



## 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

### 11:30pm – 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 – Clinical Ketamine: Esketamine and IV Ketamine (Facilitators: Marie Anne Gebara, MD and Matthew Geramita, MD, PhD)**
2. **Roundtable 2 – Exploring Mechanisms with Ketamine (Facilitators: Deepak Sarpal, MD and Brian Coffman, PhD)**
3. **Roundtable 3 – Nutritional Ketosis (Facilitators: Mary Phillips, MD (CANTAB) and Robert Raeder, MS)**
4. **Roundtable 4 - Open Discussion Table (Facilitator: Marta Pecina, 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-12:50pm: Cellular and Circuit Mechanisms of Ketamine's Antidepressant Effect**  
Matthew Geramita, MD, PhD, Assistant Professor of Psychiatry
- **12:50pm-1:00pm: Therapeutic Ketosis**  
Robert Raeder, MSc, MA Research Principal, Mood and Brain Lab
- **1:00pm-1:15pm: 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
- **1:15pm-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: Ketogenic Diet for Young People with Bipolar Disorder**  
Danella Hafeman, MD, PhD, Associate 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](mailto:knoxjv@upmc.edu).**