

March 2006

PRESIDENT'S LETTER

Several months ago, *Christianity Today* featured on its cover an artistic rendering of a middle aged English professor under the title of "C.S. Lewis Superstar." Shortly thereafter, *US News and World Report* ran a similar cover story, this time with a photograph entitled "God's Story Teller." About the same time, we were all blitzed with significant media attention on the motion picture *The Lion, the Witch, and the Wardrobe*, based on Lewis' children's fantasy literature, which hit theatres in December. What is going on? Why this attention on a man whose death occurred almost a half century ago?

For many Christians, this "rediscovery" of C.S. Lewis is in fact a continuation of a life long appreciation of his influence as a Christian apologist. Lewis came along at a time when the forces of secularism were rising. Even theologians were writing books with such titles as *God is Dead*. Lewis' logic, revealed through his incisive writings, helped counter these forces. He recognized that the Christian faith is indeed a "faith," but he used his brilliant mind to address difficult questions in such a clear way that it was obvious there were many good reasons to believe. Lewis saw his work as removing supposed intellectual obstacles to belief. This work is equally relevant in our "post- modern age".

So why should psychiatrists be interested in his work? First, Lewis was a student of human nature and human behavior. In his classic *Mere Christianity*, his description of human pride, in the chapter "The Great Sin", is the clearest expositions of this fundamental human problem that I have found. Lewis makes it clear that the nature of pride is essentially competitive. He notes, "Pride gets no pleasure out of having something, only out of having more of it than the next man." In other words, we may take pride in our material possessions but what

really fuels this is pride is the belief that we have more than our neighbor. Second, Lewis was a contemporary of Sigmund Freud. In *Mere Christianity*, he devoted a chapter to "Morality and Psychoanalysis" where he compared and contrasted the approach of Christianity to Psychoanalysis in the healing of human problems. He logically divides problems and the cause of problems into those of will and moral choice and those of what he called the "Raw Material." The raw material, of course, is the day to day work of psychiatrists, meaning biological vulnerabilities and deviant psychological functioning. He saw the role of psychoanalysis, or psychiatry, to stick to "fixing" the raw material. For Lewis, once this "cure" took place, psychiatry had nothing extra to say about moral choices. This simple but elegant perspective helps clarify the work of the psychiatrist, both believing and unbelieving, and serves us well in our clinical work.

Lewis has specific meaning for our section this year in that we are privileged to have as our APA banquet speaker (**May 23, 7 p.m.**) **Dr. Armand Nicholi**, Professor of Psychiatry at Harvard Medical School. The title of his banquet talk will be: "C. S. Lewis and His Transition to Faith: Keys to Being a Witness". In this talk, Dr. Nicholi will discuss the course he has taught over several decades at Harvard University which compares and contrasts the world views of C.S. Lewis and Sigmund Freud. In this comparison, Dr. Nicholi elaborates that we either choose God, or our own self understanding, in explaining the universe. Dr. Nicholi's work has been extremely influential in bringing a Christian witness to the secular environment in which we live and work. Many of you may have seen his PBS series on this topic in the fall of 2004, a series which came along at the same time he was awarded the Oskar Pfister Award from the APA recognizing a seminal contribution to religion and psychiatry.

In addition to Dr. Nicholi's banquet talk on May 23,

there are several other exciting features of this year's APA program. On **Monday, May 22, Irving S. Wiesner, M.D.** will describe his Christian journey and work as a Jewish psychiatrist who became a Christian believer. Dr. Wiesner is a former president of the Psychiatry Section and also a former Chair of the Committee on Religion, Spirituality, and Psychiatry of the American Psychiatric Association. He is an excellent communicator with a wonderful sense of humor. You will all enjoy his unique perspective on the Judaic roots of our faith.

On **Tuesday, May 23, Dr. Phillip Ney**, a Canadian psychiatrist, will present on numerous aspects of his life long career in psychiatry. Dr. Ney has been an educator, clinician and researcher in numerous areas ranging from the psychological effects of abortion to group therapies. He has had appointments at several universities in the United States and Canada and has traveled throughout the world, leading to unique insights on North American Psychiatry and North American Culture. His talk will challenge us all.

