



Group for the Advancement of Psychiatry

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CIRCULAR LETTER #608

JANUARY 2009

POST-MEETING WINTER

What are the societal implications of taking stimulants to improve academic performance when no demonstrable disorder is present? Or of taking an SSRI to when the only “symptoms” are a wish to be feel more socially competent or satisfied with life? These were some of the questions posed at a presentation on “Enhancement Psychiatry” by the outgoing GAP fellows.

Many of us were unfamiliar with the term, leading to lots of speculation about what it meant (psychiatry for people undergoing plastic surgery?). As we learned, it is really about “lifestyle drugs,” which are drugs that are 1) used to improve functioning as opposed to treat actual psychiatric disorders or 2) used to treat conditions related to lifestyle, such as obesity or smoking. The lifestyle drugs market is currently worth a \$23 billion a year. In 2003 lifestyle drugs accounted for 5% of the global pharmacy market, with sales projected to rise up to 10% a year to over \$40 billion by 2010.

The presenters suggested that the desire for performance-enhancing drugs is fueled by the pharmaceutical industry’s “direct to consumer advertising” as well as consumer demand for “lifestyle drugs.” They pointed out that performance-enhancing drugs are used by everyone from elementary school students to retirees. Although federal regulations prohibit drug companies from advertising off-label uses of drugs, pharmaceutical companies have actively pursued expanding the scope of conditions for which drugs can be used. To illustrate the use of stimulant drugs to enhance academic performance (as opposed to treating attention deficit disorder), the presenters showed promotional information on a “starter pack” of stimulant medication given to parents. They used an example from a documentary that showed 2 recent retirees extolling the role of fluoxetine in making them feel calmer and more content with their lives. They also cited the widespread off-label use of modafinil (Provigil©) for increasing daytime alertness. Global sales of modafinil reached \$707 million in the nine months ended Sept. 30, accounting for almost half of Cephalon’s \$1.43 billion in sales, and Cephalon pled guilty to allegations that it promoted Provigil for off-label use. The GAP fellows asked the audience to consider the role of the psychiatric profession in either acquiescing to consumer demand or raising ethical concerns about the values that promote the use of such agents.

This meeting was also highlighted by the presence of Jeanne Phillips (the daughter of Pauline Phillips, or Abigail Van Buren, the originator of the “Dear Abby” column). Ms. Phillips has carried on the column and her Phillips-VanBuren Foundation has generously sponsored one of the GAP fellows. This year three of the committees (Psychiatry and the Community, Family and Aging) met with her for advice and help with their projects. Dear Abby uses experts within GAP to help her answer questions from readers about mental health concerns. With Dear Abby’s help, committees have gathered information from families of people with mental illness about their experiences with psychiatrists. Dear Abby’s column reaches 110 million readers daily and her advice has the potential to impact many lives. An occasional visitor to our meetings over the years,



Jeanne has promised to return on a more regular basis.

As anticipated, the Board of Directors and Finance Committee spent a good deal of time focusing on finances. In keeping with the rest of the markets, our investments declined about 30% from a year ago, to about \$250,000. However, we still have over a one year reserve, which is considered adequate for an organization such as ours. Although we have been taking about \$20,000 a year from our reserve fund, we made a decision not to do so this year. We have continued to control costs and most noteworthy, this year our expenses for A-V equipment were halved as committees were very judicious in their use of it. We are as always very appreciative to those who make coupon contributions. Please consider adding a contribution of whatever size to your annual dues payment. Additionally, the Board discussed and agreed to implement policies on conflict of interest for the Board members. Finally, our website is being redesigned and the plan is for the new design to be ready by the spring.

The Contributions Committee (a subcommittee of the Finance Committee) continues to explore possible new sources of external funding. Our experience has been that the most fruitful sources of funding have been advocacy groups and other organizations that have interests that coincide with those of specific committees. Frances Bell will be working with Gender Issues, LGBT and Adolescence committees on submitting grants and is willing to work with any committees who wish to develop grant applications; the first step is for the committees to identify advocacy groups whom they might approach for funding.

