



PSYCHIATRY SECTION NEWSLETTER
Summer 2015

Greetings,

Spring has passed and summer is here. That means that students graduated and have started the next phase of life; family schedules change; vacations are planned and taken; stress goes up; stress goes down. Regardless how our lives change, we know that we are children of the King and while He never changes, He chooses to give us each day, full of changes, full of wonder and full of His glory. Part of His plan for us during the summer, as well as all year long, is to be resilient in our gathering together with family, friends and colleagues. In Hebrews, God admonishes us to be firm in our commitments to God and to His family. "Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unwaveringly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." We pray your summer is full of meaningful time with family and friends. Most of all time we pray that it is full of Him and the wonder of His glory. Your participation with us in the Psychiatry Section of CMDA is appreciated, and one way for you to reach out and minister to those co-laborers in your profession who are seeking to be Gods healing hands to those with emotional and physical needs. We hope you enjoy this Newsletter. As always, feel free to contact us with your comments, concerns, prayer requests, recommendations and general impressions. We love hearing from you.

Many blessings,

Marshall Williams

Administrative Assistant, CMDA

Psychiatry Section Christian Medical & Dental Associations

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2015 – 2016 Board Members

Dr Sam Thielman, Chair
Dr Brian Briscoe, Vice Chair
Dr Mena Mirhom, Resident Liaison

Dr John Yarbrough, Outgoing Chair
Dr Dawit (Dave) Amare, Secretary Treasurer

Report from APA 2015 – Toronto Canada

APA 2015 was a very busy time for everyone who attended. We had great sectional meetings at the hotel and had over 50 visitors to our booth. Many exciting things happened during the conference so read on to see what you may have missed!

Monday morning Breakfast: Dr Sam Thielman kicked off our morning breakfast meetings with a report about the Tumaini Counselling Center in Nairobi Kenya. He received several videos from Dr Brown and colleagues and staff highlighting the ministry, the facility and the future! Sam has been partnering with them in various ways over the past few years and has an in-depth knowledge of their practice. The media and his briefing provided insights into their tremendous ministry full of blessings for both the patients and the staff. To the right is the facility



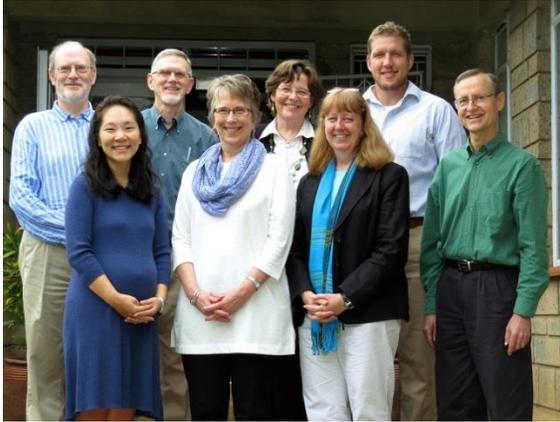
main entrance. In the rear (below) are gardens providing opportunities to enjoy quiet and nature. The staff is diverse, dedicated, and extremely skilled in their responsibilities. They are mightily used by the Father as they navigate an ever changing social climate. Many of the folks seen in the picture have been with the



center for years and some are approaching changes which will necessitate their leaving and moving to other parts of the globe. For this reason, the staff at Tumaini is actively seeking doctors who would consider serving at the center. There are needs for full time clinicians. However, in the absence of anyone feeling God's call to go on a full time basis, they are seeking partners who will agree to serve clients for short stays in country and then return to their regular practices while continuing to interact with patients and staff through the use of social media. They are finding that many desire to serve and provide support who cannot commit to the work fulltime. The ability of the center to integrate these kindred spirits into the work at Tumaini is seen as key to the ongoing success and effectiveness of the center itself. Many at the

meeting at APA expressed a desire to serve in the field while maintaining practices at home. Several were

challenged by the opportunities at Tumaini and indicated a desire to discuss options and opportunities. We hope that those at APA as well as those reading this newsletter will consider how to come alongside the staff at Tumaini and possibly partner in a way that serves Tumaini while allowing the continuation of a practice at home.



