

GROUP for the
ADVANCEMENT of
PSYCHIATRY

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CIRCULAR LETTER #625

PRE-MEETING SPRING

MARCH 2013

Message From the President

How time flies. This is my last column for the Circular Letter as the next meeting will be the last one at which I serve as President.

Mary Barber and the Fellowship Committee have chosen an impressive new group of GAP Fellows. We will meet them in person at the next meeting while they are being introduced to the entire membership in this circular letter.

As mentioned in my last column, and as part of ongoing efforts to increase GAP's visibility, the Planning, Marketing and Communications Committee has taken on an internal consulting function to other committees. Josh Gibson, Aaron Krasner and consultant Erin McAfee are leading this initiative. The PM&C has begun with two pilot projects, one targeting the general public and one targeting a psychiatric audience. Members of the PM&C will briefly present at the Friday morning general membership meeting with an update about progress on the pilot projects chosen after the last meeting. In the meantime, your committee may want to give advance consideration to consulting with the PM&C to figure out how to better reach the target audiences for your committee's products.

This issue of the Circular Letter also contains a couple of opinion pieces from two Past GAP Presidents, Lois Flaherty and Malkah Notman. The issue of inviting non-physicians to become full GAP members was brought to the Board last year and Lois and Malkah have put forward thoughtful positions both for and against such a decision. Hopefully their opinions will spur further conversation among the general membership on this issue.

It has been a great honor and a truly unique experience to serve this amazing organization. Occasionally I had the somewhat disorienting feeling that the job of President was that of "herding cats." However I soon came to understand how that feeling was evoked by the energy, enthusiasm and passion that GAP members bring to the meetings and to their work. I continue to be deeply gratified by the quality of our committee's work products and by the number of new members being invited to attend and who wish to join GAP.

I want to wish Marcia Goin success as she begins her term as President and to thank my predecessor, David Baron, for his helpful model of leadership. I also wish to thank the other GAP officers, Board members, Past Presidents and members of the Publications, Fellowship and Plenary Committees who give so much of their time and energy to GAP between meetings. Finally, thanks to Frances, whose contributions to GAP are immeasurable and, as the Mastercard commercials point out, priceless.



Jack Drescher, M.D., President

Should GAP Invite Non-physicians as Full Members?

Affirmative: Lois Flaherty, Past President

Committee chairs have requested from time to time that GAP invite non-physicians to become members. One reason advanced in opposition to this is that opening up the organization to non-physicians would destroy the unique character of GAP.

First, no one is really talking about opening up membership in GAP. There is no membership application and no one can be proposed for membership who has not attended at least one committee meeting, after being invited to attend the meeting by the committee. Prospective members can only be proposed by committee chairs (or if proposed by someone else, approved by the chair of the committee to which they are proposed) and only for membership on a specific committee. Members are voted in by the Steering Committee or, in the case of those who are non-psychiatric physicians, by the Board of Directors.

GAP's bylaws do allow for a waiver of the usual requirements that persons proposed for membership be members of the APA or CPA (both organizations whose members are limited to psychiatrists). However, the prospective member must possess "a degree in medicine" (presumably either an MD or DO) and can only be admitted to membership upon a written application to the Board of Directors, which has "sole discretion" to approve the application.

The Committee Chair Handbook (CCH) has a statement that appears to encourage membership on committees of persons who do not meet the usual membership requirements, "There should be a maximum of flexibility in the choice of new members. Rigid membership requirements should be avoided" (p. 4).

GAP currently has one non-psychiatrist physician member

The Bylaws do encourage the use of consultants: "The Committee work shall be conducted in such a manner as to make full use of the resources of relevant scientific disciplines. Consequently, all Operating Committees may avail themselves of the services of consultants." (Article 1, Objects and Purposes).

The issue of consultants and guests is not addressed in the Bylaws, only in the CCH. The only category of consultants described is that of Ittelson consultant, and the procedure for applying for funds for them to come to meetings is spelled out. They are limited to four meetings.

Guests are also described in the CCH as attending on a one time basis at their own expense.

I believe that allowing more flexibility for membership requirements, far from "opening up" membership, would allow for inclusion in GAP those individuals who have the qualifications of "superior competence, productivity and demonstration of special interest and knowledge in an area in psychiatry." (as specified as conditions for membership in the CCH, p. 4). In many areas of psychiatry, such individuals are not necessarily physicians, and not necessarily psychiatrists. For example, many of leaders in the field of work and occupational psychiatry are psychologists.

