

Reproductive Psychology

The Reproductive Psychology Program is dedicated to helping women experiencing mental health conditions before, during and after pregnancy. We focus on four core principles: universal screening for maternal depression and anxiety, connection to support services, early psychological treatment, and hospital community education.

Outpatient Services

We provide a range of outpatient services for women living with a mental health condition who are thinking of conceiving a child, currently pregnant or after delivery. These include:

- Mental health assessment during pregnancy and after birth
- Individual psychotherapy—brief cognitive behavioral and solution-focused treatments
- Group psychotherapy and support groups
- Perinatal psychiatric consultation for medical professionals
- Connection to support services and community resources

Psychotherapy Group

PMAD Therapy Group

This group is for pregnant or postpartum women with perinatal mood and anxiety disorders (PMADs). The group explores coping strategies for stress, depression, anxiety, isolation, self-doubt and other potential challenges related to transitioning to motherhood. The PMAD Therapy Group is a recurring monthly series that meets weekly on the first four Wednesdays of the month.

Expert Team

Led by Eynav E. Accortt, PhD, the Reproductive Psychology team at Cedars-Sinai includes a clinical psychologist, a reproductive psychiatrist, a licensed clinical social worker and counselors who provide care in both inpatient and outpatient settings.

Support Groups

Infertility Support Group

A weekly group for individuals and couples. Changes in fertility can increase emotional and physical stress, which can potentially complicate conception. Those who feel guilt, fear or depression during this time, as well as couples who are struggling with connecting through the process of in vitro fertilization, can benefit from additional support.

Perinatal Grief/Loss Support Group

A weekly support group for those who have experienced a miscarriage, stillbirth or termination loss. Open to mothers, fathers and families seeking emotional and informational support.