

Postpartum Psychosis: Differentiating Delusions from Intrusive Thoughts

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March 17, 2026

12:00 - 1:00 pm CT

Virtual Meeting



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Presenting from Baylor College of Medicine

If you have CME/CEU questions, please email Edu-Services@ttuhsc.edu for assistance.

Overview

Maternal and child mental health are closely linked, especially during the perinatal period. One in five new Texas mothers may experience mental health conditions such as depression, and mental health challenges are one of the leading causes of preventable maternal mortality within the first year of giving birth. The state-funded [Perinatal Psychiatry Access Network \(PeriPAN\)](#) offers free perinatal psychiatry consultation and education to health clinicians who interact with new mothers and mothers to be.

Join us for free webinars on Perinatal Mental Health. Participants can expect engaging discussions on evidence-based practice and care. Texas Tech University Health Sciences Center and the PeriPAN program are pleased to provide free CME credits for participants.

Learning Objectives

- Understand the clinical presentation of postpartum psychosis and its impact on maternal health and child safety.
- Examine the prevalence of postpartum psychosis, OCD, suicide, and homicide in the perinatal period and briefly discuss the justice system in postpartum psychosis cases.
- Distinguish between intrusive thoughts and psychosis in the perinatal period, highlighting the differences in symptoms and treatment.
- Identify pathophysiology of postpartum psychosis, current theories, and evidence-based treatment strategies for reducing symptoms.