

Spring 2011

Greetings.

Happy Spring! I hope you had a meaningful Christmas season that included some time to reflect on the miracle of God taking on human flesh and being born as a baby. Wonder of wonders that it is, that God would come after us like that! Now as Easter approaches we are again reminded of His great love.

Since the APA last May, I have been listening to tapes of the various talks, and what a depth and breadth of knowledge is there. I have been particularly struck by some of the information coming to us from the genome studies; alleles carrying significant vulnerability to mental illness that are not expressed unless there is stress, especially abuse, in the childhood environment. Who would have guessed that the nature vs nurture argument would take this route, where “nurture” is encoded by “nature!” And, somewhat paradoxically, this genetic “determinism” only reinforces how critical the environment is. One could argue that this in some senses diffuses the “nature” vs “nurture” argument, and that we, as Christian psychiatrists, have all the more scientific reason to integrate a patient’s spiritual resources in treatment – because stress is so critical in the development and persistence of mental illness.

I find it very exciting to reflect on the marvels that we little humans are discovering about the nature of life and health. God has given us amazing minds and great potential for doing good. Yet, to think that this is a fraction of what God knows, much of which would blow our puny minds, like the virgin birth and the mystery of the cross.

I have also been struck by how, even in the midst of such remarkable advances in science, “modern” so often doesn’t turn out to be as “modern” as we think it is. Take the mechanical computer made by Greek engineers in 100 BC that was found 2000 years later in 1901 in a shipwreck off the Greek Island of Antikythera. Using gears of “unparalleled precision” it predicts celestial events and eclipses with “unprecedented accuracy.” Using high-resolution X-ray tomography its purpose was discovered in 2006 and in 2010 a “fully functional replica” was built out of Lego! You can see it by searching “Lego Antikythera Mechanism” at www.youtube.com. Go to www.antikythera-mechanism.gr for more details. I am reminded of Ecclesiastes, “nothing is new under the sun,” which, again, I believe is a challenge to us to value the scriptures and integrate spirituality in our practices.

A thought for the new year: it is difficult in the midst of a busy practice to take that personal time. I would recommend Peter Scazzero’s devotional book on “emotionally healthy spirituality” which is patterned on the ancient spiritual discipline of the “daily office.” It is entitled, “Daily Office, Remembering God’s Presence Throughout the Day” (published by Willow Creek Association, www.willowcreek.com.) It has 8 weeks of two meditations a day that can be as brief as 10 minutes. Each one holds a challenge to integrate spirituality with our emotional lives. It could be a great resource for patients as well. (The website is www.emotionallyhealthy.org.)

If others have a book they would like to recommend we would love to hear about it. Perhaps we could have a list of recommendations in the newsletter for people to choose from. Blessings to you all and we hope you are planning on meeting us in Hawaii where we are working on a great line up of speakers.

Nadine Nyhus, MD

Chair of the Psychiatry Section

**Join us at the 2011 APA in Honolulu
American Psychiatric Association 164th Annual Meeting
May 14-18, 2011, in Honolulu Hawaii.**

**Our Hotel will be the SHERATON PRINCESS KAIULANI HOTEL
120 Kaiulani Avenue, Honolulu, HI 96815**

**See the schedule on page 6 or check our web site at www.cmda.org/psychiatry.
For more information, contact Sherri at pscmda@bellsouth.net.**

If you can not join us, pray for us!

Special thanks go to Dr. Ethan Pien for arranging a Sunday Social at the home of CMDA members, Drs. Ford and Heather Shippey !

A Brief Bio of our 2011 Banquet Speaker: ALBERT C. GAW, M.D., D.L.F.A.P.A.

Dr. Gaw is a Clinical Professor of Psychiatry, University of California at San Francisco; a distinguished life fellow of American Psychiatric Association (APA), and past Speaker of the Assembly of the American Psychiatric Association.

Dr. Gaw obtained his MD degree from the University of the East Medical Center in the Philippines; a residency in psychiatry at the University of Rochester, Strong Memorial Hospital; and a fellowship in Community Mental Health at Harvard Medical School.

