

Insights and Impact

*Advancing understanding
changing outcomes*

The Catatonia Foundation is pleased to share that Medical Advisory Board member Scott R. Beach, MD, will be speaking about catatonia as part of the National Alliance on Mental Illness Ask the Expert podcast series. Dr. Beach is a leading expert in the diagnosis, treatment, and management of catatonia.



Opportunities for patients, families, and caregivers to ask questions directly of clinicians with expertise in catatonia are relatively uncommon. As part of this event, individuals who register will have the opportunity to **submit questions for Dr. Beach in advance through the registration form**, allowing participants to raise topics that are most important to them.

The podcast will take place on **March 19, 2026, at 4:00 PM ET**. Dr. Beach will discuss how the condition may present and why it is often missed or misunderstood, as well as common causes and risk factors, evidence-based treatments such as benzodiazepines and electroconvulsive therapy (ECT), and resources that could help guide next steps for individuals who may be showing signs of catatonia.

If you're interested in attending, **register at the link below to receive the Zoom link and submit any questions you may have:**

https://nami-org.zoom.us/webinar/register/WN_RjGwfa6ESmeNdxBYfKmi8w#/registration

Please share this link with anyone interested in or looking for information on catatonia.

Event: NAMI Ask the Expert —
An Overview of Catatonia

Date: March 19, 2026

Time: 4:00 PM ET

Host: National Alliance
on Mental Illness

Speaker: Scott R. Beach, MD

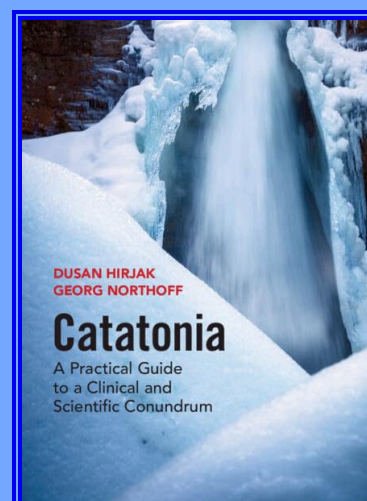


*Scott R. Beach, MD —
Associate Professor of
Psychiatry at Harvard
Medical School and
attending psychiatrist
at Massachusetts
General Hospital.*

A New Contribution to the Study of Catatonia

When catatonia is not immediately recognized, individuals and families can face a complicated path to diagnosis and treatment. Although catatonia is a well-described and treatable disorder, awareness and familiarity with the condition can vary across clinical settings, which may influence how quickly it is identified and addressed. At the same time, important questions remain about the biological mechanisms underlying catatonia and how best to understand the condition across clinical, scientific, and patient-centered perspectives. Continued efforts to explore these questions are important for improving awareness, research, and care.

A newly published book contributing to this ongoing discussion is *Catatonia: A Practical Guide to a Clinical and Scientific Conundrum*. Co-authored by Dr. Dusan Hirjak and Catatonia Foundation Medical Advisory Board member Dr. Georg Northoff, the book offers an in-depth examination of catatonia from multiple disciplinary perspectives. Drawing on



work in psychiatry, neuroscience, and philosophy, the authors explore how

catatonia can be understood not only as a clinical syndrome but also as a complex condition involving brain function, behavior, and subjective experience.

A notable strength of the book is its effort to integrate insights from several fields of study. By considering clinical observation alongside developments in neuroscience and related disciplines, the authors provide a broader framework for thinking about catatonia and the mechanisms that may contribute to its presentation.



A particularly meaningful aspect of the book is its attention to the patient's perspective. By considering how catatonia is experienced by those who live through it, the authors highlight the importance of integrating patient narratives with clinical and scientific inquiry. Understanding these experiences can provide important context for clinicians and researchers and help ensure that clinical efforts remain connected to the realities faced by patients and families.

Publications such as this add to the growing body of literature examining catatonia and highlight the range of perspectives involved in studying the condition.

How You Can Help Spread Awareness (It Really Matters)

Awareness grows person by person, share by share. You can make a meaningful difference by helping amplify this campaign:

- Share this email
- Follow us on Instagram, Facebook, LinkedIn, and X
- Like and comment on our posts (this dramatically increases reach)
- Share our posts and/or add them to your Stories

- Invite friends, family, and colleagues to follow and engage as well

Every interaction helps extend accurate information to someone who may desperately need it—today or in the future.



Ways to Support The Catatonia Foundation

- **Share your story** — your experience brings hope and spreads awareness
- **Spread the word** — tell others about catatonia and our resources
- **Volunteer your skills** — outreach, design, peer support, fundraising, nonprofit
- **Donate or fundraise** — your support sustains education, advocacy, and research. Click the button below to donate.

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If there's something you'd like us to cover in our next newsletter, please let us know. You can email us at info@thecatatoniacfoundation.org.

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