

Spring 2007

PRESIDENT'S LETTER

"We have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you may walk in a manner worthy of the Lord, to please him in all respects, bearing fruit in every good work." Colossians 1:9, 10

These words from the apostle Paul, meant to encourage the Christians at Colossae, end with an admonition to bear fruit through our work. This word, work, can be the subject of debate in Christian circles, as in "faith versus works" discussions. Yet, the fact of the matter is nothing gets done without any of us working. It is not a glamorous topic, but work is the basis of successful families, organizations and projects. Productive work should be the statement of who we are as believers and has the interesting by product of enhancing self concept. We all feel good when we get things done.

So where am I going with this? This is the time of year with specific work tasks for the Section. Our superb new executive assistant, Sherri Williams, has just coordinated the mailings for dues, an annual project which has a routine to it but at the same time involves a lot of work. Gathering money for our endeavors is a fact of life and as I heard a colleague comment recently about a fundraising effort, "No money, no mission." Our mission is to get psychiatrists together for fellowship and interaction which will enhance our professional work for the glory of God and the benefit of our patients. We have been encouraged this year with some members making donations in addition to paying dues, with two very special gifts encouraging us all.

Second, this is the time of year of preparation for the annual meeting, talk about details and talk about work. Again, Sherri's name comes up as she is coordinating the numerous aspects of putting our program together: Getting speaker commitments, working on hotel arrangements and communicating with the APA for appropriate publication of our meetings. Of course our executive committee of John Peteet, John Yarbrough, Nadine Nyhus, Steve Mory and myself has worked to put together a meaningful program to serve our membership.

Third, there is a new aspect of work the committee

has undertaken. In this news letter you will see some recommendations for by-law changes. The two main aspects include modifying the requirement regarding membership in a national psychiatric organization and increase the length of term of offices. With respect to the latter, it seems clear that the work of the Section cannot get done without continuity. Frequent change over each year makes significant impact of our work less likely.

Let's move to the annual meeting which should be a great get together in a wonderful setting, San Diego. Let me highlight a few things about our program, the full details of which are in the program. On Sunday afternoon, we will have a drop-in social and fellowship time to reconnect with old friends and meet new ones. On Monday morning, Mark Servis will be our first breakfast speaker. Mark is Professor and Vice Chair for Education at the University of California-Davis School of Medicine and Department of Psychiatry and a former Psychiatry Section president. He is an experienced psychiatric educator, has been in leadership in several national psychiatric educational organizations, and won several awards for his work as a psychiatric educator and leader. Mark will share some personal observations of his career journey and how his Christian faith interacts with his vocation in secular medicine. The title for his talk, "Christian Faith in Academic Psychiatry: Separation, Identification, or Transformation".

On Tuesday morning Tony Dolfo-Smith will discuss his counseling work with men and women who are dealing with homosexuality and who desire change in their sexual orientation. Tony's remarkable background includes Graduate Degrees in Architectural Design and International Development. He also has studied theology at Regent College in Vancouver, British Columbia, and has had further training in individual counseling and family and marriage counseling. Tony has insights that will be welcome, as his topic often is not part of contemporary psychiatric fora. Political forces often impede open discussion of this topic, yet there remain individuals who want help with their conflicts. Tony will discuss how to assist these individuals based on his work as a consultant to therapists. His title: "Journeying into Sexual Wellness: a personal and professional perspective."

On Tuesday evening, our banquet speaker will be Dr. William Roth, currently Associate Professor of Psychiatry at Loma Linda University School of Medicine and also in Private Practice of Clinical Psychology. Dr. Roth is theologically trained and was actively involved in the Campus Crusade for Christ Ministry before Graduate School. His interests have been in the integration of spiritual concepts in Psychotherapy. In his talk, Dr. Roth will discuss psychotherapy integration and the fact many Christians are hungry for a deeper a more authentic life transforming encounter with God rather than formal church programs. The implications for clinical practice will be discussed. The title of his talk will be, "Christian Psychiatry: Nurturing Growth with an Eye on the Future and an Ear to the Past".