References:

The Lifestyle Drugs Outlook to 2008: Unlocking New Value in Well-Being, Business Insights, Oct 2003, Page 246. <<http://www.researchandmarkets.com/reports/38102>>

Kaiser Family Foundation, Prescription Drug Trends Fact Sheet - September 2008 Update, <<http://www.kff.org/rxdrugs/3057.cfm>>



Lois T. Flaherty, M.D.
President

Announcements:

The Board thanks all GAP members who do not request any transportation reimbursement and the Central Office will be happy to provide letters of contributions in the amount of your travel at your request.

An amendment to the Bylaws was passed at the Board of Directors Meeting:

Article V, Section 4. The Fellowship Committee

- (a) This Fellowship Committee shall have as its duties the selection of Fellows from a list of candidates submitted by residency training facilities and, in addition, the appropriate guidance of said Fellows through their attendance at four (4) consecutive meetings.
- (b) The number of Fellows chosen in a given year shall depend upon funds available to subsidize the program, as well as Operating Committee needs.
- (c) The Fellowship Committee shall consist of a Chair selected by the President and additional members selected by the Chair with four year terms renewable one time. The total membership shall be determined by the Board.

Administrative Committees:

Fellowship Selection Committee:

Present: Larry Gross, Ryan Finkenbine, Nyapti Rao, Steve Shanfield, Jules Ranz

The Committee worked to make the selections of the 2009 – 2011 group of Fellows. The Committee is interested in continuing the mentorship of the current Fellows through this meeting. The Committee will notify the new group of Fellows and obtain a written letter of commitment by the first of December. Once that paperwork is returned, the Committee will match Fellows to appropriate committees.

The mentorship of new Fellows will begin prior to the April Meeting and the orientation for the new Fellows will be updated.

Nominating Committee:

The Nominating Committee submits the following slate of nominations for the election to be held at the April 2009 Meeting:

David Baron, President

Jack Drescher, President Elect

Marcia Goin, Secretary

Steven Sharfstein, Treasurer

Board of Directors:

Leah Dickstein, John Looney, David Pruitt, Calvin Sumner

Publications Board:

Present: Drs. Adler, Baron, Fink, Goin, Merlino, Nadelson, Nace, Notman, Robinson, Schreiber

1. Update on Reports: A Most Productive Time!

- a. The 30 plus chapter book manuscript from the Committee on Disasters and Terrorism entitled: Hidden Impact: “What You Need to Know for the Next Disaster: A Practical Guide for Clinicians” received extensive feedback from the Publications Board and was submitted to their publisher.
- b. The Committee on Disasters and Terrorism received feedback on its manuscript, “Psychiatry and Terrorism” from the Publications Board.
- c. The Psychopathology Committee manuscript, “Implementing Standardized Assessments in Clinical Care” was submitted to Psychiatric Services and has been asked for revisions.
- d. The Committee on Adolescence received feedback on their clinical case study entitled: “When a Diagnosis can be Dangerous: An irritable adolescent with failing grades”.
- e. The Research committee’s editorial manuscript, “Relational Neurobiology as Psychiatry’s Basic Science” received feedback from the Publications Board.
- f. The Cultural Committee editorial, “Issues for DSM-V: Role and Relevance of Culture in Psychiatric Diagnosis” was approved and submitted for publication.
- g. The Psychotherapy Committee received feedback on its manuscript, “When Patients Have Difficulties Making Important Medical Decisions: Using Motivational Interviewing to Enhance Patients’ Autonomous Decision-Making”.
- h. The Committee on College Students manuscript, “The Challenge of Mental Health Crises in College Settings” was approved and submitted for publication.
- i. The Gender and Mental Health Committee had its editorial on Gender issues approved and submitted for publication. The Harvard Review has accepted their article, “The Myth of the Abortion Trauma Syndrome.”

for publication.

- j. The Committee on Aging manuscript, “Stimulating Interest in Geriatric Psychiatry: The Role of the Required Clinical Experience in General Adult Training” was approved and submitted for publication
- k. The Psychopathology Committee manuscript “Rational Protection of Subjects in Research and Quality Improvement Activities” received feedback from the Publications Board.
- l. The Child Committee received feedback on their manuscript, “Pediatrics/Child Psychiatry Collaborations.”

2. Web Site Update: GAP is undertaking a major revision to our website. As part of this we shall have the titles and where available all 40 short reports published since 1993 on the website as well as a list of our books.