As some have put it, we are the Group for the Advancement of Psychiatry, not the "Group for the Advancement of Psychiatrists." Unlike the American Psychiatric Association or the American Psychological Association, which function in part as guild organizations seeking to protect the interests of their members, GAP's purpose, as stated in the first paragraph of its bylaws, "shall be limited (*italics added*) to the charitable, educational, and scientific encouragement of medical development and the alleviation and cure of mental illness." It is hard to see how allowing outstanding individuals with specific kinds of expertise to become full members of GAP would detract from this purpose.

Should GAP Invite Non-physicians as Full Members?

Negative: Malkah Notman, Past President

At the April 2012 GAP steering committee, the question of GAP admitting non-physicians as full members was raised. Two committees felt they had problems recruiting psychiatrists who had appropriate interests to their work. After some discussion, GAP President Jack Drescher asked Lois Flaherty, and Gail Robinson and myself to review the GAP by-laws and see what they said about this issue. This led to a more general discussion in which Lois took an affirmative position. I am taking a negative position about inviting non physicians as full members. Toward that end, I will review the pertinent by-laws statements and other GAP materials and then discuss why I think we should not change our by-laws to admit non physicians as full GAP member.

The By Laws state: "Persons possessing a degree in medicine and meeting the requirements of section 2 of this Article are eligible for membership in this Corporation." Section 2 includes a statement that there is a requirement that a GAP member also be a member of the American or Canadian Psychiatric Association.

The bylaws inclusion of the APA or CPA membership requirement originally had a specific and narrow focus. Having our own ethics committee to process complaints of unethical behavior was expensive and time consuming. It was voted to delegate this task to the APA and the CPA by having as a requirement of membership in GAP simultaneous membership in the APA or CPA. In isolated special instances, when a member cannot belong to APA or CPA, such as being from another country, a waiver is possible. However this waiver also does not refer or imply the possibility of non-psychiatrists.

There is also a Chairman's Handbook detailing the functioning of committees, the requirements for membership, procedure for selecting new members and other descriptions of GAP functions and structure. The description of the characteristics desired in new members, in addition to their being talented and motivated, states, "There should be a maximum of flexibility in the choice of new members. Rigid membership requirements should be avoided." The "flexibility" statement in the Chairman's Handbook refers to individual characteristics, such as not having a requirement that someone have an academic position in order to qualify. It does not mean flexibility of academic degree. In none of these statements is there anything that suggests members should not be psychiatrists, although the medical degree requirement does not limit membership to psychiatrists.

There is also a section on the use of consultants and guests. Currently there are Ittleson Consultants, who can come to up to four consecutive meetings at GAP's expense. In the past it was possible to have consultants for an indefinite period. The College Student Committee had Joe Katz, PhD as one for a number of years. They also had Jack Rule, PhD, former Dean of MIT, as a consultant for the duration of one report. Guests can be invited in several categories: as potential members, as resource persons to committees, as post-Fellow guests, or as Presidential guests. Guests pay their own expenses.

As a consultant or special guest the individual's role is clear. As a minority member in a psychiatric organization it would be different. It might also create pressure to increase the numbers as an antidote to feelings of isolation. It is not necessary to have non-physicians as members in order to have input from other fields. One alternative would be to restore the possibility of increasing the term stays of consultants or guests for those committees who feel they need them.

I think it would be a poor idea to admit non-psychiatrists (aside from physicians) as full members of GAP for a number of reasons. It would dilute the identity of GAP. Psychiatrists also share the same background and training which affects identity. There are number of organizations where psychiatrists have become one component, or a minority, such as the American Psychoanalytic Association and various other psychoanalytic groups. This changes the orientation, thinking, and sense of identity of the group. This change also occurs in many multidisciplinary work situations with divided roles and concerns where the psychiatrist can become narrowly defined as a psychopharmacologist or administrator. It is important to have a vital group that is psychiatric and spans many psychiatric roles.

Continued. on pg. 4

I believe at this time we need to strengthen the field of psychiatry and our identity as psychiatrists, whether we are clinicians, researchers, academicians, administrators, and that the admission of non-psychiatrists would interfere with that identity. It also is a poor time to make such a change, with changes in health care and health care organization creating potential shifts in psychiatric practice.



