

2026 Fall Psychiatric Nursing Symposium of North Texas

An educational program designed for Psychiatric Mental Health Professionals



Pediatric Psychopharmacology: Management of Mood and Anxiety Disorders

presented by **Sabrina Browne, M. D., University of Texas Southwestern Medical Center**

Lifestyle Medicine

presented by **Helene Alphonso, D.O., FAPA, John Peter Smith Health Network**

Psychiatric Medication Considerations of Women of Reproductive Potential

presented by **Becky Spencer PhD, APRN, PMHNP-BC, IBCLC, FILCA, FAAN**

Trauma and Obesity: The Weight of Our Past

presented by

Helene Alphonso, D.O., FAPA, John Peter Smith Health Network

&

Karen V. Smith, M. D., Baylor Scott & White Health

Date: September 12, 2026

Check in & Registration: 7:00 - 8:00 AM

Program: 8:00 AM - 4:00PM

Location: Great Wolf Lodge Convention Center (rear entry)

100 Great Wolf Drive, Grapevine, TX 76051

This Event Is In Person Only

Participants successfully completing this program will be awarded 6.0 contact hours

\$75 Early Bird / \$100 Member / \$150 Non-Member

Register at: www.papnntx.org

All materials will be printed

Education Planning Committee: PAPN NTX Executive Board

Contact for additional questions: papnevents@yahoo.com

This education activity will be submitted to the American Association of Nurse Practitioners for approval of up to 6.0 (six) accredited education.