Tuesday Morning Breakfast: Dr Nadine Nyhus and a local pastor spoke on the role trauma healing can play in managing sexual urges that conflict with personal values. Nadine guided us through a discussion of PTSD and the effect trauma can have on development. According to the DSM V, PTSD is defined as exposure to

actual or threatened death, serious injury, or sexual violence by: direct experience, witnessing in person, learning of close family member or close friend experiencing trauma, or repeatedly hearing or seeing details of trauma. She defined trauma as any experience that significantly undermines your sense of physical or emotional safety. The core experience of trauma is a feeling of powerlessness. When it occurs as a child the coping mechanism is to wall it off and repress it. This in



turn plants seeds of disempowerment in the psyche that can be triggered by daily experiences. PTSD symptoms can occur when a trigger causes deep needs and negative core beliefs from trauma to surface. Research and personal observation has shown that when the triggers can be identified and prepared for by proactive preparation, the severity of the PTSD symptoms can be lessened. Reimagining trauma in an empowered way integrates the reality of who and where one is now with the walled off feelings and beliefs. We become less vulnerable to triggering once the pockets of disempowerment in our psyche are integrated and deactivated. The pastor spoke of experiences within the church where application of these principles has resulted in a greater sense of empowerment over sexual impulses that conflict with personal values.

Tuesday Evening Banquet: Dr Sam Thielman provided insights into the topic, Mental health support for Christian workers returning from high stress assignments. Professionally Dr Thielman is involved with supporting and interfacing with individuals who are either going into or coming out of high stress situations. Part of his role is to help determine the health and welfare of these individuals in light of whether they should return to the high stress environment or not. In a word, he is evaluating them with respect to their

hardiness. That is their current ability to adapt to change, their commitment to the mission and their sense of control. He has found that there are many ways to evaluate and counsel and in some cases treat these



individuals in order for them to return to the field whenever possible. He has found that many of the principles he uses professionally apply to evaluating and treating missions workers who are coming home for furlough or coming home due to simply being worn out due to environmental factors and the stress involved in their ministry. Dr Thielman's insights were keen and his perspective was fresh and encouraging toward those who are going and

those who may be returning from stressful situations. The slides and recording of Dr Thielman's presentation can be provided upon request by emailing our Psychiatry Section Administrator at psychsectioncmda@gmail.com.

Wednesday Morning Breakfast. Dr Brian Briscoe facilitated a session called "The Integration of Faith



and Practice: Collaborating with pastors and church leaders to care for persons with mental illness - challenges and opportunities". A group of approximately 18 doctors and guests participated in the session which was free-flowing and interactive. Attendees discussed cases that involved collaborating with the church or church leaders - and all the challenges and opportunities that such collaboration can bring. The discussion was lively, filled with feedback, engaging, and

encouraging. As always, it was a tremendous opportunity to meet, greet, learn and teach.

Exposition and Display Booth. Each year one of the most important ways we "advertise" our



ministry, distribute materials which are intended to inform APA attendees regarding our mission and purpose, and develop interest within the general psychiatry profession is the display booth in the exhibition hall. This year over 35 persons visited the booth who had no idea we existed. Many of them expressed interest in receiving additional information about CMDA and the Psychiatry Section. They have been contacted, and we will hopefully

establish a relationship with many of them in the near future. The booth featured many publications which our members have written. A list of the books as well as information how and

where they can be obtained was distributed to those visiting the booth and is available at cmda.org/psychiatry.

Dr Allan Josephson – Recipient Oskar Pfister Award

A special highlight of APA 2015 was seeing Dr Allan Josephson receive the Oskar Pfister Award. Dr Josephson is one of many distinguished doctors who have participated in the Psychiatry Section of the CMDA over the years. Dr Josephson was Chairman of the section for three years and provided wise and consistent leadership to the section during his tenure.

In recognition of his work in understanding the importance of both the patient's and the clinician's worldview in clinical psychiatry, Allan Josephson, M.D., chief of child and adolescent psychiatry and psychology in the University of Louisville Department of Pediatrics, has been named the 2015 recipient of the Oskar Pfister Award by the American Psychiatric Association.



This award recognizes individuals who have made professional contributions to the interfaces of psychiatry, religion and spirituality in research and clinical practice.

