



CMDA Psychiatry Section Update (September 2018)

To promote fellowship and provide community to support and encourage Christian physicians in the practice of psychiatry, as they explore the relationship between their faith and professional practice.

To promote within the church the knowledge and understanding of valid psychiatric approaches to mental health and healing, consistent with Christ's redemptive love.

Member Update: This section is intended to provide insight into members of our section and provide opportunities for learning and encouragement by listening to their stories.

Dr. John Peteet, many years a member of the Psychiatry Section, is a psychiatrist at Brigham and Women's Hospital and Dana-Farber Cancer Institute and an associate professor of psychiatry at Harvard Medical School. He is the author of *Depression and the Soul: A Guide to Spiritually Integrated Treatment* and has contributed to many books and articles throughout his career. He serves as president of the American Psychiatric Association's Caucus on Religion, Spirituality and Psychiatry. John has invested countless hours mentoring, guiding, and encouraging members of the Psychiatry

Section for over 30 years. Please take this opportunity to meet John and gain insights into his Journey. John writes:

Fragmentation is a large part of our culture, our systems of medical and psychiatric care, and of our own psyches, mine included. It seems to me that we're all given glimpses, but need a clearer vision of God's beautiful truth that transcends our parochial, flawed attempts to understand and heal ourselves.

I've always been fascinated by looking at things from different angles, trying to see what is really going on. This began in Atlanta in the days when there were White and Colored signs over water fountains in the train station, and our servants would not enter the house by the front door. My father started a Christian school when I was in the 3rd grade, that he wanted to be open to all races. He inspired me with his vision, but I could not escape the deep ambivalence about the Civil War which my mother heard about from her grandfather who served in the Confederacy.

As one can imagine, I was excited to go North to college for a fresh, less parochial perspective. It turned out that my school had its own troubling inconsistencies (like a required pledge not to drink, dance or attend movies), but there I was captured by a vision that "all truth is God's truth" - meaning to me not only that all ways of understanding the world have something to contribute, but that God is in the search for what is really true, and owns it all. I went on to medical school, where psychiatry appealed with its interest in understanding the inner life using a psychoanalytic frame, but without a way to account for existential, moral and spiritual concerns. People and their problems were still fragmented, deconstructed in a different way.

I don't remember getting much help integrating my work with a vision of God's truth during medical school or residency, but in my 40 years since as an academic psychiatrist, I've felt a continued pull to discover God's beautiful and good truth beyond our human attempts to approach problems by reducing them to categories we can manage. For example – there are the distinctions we make between body and mind (or spirit). Depressed patients

will sometimes ask “Do I have a chemical imbalance or a lack of faith?” As mental health professionals we often think dualistically in terms of mental, or psychological explanations rather disconnected from existential, moral or spiritual realities. And we often further subdivide the psychological into cognitive behavioral, psychodynamic, or socio-cultural explanatory frameworks. (Of course when your favorite tool is a hammer, everything can look like a nail.) I regularly see psychiatrists in training focus on the psychiatric diagnosis rather than what is bothering the person most – a loss of hope that their life could work. At the same time I also recognize God’s work in the transformation and recovery that patients experience, and in the experience of trainees who can begin to see the existential dimensions of despair, and the importance of spiritual responses to existential and moral distress.

As I look back, this search for an integrative vision of persons and of what they can be has been central to a lot of my teaching and writing. Some examples are: (1) researching and writing about the importance of spiritual care for patients with life threatening illness; (2) helping teach courses on the world views of Freud and C.S. Lewis, on spirituality and healing in medicine, or on religion/spirituality and psychiatry; (3) writing or editing books like *Depression and the Soul*, and *The Soul of Medicine*; (4) thinking about the role of psychotherapy in promoting virtues (If one of the core values of psychiatry is promoting healthy functioning, what do we think defines health?); (5) calling attention to the importance of spiritually sensitive, or integrated mental health treatment (including the insights of a Christian perspective); (6) bringing these issues into the scientific program of the APA through the Caucus on Religion, Spirituality and Psychiatry; (7) supporting and learning from other Christian therapists in formal and informal settings such as the CMDA and (8) recognizing the need for healing of the tensions within myself caused by my desires to be respected for scholarly work, faithful to a supernatural God, and honest about my own experience and questions. God’s becoming human in the body of Jesus helps me accept that we are inseparably mind and body.

