

zero TO THRIVE

Maria Muzik, M.D., M.Sc.
Co-Director, Zero to Thrive



Current appointments

Associate Professor, University of Michigan
Department of Psychiatry and
Department of Obstetrics and Gynecology
Associate Research Professor,
Center for Human Growth & Development,
University of Michigan

Education

- M.D., University of Vienna, Austria, 1989
- Board Certification in Adult Psychiatry:
Austria, 1996; United States, 2006
- M.Sc., University of Michigan, 2009

Dr. Muzik has held a faculty appointment at the University of Michigan Department of Psychiatry since 2006. Her expertise is in women's mental health, focusing on pregnancy and postpartum, and she conducts cutting-edge research, directs patient care services, and oversees educational programming in these areas.

In her clinical role in the Department of Psychiatry, Dr. Muzik co-directs the Women and Infants Mental Health 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. Within Michigan Medicine, Dr. Muzik leads the integration of perinatal mental health services within obstetrics, family medicine and pediatrics. Across the state of Michigan, she is the lead perinatal consultant to primary care, public health nursing, community mental health and other health systems. She is a member of the Task Force on Developing the National Curriculum in



A PROGRAM OF THE UNIVERSITY OF MICHIGAN



“Supporting moms who struggle with mental health issues, trauma or psychosocial adversity during pregnancy or postpartum is a must. Only such support can buffer the transgenerational passing of risk from mom to baby, and give both the successful start they deserve.”

Dr. Muzik holds a master’s degree in Clinical Research and Statistical Analysis from the University of Michigan School of Public Health. She conducts research focused 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. She is particularly interested in understanding the links between inherited genes and environmental exposure in shaping a person’s risk and resiliency across the life span.

Dr. Muzik has published over 100 peer-reviewed articles and book chapters, and 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, posttraumatic stress, depression in pregnancy and postpartum and their effects on the developing child, and on interventions to buffer risks and enhance resilience.

Areas of interest

- Perinatal mood disorders
- Impact of perinatal mood disorders on family and child functioning, including intergenerational transmission of risk and resilience
- Trauma, stress and posttraumatic stress disorder (PTSD) during the childbearing years
- Neurobiology of stress, depression and PTSD
- Parent-infant relationships in postpartum, including dyadic and relationship-focused psychotherapy



A PROGRAM OF THE UNIVERSITY OF MICHIGAN