Dr. Gaw is the recipient of the **Kun-Po Soo Asian American Award** and the **George Tarjan International Medical Graduate Award** of the American Psychiatric Association.

Dr. Gaw has published three books in the area of cross-cultural psychiatry: *Cross-Cultural Psychiatry* by PSG, Press; *Culture, Ethnicity and Mental Illness*; and a *Concise Guide to Cross-Cultural Psychiatry*, by APPI. He is the author of the chapter on *Cultural Issues* for the **Fifth Edition of the Textbook of Clinical Psychiatry** of the American Psychiatric Publishing Inc., 2008. His latest volume, *The Eyes of the Heart: the Biblical Path to Spirituality and Inner Empowerment*, by Xulon Press, explores the interface between Christian spirituality and psychology. Dr. Gaw is working on his next book, entitled, *Daniel, Dream and Destiny*.

PEOPLE in the NEWS

Dr. Norbert (Andy) Anderson writes: I joined the CMS in 1951 nearly 60 years ago! You have been a blessing to me personally. God is so good! Thank you for your warmth, caring and faithfulness to all of us and to the Glory of God.

News from Dr. Roger and Shirley Brown, (Nairobi, Kenya): Pray for good healing and help for Roger as he tries to see clients and manage communication with only his left hand. Pray also for recovery of the lost computer files. A friend in the US is consulting and helping out. Give praise, for their daughter Rachel's safe exit from a country where she was working. As Shirley writes, "Pray for Rachel as she goes through grieving the premature departure from students, friendships, and teaching responsibilities. She still hopes to return for the next term. Until then, pray that she will find useful opportunities for service here that suit her gifts and passions."

Dr. John Yarbrough gave us an update: On October 22, 2010 my life was put on hold. Just three weeks before my older brother had the exact same surgery. We both had an aortic valve replacement and an ascending aortic aneurysm repair that was brought to my brother's attention when he had difficulty swallowing and to my attention when I realized I hadn't completed my yearly ultrasound in a few years to monitor my bicuspid aortic valve (doctors really are the worst patients). God blessed me and my family through His grace and undeserving faithfulness. I have been back to work since December and am playing in a basketball league at church. My family watched God's hand taking care of us through prayers, dinners and acts of kindness by

friends, family and strangers. Being served has encouraged me to serve others with an excited and glad heart. Thank you all for the prayers through this transition in my life.

Pray for [Dr. Anne McKnight](#) as she writes: I have had my knee replaced, so I am waiting for the orthopedic surgeon to say I can fly that far [to Honolulu]. Hope you will be able to join us, Anne.

[Brian Briscoe, M.D.](#) writes that he is opening a fee-for-service private practice in the state of Kentucky. His practice is offering services direct to patients' homes via Skype and other videoconferencing technologies - providing psychiatric services to patients living anywhere in the state of Kentucky. Services are also offered in a traditional office setting in Louisville, KY. He maintains a teaching appointment with the University of Louisville and continues to teach in local seminaries. He lists his practice information as follows:

*Kentucky Psychiatric and Mental Health Services, PLLC
714 Lyndon Lane, Suite 12
Louisville, KY 40222
brianbriscoe@me.com
work phone: (502) 326-3011*

From [Dr. Tim Brown](#): Thanks for the note. I recently returned from a nice, two week R&R, which I spent with Cathy and our boys. I'm refreshed and ready to get back to work here in Afghanistan. I've been here since Oct. As you can probably imagine, I've stayed pretty busy...I'm looking forward to heading back to the States sometime in the fall. We are happy I'll be home while our youngest son goes through his senior year of high school. I pray all is well with you and yours...In His Service & Yours, Tim

Welcome New Members

[J. Casey Guthrie, MD](#) is a resident at LSUHSC-Shreveport. He is a member of the CMDA. He joined us in New Orleans at APA last year. Thanks Dr. Kablinger and Dr. Patterson for sending Dr. Guthrie to us!