For more than a decade, Josephson coordinated workshops, symposia and lectures on religion, spirituality and psychiatry at the annual meetings of the American Psychiatric Association. These events resulted in several publications, including the "Handbook of Spirituality and Worldview in Clinical Practice," co-edited by Josephson and John Peteet, M.D., of Harvard Medical School. The work is now used in the teaching programs of many psychiatry residencies throughout the country.

"Are there people who come in to a psychiatrist's office who really have spiritual issues, concerns about life in a broader context? We think there are," Josephson said. "What we tried to do is bring these ideas in front of the psychiatric community. Some of my work and that of others has been directed toward helping psychiatrists say this may be an important part of your patient's life."

Dr Josephson received his award at the annual meeting of the American Psychiatric Association in Toronto May 16-20, and deliver the 33rd Oskar Pfister Lecture in New York in October at the American Psychiatric Association's Institute of Psychiatric Services meeting.

About the award: Oskar Pfister was a Protestant minister who regularly corresponded with Sigmund Freud on matters of psychiatry and religion. Award recipients are selected by representatives of the American Psychiatric Association, the Caucus on Religion and Psychiatry and the Association of Professional Chaplains.

Trip to Amman, Jordan – An Update – Dr John Yarbrough



In the past few issues, we have reported on Aslan Child Rescue Ministries. It is a ministry Dr. John Yarbrough and his church are actively supporting. They continue providing training and services to counselors and aid workers during their trips as well as speaking at churches and meetings. Their time in country is very full, and yet filled with sensitivity as they focus on each worker and seek to provide counseling services to the missionaries and humanitarian aid workers who in turn show the love of Christ to their clients in tangible ways. Continue praying that these excursions will continue and grow in their effectiveness as they build benches of knowledge upon which the workers can refer and use in their work. Pray for the workers as they endure physical hardship and danger ministering to those with no other advocates.

During APA 2014, John provided insights into his early 2014 trip and relayed an experience where a teenage girl set herself on fire after hearing her abusive father was coming for her. John and others extinguished the fire, but had to leave before being able to secure adequate medical treatment. He visited her in September 2014, and found that she was malnourished and was not expected to survive. Without intervention from the US, her future was certain. We were asked to pray for a VISA and US hospital/medical assistance.

God has answered those prayers! The young girl (turning 15 this summer) flew to the US in May sitting next to John. She has already had one surgery. She will require up to seven years of treatment according to the Shriners team of physicians and surgeons. She is not in school, though has been offered a full scholarship to a California Christian College when she is able and ready. Please pray for her recovery and salvation.

“Please pray for God’s work in the Middle East and for the protection and safekeeping of his workers.

CMDA Life & Executive Coaching Ministry – Dr Steven Sartori, MD

**You’ve graduated high school! Need some advice?
Some wisdom?
Do you ever think about calling your high school coach?**

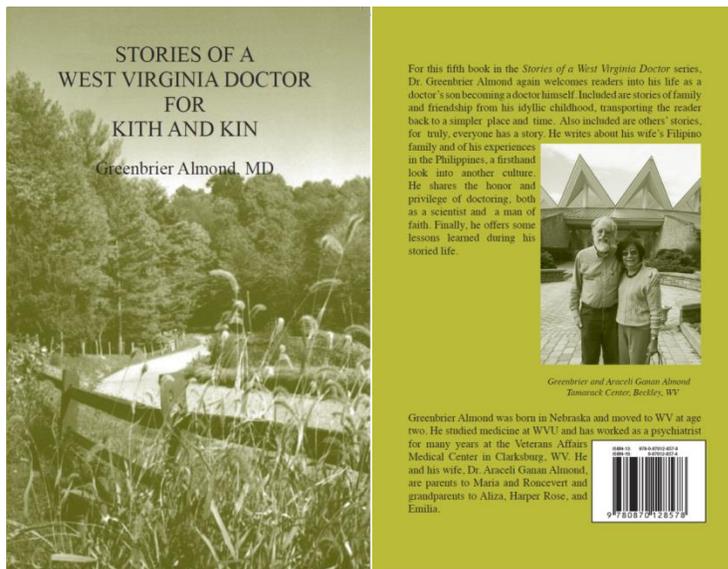
One of the distinct advantages of being a part of CMDA is the ability to network, serve, and grow with them. One of the ministries within CMDA which the Psychiatry Section strongly supports is the **CMDA Life & Executive Coaching Ministry**. We featured this new ministry of CMDA and its director, Dr Steven Sartori, in our [Psychiatry Section Newsletter, Winter 2015](#). This ministry “offers a personalized resource to support and encourage Christian healthcare professionals in their quest to glorify God in their personal and professional lives. ... The Psychiatry Section and the Coaching Ministry share a common desire of strengthening Christian colleagues by spurring one another on to love and good works (Heb. 10.24), thereby helping CMDA to realize its vision of seeing “transformed doctors transforming the world”. More information about the CMDA Life & Executive Coaching Ministry can be found by visiting www.cmda.org/coaching or emailing coaching@cmda.org.”