Finally, our Integrations Seminar on Wednesday morning will bring our two newest executive members with fresh insights for our work. First, John Yarbrough, senior resident in psychiatry at the West Virginia School of Medicine and resident member of the Section executive committee, will discuss the "Christian Initiative" at WVU. He will review their training model as one way to present the truths of the Christian faith in a secular context. He will discuss obstacles encountered and current directions in the program. This will be followed by Nadine Nyhus, practicing in Toronto Canada and

Secretary-Treasurer of the Section. She will focus on the important topic of integrating standard multi-modal psychiatric treatments with the resources Christian patients bring to treatment. Her formal title is "Therapy with Christian Patients: Integrating Patients Faith Resources in Standard Psychiatric Care".

After a break, our program will conclude with our business meeting, at which we will review bylaw changes (see elsewhere in this issue), plans for next year and election of officers. If you, or anyone you know, is interesting in serving on the executive committee, please let me know.

In sum there is a lot of work in putting a program together. As I write these words, I am sure each of our speakers is working now to meet the needs of those who will attend by giving thoughtful consideration to what they will say. And, speaking about work, my column has come to a close. I look forward to an enjoyable time in San Diego, meeting with many of you for fun, spiritual inspiration and, oh yes, a little bit of work!

In Him,

Allan M. Josephson, M.D.

Allen M. Josephson, President
CMDA Psychiatry Section

PEOPLE in the NEWS

WELCOME NEW MEMBERS!

From the January and March Executive Board Meetings...

Kim Quigley, MD, Corryton, TN, joined as a resident but has graduated to practice with the Cherokee Health Systems in Maynardsville, TN.

Barbara Smucker, MD, Westover, WV, Resident in the combined Family Medicine/Psychiatry Program at West Virginia Univ.

Remember to pray for our members and friends in Uniform: **Dr. Christopher Perry**, US Army, in Korea and **Dr. Teodor Huzij**, US Air Force, in Japan, **COL Leigh Bishop**, US Navy Reserves.

LOST MEMBERS: Mail has been returned for **Dr. John Schumacher**, of Minneapolis, MN. If you know of his whereabouts, please inform the Admin Office. We are still waiting to hear from **Dr. Ellen Perricci** and **Dr. Jeff Peck**. PTL! We have found **Dr. Jack Hill** praying for us in Penney Farms FL.

Admin. Asst. **Sherri Williams** and her husband attended the Winter Conference at the beautiful CMDA headquarters in snowy Bristol VA over President's weekend. Dr. John Patrick, a Canadian physician/apologist and Dr. Graeme Hunter of Augustine College, Ottawa, were featured speakers. An unofficial survey of the line in the women's restroom during one break, found that the majority wished they (or their children) could return to College for a year under the tutelage of Dr. Patrick! If you haven't heard him speak, check out the *Just Add Water Series* at www.cmda.org.

Many thanks to all who have been prompt in paying their dues this year! If you have not yet sent in yours, please, do so today! If you send a fax, Sherri will e-mail to let you know it was received. For some reason, our fax machine does not connect with all fax machines equally. Dues for members are \$100 per year, for retired members \$50 per year. Full time missionaries and residents are exempt.

Chad Priestley, DO, Morgantown, WV, Psychiatry Resident at WVU

Benjamin Lafferty MD, Morgantown, WV, Psychiatry Resident at WVU.

Welcome back: John T. Pritchett MD, who first joined in 1998, Mt Pleasant SC. Private practice.

Summary of Proposed By-Law Changes

In addition to some clarifying language changes, the following substantive changes will be proposed at the Annual Meeting:

1. Option 1: Membership will be open to those who are members of the American Psychiatric Organization or other professional psychiatric organizations
Option 2: Membership will be open to those who are members of another professional organization.
Option 3: Eliminate linkages to any other type of membership.
Rationale: Change does not require APA or national membership. A local organization would be acceptable.
2. Twenty four months on non-payment of dues will result in review by executive committee and potential revocation of membership
Rationale: This change gives the committee discretion in terminating membership, rather than making it automatic.
3. The executive committee shall meet twice yearly, one meeting of which can be a teleconference meeting.
Rationale: Gives flexibility to meeting times.
4. All major actions known to the executive committee shall be submitted to the members at least two weeks prior to the annual meeting, at which the actions will be discussed and voted upon.
Rationale: This change eliminates the mail in, proxy vote.
5. Terms of offices for officers shall be two years.
Rationale: One year is not enough time to establish the continuity to run the organization.
6. An annual meeting shall be held at a time decided upon by the executive committee.
Rationale: This eliminates a clause allowing authority to non-elected members to request a meeting date.
7. If the section does not function in agreement with its expressed purposes and statement of faith, ten members may petition the CMDA Board to investigate. The CMDA Board would have the power to vacate the officers and conduct new elections.
Rationale: This clarifies to whom members may petition and under what circumstances.