Announcements:

Report from the Nominating Committee:

At the Membership Meeting on Friday morning, we will have an election and the Nominating Committee presents the following slate of nominees:

President: Marcia Goin

President Elect: Steven Sharfstein

Secretary: John Looney

Treasurer: Larry Gross

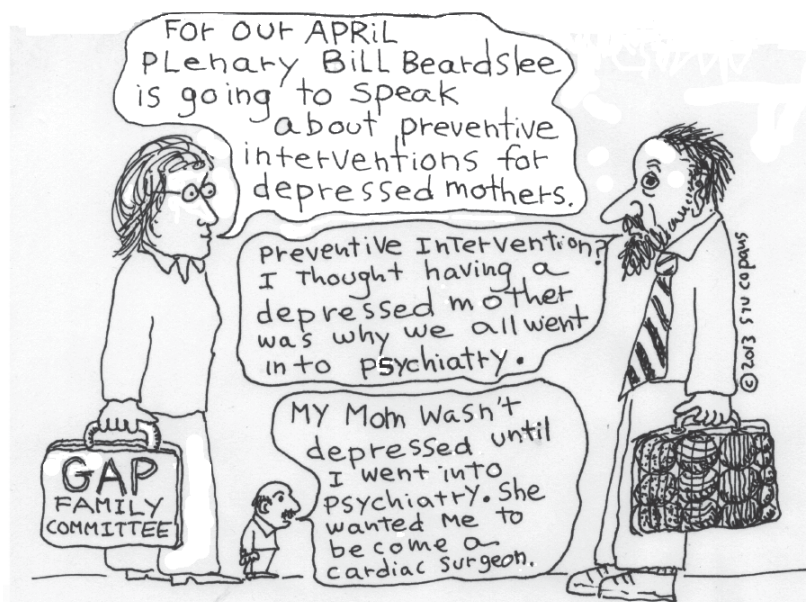
Board of Directors:

Stu Copans, Josh Gibson, Markus Kruesi, Barbara Long

Plenary:

When A Family Member has a Psychiatric Illness: Issues for Children and Adults

When a person has a psychiatric illness, all family members are affected. The family's ability to support their ill member, and each other, is crucial to everyone's quality of life. Over the past 40 years, a robust evidence base has demonstrated that family inclusion in treatment (consultation, support and psychoeducation) leads to sharp decreases in patient relapse, improves recovery, and lessens the burdens on family. Our plenary will review this research, highlighting Doctor William Beardslee's internationally used programs for parents and children when a parent is depressed, and describing several psychoeducation interventions for adults and their families. Such family interventions are seldom taught in training programs and are drastically underutilized across the spectrum of psychiatric care. We will examine the complex barriers to widespread use of such programs and discuss models of effective implementation.



GAP Welcomes the 2013 - 2014 Fellows



Nicolas Badre (Psychopharm Committee)

Nicolas, or “Nico” to his close friends, is UC San Diego’s French resident. After leaving France to pursue a career in Neuroscience, he fell in love with caring for mental illness. He has performed research from bench work neurophysiology on drosophila to clinical studies on Alzheimer vaccines. Once having graduated from the University of Kentucky’s, he pursued his dream of working with Dr. Jeste in the field geriatric psychiatry, at UC San Diego. Now he spends his time between residency, playing on the beach with his wife and dog, as well as a little research and community outreach here and there.



Venkataramana (Venkat) Bhat (Psychopathology Committee)

Dr. Bhat is a third year psychiatry resident at McGill University in Montreal. He is interested in interdisciplinary approaches to understanding the problems of the mind, as it entails a synthesis of different perspectives from the sciences, arts and humanities. He has worked on several interdisciplinary research projects including DSM-5, neuroscience, cultural psychiatry, and epidemiology. He is currently a fellow in the Social Aetiology of Mental Illness (SAMI) Training Program and PRITE Fellow for the American College of Psychiatrists.



Theresa Clemmons (Aging Committee)

Originally from Seattle, WA, Theresa Clemmons has had the opportunity to study at the University of Hawaii, Pacific Lutheran University, and Des Moines University during her academic years. She is currently enjoying her second-year of residency at the University of Iowa. Her initial interests included geriatric and consult-liaison psychiatry; however, her current focus is on emergency department psychiatry (otherwise known as “crisis psychiatry.”) This combines elements of CL psychiatry with acute psychiatric syndromes; additionally, in Iowa, it provides adequate exposure to the aging population with psychiatric, neurologic, and medical co-morbidities. Other interests include major league baseball, college football, road trips, gardens, regional specialty foods, and acrylic design. Current projects include a literature review of culturally distinct psychiatric disorders, improvement of resident education for inpatient and emergency psychiatry, and a rough collection of babblings discussing acute psychiatric syndromes. She is looking forward to collaborating with members of the psychiatric community as a GAP fellow.