On **Wednesday, May 24**, in our **Integration Seminar** we will address "Working with Homosexual Patients: Perspectives, Challenges, and Opportunities". This seminar will follow a workshop from the previous day's Scientific Program (Tuesday, May 24 at 11:00 am) on same sex relationships. This session will be of great interest to our members and is co-chaired by John Peteet, our Vice President. This year we are encouraging not only our own programs but members to attend sessions of the scientific programs which are of specific interest to Christian Psychiatrists. We have highlighted some of them in the program description. In the Wednesday morning seminar, after a brief overview of scriptural and theological principles regarding homosexuality, we will review psychiatry's changing approach to homosexuality over the last several decades, discuss the workshop from the previous day, discuss clinical examples of working with homosexual patients and also administrative challenges. All participants are encouraged to bring clinical material and insights from your work with homosexual patients.

Several new features to the program have been added. On **Sunday morning**, some members are planning to visit the Toronto Airport Christian

Fellowship, leaving from the hotel at **9 a.m.** A **Drop-In Social** to visit with old and new friends on Sunday afternoon from **3p.m. to 5 p.m.** will be held at the executive suite of the Delta Chelsea Hotel. Also in the executive suite on **Monday at 7:00pm**, those members who are interested in academic projects relating to integration themes are welcome to join an informal discussion. We encourage members to visit and help man our booth (#473) which will be hosted by our new Executive Assistant, Sherri Williams. This is a wonderful way to interface with members. We have found over the years that the increasing international attendance at the APA has meant that the booth has been a focal point for international visitors and opportunity and to make wonderful connections.

We look forward to seeing you all in Toronto! Please see the attached Registration Form and Schedule of Activities. We have attempted to keep costs lower by offering a meatless dish, but all prices tend to be higher in Canada.

In Him,

Allan M. Josephson, M.D.
Psychiatry Section
Christian Medical Association

Editors note:

Doctors Nicholi and Josephson were recently asked by the C.S. Lewis Institute for personal statements to post on their website regarding C.S. Lewis. These remarks were solicited to coincide with the enhanced interest in Lewis at the time of the release of the movie, The Lion, the Witch, and the Wardrobe. These comments can be seen at www.cslewisinstitute.org/pages/resources/cslewis/testimonials/testimonies.php.

2006 Psychiatry Section Activities at the Delta Chelsea Hotel, 33 Gerrard Street West, Toronto, ON M5G 1Z4, located in the heart of downtown Toronto, #6 on the APA map. The hotel is 8 blocks from the Convention Center and on APA Blue Shuttle Bus Route #3. Cost: CND \$189 for singles, CDN \$199 for doubles. Reservations for this and other hotels are available through APA Travel Planners at 1-800-221-3531 or www.psych.org. Shuttle information to downtown hotels is available at www.torontoairportexpress.com.

PEOPLE in the NEWS

WELCOME NEW MEMBERS

From the December and January Executive Board Meetings...

Dr. Michael E. Smith, Greenville NC, practicing MD, Eastern Psych and Behavioral Spec. Fellowship Child and Adol. Psych., Brody School of Med., East Carolina University.

Dr. Patty Allred, Crystal Springs, MS, resident, Univ. of MS, Jackson

Dr. John M. Balaicuis, Philadelphia, PA, resident, Albert Einstein Med. Center

Dr. Paul C. Cochran, Tulsa, OK, resident, Griffin Memorial Hospital, Norman OK, also Board Certified in Emergency Medicine.

Dr. Walter T. Davison, Glendale WI, Medical College of Wisconsin Clinical Professor of Psych and Fam. Med.

Dr. Judy C. Googins, Tyler Tx, practicing MD, East Texas Medical Center Behavioral Health.

Dr. Dwight H. Lysne, Grand Forks ND practicing MD at RP Stadter Center as well as private practice, Wilmington NC.

Dr. James L. Spinelli, Columbia SC, practicing MD, The Christian Counseling Center of Columbia

PRAYING FOR YOU!

We are pleased to hear that Dr. Dick Bagge' of Nairobi, Kenya is doing better after a New Years' hospitalization for a severe bronchial infection. We pray God's blessings for continued health for Dick and his family!

