

Catherine Monk, Ph.D.

Dr. Catherine Monk is Professor of Medical Psychology in the Departments of Obstetrics & Gynecology (Ob/Gyn), and Psychiatry, Research Scientist VI at the New York State Psychiatric Institute, and founding director of the newly launched initiative to embed women's mental health in Columbia's Ob/Gyn Department (Women's Mental Health @Ob/Gyn) where she and other mental health professionals help women with stress, depression, anxiety across the lifespan with a special focus on pregnancy and the postpartum period. Dr. Monk's research brings together perinatal psychiatry, developmental psychobiology, and neuroscience to focus on the earliest influences on children's developmental trajectories — those that happen *in utero* and how to intervene early to help women and prevent risk for mental health disorders in the future children. Dr. Monk completed her postdoctoral research training in the Psychobiological Sciences via a National Institute of Health (NIH) T32 at Columbia University. Her research has been continuously funded by the NIH since she had her first support as a 'K' Career Development awardee in 2001; she also has received funding from the March of Dimes, Johnson & Johnson, the Robin Hood Foundation, the Brain & Behavior Research Foundation, and the Bezos Family Foundation.