An Opportunity to Expand Your Psychiatric Practice

If you are looking to develop your practice, please consider contacting the Counseling Department at Focus on the Family for an application for their National Referral Network. The department speaks to approximately 1300 constituents weekly, and often provides names of counselors, including psychiatrists, in their area if there is a desire or a need for further treatment from a Christian perspective.

E-mail counselingdept@fotf.org, or call 719-531-3400, ext. 7700, to ask for a National Referral Network application. After completing the application, it will be reviewed for consistency with Focus principles. Upon approval, your name and phone number will be included in the Focus on the Family National Referral Network free of charge and given to Focus constituents in your area needing psychiatric care.

Where in the world are the Psych Section members?

Craig Stuck writes: I had a good trip to Pakistan recently, with opportunities to counsel patients, hospital staff, and renew friendships. It was a special joy to meet friends delivered from drug addiction, and to see how God has blessed them and their families.

Louis and Melissa McBurney, who founded the Marble Retreat Counseling Center for clergy in 1974 have changed their focus from the Colorado Center to working with mission personnel in Thailand (Sept) and Kenya (Oct./Nov). Intensive 10 day group and individual sessions are offered at minimal cost to missionaries. They have been encouraged by the response and effectiveness of these groups. Dr. Steve and Patti Cappa are now directors of the Marble Retreat, opening groups to non-clergy and condensing sessions into an eight day format. This change has allowed a cost reduction for participants. Pray for this ministry and especially that financial needs will be met.

THE MAKING OF A SHORT-TERM MEDICAL MISSIONARY

Irving S. Wiesner, M.D.

Who would have thought that I would become a short-term medical missionary? Certainly not!! But that seems to be what is happening. I have practiced psychiatry for the past 31 years and have been quite happy doing so. I accepted the LORD in medical school from an Orthodox Jewish turned atheist/agnostic background, and I planned to be an internist specializing in gastroenterology. It was during the first year of a two-year GI fellowship, due to the stress of the training and expecting our first child that I entered into psychotherapy. I had been in counseling prior to that and was benefited by it but never considered it as a potential career choice. This time I was not only helped by it, but I began to sense that this would be the specialty I would choose rather than GI. In the process, I turned away from my faith and embraced psychiatry as my worldview. Satan was working, but God had higher plans.

Eight years later, having been in practice for five years, I found myself in a position much like the Prodigal Son. I came to my senses and the LORD drew me back to Himself. With the help of Christian community and deep personal discipleship, the Holy Spirit used many to minister to me to accomplish healing and growth. Members of the Psych Section of CMDA were a vital part of that healing and growth process. They not only provided a supportive environment, but enabled me to join with others to influence the APA through symposia, workshops, committee appointments and a book published by APPI and co-edited by our own president and vice-president of the Section on spirituality and worldview in clinical practice.



More recently, I began to become more active in my church's missions ministry. I was drawn to a missionary couple that had been sent out from our church and was ministering to both Israel Jews and

Palestinian Arabs in the West Bank of Israel. Three non-medical short-term mission trips later, I wanted to do more and first began to consider that I might want to renew my interest in medical care through medical missions. I prayed about it much and attended a medical missions conference that I spotted advertised in the CMDA Journal. It only confirmed my growing interest.



Although my psychiatric training and experience could be used to help missionaries deal with stress, it was not of immediate application to those being ministered to because of cultural and language barriers and time constraints.

I volunteered to join my church's medical missions team going to India. What an unaccustomed but faintly familiar experience, placing a stethoscope in my ears for the first time in 34 years and actually touching patients.