OPERATING COMMITTEES:

Addictions:

Present: Sullivan, Birkmayer, Westermeyer, Nace, Lewis, Marzani-Nissen, Tamerin, Levin

Fellow: William Meehan

The Committee is working on three fast track articles: Challenges in Treatment of Chronic Pain with Opiates – practical recommendations, systems issues, transference/countertransference issues targeted at general practitioners to be completed by November 2009, Practice Guidelines for Buprenorphine Treatment - Clinical Pearls (patient selection, dosing, adverse reactions) targeted to internists and family practitioners to be completed by April 2009.

The Committee will be working on selection of new topics, review of submissions on both topics with additional writing submissions in buprenorphine treatment.

Adolescence:

Present: Flaherty, Becker, Onesti, Harper

Fellow: Kareem Ghalib

Guests: Robert McKelvey, Jean Wittenberg

The Committee is working on two fast track articles “The Nature of Clinical Evidence, Revisited” to be completed by November 2008 targeted at pediatricians and “Engaging the Help-Rejecting Depressed Adolescent” to be completed by January 2009 targeted at psychiatrists submitted to the American Journal of Pediatrics.

Aging:

Present: Liptzin, Rohrbaugh, Cohen, Streim

Fellow: Brett Rusch

The Committee is reviewing three areas of interest:

- a. Public’s view of mental health services to the elderly, the first draft of this manuscript is nearly complete to be completed by the Spring Meeting to be submitted to Psychiatric Services to be targeted to mental health providers.
- b. Geriatric training in adult residencies with the final draft completed and to be submitted to Academic Psychiatry to be targeted to training directors and residents.
- c. Geriatric curriculum is under discussion to be targeted at training directors and residents to be submitted to the American Journal of Psychiatry.

Child Psychiatry:

Present: Pfeffer, Stubbe, Daly, Kruesi, McDermott, Schowalter, Shapiro, Walkup

Fellow: Hannah Stevens

The committee is working on a fast track article on meeting the mental health needs of America's children through pediatric/child psychiatry collaboration. This manuscript will be submitted to the *American Journal of Psychiatry*. This project should be completed in January 2009 targeted to psychiatrists and mental health professionals.

The Publications Board has been very helpful in giving appropriate feedback and will help to fast-track the revised document for submission.

The Committee will be discussing feedback on the paper and plans to integrate and finish the current topic and begin discussing a new topic. The Child Committee may participate with the Family Committee on an expanded project.

College Student:

Present: Notman, Reich, Girard, Schwartz, Miner, Barriera

Fellow: Michelle Goldsmith

Guest/Consultant: Richard Eichler

The Committee is working on a fast track article on models for college mental health services, does the community mental health paradigm apply? The topic has been chosen and will be completed by June 2009 targeted to college mental health practitioners and university administrators. This will be submitted to *The Journal of American College of Health Association*. The Committee will be working on preparing the first draft and research the topic.

Cultural:

Present: Lu, Lewis-Fernandez

Fellow: Helena Hansen

Guests: Annelle Primm and Robert Like

The Committee is working on fast track articles all targeted to mental health providers:

- Editorial on DSMV and Culture to be submitted to the *American Journal of Psychiatry*
- Literature Reviews (2) on Cultural Aspects of DSM V
- Article on Training Approaches in Cultural Psychiatry with Psychiatric Residents (analysis of interviews with teachers) to be submitted to *Academic Medicine*
- Article on analysis of role of culture, race and ethnicity in psychiatric research to be submitted to the *American Journal of Psychiatry*

The first draft is in preparation with subsequent drafts to be completed by April 2009 for all four projects.

Disasters & Terrorism:

Present: Stoddard, Katz, Merlino, Jones, Ng, Kantor

Fellow: Erick Hung

The Committee is working on a book, Hidden Trauma and an article on "Psychiatry and Terrorism." The book has been submitted to a publisher and the article has been submitted to the Publications Board for first review.

Gender and Mental Health:

Present: Robinson, Nadelson

Guests: Orit Avni-Barron, Randi Glassman, Mallah Ochogrioso

The Committee is working on a fast track article on the misuse of psychiatry, an opinion piece submitted and approved by the Publications Board. The Committee is working on a new topic for the next project.