New Members / Residents

Because of a busy spring, our Board has not reviewed the pending membership requests received since March 2015. We will do so at our next board meeting. However, I wanted to report that we have had several inquiries and membership applications from residents and practicing psychiatrists as a result of our activities at APA 2015. We will be contacting these doctors in the near future with CMDA Psychiatry Section information and offering to provide assistance as it is needed during their residency.

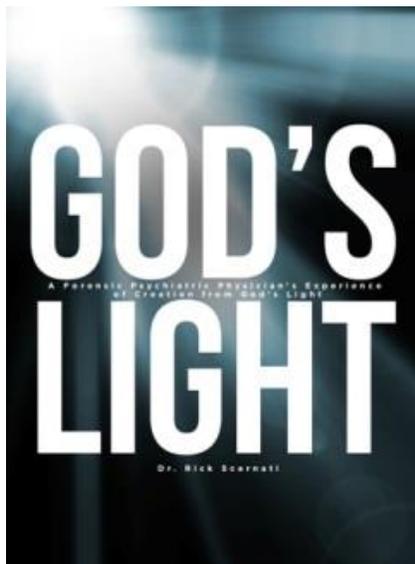
Member Communication and News

Dr Almond Greenbrier .



Dr Almond has published his fifth book in the Stories of a West Virginia Doctor series. Dr. Greenbrier Almond again welcomes readers into his life as a doctor's son becoming a doctor himself. Included are stories of family and friendship from his idyllic childhood, transporting the reader back to a simpler place and time. Also included are others' stories, for truly, everyone has a story. He writes about his wife's Filipino family and of his experiences in the Philippines, a firsthand look into another culture. He shares the honor and privilege of doctoring, both as a scientist and a man of faith. Finally, he offers some lessons learned during his storied life.

Dr Rick Scarnati.



In his new book, "Soul Explosion," Columbus physician Dr. Rick Scarnati shares how he accomplished the impossible by giving his life to Jesus and being "supercharged" by the Holy Spirit.

Dr. Scarnati describes how, through his time in reform school, the military, and a rigorous medical school program, he learned the value of hard work and perseverance. He hopes readers can experience the satisfaction and peace that comes from trusting and believing in God by applying his vast experiences in their own lives

We thank our members for sharing their stories and wisdom with us. We encourage others within the Psychiatry Section who have published recently or in the past to share them with us so we can highlight their work and encourage our members through their reading and sharing it with friends, family and patients.

Medical Education International (MEI) Engagement

The Medical Education International (MEI) ministry of CMDA is routinely mentioned in our newsletters. The MEI team routinely receives requests from all over the world for educational outreach and service opportunities. While they have needs for all medical professionals, their need for doctors trained in psychiatry is a desperate one. Opportunities are available for our members to join an MEI team and serve abroad in short term engagements. One of our members, Dr Robert Slack joined one of the MEI teams in 2014. Read about his experience in our [Psychiatry Section Newsletter, Winter 2015](#). Read, enjoy, and consider joining a team in 2015 or 2016. Contact me at Psychsectioncmda@gmail for more information.

Mentoring and Encouragement – Sharing a Journey

Being a mentor is typically modeling and teaching other Christians the precepts of the Bible and Christian life - mainly prayer, doctrine, Christian living, and worship. It is practicing what Romans calls *mutual faith*, which means encouragement, support, and exercise of our spiritual gifts, all working as a team to inspire, encourage, and instruct one another (Eph. 4:15-16).