David Freeman (Religion Committee)

As a PGY-3 resident and junior chief at the VCUHS Psychiatry Department, David Freeman spends his days at the hospital, thankful for the education from ETSU Quillen College of Medicine in Johnson City, TN. When he is not at the clinic in downtown Richmond, VA, you might find him illustrating, reading, at the movie theater, or with his lovely wife, preparing their home for a little boy, due in February 2013!



Yael Holoshitz (MH Services Committee)

Yael Holoshitz is a third year resident in psychiatry at New York Presbyterian-Columbia/New York State Psychiatric Institute. She attended the University of Michigan, where she majored in English Literature and Molecular Biology. She then moved to New York and earned her MD from Mount Sinai School of Medicine. There, she was active in humanities in medicine initiatives and served as editor of the school’s literary arts journal for two years. She has also been involved in longitudinal research endeavors assessing susceptibility to PTSD in combat soldiers. Her clinical interests include psychodynamic psychotherapy and consultation-liaison psychiatry.



Sarah Lytle (Adolescence Committee)

Sarah Lytle, MD, MS - Dr. Lytle completed medical school and adult psychiatry training at University Hospital Case Medical Center. She is currently a first year fellow in the Division of Child and Adolescent Psychiatry at the same institution. She has contributed to academic writing in the areas of immigration, ethical concerns in repetitive foreign body ingestion, treatment of bipolar disorder in lactation during adolescence, and HIV in children, adolescents and families. Areas of interest include children and adolescents, women's health and medical education.



Alastair McKean (Addictions Committee)

Dr. Alastair McKean is fourth year psychiatry resident at Mayo Clinic, Rochester, Minnesota where he is presently serving as Chief Resident. He received his B.Sc. in Biochemistry from the University of Alberta, M.A. in Theology from University of Oxford and his M.D. from Loma Linda University. Upon completion of residency he will be entering into a fellowship in child and adolescent psychiatry at Mayo Clinic. Alastair's research and clinical interests are focused on suicidology, mood disorders and substance use disorders. He is active in medical student education and has recently been involved in revising the didactics for the psychiatry clerkship experience.



Sarah Roff (Law Committee)

Sarah Roff is a psychiatry resident at the University of Washington Medical Center-Seattle. She was an undergraduate at Yale University and holds a PhD in Comparative Literature from Johns Hopkins. She worked as an assistant professor of German literature at Princeton University before deciding to go to medical school at Oregon Health Sciences University. She is interested in community, forensic and cross-cultural psychiatry and is currently working on an ethnographic study of gender and self-harm in the Washington Department of Corrections.



Ferda Sakman (Psychotherapy Committee)

Ferda Sakman received her medical degree in Turkey at Hacettepe University School of Medicine and is currently a 3rd year adult psychiatry resident at Tufts Medical Center in Boston, Massachusetts and a fellow in psychoanalytic psychotherapy at the Boston Psychoanalytic Society and Institute. She is especially interested in the multitude of approaches to understanding the dynamics of the mind and the unconscious, including (neuro)psychoanalysis, hypnosis, and Eastern philosophies.



Sean Sassano-Higgins (Work and Organizations Committee, Cotswold-Looney Fellow)

Dr. Sassano-Higgins began his postgraduate training as a pediatric intern at the Children's Hospital of Los Angeles. He quickly recognized his desire to work more closely with the psychiatric issues pertinent to his patients, leading to his entry into a psychiatry residency program at the University of Southern California following completion of internship. Dr. Sassano-Higgins' academic interests include psychotherapy, psychopharmacology, medical education, and meta-analysis. He has published manuscripts in the fields of immunology, neonatal intensive care, and learning and behavior, and taught courses in psychology, sociology, research methodology, and statistics at the undergraduate and graduate level.



Anup Sharma (Research Committee)

Anup Sharma graduated cum laude from the University of Pennsylvania in 1999, earning a B.A. in Biochemistry and a M.S. in Chemistry as part of the Vagelos Scholars program in the Molecular Life Sciences. Here, he trained in several basic science laboratories spanning multiple disciplines. His research contributed to several exciting discoveries including the identification of over ninety microRNAs. Subsequently, he completed his M.D. and PhD in Neuroscience. His research led to the identification of a potential cell death mechanism spanning multiple neurodegenerative diseases. Currently, he is a resident in

Psychiatry and a part of the Clinical Research Scholars Program at Upenn. He is interested in understanding the therapeutic potential of mind-body practices in preventing and alleviating mental illness. His outside interests includes non-profit community service in the city of Philadelphia, Hindustani Classical music and Global health.



