

**Saturday, November 1, 2025**

**8:15 a.m.–4:00 p.m.**

**Virtual Program**

## **Massachusetts Psychiatric Society's 36<sup>th</sup> 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**

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 31<sup>st</sup>.**



## 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.**

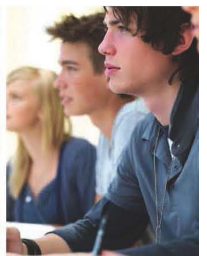
**Review and Update on Neuromodulation with a Focus on Transcranial Magnetic Stimulation**

*Bernie Vaccaro, 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*



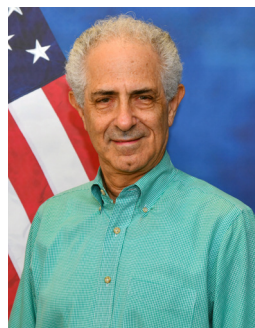
**David Mintz, MD**

*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*