Human Sexuality:

Present: Downey, Friedman Co-Chairs, Adelson, Goldenberg, Haase, Schore, Bell

We discussed Stewart Adelson's manuscript on Sexuality in Bipolar Children. This will be revised again before being sent to the publication committee for further comments. Dr. Adelson will use it as the basis for a presentation at the national meeting of The American Academy of Psychoanalysis and Dynamic Psychiatry in San Francisco, May 2009. When completed it will be part of a special issue of the *Journal of The Academy on Sexual Psychodynamics*- Edited by Jennifer Downey and Richard Friedman.

We also discussed a possible self-help article regarding sex and romance in couples in which one or both of the members has a bipolar disorder or spectrum condition. Doctors Bell, Schore, and Goldenberg are working on this.

We also discussed progress on a research questionnaire- which we have brought to the attention of GAP previously. Work on this slowed down since our last meeting because we lost our research assistant. We are getting ready to move forward with this project again soon.

We considered how best to bring the work of our committee to the attention of the larger group at GAP

IMG's:

Present: Rao, Sperber, Myers, Sack, Goldberg, Saunders, Rigaud, Gogineni

The Committee has a manuscript with Michael Myers as the lead author, "Psychiatrist Burn-Out: Special Factors Affecting IMG Psychiatrists at Risk for Career Burn-Out" to be completed May 2009 targeted to psychiatrists to be submitted to *Academic Psychiatry* or *Academic Medicine*. The Publications Board could help with the editorial review.

Doctor Myers distributed an annotated literature review, which reflected considerable study of burn-out for physicians in general, but little about psychiatrists specifically, and almost nothing about IMG psychiatrists. He identified a validated tool the Maslach Burnout Inventory as a validated survey instrument he proposes to use to survey a defined cohort of IMG psychiatrists, combined with demographic data related to specific IMG stressors. Doctor Myers will complete lit review and develop a study design for the survey.

The Committee has another manuscript with Diane Sacks as the lead author, "Pre-Residency Externship/Observership Psychiatry Programs in the US: Survey and Review" to be completed May 2009 targeted to psychiatrists, psychiatric residency training directors and psychiatry chairs to be submitted to *Academic Psychiatry* and *Academic Medicine*. Doctor Sacks distributed her draft survey instrument in Survey Monkey free format, which she proposes to administer to Directors of Externships, Observerships, and Research Apprenticeships which are offered at psychiatry departments throughout the US. The Committee discussed methods for identifying these programs and how best to maximize the survey results.

The Committee's third manuscript in process with Doctor Sperber the lead author, is on "Culturally Competent

Psychiatric Interviewing Revisited: Are There New Lessons from the IMG Experience?" The anticipated date for completion is May 2009 targeted to psychiatrists and allied mental health professionals to be submitted to *Academic Psychiatry*.

Doctor Sperber presented a draft on conceptual review of cultural competency, seeking to integrate a system of concepts of culture from a hierarchy of the social sciences, locating current psychiatric practice within this hierarchy. He presented the results of a pilot survey of GAP IMG Committee's Culturally Competent Psychiatric Interviewing Assessment Tool, in which seven committee members applied the tool to videorecordings of three 30 minute interviews of vignette based psychiatric interviews of standard patients (SP's) by IMG residents. The exercise provoked a likely debate about conflicting models of cultural psychiatry, and whether the educational needs of IMG's as a group justify separate attention in the area of competent assessment interviewing. Doctor Sperber will complete the literature based conceptual section and revise the tool, obtain IRB approval and compile the results for presentation at the next meeting.

International Relations:

Present: Twentyman, Rogers

The Committee is looking for a new topic.

LGBT:

Present: Barber, Drescher, Ashley, Volpp, Hoffman, Herbert, McCommon

Guests: Alan Schwartz, Scot McAfee

Consultant: Cathy Renna

The Committee is working on a short op-ed piece on LGBG MH. Developing issues such as same sex marriage transgender kids, and sexual conversion treatments.

A new topic will be selected before the next meeting to be published in new and old media. The Committee is receiving media training at this meeting from the consultant, developing a media plan for the committee, starting to ready op-eds. The Committee will be practicing interviewing, reviewing the plan and critiquing each other's writing.