HELP WANTED.....

Volunteers needed to staff APA Booth #473, which will be open Sunday through Wednesday.

Sign up on the Registration Form today or contact Sherri at pscmda@bellsouth.net.

THANK YOU FOR THE SUPPORT

Currently the fund for Dr. Tanya Ushkat sits at \$1650, just \$350 short of our annual goal of \$2000....and it's only March! Many thanks from Dr. Charles Crown!

Update on a member....

Higher Ground

By Joseph Luke Palotta, M.D.

Heeding the warnings by public officials to evacuate the New Orleans area, my wife and I left for higher ground on Sunday morning, August 28th, expecting to return 2 – 3 days later and resume life as usual. Hurricane Katrina changed our plans. News reports in the days following the storm revealed that the building where I had practiced psychiatry for 35 years had flooded. My office on the second floor of the building was protected from damage, but the building was unusable. God impressed upon my heart that for the safety of my family, and for the benefit of my patients, that I should consider relocating my office to Baton Rouge. Miracle after miracle followed, as we were able to find a place to live, obtain prime medical office space, and move the practice 70 miles up the I-10 to Baton Rouge. As you know, Hurricane Katrina dealt a serious blow to the Greater New Orleans area not only in the damage to physical property, but to the mental health of the survivors. With God's help, I was able to re-establish my practice in one month and make contact with my patients. Many of them have also had to relocate and are continuing their professional relationship with me. God blessed my family and me with protection and provision during this unprecedented event and time of stress, and we are forever grateful. *Editor's note: If you would like to offer Dr. Palotta a word of encouragement, his e-mail address is drpalotta@aol.com.*

PERSONALS: To Drs. Alig, Willis and others concerned with the demise of our Psych Section colleagues. Rest assured that they are all alive and well as far as we know and the * for deceased past presidents on page 4 of the directory is *only* for that page! From page 5 forward, the * represents Psych Section Members *belonging to CMDA*. This was a grave omission (pun intended) and will be rectified in all future directories!

The 2005-2006 Member Directory is out! Published every other year for members who have paid dues to the Section in the last 2 years, it is our way of keeping in touch and offering referrals. If you have moved or changed addresses, e-mails, or phone numbers in the last **2 years**, *please let the administrative office know at pscmda@bellsouth.net. And if you have not joined or sent in your 2006 dues, do it today!*

BOOK SUMMARY

The Obsessive-Compulsive Trap – Real Help for a Real Struggle by Mark Crawford. Published by Regal (2004).

Our Christian patients often come to us because they believe that a secular psychiatrist who does not share their views will not understand them, or will try to impose their secular worldview upon them. Christians will sometimes present with symptoms that incorporate their faith into their dysfunctional thinking and “The Obsessive Compulsive Trap” by Mark Crawford presents both helpful information and a solution to those who are struggling with OCD, especially for those who have symptoms with spiritual themes. The readers of this newsletter will probably be all too familiar with experiences in which mental illnesses have been mishandled in the Christian community in the name of “spiritual problems”.

This book was brought to my attention by one of my patients – as a result of reading it this young married couple decided to agree with my diagnosis; thus illustrating the power of the written word!

Published in 2004 it is a slim volume written by a practicing psychologist. It begins by describing obsessions and compulsions, devoting a chapter to each with interesting case vignettes which are both believable and not uncommon in our practices.

His summary of putative causes of OCD is masterful. He discusses neuroanatomy and physiology in an accessible and easy manner making a complex subject reasonably comprehensible without “dumbing it down” - all in an attempt to reduce stigma and the shame of having an emotional illness.

The next section of the book is devoted to different presentations of OCD, focusing on problems for children, spiritual presentations of OCD and the OCD spectrum disorders. Once again the language is easy without being condescending or overly simplistic. The histories given are realistic and compassionate.

The final section of the book is devoted to treatment. As a psychologist Dr. Crawford gives a detailed chapter on psychological techniques describing tools and expected treatment plans. As well as the techniques we are all familiar with he suggests techniques that might be helpful specifically for Christians, such as scripture memorization. His chapter on medication is appropriate without being controversial and as psychiatrists we would be able to give far more detailed information to our patients.