I love the way that Christians have been praying for a unified vision of truth for centuries, as in the words of this hymn written around the year 1000:

Be Thou my Vision, O Lord of my heart;
Naught be all else to me, save that Thou art.
Thou my best Thought, by day or by night,
Waking or sleeping, Thy presence my light.

Be Thou my Wisdom, and Thou my true Word;
I ever with Thee and Thou with me, Lord;
Thou my great Father, I Thy true son;
Thou in me dwelling, and I with Thee one.

Be Thou my battle Shield, Sword for the fight;
Be Thou my Dignity, Thou my Delight;
Thou my soul's Shelter, Thou my high Tower:
Raise Thou me heavenward, O Power of my power.

Riches I heed not, nor man's empty praise,
Thou mine Inheritance, now and always:
Thou and Thou only, first in my heart,
High King of Heaven, my Treasure Thou art.

High King of Heaven, my victory won,
May I reach Heaven's joys, O bright Heaven's Sun!
Heart of my own heart, whatever befall,
Still be my Vision, O Ruler of all.

Dr Peteet has written a challenging article [*Why Religious People and Psychiatrists Don't Trust Each Other*](#). There is much to learn and bridges to build as we seek to integrate with the church and allow God to use us effectively within the body.

[**Resource Opportunities: Building Our Resilience as Health Care Providers: Resilience, Endurance, and Living the Christian Life**](#)

Dr. Samuel B. Thielman, MD, PhD, Director of [Still Waters Global](#) in Montreat, NC, presented on Resilience at the CMDA National Convention in May 2018. Sam is a trainer and clinician with extensive experience in supporting people working overseas. During his 20+ years of service to the U.S. government, he travelled widely in the developing world and worked many years overseas, first as the State Department's psychiatrist at the U.S. Embassy in Nairobi, Kenya, then later in Western Europe. He is Adjunct Associate Professor of Psychiatry at Duke University School of Medicine and has published widely on the psychological effects of terrorism, drawing from his work with Americans and others affected by trauma in East Africa and the Middle East. He has served as the Senior Advisor for Resilience at the State Department's Foreign Service Institute and as Director of Mental Health Services for the State Department. His work has appeared in many professional publications, including the American Journal of Psychiatry, Psychiatry, the British Journal of Psychiatry, and the New England Journal of Medicine. His clients have included, among others, Samaritan's Purse, Open Doors International, and the Konterra Group. His [Presentation](#) is found on U-tube at <https://youtu.be/mALHGRSv9YE>.

Members Providing Short Term Support Abroad Through Godspeed Resources Connection (GRC). GRC is an independent faith based organization dedicated to enabling global workers to thrive! Credentialed professionals in various fields (psychiatry, psychology, mental health counseling, spiritual direction, and member care) who are passionate about providing the highest quality of care to global workers. Associates operate within the legal and ethical guidelines of each of their respective professions, which means they maintain worker confidentiality and only share information with permission. In addition to being passionate about global workers and being professionally trained, all GRC associates have all lived and/or served cross-culturally, and all of our Care Providers either volunteer their time or raise their own salaries to serve. GRC exclusively serves those sent cross-culturally and assists them to stay engaged in their calling by providing preventative and restorative care to strengthen their well-being in life

and work. GRC serves all Christian global workers with any sending organization. Psychiatry Section Members, Dr. Barney Davis and Dr. Jo Marturano work exclusively with GRC and travel routinely to remote locations to serve the global workers in the field. They provide relief for staff at clinics such as Tumaini and others, and also serve in independent clinics where there are no permanent staff. For example, Dr. Marturano was part of a small team which has just returned from Haiti. They worked for 2 working weeks in psychiatry, with bipolar, depression, schizophrenia, aggressive people, dementia, and childhood problems. They had translators and saw from 15-24 patients per day. They travelled between clinics and saw to it that there was adequate time for each patient to understand they were there in Christ's love and compassion. Because Haiti still has a voodoo presence prayers were constantly uplifted for God to protect them from the inevitable spiritual warfare. Their goal was healing through prayer and meds, and conversion of anyone who is not a believer who comes in for mental health care. God rewarded their time with encouragement through seeing results, and conversions and open doors for future returns. If you are interested in serving on a full or part time basis with GRC, let Marshall know at psychsectioncmda@gmail.com, and he can get you in touch with the right folks.

