

RCPsych Trainees Perinatal Mental Health 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
Session 1 Chair: Dr Caitlin Meyer	
9.00am	Welcome and introductions Dr Caitlin Meyer, Dr Madeeha Bandukda and Dr Emily Forshall
9.10am	Neurosteroid treatments for postpartum depression Dr Claire Wilson
9.40am	Infant mental health Dr Maddalena Miele
10.15am	Questions
10.30am	Morning break and poster viewing
Session 2 Chair: Dr Madeeha Bandukda	
10.50am	Reproductive depression, hormones and PMDD

Conference Programme

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

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.