital*

*Instructor in Psychiatry*
*Harvard Medical School*

***David Mintz, MD***

*Director of Psychiatric Education*

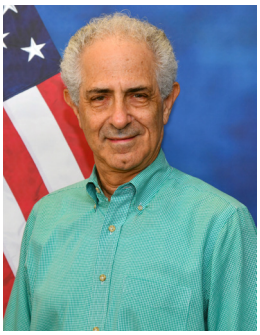
*Associate Director of Training*

*The Austen Riggs Center*

***Marlene P. Freeman, MD***

*Professor of Psychiatry*
*Harvard Medical School*

*MGH Center for Women's Mental Health, Perinatal and Reproductive Psychiatry*



***David N. Osser, MD***

*Associate Professor of Psychiatry,*

*Harvard Medical School at VA Boston Healthcare System*

***John J. Miller, MD***

*Medical Director*
*Brain Health, Exeter, NH*

*Consulting Psychiatrist, Seacoast Mental Health Center, NH*

*Editor in Chief, Psychiatric Times*

***Bernie Vaccaro, MD***

*Assistant Professor of Psychiatry, part time at Boston VA Healthcare Center*

*Private Practice, Dedham Consultation Center, LLC*