Resident Corner: Mentoring. We have officially started our mentoring for the fall semester. We have multiple pairs of practitioners and residents who have been paired and have the opportunity to sharpen each others' skills and encourage each other in the faith. If you would like to participate (or have requested this in the past and have not been contacted), please contact us at psychsectioncmda@gmail.com and we will get you connected. This is a low key commitment, but can be a life changing opportunity. We encourage you to spend **1 or 2 hours per month** on the phone seeking wisdom related to studies, patients, practice dynamics, etc. Practicing members, don't be surprised if we reach out to you and challenge you to participate. Thank you for partnering with us.

Intern Extras: We need more doctors who are Christians to enter psychiatry! – Second Request

We receive several requests each year for recommendations for psychiatry residency programs with content and faculty who are believers, or who are able to teach residents from a point of view which is respectful of spirituality and tuned into the faith of the residents and their patients. Many of you participated in programs of this nature. **Please send us the name and location of your program and faculty members who we can contact and seek their permission to refer potential residents.** We will not endorse any particular program, but do want to provide seekers with the opportunity to discuss options which will allow them to receive excellent training, and grow professionally and spiritually during their residency.

Psychiatry Opportunities: Career Opportunities and Short Term Opportunities.

- **Riverside Counseling** is seeking a psychiatrist in the Washington DC Suburbs. We are a multi-specialty private practice, all outpatient, fee-for-service with no on-call. Full-time and part-time opportunities. Partnership opportunities available. See our website at RiversideCounseling.net. Contact Dr. Hall at donhallmd@aol.com to discuss details.
- **Honey Lake Clinic**, Karl Benzio, MD, Medical Director, Founder and Clinical Director, Lighthouse Network, Pennsylvania Director, American Academy of Medical Ethics, KBenzio@HoneyLake.Clinic, would like to talk to both psychiatrists as well as prospective graduating residents regarding options for integrating their faith and professional expertise in a clinical setting.
- **The Ludden Group, P.C.**, (lindaluddensivils@gmail.com), a Christian private practice group of Independent Contractors, located in Rockwall, TX, 25 miles east of the Dallas Metroplex. The Ludden Group is seeking a full or part-time Psychiatrist, Psychiatric Nurse Practitioner, Gerontologist. Duties will include Medication Evaluations and ongoing Medication Management with the Geriatric population. Providing services for child thorough geriatric patients in The Ludden Group's outpatient office is also an option. Areas served: Rockwall, Greenville, Terrell, and Ennis. Opportunities available in Dallas.
- **Dignity Health Medical Group** in Stockton, CA is seeking Christian residents

and psychiatrists for inpatient and outpatient work in a very supportive and encouraging environment. Dignity Health offers a full range of health services and is backed by the St. Joseph's Medical Center. Contact Dr. Chris Van Schenck, Chris.VanSchenck@dignityhealth.org.

- **Tumaini Counseling Center** near Nairobi Kenya is seeking full time and part time staff. Contact Dr. Roger Brown, shirley.brown@aimint.org.

- **Cornerstone Counseling Foundation** in Chiang Mai Thailand is seeking full time and part time staff. Contact Bill Hoppe, billhoppe@gmail.com.

Psychiatry Section Activities. We are expanding our reach into churches and local communities and want to become more of a resource for education, fellowship, growth and communication. Let us know what you need and how we can serve you. We will always respond to your comments and questions.

One of the ways we are trying to reach out to a broader audience is focused efforts related to Mental Health and the church. Recently **Dr. Tom Okamoto participated in an interview** hosted by Mr. Steve Aterburn. The interview is found at [New Life Live: August 22, 2018](#).

Depression and the Church “Lighting the Darkness”, on Saturday, October 27, 2018. The CMDA Psychiatry Section and Friends Church of Yorba Linda are co-sponsoring a conference on depression from 8:00 am - 4:00 pm. The conference will be held at Friends Church, 5211 Lakeview Avenue, Yorba Linda, CA. The conference seeks to shed light on the causes and effects of depression which has been declared as the most disabling illness worldwide by the World Health Organization. Its effects are not only emotional and relational, but physical and spiritual as well. The medical and psychiatric communities are now partnering with the church to reduce suffering and facilitate professional treatment of mental illness, including depression. The church is poised to be a major community lead to identify, support, minister to and refer those with depression to appropriate care. This conference brings together mental health professionals, pastoral leaders and local leading psychiatrists of faith who see their missions come

together, to love God and others. This day will provide updated information on depression, its medical treatments, community resources and efforts of the church to provide competent support and referral to professional care, while being the “light” of spiritual direction during these times of suffering and darkness of the soul. The entire conference will be videotaped and posted to our website. Further information and registration information is found at, [**DEPRESSION AND THE CHURCH, “LIGHTING THE DARKNESS”**](#).

