



2026 Interventional Psychiatry Showcase

Ketamine and Ketosis: Exploring the Power of K

March 16, 2026 - 11:30am-3:30pm
UPMC Western Psychiatric Hospital Auditorium

PROGRAM SCHEDULE

11:15pm – 12:15pm **Lunchtime Discussion Tables – Room N277**

Seating is limited, but we will do our best to accommodate your request for a seat at a Roundtable. General lunchtime seating is also available if we are unable to assign you to a roundtable and for all other attendees.

1. Roundtable 1 (Room N277) – Clinical Ketamine: Esketamine and IV Ketamine (Facilitators: Marie Anne Gebara, MD and Matthew Geramita, MD, PhD)
2. Roundtable 2 (Room 278) – Exploring Mechanisms with Ketamine (Facilitators: Deepak Sarpal, MD and Brian Coffman, PhD)
3. Roundtable 3 – (Room 294-295) Nutritional Ketosis (Facilitators: Mary Phillips, MD (CANTAB) and Robert Raeder, MS)
4. Roundtable 4 (Suite 200 Reception) - Open Discussion Table (Facilitators: Marta Pecina, MD, PhD and Danella Hafeman, MD, PhD) – This is an opportunity to talk about interventional psychiatry research (your own or others)

12:15pm-12:30pm **Transition to Auditorium**

12:30pm **Welcome & Introduction**
Helmet Karim, PhD – Assistant Professor of Psychiatry and Bioengineering

12:35pm Session 1

- **12:35pm-12:45pm: *Therapeutic Ketosis***
Robert Raeder, MSc, MA Research Principal, Mood and Brain Lab
- **12:45pm-1:00pm: *Investigations into the Mechanisms that Underlie the Therapeutic Effect of a Ketogenic Diet in Bipolar Disorder***
Colleen McClung, PhD, Professor of Psychiatry and Clinical and Translational Science
- **1:00pm-1:15pm: *Ketogenic Diet for Young People with Bipolar Disorder***
Danella Hafeman, MD, PhD, Associate Professor of Psychiatry
- **1:15pm-1:30pm: *Multimodal Approaches to Understanding How and Why Nutritional Ketosis Works***
Mary Phillips, MD (CANTAB), Pittsburgh Foundation-Emmerling Endowed Chair in Psychotic Disorders and Distinguished Professor of Psychiatry, Bioengineering, and Clinical and Translational Science
- **1:30pm-1:45pm: *Q&A / Panel Discussion***

1:45pm-2:00pm **Break – Light refreshments will be provided.**

2:00pm **Session 2**

- **2:00pm-2:15pm: *Cellular and Circuit Mechanisms of Ketamine's Antidepressant Effect***
Matthew Geramita, MD, PhD, Assistant Professor of Psychiatry
- **2:15pm-2:30pm: *The Clinical Use of Ketamine***
Marie Anne Gebara, MD, Assistant Professor of Psychiatry
- **2:30pm-2:45pm: *Specifying and Leveraging Rapid Effects of Ketamine on Plasticity Mechanisms across Levels of Analysis: Findings from Clinical Trials***
Rebecca Price, PhD, Professor of Psychiatry and Associate Professor of Clinical and Translational Science and Psychology
- **2:45pm-3:00pm: *Biological Mechanisms Underlying Ketamine's Clinical Effects***
Manivel Rengasamy, MD, Assistant Professor of Psychiatry
- **3:00pm-3:10pm: *Real-World Implementation of Intravenous Ketamine for Acute Treatment of Suicidality in a Tertiary Care Hospital***
H. Nur Eken, MD, Psychiatry Research Pathway Resident
- **3:10pm-3:25pm: *Q&A / Panel Discussion***

3:30pm **Wrap Up and Adjourn**

Course Director

Helmet Karim, PhD, Assistant Professor of Psychiatry and Bioengineering, University of Pittsburgh School of Medicine

Planning Committee

Brian Coffman, PhD - Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine

Fabio Ferrarelli, MD, PhD - Associate Professor of Psychiatry, University of Pittsburgh School of Medicine

Erika Forbes, PhD - Professor of Psychiatry, Pediatrics, and Psychology, University of Pittsburgh School of Medicine

David A. Lewis, MD - Distinguished Professor of Psychiatry and Neuroscience, Thomas Detre Professor of Academic Psychiatry, Chair, Department of Psychiatry, University of Pittsburgh School of Medicine

Mary Phillips, MD, MD (CANTAB) - Distinguished Professor of Psychiatry, Clinical and Translational Science, and Bioengineering, and Pittsburgh Foundation-Emmerling Endowed Chair in Psychotic Disorders, University of Pittsburgh School of Medicine

Deepak Sarpal, MD - Associate Professor of Psychiatry, University of Pittsburgh School of Medicine

For more information, please contact Jeanie Knox at knoxjv@upmc.edu.