Being a mentor to a young medical student who is either in or considering a psychiatry residency, is an opportunity for mutual faith as well as a chance to connect to the new generation of psychiatrists, while imparting life lessons and wisdom gained through years of practice as a practicing Christian psychiatrist. It is an opportunity to dig deep and help prepare a resident for some of the spiritual challenges and frustrations and disappointments they will face. It is also an opportunity to share some of the spiritual highs and victories of your medical practice. The relationship developed during the mentoring term, may only be for a short season or it may last a lifetime.

Each year we receive numerous requests from Christian medical students and residents who are interested in psychiatry and request to be connected to a Christian psychiatrist for much needed encouragement and support. Between telephone and video conferencing options, geography need not be a barrier in connecting mentors with students/residents. If you want to participate, but don't feel you have the resources you need, contact us and we can assist you. Thank you for your prayerful consideration!

Please note that we have had a large number of requests from residents for contact with one of our members. Each has recognized the benefits of having access to the wisdom and experience of a practicing believer. Would you be willing to have a monthly phone call with a resident to discuss classes,

theology, answer questions and generally provide encouragement? Please consider and let me know soonest. They are starting their classes now and this type of connectivity could be a wonderful benefit as they begin and/or continue their journey.

Society for Christian Psychology – Partnering Opportunities

The Psychiatry Section of CMDA and the [Society for Christian Psychology](#) (SCP) are exploring opportunities to work together and partner in projects. The Society is an international organization which exists to promote the development of a distinctly Christian psychology (including theory, research, and practice) that is based on a Christian understanding of human nature. The CMDA Psychiatry section and the SCP strongly believe that the two organizations can work together academically and in practice to further the practices of psychology and psychiatry such that both are better understood and more widely accepted by believers, pastors, and church congregations. We are hopeful that in the future we will have the opportunity to sponsor joint seminars and lectures featuring members of the Psychiatry Section as well as the SCP. We would love to hear from our members regarding the opportunities and synergies you feel could be realized through our partnering together.

The Society will be sponsoring a 1-day conference on grace in Nashville Tennessee with Robert Emmons, an outstanding leader in positive psychology and Kelly Kapic, nationally known theologian on September 22, beginning at 1:45pm and finishing up at 9pm. Then, Eric L. Johnson and Warren Kinghorn will be doing a preconference workshop on September 23 at 2pm on “To Medicate or Not To Medicate: Thinking Christianly About the Role of Medication in the Therapeutic Process.” For more information follow the links go to [AACC World Conference](#).

Dues and Directory

Dues. Please check your records and make sure you have paid your 2015 Psychiatry Section Dues. These funds are used to sponsor our annual meetings at the annual APA Conference, cover the costs of printing materials, mailing newsletters, and reserving space for our CMDA Psychiatry Section display in the APA exhibition. This year the meeting will be held in Atlanta GA and we are hoping for a record turnout of members. Please visit the following link (www.cmda.org/psychiatry) to electronically pay your dues. If you would prefer to send a check, please let me know and I can get you the information needed to process your payment.

Directory. A copy of the 2015-2016 Psychiatry Section Directory was mailed to every member in March of 2015. Please review the document and let me know if there are corrections which are necessary. We will make the corrections and make sure they are reflected in our files as well as in the next edition of the directory.

Networking Opportunities

This is a section in the newsletter for members to share networking opportunities and information which may be of interest the rest of the section. Neither the Board nor CMDA endorses any of the information here. Members wishing to post information and to receive further details on an item in this section should contact us at psychsectioncmda@gmail.com . We will contact you regarding your request.

Psychiatry Section Web Site

CMDA Psychiatry Section Web-Site

The Psychiatry Section is developing a web site which should be up and running by early fall 2015. The site will feature a list serve, a blog where chats and threads related to current events and issues can be “discussed”, and many other features which will enhance your ability to communicate and collaborate with your Psychiatry Section colleagues across the globe in real time. Stay tuned and we will keep you informed as to our progress and when the site is fully up and operational.