



CMDA Psychiatry Section Update (December 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.

As 2018 ends, all need to be careful not to let the hustle and chaos of the "Christmas Season" lead us away from the actual significance of Christ's birth. Chapter VIII of the Westminster Confession of Faith considers the person of Christ and describes the miraculous birth and reason as follows:

The Son of God, the second person of the Trinity, being very and eternal God, of one substance and equal with the Father, did, when the fullness of time was come, take upon Him man's nature,[\[10\]](#) with all the essential properties, and common infirmities thereof, yet without sin;[\[11\]](#) being conceived by the power of the Holy Ghost, in the womb of the virgin Mary, of her substance.[\[12\]](#) So that two whole, perfect, and distinct natures, the Godhead and the manhood, were inseparably joined together in one person, without conversion, composition, or confusion.[\[13\]](#) Which person is very God, and very man, yet one Christ, the only Mediator between God and man.[\[14\]](#)

Yes, it is Christ who is the mediator between God and man for salvation of the soul. Yet psychiatrists routinely delve into the “soulness” of patients, seeking to treat the mental illnesses which are the result of the fall. These treatments are even more powerful when patients are engaged in the power of the Great Physician - body and soul. May this realization guide you this season, and every day in your personal and professional life as you seek to play a part in healing the whole patient as you practice “psychiatria” - medical healing of the soul. Thank you for partnering with us. Thank you for letting me serve you as your section administrator.

Marshall Williams

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. Jo Marturano is a long time member of the Psychiatry Section and has a rich testimony regarding her path into psychiatry. She shares her story with us this month. Dr Marturano writes: My journey into psychiatry was a winding road. I graduated from nursing school at Indiana U-Purdue U at Indianapolis and practiced about three years before I was able to go to medical school at the University of North Carolina, and during my first year became quickly frustrated with all the details to memorize. I was aware as a nurse that “real doctors” didn’t have to know the ATP cycle or to memorize the shapes of all the virus particles in such minute detail. But God acted, and I came to the end of myself while Christian friends loved me, imitated Christ, and invited me to church. The Lord convicted me of my sin and pride, and I saw that I needed his forgiveness and for him to be my savior. The CMDA students and our church were very mission focused and I felt a burden for the lost and for the mission field, so I chose Family Practice as a residency. There I saw that my listening style was way too slow for family practice, and I also learned by rotating with Dr. Bill Wilson at Duke how Christian psychiatry could be radically different by inviting the Holy Spirit into the session.

I finished my Family Practice residency and went directly into psychiatry. After joining the CMDA psychiatry section, I was inspired by Drs. Dick Bagge' and Roger Brown, who were serving at the Tumaini Center for missionaries in Nairobi. Tumaini is a multi-disciplinary treatment center serving missionaries from Africa who have suffered from the usual depression, anxiety, ADHD sort of "normal" issues, as well as trauma from political violence, robberies, rape, on-field conflict, marital issues, difficulty adjusting to another culture, troubles with children and even more disturbing personality disorders or psychotic disorders. I have also been inspired by the two treatment centers in Thailand for missionaries: Cornerstone and the Well, and most closely have witnessed Dr. Barney Davis in action over the last 30 some years doing "portable psychiatry" as he traveled to wherever the missionaries needed him across the globe. However, my husband did not "feel the call" to the mission field and I stayed planted in South Carolina with him until Haiti had an earthquake in 2010. My girls were in high school by this time and I couldn't resist the call any more to see how God would use me overseas.

I started with two general medical mission trips to Haiti through my denomination, and was struck by the poverty and earthquake devastation, but felt there was more need for psychiatry that wasn't being met. I remembered a Nurse Practitioner friend who became my liaison to a Haitian-run Baptist hospital and clinic in Les Cayes in the south part of Haiti. I was welcomed in 2011 to start teaching the Haitian general practice doctors about psychiatry and to start cautiously by offering my services to the staff and local missionaries. We weren't aware yet of the full need in the community because many mentally ill people are tied up with ropes to protect themselves and others, or locked behind metal gates that are common around the houses. I was told there were 3-4 mentally ill people in the area that would go naked, or walk in the streets to stop cars, so the hospital took the brave step of "advertising" on the radio that a visiting psychiatrist would treat "troub mantal" by appointment. It actually took a good bit of courage to bring the mentally ill people into the same waiting area as the other general patients, not knowing how many of them would cause a "scene."

As it turns out, sometimes people can get unruly, and those are usually brought tied with ropes (brought in the back of a pickup truck taxi) but every now and then someone starts out calm but then gets agitated, and angry. I have only twice been concerned for our safety, but we have always had enough help to control the situation and can give a haloperidol immediate-acting injection as well as a haloperidol decanoate injection and give instructions to put meds in the food if the patient won't cooperate. It breaks my heart to see people tied with ropes and to hear the agony of the family managing the situation, but then I get to hear stories of improvement when people stay on meds and come back, having returned to work or to school! It is particularly grievous to hear about people who don't have electricity or running water, to imagine how you would care for the hygiene needs of those that are tied up. The financial drain on a family is astounding. One sweet lady has two mentally ill children depending on her, who are both terribly difficult to manage, and no appreciable income for the 3 of them! It has been painful to hear how the average Haitian income is around \$3 US per day, and the Haitian dollar is continually declining. Hunger and malnutrition are rampant. Drugs are not such a big problem but there is alcoholism and voodoo worship.

