

2026 Fall Grand Rounds

The Center for Professional Education at Sheppard Pratt

Free Virtual Lecture Series

Lectures are 1.0 contact hour (except 10/21/26: 1.5 contact hours)

July 15, 2026 | 12 – 1 p.m. ET

Varieties of Catatonia

Andrew Francis, PhD, MD, Penn State Medical School

July 22, 2026 | 12 – 1 p.m. ET

Ethical Considerations in Incorporating Spirituality and Religion in Psychiatric Practice

Charles C. Dike, FRCPSych, MBChB, MPH, Connecticut Mental Health Center

AUGUST HIATUS

September 9, 2026 | 12 – 1 p.m. ET

Moral Injury in Healthcare

Rachna S. Raisinghani, MD, DFAPA, FACLP, Sheppard Pratt

September 16, 2026 | 12 – 1 p.m. ET

Telepsychiatry Legal and Regulatory Updates

Shabana Khan, MD, NYU Grossman School of Medicine and NYU Langone Health

September 23, 2026 | 12 – 1 p.m. ET

Suicide and Access to Lethal Means

Paul Nestadt, MD, Johns Hopkins School of Medicine and Johns Hopkins Bloomberg School of Public Health

October 14, 2026 | 12 – 1 p.m. ET

Modern Perfectionism, Mental Health, and Medicine: What We've Been Getting Wrong— and the Case for Excellencism

Amna Shabbir, MD, NBC-HWC, CPC, The Early Career Physicians Institute and Success Curated

October 21, 2026 | Wolfe Adler Award Lecture

12 – 1:30 p.m. ET

Three Decades of Psychiatry: Severe Mental Illness, Systems of Care, and the Human Experience

Edward Zuzarte, MD, Sheppard Pratt

November 4, 2026 | 12 – 1 p.m. ET

My Body, My Choice: Conceptualizing Involuntary Treatment in Anorexia Nervosa

Jennifer Leah Goetz, MD, Mass General Brigham—Salem Hospital

November 11, 2026 | 12 – 1 p.m. ET

What Goes on Behind the Scenes When Your Patient Needs a Forensic Psychiatric Examination?

James Alden Armontrout, MD, Stanford School of Medicine

November 18, 2026 | 12 – 1 p.m. ET

Treatment of Adults with Intellectual Disability

Jessica Thackaberry, MD, DFAPA, University of California San Diego

December 2, 2026 | 12 – 1 p.m. ET

Beyond DSM-5: What Comes Next—and Why It Matters

Nitin Gogtay, MD, American Psychiatric Association

December 9, 2026 | 12 – 1 p.m. ET

Reproductive Psychiatry Essentials: What Every Clinician Should Know

Sarah Nagle-Yang, MD, Colorado Center for Women's Behavioral Health and University of Colorado School of Medicine

December 16, 2026 | 12 – 1 p.m. ET

Beyond Wellness: A Systems-Based Approach to Performance Risk and Mental Health in College-Aged Athletes

Wilsa Charles Malveaux, MD, MA, FAPA, WCM Sports Psych

This regularly scheduled series publishes the activities listed in this schedule the Monday before the lecture date. Details, including program descriptions, learning objectives, speaker biographies, online disclosures etc., can be found on cme.sheppardpratt.org once the activity is open for registration.

For additional educational offerings and any changes/updates to the lecture series, visit cme.sheppardpratt.org

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INSTRUCTIONS

Attendees participating for contact hours must have an account to register for events, take pre- and post- tests, and manage continuing education credits and transcript entirely online.

[Click here](#) to sign up for an account.

Participants will receive a codeword during this lecture to enter at cme.sheppardpratt.org/code or text to 410-291-8061 to be marked attended.

CONTENT AND OBJECTIVES

Sheppard Pratt provides this update on mental health issues to support continuing education of medical and mental health professionals. A formal needs assessment of the mental health community, current issues in mental health, and hospital staff needs assessment are the indicators for the content of Grand Rounds at Sheppard Pratt. Participants will be able to describe current psychiatric diagnoses, analyze various treatments presented, and apply this knowledge in developing their own strategies for more effective management of patients.

APPROVAL STATEMENTS

Physician Statement: Sheppard Pratt is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CME activity. Sheppard Pratt designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse Statement: Sheppard Pratt is approved as a provider of nursing continuing professional development by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CME activity. This activity provides 1.0 contact hours for nurses.

Psychologist Statement: Sheppard Pratt is authorized by the State Board of Examiners of Psychologists as a sponsor of continuing education. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CE activity. Sheppard Pratt designates this educational activity for a maximum of 1.0 contact hours for psychologists.

Social Worker Statement: Sheppard Pratt is authorized by the Board of Social Work Examiners of Maryland to offer continuing education for social workers. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CE activity. This activity is approved for 1.0 contact hours in Category I credits for social workers.

Counselor Statement: Sheppard Pratt has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5098. Programs that do not qualify for NBCC credit are clearly identified. Sheppard Pratt is solely responsible for all aspects of the program. This activity is available for 1.0 NBCC clock hours.