I have not abandoned my psychiatric interests in the least. Rather, I am looking into integrating physical, emotional and spiritual care. I don't aim to become a hotshot internist - the level of medical care on short-term medical missions trips is more triage and simple diagnosis, basic treatment and referral - and with my obvious limitations I must lean very heavily on the LORD to see how he would use me in this context.

The next trip planned is to Sudan, then possibly Malawi. There is need everywhere. So what are we to do? The LORD shows us where to go and what to do. And He is the one who enables us to do it. We must pray that we listen and then obey, and that we do it for the right reasons. Without Him, we can do nothing. How good the LORD is to give me this passion so unexpectedly. I am eager to see how and where He will lead. What a privilege - to God be all the glory!

WEBSITE UPDATE

Applications for membership can be found at www.cmda.org, search on "Psychiatry Section" or write the administrative assistant at the address above.

SAMPLE OF CORRESPONDENCE WE RECEIVE IN THE ADMIN OFFICE

I just discovered the psychiatry section of the CMDA tonight and would like to be added to the mailing list. I am currently a 4th year medical student going into psychiatry. Thank you, Julienne *(Of course, and we look forward to having you as a resident member!- Editor!)*

In the Fall Newsletter there was a note from a medical student, Scott, who appears to be training at Hershey Medical Center in PA. He may be interested in knowing that I am a Psychiatry Residency Training Director at Albert Einstein Medical Center in Philadelphia. Feel free to send my contact info on to him. Kimberly R. Best, MD *(Thanks for reaching out, Dr. Best!- Editor)*

I am a Christian pastor and am looking for reading/resources on Schizophrenia, and specifically in helping me and my congregation understand and love people who are challenged in this way. Any help you can give is greatly appreciated. Tim King, Salinas CA *(If you have good resources for this church, the Psych Section office will forward them on.- Editor)*

Telephone Call: Hi, I am looking for an inpatient treatment center for addiction with a medical component. Also our Company would like someone to speak with us about addiction. Can you help? *(Thanks to the staff at Loma Linda Univ. for assisting with this call.)*

Member from Texas: I'm looking for a CMDA or CMS psychiatrist/physician in the UK. Do we have someone?

Responses to the President.....

Dear Dr. Josephson, I received and read the recent Psychiatry Section newsletter, thank you....I respect your stated opinion keeping your hand in the American Psychiatric Association, but I disagree. I believe that no monetary (dues) support should go to such organizations which promote and condone the abominations of abortion and homosexuality. Hence, I am grateful for the Christian Medical and Dental Association. Paul C. Keely, MD, Hayesville, NC

Dear Dr. Josephson, Congratulations on a fine President's Letter in the Fall Newsletter. As much as we must keep with our Christian values, I totally agree with your "we must be able to explain any contentious issue as a violation of principles that are accessible to any person." We love the scriptures, believe in Christ as our Savior, try to live with His (and the Holy Spirit's) guidance through scripture, but we need to be scientific when warranted and show ourselves to be intelligent and professional. If we do that then other physicians will want to know us and our beliefs as well. Yours truly, Marianna LaRue, MD, Maitland FL

A Book Review by Donald Gent, MD, Distinguished Life Fellow APA

***Broken Minds* by Steve and Robyn Bloem** When I agreed to review this book I did so with some skepticism about a pastor writing about psychiatric illness. However, I did not get very far into the book until I began to realize that it was much needed and very useful. Steve Bloem became ill with Major Depressive Disorder shortly after his ordination. He and his wife describe what he suffered and the problems his illness created. They describe the very real problems they had with trying to understand what was happening and difficulties finding adequate help.

Steve and Robyn give a brief summary of major mental illness in language simplified for the lay public to demystify what medical professionals take for granted. They also provide a brief historical summary of past treatments and currently accepted secular therapies. One section of the book deals with famous people who dealt with depression including Spurgeon, Churchill, and Lincoln. They review various treatment approaches, including 3 evangelical views including Nouthetic Counseling. They do a good job assessing the strengths and weaknesses of these views. I do have two areas of disagreement with the authors in their: statements about suicide as a sin and Puritan views on mental illness. However I applaud the authors for their courage in writing this book and believe it belongs in the library of every pastor.