Medical Education:

Present: Silberman, Dickstein, Bernstein, Belitsky, Hilty, Scheiber

Fellow: Holly Crisp-Han

Guests: Christine Kim

The Committee is working on a fast track article on research careers for psychiatric residents survey exploring influences on choice by residents to include research as part of their career.

The anticipated date of completion is June 2009 targeted to educators and administrators to be submitted to the *American Journal of Psychiatry* and *Academic Psychiatry*. The Committee will be reviewing of data to date, planning further analysis and data collection. The Committee will complete the first level of statistical analysis and complete the first draft of the manuscript. The Committee is interested in spin off projects once this manuscript is completed.

The Committee would appreciate any references.

Mental Health Services:

Present: Ranz, Vergare, McQuiston, Lippincott, Everett, Sullivan

Fellow: Glen Davis

The Committee is working on a project on the development of form to evaluate residents' competencies in system based practices. The targeted date for completion is Fall 2009 to be targeted to directors of residency training directors and psychiatric residents to be submitted to *Psychiatric Services*. The Committee is preparing the details of launching the pilot. An IRB submission at individual sites institutions pilot at the individual sites.

The Committee will be examining and piloting data and completion of validated survey.

Preventive Psychiatry:

Present: Pruitt, Compton, Koplan, Powers

Fellow: Christopher Olesky

The Committee is working on a fast track article, "An overview of Prevention in Mental Health" (book chapter for an APPI "Clinical Manual of Prevention in Mental Health" to be published in the summer of 2009.

The first draft is near completion to be targeted to mental health providers and psychiatrists, to be included in Clinical Manual of Prevention in Mental Health.

The manuscript will be sent to the Publications Board by December 2008. The Committee will then begin working on new topics for the next project.

The Committee is looking for new members with a special interest in prevention.

Psychiatry & Community:

Present: Talbott, Roth, Munetz, Cournos, Minkoff, Osher, Lamb

Fellow: William Nunley

The Committee is working on an article "Congressional Testimony" and an intermediate length report "Psychiatric Services: Taking Issue, A First Person Account" on the subject on the mentally ill in jails: a national scandal. with a targeted completion date of February 1 to be targeted to legislators. This will be submitted to the Congressional Record and State Council on Government web site.

Psychiatry and Law:

Present: Giorgi-Guarnieri, Ash, Knoll, Resnick, Pinals, Mossman

Fellow: Sara Siris Nash

Guest: Virgil Pirce

The Committee is working on completing the screen play on forensic experts to be completed by Spring 2009 to be sold for movie production.

Any way GAP member could be helpful in referring contacts (producers, directors, actors) to the Committee should contact Chair, Debbi Giorgi-Guarnieri.

Psychiatry & Neuroscience:

Present: (at Task Force): Braun, Dickstein, Kramer, Lippincott, Beahrs

Guest: Viamontes

- The Task Force/Committee is working on two writing projects:
 - 1) A 5,000 word review article/opinion piece entitled “The Biopsychosocial Model Meets Neuroscience: A Blueprint for Integration.” It is the brainchild of 10 coauthors, including members of a number of GAP committees and recent committee guests, Bernie Beitman and George Viamontes. The draft is near completion and will be ready for Publication Board review before the New Year. Its target audience is psychiatrists and our hope is to submit it to the *American Journal of Psychiatry*.
 - 2) We are in the process of deciding whether to develop the draft entitled, “Lessons from neuroscience: Seven keys to peak Clinical communication” or to work on an alternative topic in translational neuroscience.
- In addition, we continue to discuss the Committee’s ultimate aims and to plan for recruitment. We welcome your suggestions (email DevraB@aol.com) of energetic colleagues whose interests lie at the interface between neuroscience and psychiatry and who might be interested in potentially joining GAP and the Committee. At the spring meeting we look forward to guidance by neuroscience experts George Viamontes and Daniel Dickstein in forging the committee’s future and selecting appropriate guests. (The birth of Daniel's daughter Hannah on the first day of GAP’s November meeting kept him from attending sooner . We hereby proclaim this to be a committee precedent: members will be expected to miss future GAP meetings only for similarly joyous reasons!)

Psychiatry & Religion:

Present: Snyder, Hunter, Hamblin

The Committee is working on a fast track article on evil doers in therapy. The first paper addresses the need for restructuring the therapist-client relationship. The first manuscript is near completion and the second paper dealing with conducting therapy is under preparation. The papers are targeted at mental health providers with a summary aimed at judges/attorneys. The papers will be submitted to the *Community Mental Health Journal*.

