

Treating Complexity in the Perinatal Period: An Interdisciplinary Approach to Day Treatment

presented by

Kaitlyn Fagan, LCSW

Kate is a Licensed Clinical Social Worker and Certified Perinatal Mental Health Therapist with extensive experience supporting individuals across the lifespan. She earned her graduate degree from Smith College School of Social Work and holds a certification in perinatal mental health through Postpartum Support International. Kate has worked in diverse settings including private practice, home-based care, outpatient clinics, and acute hospital environments. She is a certified Interpersonal Psychotherapy (IPT) therapist, a Certified Educator of Infant Massage, and trained in the Circle of Security Parenting Program, reflecting her commitment to nurturing healthy parent-child relationships and promoting emotional well-being.

Maschal Mohiuddin, MD

Dr. Mohiuddin is a board-certified adult psychiatrist. She completed her residency training at Beth Israel Deaconess Medical Center/Harvard Medical School in Boston, Massachusetts with a special interest in women's mental health and perinatal psychiatry. She has worked in a variety of settings including acute hospital-based care, outpatient, and community programs.

Brianna Pollock, PhD

Dr. Brianna Pollock is a clinical psychologist and serves as the administrative program manager of the Perinatal Day Program and Professionals Program. She completed her graduate training at the University of Tennessee, Knoxville, and her predoctoral internship and postdoctoral fellowship at Hartford Hospital/Institute of Living. Dr. Pollock has clinical and research interests in psychodynamic and mentalization-based psychotherapy, group psychotherapy, and the intersection of diversity, equity, and behavioral health treatment.

11/5/2026 12:00:00 PM

<https://hartfordhealthcare.zoom.us/j/92895453889>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Identify three common perinatal mental health presentations and associated risk factors, including perinatal mood and anxiety disorders (PMADs).*
- 2. Apply a biopsychosocial framework to conceptualize perinatal mental health presentations using information from clinical case examples.*
- 3. Differentiate among treatment approaches for perinatal mental health presentations based on clinical presentation, risk factors, and treatment needs.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC contact hours**.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25 hours** of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Kaitlyn Fagan, Social Worker: Nothing to disclose - 07/08/2026
- Maschal Mohiuddin, MD: Nothing to disclose - 09/29/2026
- Brianna Pollock, PhD: Nothing to disclose - 09/21/2026