The assumption in Haiti is that mental problems are coming from Satanic possession or curses. One young woman with bipolar disorder was agitated and a pastor believed she was possessed so he poured gasoline on her and lit a fire on her head, arm and shoulder. Others are beaten with sticks. But there truly ARE curses put on people and some unexplainable events occur that can only be attributed to spiritual warfare, so with my translator, we try to ask questions about voodoo participation, and if we are in doubt, then I will give medications AND send them to the clinic chaplain to be prayed for. We pray for each person anyway, but I have been grateful for the Haitian pastors to be able to pray against Satan and cast out demons in the patient's own Kreyol language. We have had a few new believers also!

I now go twice a year to see 130-170 people each time and leave medicines behind for the patients to remain on, hopefully. We have a lot of people

coming off meds for the same reasons they do in the US. It also humbles me to worship there and see the joy found in worship, when these brothers and sisters are so materially deprived.

I have also joined Barney Davis and the interdisciplinary group at Godspeed Resources Connection. I am retiring from private practice this December and am already treating missionaries by tele-psychiatry anywhere they have internet, and in person in Columbia, SC, and through our team's travels to meet them where they live and work. This is currently in Indonesia, and perhaps in the future, we may expand to India and/or China. Through several psychiatrists that serve internationally, we are trying to form a network to increase our numbers and improve our excellence.

All of this is to say that God can use ANY one. I wanted to pique your interest in the wonders of missionary psychiatry—both to nationals and to what we now call “global workers.” At www.godspeedresources.org we love to tell how He puts us in the right place at the needed time, and HE gets all the glory. Meanwhile it is a privilege to be in His service by His power.

Prayer and Mentoring. Pray for medical students seeking psychiatric residencies. This is a grueling season of travel, interviews, opportunities and decisions. Pray for our residents as they wrap up a year of hard work and learning. Many are studying for boards. Many are simply seeking to survive. Within the Section, we have several pairs of practitioners and residents who 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 – for both. We encourage pairs to spend 1 or 2 hours per month on the phone seeking wisdom related to studies, patients, practice dynamics, etc. **Practicing members**, this is something that is for you as well. Let me know of your interest and any specific desires, and we will connect you with a seasoned

doctor who can meet with you and pray and provide insights into your situations. Thank you for partnering with us and letting us serve you.

Intern Extras: Raising Awareness of Psychiatry as a Specialty. We are coordinating opportunities for our members to visit local CMDA medical school chapters and discuss the opportunities related to practicing psychiatry as a Christian. We know each of you were impacted by something or someone that solidified your decision to seek psychiatry. Your reaching out to 3rd and 4th year medical students might be their catalyst to explore this as a specialty. Psychiatric residencies are becoming harder to get as competition increases with the current shortage of psychiatrists in general. We would like to see more believers enter the field. If you would be interested in meeting with a group either at a nearby regular CMDA chapter meeting or in a special meeting, let me know and we can assist with the details. Give these aspiring doctors the opportunity to discuss psychiatry before they dismiss it for a higher-profile specialty.

Also, we continue trying to identify 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. What about your program? **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 through 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](#). Dr Okamoto is scheduled to do a second interview in the near future.

The CMDA Psychiatry Section and Friends Church of Yorba Linda CA, sponsored a one-day conference called, [Lighting the Darkness - Depression and the Church](#). Psychiatrists, church leaders and, pastors examined depression and its manifestation in the church and resources to deal with it. **Click** the link/title above to access audio, video and slides of the conference.

Upcoming Psychiatry Section Meetings (It is not too early to plan):

- **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 presentations relevant to our members will be provided as well as sessions on Saturday afternoon 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. Details of times and topics to follow.
- **APA 2019, San Francisco, CA, May 18-22, 2019.** We will host a banquet, have opportunities for fellowship, and host a booth where we can connect with attendees who are not members and encourage them visitors to consider the claims of Christ as well as joining us as we seek to integrate faith and practice. Details to follow.
- **Remedy Medical Missions Conference – West, Riverside CA, October 5-6, 2019.** Medical missions brings the REMEDY for disease, at home and abroad. Committed healthcare professionals remain the greatest need in closed countries to provide God’s spiritual and physical remedies. CMDA is sponsoring this conference, focused on bringing God’s remedy to the world via healthcare professionals, at California Baptist University in Riverside, California. Details of the Psychiatry Section involvement are evolving. If you have interest in participating

and would be willing to discuss psychiatry opportunities and issues, let us know at psychsectioncmda@gmail.com. We will contact you to discuss.

- ***Global Missions Health Conference, Louisville, KY, November 7-9, 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 hopes to host a session titled "Mental Health, Resilience and Sustaining Global Workers" in the 2019 meeting. More to follow later.

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