



Dr. Maria Muzik

Dr. Muzik is an Associate Professor of Psychiatry, and Obstetrics & Gynecology at the University of Michigan Medical School in Ann Arbor, Michigan, United States. Her expertise is in women's mental health in pregnancy and postpartum with a specific focus on trauma and trauma-related perinatal mental health conditions. Her background is also in developmental psychology, parenting, parent-child relationships and psychotherapy. She conducts cutting-edge research, directs patient care services, and oversees educational programming.

Dr. Muzik completed medical school and a psychiatry residency at the University of Vienna in Austria and University of Michigan. She trained with the Psychoanalytic Institute in Austria, at the Tavistock Clinic in London, UK in baby observation, and then went on to be trained as parent-infant psychotherapist through the University of Michigan (in Infant Mental Health) and the University of San Francisco (in Child Parent Psychotherapy). She also is a fellow of the International Psychoanalytic Association. She holds a master's degree in Clinical Research and Statistical Analysis from the University of Michigan School of Public Health

At her academic center, Dr. Muzik co-directs the Zero to Thrive Program and serves as Medical Director of the Perinatal Psychiatry Clinic, a nationally known program serving hundreds of women each year with pregnancy or postpartum related mood difficulties. She also leads the integration of perinatal mental health services within obstetrics, family medicine and pediatrics. Across the State of Michigan, Dr. Muzik serves as lead perinatal consultant to primary care, public health nursing, community mental health and other health systems. Finally, at a national level, Dr. Muzik is a member of the Task Force on Developing the National Curriculum in Reproductive Psychiatry in the United States.

Her research focuses on the study of stress, trauma and mental illness in the context of childbearing, its influence on parenting and the developing parent- infant relationship, and how to support families in overcoming adversity. Together with colleagues she has developed and researched an evidence-based, relationship-focused parent and teacher intervention to support sensitive caregiving of infants and young children. She has published over 100 peer-reviewed articles and book chapters, and recently co-edited a book on motherhood in the face of trauma. She directs a number of federally and foundation funded studies focused on interpersonal violence, childbirth trauma, posttraumatic stress, depression in pregnancy and postpartum and their effects on the developing child, and on interventions to buffer risks and enhance resilience.