FRIENDSCHURCH YORBA LINDA

AND



PRESENT:

DEPRESSION AND THE CHURCH: LIGHTING THE DARKNESS

Saturday, October 27th, 2018 Time 8:30am-3pm

Registration fee \$10 (scholarships available), lunch NOT included

Information and Registration: friends.church/care/ or friends.church/events/

Location: Friends Church CHAPEL, 5211 Lakeview Ave., Yorba Linda, CA 92886

Agenda

Register EARLY, Space is limited!

- 8:30-08:45 Pastor Matthew Cork (senior pastor): Welcome, devotional; introductions
- 08:45-09:15 Tim Garvey, MD (adult psychiatry, Kaiser Permanente): Depression in Adults
- 09:15-09:45 Wayne Nguyen, MD (CHOC inpatient medical director): Depression in Children and Teens
- 09:45-10:15 Karla Downing, LMFT (author, speaker, therapist): Depression in Women
- 10:15-10:30 Break
- 10:30-11:00 Kevin Van Lant, PhD (CIFT, Talbot Seminary): Training the Church
- 11:00-11:30 Tom Okamoto, MD (psychiatrist, speaker): Translating Depression and Church
- 11:30-12:00 Pastor Chris Ward (teaching pastor): Depression and the Church
- 12:00-1:00 Lunch (Resource tables open)
- 1:00-1:30 Bob Baker, MFT (former Saddleback Care pastor): Models for Church-Depression Care
- 1:30-2:15 Resource Panel: CHOC BH Svcs, Loma Linda BH Svcs, NAMI, Orange County BH Svcs
- 2:15-2:50 Q & A
- 2:50-3:00 Wrap up: Conference ends (3-4pm: Resource tables open)

[**Upcoming Psychiatry Section Meetings \(It is not too early to plan\):**](#)

- **Global Missions Health Conference, Louisville, KY, November 8-10, 2018.** This conference brings together globally minded, health care personnel and organizations for worship, training, and challenges to consider God's desire for time and practice. Medical students, Residents and Practicing healthcare workers are all welcomed. The Psychiatry Section will not be there this year, but we hope to host a session dealing with psychiatry in the 2019 meeting.
- **CMDA National Convention (Transform – Celebrating God's Faithfulness), Ridgecrest, NC, May 2-5, 2019.** The Psychiatry Section will host a gathering of psychiatrists from across the country at this venue. We plan to provide a series of seminars at a pre-conference psychiatrist meeting where CME qualifying presentations relevant to our members will be provided as well as one or more presentation during the main conference. We hope to provide opportunities for training, encouragement, and fellowship with fellow psychiatrists as well as with other physicians and healthcare providers within CMDA. It is a truly renewing time.
- **APA 2019, San Francisco, CA, May 18-22, 2019.** We will host a banquet, have opportunities for fellowship in the mornings, and host a booth where we can connect with attendees who are not members and encourage them to consider the claims of Christ as well as joining us as we seek to integrate faith and practice.

Psychiatry Section Contact. Comments, questions and needs?? Please contact Marshall at psychsectioncmda@gmail.com. We will promptly be in touch. Visit our website at cmda.org/psychiatry for meeting information, resources, blogs and much more. See our Facebook page at "CMDA Psychiatry Section". Follow us on Twitter at "cmda@cmdapsych".

Psychiatry Section Finances. We fund our activities through your dues (\$119/yr practicing psychiatrists, \$59/yr global workers, \$0 Residents and Interns) and donations, so partner with us as we reach out to a larger audience and seek to provide resources and opportunities for fellowship, professional development and collaboration. Go to [Psychiatry Section Dues](#)

[and Donations](https://cmda.org/specialty-sections/psychiatry-section/) <<https://cmda.org/specialty-sections/psychiatry-section/>> to donate on-line.

*The Lord bless you, and keep you; The Lord make His face shine on you,
And be gracious to you; The Lord lift up His countenance on you, And give
you peace.*

Numbers 6:24-26