[Kerry Ann Williams, MD](#) is fellow in Child and Adolescent Psychiatry at Brown/Rhode Island Hospital. She also joined us at last year's APA. She hails from Jamaica and is a member of CMDA. She writes "I am a Christian who 'happens' to be a psychiatrist and that God can use me daily to serve Him."

*Will you be attending the
Christian Medical and Dental Association National Convention,
April 28- May 1, 2011, at Mount Hermon, CA?*

Let us know! Dr. Leslie Walker will be there - serving on House of Delegates as the Northeast Ohio rep, and facilitating a panel on "Responding to God's Call: Unique Opportunities for Women Physicians."

*She also invites all Psych Section members to a specially marked table in the dining room on
Friday April 29, 6:30-7:30 PM.*

Executive Committee for 2010-2012

Chair: Nadine Nyhus MD of Cambridge, Ontario, Canada

Vice Chair: John Yarbrough MD of Stockton, CA

Secretary-Treasurer: Sam Thielman, MD of London, England

Past President: John Peteet, MD of Boston, MA

Resident Liaison: Rachel Ward MD of Portland, ME

Continue to pray for [Mrs. Joanne Armstrong and family](#).

Report from to the WPA conference in Avila, Spain:

November 4-6, 2010 I attended a conference in Avila, Spain sponsored by the **World Psychiatric Association** and entitled "Psychiatry and Religious Experience." I wanted to report on it for our group since, although it was not specifically Christian, it brought home to me the worldwide interest in how psychiatry and religion fit together. Although I did not see any statistics, there were probably 500 people in attendance, largely from Europe, and the presenters were mostly psychiatrists, although there were also historians, philosophers, and at least anthropologists. Although there was no consensus, the message of the group was, largely, that religion is an important component in the lives the vast majority of the population of the world and that it must be respected by psychiatrists. The presentations noted frequently that psychiatry must attempt to understand religious experience in ways that affirm the significance of religious experience rather ignoring or belittling it.

The meeting included almost 100 papers and posters (I gave a paper on depression and religious conversion in the 16th and 17th centuries, thus my reason for being there). Peter Verhagen, Chair of the WPA Section on Psychiatry and Religion and a psychiatrist and theologian from Harderwijk, The Netherlands introduced the first main lecture by observing that the WPA must change its view toward science and religion to be more positive and respectful toward religion. He said that science and religion should not be viewed as adversaries, but rather as two different ways to think about the truth of ideas.

Professor Juan J. Lopez-Ibor, Past President of the WPA and Professor at the Complutense University of Madrid gave a lecture on "Science and Spirituality" in which he offered a history of psychopathology and religion and talked about distinguishing religious phenomena from psychopathology, observing "religious phenomena always transcend the individual" so that obsession and autistically oriented perceptions with religious content are not truly religious in nature. John Cox, Co-Chair of the WPA Section on Religion and Psychiatry presented a lecture entitled, "Whole Person Medicine: Holding Together the Mind Body Spirit Paradigm" in which he asked why the bio psychosocial model was used in lieu of the mind body spirit paradigm. Nothing that "science" and "values" are two houses that have become "noisy neighbors," noted that religion is often neglected in academic discourse related to issues involving science and values. He said that for research a "patchy reductionism" is needed in psychiatry, not the rigid reductionism that characterizes many research models.

Herman van Praag, Professor Emeritus at Albert Einstein College of Medicine, spoke on the topic: "Neurotheology: Death Blow for Religious Faith?" and was quite skeptical of the power of neuroimaging to explain religious experience. He asked, "Do religious circuits create God or respond to God? Are they over reactive in the religious? Or under reactive in the non- religious?" He thought music was a good analogy for the study of spirituality. "The brain is not the cause of the appreciation of music; the music is . . . the brain is an intermediary."

Marianne Kastrup, head of the National Center for Transcultural Psychiatry in Copenhagen, Denmark spoke on, "Religion and Its Role in a Multicultural Healthcare System." She observed that Denmark was one of the most secular countries in the world and while 95% of Danes were Lutheran and 65% believed in God, only 2% attend church and religion is so private that it is almost never discussed, ever. With the influx of immigrants, however, has come an awareness of the importance of religion in the lives of many people in the world. This has affected the attitude of Danish health care workers toward religion. Although sick people in Denmark have difficulty discussing existential issues, there is at least one study of a hospital offering existential consultations that found that many people do adopt a new set of values as a result of their illness.