This book is not intended for nonbelievers who would possibly find it “too religious”. However for believers it can be a comforting resource when dealing with an illness that can be a source of great distress and confusion.

By Dr. Fiona McGregor

WEBSITE UPDATE

Faith-Based Residency Programs--- We currently have one listed at the University of West Virginia. Dr. John Yarbrough (jyarbrough@hsc.wvu.edu) is now the point of contact for their “Christian Initiative Program” that meets monthly.

We are adding other contacts from various schools around the country.... These Section Members are willing to be a point of contact for those seeking residencies at their schools. So far we have:

Univ. of Louisville—Dr. Allan Josephson,
Harvard University—Dr. John Peteet,
LSU—Dr. Anita Kablinger,
UC Davis---Dr. Mark Servis.

If you would like to add your name and school, contact at pscmda@bellsouth.net.

Missionary Mental Health Care In Africa

**an opportunity for Christian
mental health
professionals to serve at
Tumaini Counseling Center
Nairobi, Kenya**



Introduction to Tumaini

Africa Inland Mission and SIL (Wycliffe Bible Translators) have worked together since 1990 to provide counseling & support services for their missionaries through Tumaini Counseling Center located in Nairobi, Kenya. "Tumaini" means hope in Swahili.

Who We Serve

The support services are primarily for each organization's missionaries serving throughout East and Central Africa. However, many other mission organizations also rely on the services of Tumaini to support their

missionaries. Approximately 100 different mission organizations have utilized our services. These missionaries work in over 20 African nations and originate from about 35 sending countries from around the world.

Services Provided by Tumaini

- Psychological/Psychiatric evaluations and testing
- Therapy: individual, couples, family, group
- Consultation with mission administrators of mission agencies and schools for missionary children
- Trauma response
- Workshops
 - ✓ Sharpening Your Interpersonal Skills
 - ✓ Marriage Enrichment
 - ✓ Spiritual life retreat for single adults
 - ✓ Crisis Readiness and Response Training
 - ✓ Preventive care topics

Counseling Issues Addressed



Counseling issues include such areas as trauma, depression, grief, eating disorders, stress and burnout, OCD, adjustment disorders, margins, culture shock, marriage issues, etc. We also provide evaluations for children with ADHD or suspected learning disorders.

Work as Part of a Team

We are convinced that missionary mental health care is best done with a team approach. The Tumaini staff presently consists of a clinical psychologist, licensed clinical social worker, two general psychiatrists, and a child and adolescent psychiatrist. We meet formally and informally throughout the week for case discussion and mutual support. It is a privilege to work alongside fellow believers who are committed to utilizing their gifts for restoring and equipping God's people.

Staffing Needs

As of late 2004, we have a great need for experienced marriage and family

therapists, as well as child & adolescent counselors. We could also benefit from having someone with organizational psychology experience. In addition to therapists, we are praying for support staff who can assist in handling logistics and assisting with the many technical and administrative needs associated with running a growing ministry center.

Support for Training National Counselors

Several Christian schools in Nairobi are developing professional or pastoral counseling training programs and need experienced counselors to teach part-time or provide supervision.

Experience

Each therapist at Tumaini is a professionally trained and licensed counselor with several years of experience before coming to the field. Counselors are expected to be mature Christians, active in their churches, and able to provide therapy and counseling that include integration of their Christian faith.

Length of Commitment

We believe that one's ministry in Africa will be most effective if the counselor commits for a minimum of 1-2 years, with 4+ years providing a much richer experience. Occasionally we might be able to make use of short-term counselors for 3-6 months.

Application Process

The application includes 2 parallel processes:

1. Application and acceptance with Africa Inland Mission International, Wycliffe Bible Translators, or secondment through another mission organization
2. Application for working at Tumaini Counseling Center.

Learn More

If you would like to begin exploring the possibility of joining this ministry, please contact us by email at:
dr.brown.ac@aimint.net or
counseling_richard_bagge_afa@sil.org

Tumaini Counseling Center
P.O. Box 21141
Nairobi 00505, Kenya
tumaini.ac@aimint.net

A Sample of the Correspondence we receive at the Administrative Office....

