

## RCPsych Trainees Perinatal Psychiatry Conference 2026

**Date:** Monday 11 May

**Venue:** RCPsych London

This event will take place in-person

Preliminary programme	
Time	Session
8.30am	Registration and refreshments
<b>Session 1</b> Chair: Dr Caitlin Meyer	
9.00am	<b>Welcome and introductions</b> Dr Caitlin Meyer, Dr Madeeha Bandukda and Dr Emily Forshall
9.10am	<b>Neurosteroid treatments for postpartum depression</b> Dr Claire Wilson
9.50am	<b>Infant mental health</b> Dr Maddalena Miele
10.15am	<b>Questions</b>
10.30am	<b>Morning break and poster viewing</b>
<b>Session 2</b> Chair: Dr Madeeha Bandukda	
10.50am	<b>Reproductive depression, hormones and PMDD</b> Professor Michael Craig

# Conference Programme

<b>11.30am</b>	<b>Eating disorders in the perinatal period</b> Dr Maria Giulia Martini & Dr Amanda Bye
<b>12.05pm</b>	<b>Questions</b>
<b>12.20pm</b>	<b>Lunch and poster viewing</b>
<b>Session 3</b> Chairs: Dr Caitlin Meyer, Dr Madeeha Bandukda and Dr Emily Forshall	
<b>1.00pm</b>	<b>The Beyond Baby Blues podcast</b> Dr Lynsey McAlpine & Dr Chrissy Jayarajah
<b>1.50pm</b>	<b>Oral poster presentations</b>
<b>2.35pm</b>	<b>Questions</b>
<b>2.50pm</b>	<b>Afternoon break</b>
<b>Session 4</b> Chair: Dr Emily Forshall	
<b>3.10pm</b>	<b>Substance use in pregnancy</b> Dr Matt O'Brien
<b>3.50pm</b>	<b>Personality disorders in the perinatal period</b> Dr Nic Horley
<b>4.30pm</b>	<b>Poster prize announcement</b>
<b>4.40pm</b>	<b>End of conference</b>

## ***Please note this programme is subject to change***

*RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers, panellists and participants views and comments are their own and not the established views of the College.*