

Thursday, September 22nd

4:00 PM - 7:00 PM

Registration, NAPMDD Board Member Meet and Greet

7:30 PM - 9:30 PM

Movie Night: Things We Don't Talk About - Woman's Stories from the Red Tent

- ◆ This groundbreaking 72-minute documentary film by award winning filmmaker Isadora Gabrielle Leidenfrost, PhD. is spontaneous and organic. A Red Tent is a red textile space where women gather to rest, renew, and often share deep and powerful stories about their lives. The Red Tent movement is changing the way that women interact and support each other by providing a place that honors and celebrates women, and by enabling open conversations about the things that women don't want to talk about in other venues. Things We Don't Talk About weaves together healing narratives from inside the Red Tent to shine a spotlight on this vital, emergent women's tradition. The film provides us an opportunity to remember, to listen, to know, and to find what it is we need to bring back to our communities to help awaken the voices of women.
- ◆ Hosted by Leslie Carol Botha, WHE, Internationally Recognized Expert on Hormones and Behaviors; Co- Author, Understanding Your Mind, Mood, and Hormone Cycle; and Publisher - Holy Hormones Journal

Friday, September 23rd

8:00 AM - 8:15 AM

Opening Remarks: Bridging the Gap Between Mental and Premenstrual Health

- ◆ Dr. Andrea Chisholm - MD, FACOG - Clinical Instructor of Obstetrics and Gynecology at Harvard Medical School; VeryWell.com Menstrual Disorders Expert; NAPMDD Board Member and clinical advisor

8:15 AM - 9:45 AM

Reproductive Mood Disorders: From Menarche to Menopause, Uncovering the role of stress and steroid hormone sensitivity

- ◆ Dr. Susan Girdler - Professor of Psychiatry and Psychology; Director of the Stress & Health Research Program at UNC School of Medicine; longstanding researcher of adrenergic and neuroendocrine basis of reproductive mood disorders, including premenstrual dysphoric disorder (PMDD) and perimenopausal depression; and lead researcher at the Center for Women's Mood Disorders

10:00 AM - 11:30 AM

Severe Premenstrual Syndrome and Bipolar Disorder: A Tragic Confusion

- ◆ Professor John Studd DSc, MD, FRCOG - London PMS & Menopause Clinic; Vice-President of the National Osteoporosis Society and Chairman of the British Menopause Society; and recipient of the 2008 Blair Bell Gold Medal of the Royal Society of Medicine: Greatest Lifetime Contribution to Obstetrics and Gynecology

Friday, September 23rd

12:30 PM - 2:00 PM

Improving the Accuracy of PMDD Diagnosis: Development and Application of the Carolina Premenstrual Assessment Scoring System (C-PASS)

- ◆ Dr. Tory Eisenlohr-Moul, Clinical Psychological Scientist and Statistical Consultant; T32 Postdoctoral Fellow at the Center for Women's Mood Disorders, University of North Carolina at Chapel Hill; author of The Carolina Premenstrual Assessment Scoring System (C-PASS)

2:30 PM - 4:00 PM

The Premenstrual Problem: Cyclical Hysterotoxemia

- ◆ Dr. Jorge Lolas Talhami - MD, OBGYN; National Prize of Applied Sciences Nominee; founding member of the Chilean Society of Colposcopy and Pathology of the Lower Genital Tract; member of the Scientific Society of Chile

4:00 PM - 5:30 PM

Female Suicide: Slowing the Trend and Perfecting Prevention

- ◆ Suzi Taylor - Author I Blame The Hormones; Suicide Prevention Activist; UK
- ◆ Donna Micheletti - Co-Founder Gia Allemand Foundation; Suicide Prevention Activist; USA
- ◆ TBA

7:00 PM - 8:30 PM

Date Night: PMDD and Relationships

- ◆ Liana Laverentz, author of PMDD and Relationships and PMDD: A Handbook for Partners. Singles welcome.

Saturday, September 24th

8:00 AM - 9:30 AM

Hormone Based Mood Disorders and Endocrinology: Connecting the Mind and Body

- ◆ Dr. Margarita R. Ochoa-Maya, MD, CDE, CCD - Advanced Health and Wellbeing, PC; Boston

9:45 AM - 11:15 AM

Understanding Your Mind, Mood and Hormone Cycle

- ◆ Leslie Carol Botha, WHE, Internationally Recognized Expert on Hormones and Behaviors; Co- Author, Understanding Your Mind, Mood, and Hormone Cycle; and Publisher - Holy Hormones Journal

11:15 AM - 12:30 AM

The Power of Peer Support: "Me Too" (Lunch Provided)

Saturday, September 24th

12:30 PM - 3:00 PM

Multidisciplinary Panel Q&A

- ◆ Dr. Andrea Chisholm - MD, FACOG - Clinical Instructor of Obstetrics and Gynecology at Harvard Medical School; VeryWell.com Menstrual Disorders Expert; NAPMDD Board Member and clinical advisor
- ◆ Dr. Susan Girdler - Professor of Psychiatry and Psychology; Director of the Stress & Health Research Program at UNC School of Medicine; longstanding researcher of adrenergic and neuroendocrine basis of reproductive mood disorders, including premenstrual dysphoric disorder (PMDD) and perimenopausal depression; and lead researcher at the Center for Women's Mood Disorders
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- ◆ Dr. Jorge Lolas Talhami MD, OBGYN - National Prize of Applied Sciences Nominee; founding member of the Chilean Society of Colposcopy and Pathology of the Lower Genital Tract; member of the Scientific Society of Chile
- ◆ Margarita R. Ochoa-Maya, MD, CDE, CCD - Advanced Health and Wellbeing, PC; Boston

6:00 PM - 9:00 PM

Gia Allemand Memorial Gala & Silent Auction

- ◆ Jack Anderson - Co-founder of the Gia Allemand Foundation

Sunday, September 25th

8:00 AM - 10:00 AM

Where We Go From Here: Next Step Planning for Patients, Caregivers, and Clinicians

- ◆ Dr. Andrea Chisholm MD, FACOG - Clinical Instructor of Obstetrics and Gynecology at Harvard Medical School; About.com PMS/Menstrual Disorders Expert; NAPMDD Board Member and clinical advisor
- ◆ Amanda LaFleur - Executive Director and Founder, National Association for Premenstrual Dysphoric Disorder
- ◆ Elizabeth Santiago MA, LMFT - Clinical Care Manager Lead, Beacon Health Options