Obviously, this was not a Christian conference, though there were many Christians in attendance. I have described just a few of the many stimulating presentations. Needless to say, it was an encouraging experience that showed an increasing openness to the discussion of religions, and sometimes even Christian issues in the international psychiatric community, even in Europe!

~Sam Thielman, M.D.

MISSIONS NEWS --CHILD AND ADOLESCENT PSYCHIATRIST—need in HONDURAS

There is an opportunity in Honduras to utilize your unique skill set to help with a children's home on the coast. Dr. David Black has requested help with a program that I have been familiar with for the past several years. Twenty- two children from very difficult and traumatic backgrounds have been placed in an orphanage in the town of La Ceiba (say ba) on the northern coast. The medical staff is unable to fully meet the needs of the children as many are in need of specialized approaches and medication to help their stay to be successful and to help return them to a healthy developmental path. Honduras is one of the poorest countries in the world, considered by many 4th world, the needs are indeed challenging. Short term help would be appreciated to assist with evaluating and treating the children and training the direct care staff. Fluency in Spanish helpful but translators are available. I have been able to provide some assistance via email and phone but someone on site would be much more effective. The Christian community is strong and welcoming. Please contact Dr. Black at davideblack@earthlink.net if you are interested. You may see his website at <http://hondurasmd.org>.

~~Larry E. Banta MD, Child and Adolescent Psychiatrist and Former Missionary to Mexico

Dr. Black adds: *I would like for a child psychiatrist, nearer than Idaho, to consider coming here to Ceiba for a 6 day stint, presumably arrive on Sunday, then leave on Friday afternoon or Saturday morning. I know from my own professional experience in internal medicine how much can be learned by "just looking." These kids have no parents from whom to get information. The director of the orphanage and school is a PhD agronomist who is very familiar with each child. He has lived here for nearly 30 years. I would very much like to talk with one of your members. If you will provide me with the appropriate contact info, I can call you on my VoIP line after setting up a "semi-appt." Thank you for considering this need!*

Book Reports

I've been living here in London for a couple of years for my job, and have been pleasantly surprised to come across some new names of "old-timer" who are Christians in psychiatry, and they've written some very helpful things. The first person I came across was Gaius Davies, whose book *Genius, Grief and Grace: A Doctor Looks at Suffering and Success*, is a fantastic set of biographies. The book contains eleven chapters, each devoted to a prominent Christian who, though accomplishing a lot, faced difficult emotional or personal circumstances. Davies writes well and has great bibliographies at the end of each chapter. Davies is a retired psychiatrist at King's College Hospital and a prominent British psychiatrist. He is well known in evangelical circles for his Christian perspectives and is clearly a person of mature faith. Among the people he writes about are Martin Luther, William Cowper (the poet and hymn writer), Anthony Ashley Cooper ("Lord Shaftesbury" –the motivating force behind child labor laws in 19th century Britain), C.S. Lewis, J.B. Phillips, and D. Martin Lloyd-Jones. I encourage you to buy and read this book and put it in your bag of patient resources. Please don't be put off by the unfamiliar publisher and the familiarity of some of the subjects (like C.S. Lewis). Davies has his own independent take on everyone in the book, and this is great reading.

The second name I've come across here that I think might be of general interest is Montagu Barker, a psychiatrist whom someone mentioned to me at my church in London. Barker is a Scottish psychiatrist who's been a psychiatrist and lecturer in Bristol, England for many years. He did his medical training at St. Andrews University in Scotland and has taught theological students at St. Andrews University and Trinity College, Bristol. He also spends time each year in India teaching pastoral theology. Here's a link to a reprinting of the Templeton Lectures that he gave at Bristol in 1995 <http://amzn.to/hx3Ptf>. Hope you'll find these resources of interest. SBT

Psychiatry Section of the Christian Medical Association Annual Meeting

May 15-18, 2011

Honolulu, Hawaii

All meetings at the Sheraton Princess Kaiulani Hotel, Ilima Room (unless noted)
120 Kaiulani Avenue, Honolulu, HI 96815.