Hello! My name is Stephanie and I'm an undergraduate student at the University of North Texas who's about to graduate with BA in psychology. I became follower of Christ a little over two years ago. I know I was created for His glory and my day to day existent is to reflect Christ. I also feel like I've been called into psychiatry. :) The struggle I've been having lately is how to glorify Christ in the field of psychiatry? I was hoping your organization could give some advice or guidance. Thank you so much for your time.
Stephanie M.

Dear Stephanie,

It is always exciting to hear of a new believer's commitment – we praise God for your new life in Christ. God is glorified in any vocation in which the practitioner applies her gifts to the best of her ability. Then, where there are interface issues, we glorify Christ by speaking the truths of the faith to the issue at hand. There are no inherent conflicts in being a Christian and doing psychiatry.

Allan Josephson, M.D, President of the CMA Psychiatry Section

Hello,

I'm a CMDA member in Nevada in family practice. After being involved with CMDA for a long time I was surprised to find you had your own specialty group at the web page... That is so great. In my field I have the opportunity to talk about spiritual and mental health needs often too. Just today a new patient came in for a back ache but on conversation I learned her adult son died 2 years ago by an accident. She is a Christian but still grieves the loss. I prayed for her and recommended the book "Grieving- our path back to peace". Can you tell me if any of your folks live in Las Vegas? I am grateful for your ministry as we create the body of Christ. I'll be at the annual convention/birthday bash.

Until all have heard,

Barbara Holck dholck@earthlink.net (do you know of anyone in Las Vegas...if so write Barbara)

Activities During APA 2006—May 21-25

Christian Medical Association---Psychiatry Section

Sunday through Wednesday-- Booth # 473 opens at 10 AM, at the Toronto Convention Center

Sunday, May 21

09:00 AM Meet in Delta Chelsea lobby to travel to the Toronto Airport Christian Fellowship for Sunday Worship.
3:00PM-5:00PM **Drop-in Social....** Meet friends old and new at the Executive Suite, Delta Chelsea Hotel.
5:30PM-7:00PM Psychiatry Section Executive Board Meeting at the Executive Suite, Delta Chelsea Hotel.

Monday, May 22

7:30 AM-9:30 AM "A Jewish Psychiatrist Reflects on the Christian Faith"
Dr. Irving Wiesner, Private Practice
\$20 per person, Baker Room, 2nd Floor, North Tower, Delta Chelsea Hotel.
Continental Breakfast opens at 7 AM, and includes assorted fruit juices, fresh muffins, butter croissants, assorted fruit Danish, fresh sliced fruit with seasonal berries, coffee and tea.

7:00PM Informal Academic Discussions on Integration Themes, Executive Suite, Delta Chelsea Hotel

APA Scientific Programs of Special Interest:

APA Corresponding Committee on Religion, Spirituality and Psychiatry, meeting, 9-11 AM, Intercontinental Hotel, Simcoe Room.
Symposium on Model Curricula in Religion, Spirituality and Psychiatry, 2-5 PM, Convention Centre South Level 700, Room 707

Tuesday, May 23

7:30 AM-9:30 AM "A Christian Psychiatrist Looks Back on God's Career Guidance in Researching Especially Damaging Conditions"
Presenting: Dr. Philip Ney
\$20 per person, Baker Room, 2nd Floor, North Tower, Delta Chelsea Hotel.
Continental Breakfast opens at 7 AM, and includes assorted fruit juices, selection of bagels with variety of crème cheeses, fresh baked muffins, fresh fruit salad, coffee and tea.

APA Scientific Programs of Special Interest:

Workshop on same sex relationships led by Dr. John Peteet, 11-12:30 AM, Convention Centre North Level 200 Room 205C.

7:00 PM-9:30 PM **Banquet: Guest Speaker—Dr. Armand Nicholi, Jr., Harvard Medical School**
"C.S. Lewis and His Transition to Faith: Keys to Being a Witness"
\$40-45 per person. Delta Chelsea Hotel, Scott Room, 3rd Floor, North Tower.
Entrée choices: \$40—Roasted Vegetable Strudel with grilled Mediterranean style veggies wrapped in phyllo pastry.
Or \$45—Roast Ontario Loin Stuffed with Saffron Risotto, herb infused natural juices.
Menu includes soup, salad, seasonal vegetables, rolls, dessert, coffee or tea.

