

Saturday, November 1, 2025

8:15 a.m.–4:00 p.m.

Virtual Program

Massachusetts Psychiatric Society's 36th Annual Psychopharmacology Update

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 on the topic of neuromodulation. 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

[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

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

8:15-8:30 a.m.

Welcome and Introduction

Anderson Chen, MD, Activity Chair

David N. Osser, MD, Activity Co-Chair

8:30-9:30 a.m.

An Appraisal of New and Newer Drugs in Psychopharmacology

David N. Osser, MD

9:30-10:30 a.m.

Schizophrenia: Understanding the Role of the Muscarinic Cholinergic System in its Etiology and Treatment

John J. Miller, MD

10:30-10:45 a.m.

BREAK

10:45-11:45 p.m.

Bipolar Disorders Across Pregnancy and the Postpartum

Marlene P. Freeman, MD

11:45-12:45 p.m.

A Potential Algorithm for the Treatment of Insomnia in Adults Secondary to Major Depressive Disorder and Generalized Anxiety Disorder

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

David Mintz, MD

2:30-3:30 p.m.

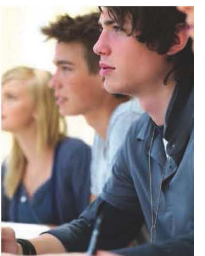
Transcranial Magnetic Stimulation: Emerging Evidence and Future Directions

Bradford M. Lewis, MD

3:30-4:00 p.m.

More Questions and Answers

Panel of the Speakers



Faculty



Anderson Chen, MD

*Psychiatrist
Massachusetts General Hospital
Instructor in Psychiatry
Harvard Medical School*



John J. Miller, MD

*Medical Director
Brain Health, Exeter, NH
Consulting Psychiatrist, Seacoast
Mental Health Center, NH
Editor in Chief, Psychiatric Times*



Marlene P. Freeman, MD

*Professor of Psychiatry
Harvard Medical School
MGH Center for Women's Mental
Health, Perinatal and Reproductive
Psychiatry*



David Mintz, MD

*Director of Psychiatric Education
Associate Director of Training
The Austen Riggs Center*



Bradford M. Lewis, MD

*Medical Director of Neuromodulation
Service,
US Department of Veterans Affairs -
Boston Healthcare System
Instructor of Psychiatry, Harvard
Medical School*



David N. Osser, MD

*Associate Professor of Psychiatry,
Harvard Medical School at VA Boston
Healthcare System*