Sunday, May 15, 2011

- 4:00-6:00 PM, **Drop-In:** Drs. Ford and Heather Shippey cordially invite CMDA members and guests to a Sunday afternoon social in their home at 2283 Halekoa Drive, Honolulu, HI 96821. RSVP to Sherri Williams 404-992-0940 for directions.
- 6:30 PM Executive Board Meeting, TBA

Monday, May 16, 2011

- 6:00-7:30 AM, **Breakfast meeting with Dr. Irving Wiesner.** "A Dialogue between Psychiatry and Religion: Sexuality and Identity in the World and in the Church." Cost: \$25*.
- 5:30-7:30 PM, **Academic Meeting** with Dr. John Peteet, Past Chair of the Psychiatry Section. Bring your own supper or order from the hotel restaurant.

Tuesday, May 17, 2011

- 6:30-8:00 AM, **Breakfast meeting with Drs. Nadine Nyhus and John Peteet.** "The Sexuality Taskforce", Cost: \$25*.
- 8:00 AM -9:00 AM, **Psychiatry Section Business Meeting.**
- 6:00-8:30 PM, **Banquet with guest speaker Dr. Albert C. Gaw,** DLFAPA, Clinical Professor of Psychiatry, Univ. of California San Francisco. "The Psycho-spiritual Approach to Patient Care", Cost: \$60*.

Wednesday, May 18, 2011

- 7:30-10:30 AM, **Annual Integration Seminar,** led by Dr. Sam Thielman and Dr. John Peteet, "Depression, Guilt and Worthlessness", Cost: \$30*.

Additional Meetings of Interest at the Convention: register through APA

Monday, May 16, 2011,

8:00 AM-11:00 AM, Symposium with Drs. John Peteet, Frances Liu, Christina Puchalski, Robert Cloniger, and Nadine Nyhus. "Is Whole Person Psychiatry Possible?"

3:30-5:00 PM Convocation with Archbishop Desmond Tutu.

** Residents and students are half price.*

For reservations or information, contact Sherri Williams, at pscmda@bellsouth.net

or drop by our

Booth # 835 at the Honolulu Convention Center.

REGISTRATION FORM

CMA PSYCHIATRY SECTION

APA – Honolulu, HI -- May 15-18, 2011

All meetings at the Sheraton Princess Kaiulani Hotel, Ilima Room (unless noted)
120 Kaiulani Avenue, Honolulu, HI 96815.

Please Reserve Space For Me at these Activities:

Name (s) _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail Address _____

MEETING & MEAL RESERVATIONS:

Breakfast Meeting, Monday, May 16th, 6:00 am -- 7:30 am # _____ X \$25.00 p.p.= \$ _____

Breakfast Meeting: Tuesday, May 17th, 6:30 am-- 9:00 am # _____ X \$25.00 p.p.= \$ _____

Integration Seminar: Wednesday, May 18th, 7:30 – 10:30 AM # _____ X \$30.00 p.p. = \$ _____

BANQUET: Tuesday, May 17th, 6:00 pm--8:30 pm # _____ X \$60.00 p.p. = \$ _____

Ministry Donation -- for Section activities, resident meals at APA (thank you!) \$ _____

Total Enclosed \$ _____

Sunday Social , Sunday, May 15th, 4 PM –6 PM # _____ NC
2283 Halekoa Drive, Honolulu, HI 96821

Academic Meeting, Monday, May 16th, 5:30-7:30 PM # _____ NC

Payment by:

Check _____

Credit Card – VISA or MasterCard or AE [please circle one]

Cash _____

Account No. _____
Expiration date: _____

Billing Address: _____

Name on Card: _____

Signature: _____

Charges will be from the “Christian Medical and Dental Association” (CMDA)