Wednesday, May 24

7:30 AM-10:30 AM
Integration Seminar: "Working with Homosexual Patients: Perspectives, Challenges, Opportunities"
This morning long seminar will include: a review of scriptural and theological perspectives on homosexuality; a brief review of psychiatry's perspectives on homosexuality, including key historical shifts; a discussion on Tuesday Morning's APA Workshop, a clinical discussion of case vignettes brought by attendees of the seminar; administrative challenges and concluding remarks.
\$20 per person. Baker Room, 2nd Floor South Tower, Delta Chelsea Hotel.
Continental Breakfast opens at 7 AM, and includes assorted juices, fruit cocktail with dried cranberries, cottage cheese, assorted yogurts, granola & cereals with milk, freshly baked fruit breads, coffee and tea.

Thursday, May 25

APA Scientific Programs of Special Interest:

**Course led by Dr. Allan Josephson, 8-12 AM, Sheraton Centre Mezzanine Conference Room F*

**Symposium on Spirituality and DSMV, 2-5 PM, Convention Centre North Level 200 Room 206 A/B*

REGISTRATION FORM
CMA PSYCHIATRY SECTION
APA – Toronto Ontario -- May 21-25, 2006

Program Location: Delta Chelsea Hotel, 33 Gerard Street West, Toronto ON *(note: passport needed from US)*

Please Reserve Space For Me (Us) For These CMA Psychiatry Section Activities:

Name _____ Spouse _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-MAIL Address _____

MEETING & MEAL RESERVATIONS:

I (we) will attend Sunday Morning Worship _____ #

I (we) will attend Sunday Drop-In _____ #

Breakfast Meetings: Mon. 7:00 - 9:30 am # _____ X \$20.00 p.p \$ _____

Tues. 7:00 – 9:30 am # _____ X \$20.00 p.p \$ _____

Wed. 7:30 – noon # _____ X \$20.00 p.p \$ _____

Dinner Meeting: Tues. 7:00-9:30 pm # _____ X \$40 pp Vegetable Strudel \$ _____

_____ X \$45 pp Pork Loin \$ _____

Payment by Check [No. _____] total enclosed \$ _____

OR Payment by Credit Card --VISA or MasterCard or AE [please circle one]

Account No. _____

Expiration date: _____

Billing Address: _____

Name on Card: _____

Signature: _____

Total Amount to Charge: \$ _____

Booth Hours: Sunday 10 -- 4:30 I can help at the booth:

Monday 10 -- 5:30

Tuesday 10 -- 6:00

Wednesday 10 -- 3:00

RETURN THIS FORM by Mail to: CMA Psychiatry Section

Administrative Office

P. O. Box 33795

Atlanta, GA 30033

OR FAX: 404-325-5064

For questions, Email: pscmda@bellsouth.net

RESERVATION DEADLINE ---- May 1, 2006

2006 PSYCH SECTION DIRECTORY

Update 2/28/06

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803-779-1995
803-779-1995
Jlspin8130@aol.com

DELETIONS:

JOHNSON, Walter, MD- deceased
TAYLOR, W. David, MD- resigned
VAN ULFT, Stephanie, MD*- resigned

CHANGES:

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Pg. 15: BALLARD, Clark, MD, e-mail: N7UH@medscape.com, fax: 425-746-2148
Pg. 21: DAWES, Michael, MD, Wake Forest Univ. Sch. Of Med. Dept of Psych & Beh. Med., Medical Center Blvd., Winston-Salem, NC 27157-1087, 336-713-3812, 336-718-8582 fax
Pg. 22: ENNS, Stephen, E-mail: ennsj@bellsouth.net, office number: 877-649-0808
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Pg. 24: FLACH, Frederick, MD, 2 Beekman Place, New York, New York, 10022, delete Fax., Retired.
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* = CMDA members

**Christian Medical Association
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**ANNOUNCING PLANS !
2006 APA
TORONTO CANADA-- MAY 21-25**