CMDA Psychiatry Section Annual Meeting

May 20-23, 2007 San Diego, CA

Each year the Psychiatry Section of the CMDA schedules its scientific sessions, exhibit ministry, and fellowship concurrent with the American Psychiatric Association (APA) annual meeting. **All Psychiatry Section members, friends, residents, medical students as well as local CMDA members and guests are invited to join us for any or all of our sessions and to stop by our Booth #1008 at the San Diego Convention Center.** Meetings will be held at the **Embassy Suites San Diego Bay Downtown Hotel**, a few blocks from the Convention Center and on the Route 1-Red shuttle bus. Our plans include:

- Sunday afternoon, May 20, 3-5 PM, **Drop-In Social**, Dr. Allan Josephson's Suite.
- Monday morning, May 21, 7:30-9:30 AM, **Breakfast meeting** with Dr. Mark Servis of the Univ. of California Davis School of Medicine. *"Christian Faith in Academic Psychiatry: Separation, Identification, or Transformation"*
- Tuesday morning, May 22, 7:30-9:30 AM, **Breakfast meeting** with Toni Dolfo-Smith of Living Waters Ministry, Canada. *"Journeying into Sexual Wellness: A Personal and Professional Perspective"*
- Tuesday, May 22, 6:30-9:30 PM, **Banquet** with guest speaker Dr. William Roth of Loma Linda School of Medicine, Dept. of Psychiatry, *"Christian Psychiatry: Nurturing Growth with an Eye on the Future and an Ear to the Past"*.
- Wednesday, May 23, 7:30-10:30 AM, **Integration Seminar** with Nadine Nyhus, MD, M.Div. of Toronto, Canada, and John Yarbrough, MD, Resident at West Virginia University School of Medicine. *"Therapy with Christian Patients: Integrating Patients' Faith Resources with Standard Psychiatric Care"* and *"The Christian Initiative-Residency Training in Christ"*.
- Wednesday, May 23, 10:45 -11:45 AM, **Psychiatry Section Business Meeting.**

Additional Meetings of Interest:

(5/21 11 AM-12:30PM) Oskar Pfister Award Lecture, Sponsored by APA Corresponding Committee on Religion, Spirituality and Psychiatry, John Peteet, M.D., Chair, Speaker: William Miller, Ph.D. "Spirituality and the Addictions"

(5/21 2:00 PM– 5:00 PM) Spirituality and Worldview in Clinical Practice: Course led by Allan Josephson, M.D., John Peteet, M.D. and James Griffith, M.D.

(5/21, 6:30 PM) Christian Academic Consortium led by Dr. Allan Josephson, an informal dinner meeting and discussion of academic topics/and projects, ongoing and potential, open to those involved or interested in scholarly approaches to the integration of spirituality and psychiatry. RSVP to Sherri Williams at pscmda@bellsouth.net as space is limited.

(5/22 11-12:30) Oskar Pfister Workshop, George Vaillant, Discussant.

Please let the Administrative Office know if you plan to attend so we can keep you abreast as activities are finalized.

REGISTRATION FORM
CMDA PSYCHIATRY SECTION
APA – San Diego California -- May 20-23, 2007
Embassy Suites San Diego Bay Downtown Hotel
601 Pacific Highway, San Diego CA

Please Reserve Space For These Activities:

RESERVATION DEADLINE: May 1, 2007

Name _____ Spouse _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-MAIL Address _____

MEETING & MEAL RESERVATIONS:

I (we) would like to attend Sunday Morning Worship _____ #

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

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

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

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

Dinner Meeting: Tues. 6:30--9:30 pm # _____ X \$50.00 pp \$ _____

Total Enclosed _____ \$ _____

Payment by Check [No. _____]

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

Account No. _____

Expiration date: _____

Billing Address: _____

Name on Card: _____

Signature: _____

I would like to help at the booth: _____

I will be staying at _____ and can be reached at _____.

**RETURN by Mail to: CMDA Psychiatry Section
Administrative Office
P. O. Box 33795
Atlanta, GA 30033**

OR FAX: 404-325-5064