Dr. Byatt completed her undergraduate degree and a College Scholar Research Program in Behavioral Neuroscience at Lehigh University. She received her medical degree from the New York College of Osteopathic Medicine and MBA from the New York Institute of Technology. She trained as a psychiatric resident at UMass Memorial/UMass Medical School where she was also co-chief resident in psychopharmacology research and chief resident in psychosomatic medicine. She then pursued further training and completed a psychosomatic medicine fellowship at Brigham and Women's Hospital/Harvard Medical School. Dr. Byatt joined the faculty at UMass Medical School in July 2008 as an Assistant Professor of Psychiatry and staff psychiatrist in Psychosomatic Medicine, Emergency Mental Health and the Women's Mental Health Specialty Clinic. Her clinical interests include: psychosomatic medicine, emergency psychiatry and the evaluation and treatment of women during pregnancy and in the postpartum period.

Dr. Byatt's research interests include mental health service delivery for obstetric patients and risk factors and treatment of major depression in pregnancy and the postpartum period. Dr. Byatt's clinical and research efforts have been led her to receive the Briscoli Award for Resident-Faculty Academic Collaboration, APA/APIRE Junior Investigators Award, American Association for Emergency Psychiatry/Janssen Resident Award and American Society of Clinical Psychopharmacology/NIMH Clinical Trials in Psychopharmacology Award.