Heather Speller (Medical Education Committee)

Heather Speller, MD, MHS, is originally from Belmont, MA. She obtained a BA in Psychology from Boston College, and completed her medical studies at the Yale School of Medicine. While at Yale, she developed an interest in physician mental health, and spent a 5th year as a Doris Duke Research Fellow, conducting a qualitative research study on intern well being. She is currently a 3rd year resident in the MGH/McLean Adult Psychiatry Residency Program. Her primary interests are in medical education, and include: simulation-based education, psychiatric interviewing skills, residents-as-teachers, feedback and supervision, duty hours, curriculum design, and medical education research. Her clinical interests include inpatient and emergency psychiatry, psychotic disorders, and group psychotherapy. She lives in Boston with her husband, who is a neurosurgical resident.



Adam Stern (Arts Committee)

I was born and raised in Roslyn, New York. I went to Brown University for my undergraduate education where I earned a bachelor of science degree in psychology and worked at Butler Hospital doing research in body dysmorphic disorder. I continued on to SUNY Upstate Medical University in Syracuse, NY where I took a research interest in functional neuro-imaging and psychiatric disorders stemming from velo-cardio-facial syndrome. My interests outside of psychiatry include fiction writing and keeping up with news in business, politics, sports, and pop culture. During medical school I spent a great deal of time contributing to the medical humanities which explores the potential for interactions between clinicians, patients, and the arts. I had a number of fictional short stories published in this and other areas and self-published a novella in 2007 entitled *The Insatiable Man* which takes on the immature psyche of the college male. I am currently a resident in the Harvard Longwood Psychiatry Residency Training Program where I have embraced scholarly interests in interventional psychiatric techniques such as ECT and TMS. In my PGY-4 year, I will serve as a chief of ambulatory psychiatry at Beth Israel Deaconess Medical Center. It has been a pleasure to work with such talented and interesting colleagues, and I continue to look forward to the rest of my time in the residency.



Sara Weekly (Planning and Marketing Committee)

Sara Weekly grew up in Austin, Texas, where she developed a deep love for live music and barbecue before moving to California to attend Stanford University. After earning a Bachelors of Science in Biology and graduating Phi Beta Kappa, she returned to Texas to get her MD from Baylor College of Medicine. Missing the West Coast, she returned to the Bay Area to complete three years of Adult Psychiatry residency at UCSF. She then decided to give winter a try and moved to New York to begin her Child and Adolescent Psychiatry fellowship at NYU. Currently, she is a PGY-4 with specific interests in eating disorders and public relations/education.



Justine Wittenauer (Family Committee, Dear Abby Fellow)

Dr. Justine Wittenauer is a graduate of Northeast Ohio Medical University where she received a combined B.S/M.D. through a six year accelerated program. She is currently completing her general psychiatry residency at Emory University and has been accepted to the Child and Adolescent Psychiatry Fellowship at Cambridge Health Alliance, a Harvard affiliate. She is interested in pursuing further research involving adolescence and substance use disorders. Through work at Emory University she has participated in over 20 publications and presentations.



Yvonne Yang (Community Committee)

Yvonne Yang was born in Fresno, California but spent most of her adult life in New Haven, Connecticut, obtaining first a B.A., then an M.D. and Ph.D. at Yale University. At Yale she studied music in addition to biology, becoming a conductor of two orchestras while an undergraduate. During her Ph.D., she studied neuroscience, using a mouse model of amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. Now in her third year of residency at UCLA, she is slated to be one of two chief residents next year, and hopes to use her scientific training to study the default mode network in patients with schizophrenia using functional neuroimaging. She is also passionate about psychotherapy and hopes to become an analyst some day. In her free time, she enjoys rock climbing and photography.



