

2026 Spring Grand Rounds

The Center for Professional Education at Sheppard Pratt

Free Virtual Lecture Series

Lectures are 1.0 contact hour (except April 8 and April 22: 1.5 contact hours)

January 14, 2026 | 12 – 1 p.m. ET

Clinical Ethics 101: Navigating Ethical and Professional Challenges with Practical Wisdom

John D. Yoon, MD, The University of Chicago

January 21, 2026 | 12 – 1 p.m. ET

AI in Mental Health: Understanding the Evidence and Evolving Trends

John Torous, MD, MBI, Beth Israel Deaconess Medical Center

February 11, 2026 | 12 – 1 p.m. ET

Exercise as a Lynchpin for Wellness

John J. Ratey, MD, Clinical Associate Professor of Psychiatry, Harvard Medical School

February 18, 2026 | 12 – 1 p.m. ET

Shame Competence: What It Is, Why We Need It, and How It Can Transform Healthcare Organizations

Will Bynum, MD, PhD, Duke University School of Medicine

February 25, 2026 | 12 – 1 p.m. ET

Happiness in Children and Adults with Attention Deficit Disorder

Edward M. Hallowell, MD, Hallowell Center PC

March 11, 2026 | 12 – 1 p.m. ET

Telepsychiatry Legal and Regulatory Updates

Shabana Khan, MD, NYU Grossman School of Medicine; Rockland Children's Psychiatric Center (RCPC); NYU Langone Health

March 25, 2026 | 12 – 1 p.m. ET

Czarina Santos-Borja, MD, Memorial Lecture

Psychiatric Team-Based Care in Era of AI and Advanced Data Analytics

Steve Koh, MD, MPH, MBA, DFAPA, UC San Diego Health; University of California, San Diego

April 8, 2026 | 11:30 a.m. – 1 p.m. ET

First Episode Psychosis: Strategies to Promote Recovery

Faith Dickerson, PhD, MPH, Sheppard Pratt; Sean Driscoll, Sheldon Gay, Kristan Kanyuch, & Christian Kohler, MD

April 15, 2026 | 12 – 1 p.m. ET

Psychosis Cross-Culturally

Richard Lawrence Merkel, Jr., MD, PhD, University of Virginia

April 22, 2026 | 11:30 a.m. – 1 p.m. ET

Harry Stack Sullivan Award Lecture

Anxiety, Depression, and Trauma – Where We Have Been, Where We Are, and Where We Are Going

John T. Walkup, MD, Ann and Robert H. Lurie Children's Hospital of Chicago, Northwestern University Feinberg School of Medicine

May 6, 2026 | 12 – 1 p.m. ET

AI, Mental Health, and Aging: Creating New Paradigms

Ipsit V. Vahia, MD, McLean Hospital

May 14, 2026 | 12 – 1 p.m. ET

Clarence G. Schulz Award Lecture

Speaker TBD

June 3, 2026 | 12 – 1 p.m. ET

Ethical Dilemmas in Neurodevelopmental Disorders: Applying the Four Pillars of Medical Ethics in Clinical Care

Narpinder K. Malhi, MD, MBA, Sidney Kimmel Medical College at Thomas Jefferson University

June 10, 2026 | 12 – 1 p.m. ET

This is Just to Say: A Poet's Engagement in Psychiatry

Daisy Bassen, MD, DFAACAP, FAPA, Brown University

June 17, 2026 | 12 – 1 p.m. ET

Eating Disorders in Children, Adolescents, and Young Adults

Jennifer Derenne, MD, DFAACAP, FAED, Stanford University

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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

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.