



Guide to Use – 5-Hour Essentials Mini-Curriculum

Welcome to the mini-curriculum! This 5-Hour version of the NCRP is designed for programs that have limited time in their didactic schedule to devote to reproductive psychiatry. It consists of five hours of dedicated classroom time, along with self-study guides that trainees should complete *prior to* each classroom session. In addition, some classroom sessions have videos and/or readings that should be completed prior to the session; these are listed at the beginning of the classroom session guide. For the classroom sessions, we provide both a facilitator and a trainee guide. The materials are organized as follows:

- 1) Overview Hour: An introduction to the reproductive life cycle
 - a. Reproductive Life Cycle Self-Study (introduction to menstrual cycle and reproductive transitions, including perimenopause), PowerPoint
 - b. Progressive Case Conference: Across the Reproductive Life Cycle (classroom session, facilitator and trainee guides)

- 2) Clinical Approach: How to Screen and Interact with Perinatal Patients
 - a. Physiological and Psychological Changes in Pregnancy Self-Study, PowerPoint
 - b. Approach to Mental Health in the Peripartum Patient Self-Study, PowerPoint
 - c. Approach to Peripartum Patient (classroom session; has facilitator and trainee guides AND a PowerPoint, Approach to Mental Health in the Peripartum Patient, In-Class)

- 3) Diagnosis and Treatment Approach in the Perinatal Period
 - a. Psychopharmacology and Decision-Making Self-Study, PowerPoint
 - b. Approach to the Peripartum Patient 2: Getting to the Diagnosis and Starting Treatment (classroom session has facilitator and trainee guides; at the beginning of each guide are links to self-study videos that trainees should watch prior to classroom session)

- 4) Risk-Risk Discussions Surrounding Treatment in the Perinatal Period
 - a. Self-Study for Mood Stabilizers, Second-Generation Anti-Psychotics, and Benzodiazepines, PowerPoint
 - b. SSRIs and Pregnancy (classroom session, has facilitator and trainee guides)

- 5) Determining Risk and Handling Emergencies
 - a. Determining Risk Self-Study, PowerPoint
 - b. Opioid Use Disorders Self-Study, downloadable guide
 - c. Perinatal Emergencies Progressive Case Conference (classroom session, has facilitator and trainee guides)

Should your program be able to devote more than 5 hours to the teaching of this essential topic, please browse the rest of our website. We have approximately 75 hours of in-depth teaching material on a variety of topics in reproductive psychiatry. It is a modular curriculum, and each section can stand on its own – so feel free to pick and choose!