**SPRING 2013 MEETING
133rd MEETING OF
GROUP FOR THE ADVANCEMENT OF PSYCHIATRY**

THURSDAY, APRIL 4, 2013

10:00 a.m.	GAP Office Opens	Masefield A Room
10:00 a.m.	Finance Committee Meeting	Masefield B Room
12:30 p.m.	Publications Board	Hutchinson A Room
2:00 p.m.	Board of Directors	Cooper B Room
4:00 p.m.	Fellows Meeting with Selection Committee	Cooper A Room
4:30 p.m.	Fellowship Selection Committee	Masefield B Room
5:30 p.m.	Reception of the Board of Directors with Fellows	Hudson Room
6:00 p.m.	Finance Committee Meeting	Masefield B Room
6:30 p.m.	Fellows Dinner	Cooper A Room
9:00 p.m. - 11:00 p.m.	Hospitality Room Hosted by: Committee on Adolescence	Irving A and B Rooms

Thursday Committee Meetings:

Administration and Leadership	7 p.m.	Restaurant (6 – Merlino)
Child	TBD	
Family	TBD	
Preventive	3:00 p.m.	Room 215
Psychopathology	3:30 p.m.	Gallery Room
Psychiatry & Community	7 p.m.	Restaurant (8 – Osher)
Research	7 p.m.	Restaurant (8 – Kramer)

FRIDAY, APRIL 5, 2013

7:30 a.m.	Breakfast	Cooper-Greeley Rooms
8:30 a.m.	General Membership Meeting	Cooper-Greeley Rooms
9:30 a.m.	Committee Meetings	
10:30 a.m.	Coffee Break	
12:00 noon	Luncheon	Cooper-Greeley Rooms
	Steering Committee Meeting	Irving A Room
1:00 p.m.	Fellows Meeting	Irving B Room
2:00 p.m.	Committee Meetings	
3:00 p.m.	Coffee Break	
5:00 p.m.	Plenary Session: GAP Fellows Committee on the Family	Cooper-Greeley Rooms
6:30 p.m.	Cocktail Reception	Red Oak Terrace
7:30 p.m.	Dinner	Cooper-Greeley Rooms
9:00 p.m.	Hospitality Hosted by: Committee on Aging	Foyer - Cooper-Greeley Rooms

SATURDAY, APRIL 6, 2013

8:00 a.m.	Breakfast	Cooper-Greeley Rooms
	Steering Committee Meeting	Irving B Room
	Fellows Breakfast Meeting	Irving A Room

9:00 a.m. Committee Meetings

11:30 a.m. Lunch Cooper Room

COMMITTEE MEETINGS

ADOLESCENCE	ROOM 205
AGING	MASEFIELD B ROOM
ADDICTIONS	ROOM 203
ADMINISTRATION & LEADERSHIP	ZENGER ROOM
CHILD PSYCHIATRY	LIBRARY ROOM
COLLEGE STUDENT	VERANDA ROOM
CRITICAL THINKING IN PSYCHIATRY	ROOM 211
CULTURAL PSYCHIATRY	PORTICO ROOM
DISASTERS AND THE WORLD	KYKUIT SUITE/ROOM 103
FAMILY	HUTCHINSON B ROOM
GENDER ISSUES AND MENTAL HEALTH	HUTCHINSON A ROOM
GLOBAL PSYCHIATRY	VANDERBILT/ROOM 107
HISTORY AND PSYCHIATRY	JOHN JAY SUITE/ROOM 102
HUMAN SEXUALITY	ROOM 207
LGBT	ROOM 305
MEDICAL EDUCATION	PARLOR ROOM
MENTAL HEALTH SERVICES	HUDSON A
NEUROPSYCHIATRY	Not in attendance
PLANNING, MARKETING AND COMMUNICATIONS	ROOM 318
PREVENTIVE PSYCHIATRY	ROOM 215
PROFESSIONALISM AND ETHICS	ROOM 221
PSYCHIATRY AND THE ARTS	ROOM 219
PSYCHIATRY AND THE COMMUNITY	LYNDHURST/ROOM 104
PSYCHIATRY AND THE LAW	SLEEPY HOLLOW/ROOM 105
PSYCHIATRY AND RELIGION	ROOM 209
PSYCHOPATHOLOGY	GALLERY ROOM
PSYCHOPHARMACOLOGY	ROOM 505
PSYCHOTHERAPY	HUDSON B
RESEARCH	ROOM 217
TERRORISM and POLITICAL VIOLENCE	RED OAK TERRACE
WORK AND ORGANIZATIONS	VAN CORTLANDT/ROOM 106



DATES OF FUTURE GAP MEETINGS

2013
April 4-6
November 14-16

2014
April 10-12
November 13-15

2015
April 16-18
November 12-14

2016
April 14-16
November 10-12

2017
April 6-8
November 9-11

2018
April 12-14
November 8-10

2019
April 11-13
November 7-9



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