

Foothill Community Health Center and the Maternal Child & Adolescent Health Program of the Santa Clara County Department of Public Health Present:

A DISCUSSION WITH DR. CATHERINE BIRNDORF

**Join us on May 11, 2016 at the Sobrato Center for Nonprofits,
1400 Parkmoor Avenue, San Jose, CA 95126
Check-in with your business card at 1:45pm;
Event begins promptly at 2:00 pm and ends at 4:00 pm**



Catherine Birndorf, MD, specializes in Reproductive Psychiatry, an important area in mental health that helps women with emotional and psychiatric conditions before, during, and after pregnancy and throughout the life cycle. Dr. Birndorf helps patients understand their specific psychiatric problems during times of hormonal changes from menses to menopause. She works with her patients and their families to focus on these psychiatric issues and provides a range of treatment options during this time of transition in a woman's life.

Dr. Birndorf's areas of clinical expertise include:

- Pre-pregnancy psychiatric consultation
- Management of psychiatric issues during pregnancy
- Postpartum illnesses, including breastfeeding and medications
- Fertility and mental health issues
- PMS and Premenstrual Dysphoric Disorder (PMDD)
- Transitions to motherhood
- Perimenopause and related emotional issues

Dr. Birndorf is the founding director of the Payne Whitney Women's Program at The New York Presbyterian Hospital – Weill Cornell Medical Center in New York City, where she continues to work as a senior consultant. She is Clinical Associate Professor of Psychiatry and Obstetrics & Gynecology.

A Smith college graduate, Dr. Birndorf received her medical degree from Brown University Medical School and did her psychiatry residency at The New York Hospital – Weill Cornell Medical Center – Payne Whitney Clinic, serving as chief resident. She has published numerous articles, book chapters and writings about women's mental health. In addition to other awards, Dr. Birndorf most recently received Cornell's outstanding faculty award. She lectures internationally, educating and advocating for women, and serves on boards of several medical organizations, including the President's Advisory Council of Postpartum Support International. Additionally, Dr. Birndorf founded the Women's Mental Health Consortium, a network of women's mental health clinicians and researchers in the greater New York City area.

Dr. Birndorf is a regular mental health columnist for SELF Magazine, and has appeared on television programs including The Today's Show, Good Morning America, The Early Show, MSNBC, CBS Evening News, and CNN. Dr. Birndorf is the co-author, with Lucy Danziger, Editor-in-Chief at SELF Magazine, of *The Nine Rooms of Happiness*, published by Hyperion (Voice) in 2010.