Between meetings, the final editing of the first paper will be completed and submitted to the Publications Board with further work on the second paper.

The Committee is looking for new, young members.

Psychopathology:

Present: Adler, Dixon, Hackman, Oslin, Dulit, Goldman, Siris

The Committee is working on a fast track article on implications of the current economic crisis on services for the severely mentally ill. The anticipated date of completion is November 2009 targeted to policy makers without a definite place for publication. The Committee will be doing the research for the topic.

Psychopharmacology:

Present: Baron, Goin, Gross, Bhanji, Slaby

The Committee has the direct to consumer project in publication and a new topic is being selected.

Psychotherapy:

Present: Lazar, Sledge, Plakun, Kay, Yeomans, Bauer

Guest: Beth Brodsky

The Committee is working on a report on psychotherapy of self destructive disorders. The first draft is in preparation to be completed by March 2009 targeted to mental health providers to be submitted to the *American Journal of Psychiatry*, *Psychiatric Services* and *Academic Psychiatry*.

Research:

Present: Sutton, Beahrs, Grunebaum, Kerbeshian, Kramer, Verhulst

The Committee is working on a fast track article to be submitted to the *American Journal of Psychiatry*. The Committee is also in the process of developing a power point presentation for the GAP web site. The anticipated completion date is July 2009 targeted at general psychiatrists and child psychiatrists.

The Committee will be working to select a new topic.

Social Issues:

Present: Lurie, Alger, Ottenberg

Guest: Anita Menfi

The Committee is looking at a new topic, "The Role of Economic Stimulus in Possible Conflict with the Psychiatrists' Role."

Terrorism and Political Violence:

Present: Post, Shanfield, Victoroff, Twemlow

Guests: Jamshid Marvasti

The Committee is working on a report, "Radicalization in the Muslim Diaspora: Implications for Counter-Terrorism."

This will be completed by the summer of 2010 in two formats, one for terrorism scholars and one for psychiatrists to be submitted to the *International Journal of Applied Psychoanalysis*.

Therapeutic Care:

Present: Lipkin, Fidler, Finkenbine, Weiss

Guest: Christi Cooper-Lehki

The Committee is developing a DVD narrative to be completed late 2010 to be distributed to psychiatric residents, either via download or through distribution.

The Committee will be conducting interviews with GAP members, editing of content outline to prepare the narrative project and a NYU film editor will assist in pre-production editing.

The Committee will be working on integrating transcripts with narrative script and identifying voice over narration.

Work and Organizations:

Present: Gibson, Larsen, Heidel, Greiff, Long, David Morrison, Daven Morrison

The Committee is working on a monograph looking at how to find happiness and satisfaction at work, to be completed Fall 2010 targeted at the general public. The people this would be targeted are those unhappy or less satisfied with work and people changing careers or entering work place.

By the next meeting, the Committee will have developed initial interview format. At the next GAP Meeting, the Committee will review interview results, begin analysis and determine next steps (more interviews? begin writing?)



The Board thanks the GAP Fellows for 2006 – 2008
and wishes them great success in future endeavors!

The Board welcomes the GAP Fellows for 2009 – 2011:

Neil Aggarwal/Yale University (Adult)
Benjamin Brody/Weill Cornell
David Cochran/University of Massachusetts
Mandy Garber/Allegheny Medical Center
Stephanie Giannandrea/University of Rochester
Hesham Hamoda/Harvard (Boston Children's)
Gwyn Harvey/Tufts University
Rose Julius/Temple University
Steve Koh/University of California, San Diego
Aaron Krasner/Columbia University
Chad Lemaire/Baylor University
Rebecca Lewis/New York University
Fred Langheim/University of Wisconsin
David Sasso/Yale University (Child)
Megan Testa/Case Western

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DATES OF FUTURE GAP MEETINGS

2009
April 16-18
November 12-14

2010
April 15-17
November 11-13

2011
April 7-9
November 10-12

2012
March 29-31
November 15-17

2013
April 4-6
November 14-16

2014
April 10-12
November 13-15

2015
April 16-18
November 12-14