

Spring 2010

Dear Friends,

Many thanks for your recent dues and contributions, which support the work of our Section at the APA in May, and throughout the year. If you have not joined the Section please do so today by downloading the application on the website or contacting the office above.

If you are planning to attend the Annual Meeting in New Orleans May 22nd through 26th, please join in the activities outlined below: The Sunday afternoon drop-in social is a wonderful time to renew acquaintances and for meeting new psychiatrists and students, both local and international. At Monday's breakfast meeting, New Orleans psychiatrist **Dr. James Patterson** will discuss the crisis in our society in relation to emergency psychiatry. Over breakfast on Tuesday, **Dr. Alan Nelson** will present the Christian Psychiatry Legacy Project, featuring segments of interviews he has videotaped with pioneers in the integration of faith and psychiatry including **Bill Wilson, Dan Blazer and Armand Nicholi**. Our banquet speaker Tuesday evening is **Dr. David Stevens**, CEO of the CMDA, who has been very active this year in dealing with a number of public issues, including the right of conscience. The focus of our **Wednesday morning Integration Seminar** is the role of the psychiatrist within the church. I invite any of you who are interested to send me a brief description of an opportunity or a challenge you have encountered in working with pastors and/or church communities, so that we can prepare for the richest possible discussion. Finally, we invite all members to attend the business meeting, where you can support the election of our strong slate of new officers (I hope you read the reflections on the healing journey in this issue by our new nominee for Chair).

Any of you who arrive early enough to attend the Scientific Program on Saturday may be interested in the Symposium "Spirituality and Mental Health: What is the Psychiatrist's Role?" where **Nadine Nyhus and I** have a role.

Now that the Corresponding Committee on Religion, Spirituality and Psychiatry is a casualty of the APA's recent restructuring, it seems more important than ever to engage our colleagues with respect to the Spiritual dimension of the issues we all face. I want to emphasize as outgoing Chair how much I have learned about this from you all, how much I have felt privileged to share in the task, and how much we owe to the dedication, enthusiasm and skill of our Administrative Assistant Sherri Williams.

I look forward to seeing you in New Orleans!

In Christ,

John Petzet MD Chair of the Psychiatry Section

Join us at the 2010 APA in New Orleans

Mark your calendar for the American Psychiatric Association 163rd Annual Meeting taking place May 22-26, 2010, in New Orleans, LA.

(Note that our last meeting is Wednesday morning, 5/26, 0730-1000)

For more information and registration, go to www.cmda.org/psychiatry.

PEOPLE in the NEWS

Dr. Alan Nelson writes: The Christian Legacy in Psychiatry Series in a number of recorded personal interviews with mentors and thought leaders in Psychiatry, particularly those that have done work in the area of integration of Faith and Practice. I have been so fortunate to have several influential mentors in my career and it seemed important to me to try and pass this on. Each one of these individuals has a unique Legacy of Service. Yet, their journey to Psychiatry, how and why they entered this field, are not well known. These interviews reveal who guided and influenced them, what authors they found helpful and some about their clinical work and how they do what they do.

Often in Psychiatry we do not do a good job of networking or sharing our journey. We are all busy and in our own offices. There are limited opportunities for teaching. I have 2 main goals for this Series. The first is to share these interesting stories and to remind us that others have passed this way before and left a record from which we can learn. The second is to encourage us all to take time to mentor. Mentors change the world. The Series is an ongoing project. Participant thus far include: **Armand Nicholi, Bill Wilson, Melissa McBurney, Dan Blazer and James Mallory**. These will be offered in a CD format to any interested physician, resident, medical student or psychotherapist. More are to come at our annual meeting...

Dr. David Busby phoned to say: As a founding member of the CMDA Psychiatry Section I would like to attend the meeting this year and reconnect with the group and meet new folks. Sadly, my wife will not be able to travel with me.

An update from **Brian Lubberstedt, MD**: We are giving Montana a try. We really miss Nebraska, though! I am finished with training, both general psych and child/adolescent. I took a job at a residential treatment center (called Yellowstone Boys and Girls Ranch) and we have added to our brood. They keep us hopping, but we love it!

Dr. Barney Davis has taken a leave of absence from Godspeed Missionary Care Ministries to move to Phoenix AR. But he promises to keep his email account the same so we can be in touch.

Dr. Anne McKnight writes: "I am working with a Christian psychiatry group in Fayetteville NC which is very close to my home, and truly enjoying it. I mostly see children...I probably won't be coming to the APA as there is a child psychiatry course in April." (Be sure to join us at the AACAP in October, Anne!)

Dr. Greenbriar Almond's Christmas letter reminded us of how daughter, **Maria**, is following in the footsteps of her father and grandfather in psychiatry and medicine. She is currently off to Moshi, Tanzania with the Duke Global Health Institute. We wish her the best as she teaches and researches Depression in a remote setting.

Welcome New Members:

Join us in welcoming recent applicant for membership: **Carol A. Saur MD** of Los Lunas NM. She works with the Central NM Correctional Facility and says, "I wish to network with like-minded psychiatrists. I'm interested in better incorporating my faith with my practice." We look forward to meeting her at this year's APA.

Burning Questions: When is the next directory coming out? When was the last one?

The directory comes out every other year. The last directory was published in 2008 and had a green cover. It is updated each January in the mailing with the dues notice. The next directory is due out this summer (after you send in those updated dues notices!) So send in any changes or updates today.

Proposed New Board for 2010-2012--- (to be voted on at the Tuesday 5/25 Business Meeting)

Chair: Nadine Nyhus MD of Guelph, Ontario, Canada

Vice-Chair: Scott Armstrong MD of Forest Grove, Oregon

Secretary-Treasurer: John Yarbrough MD of Morgantown West Virginia

From the 2009 Annual Business Meeting minutes: "The decision was also made to reinstate the requirement for a reference to the membership application, along with a request for a description of the story of an applicant's faith."

Correspondence

Hallo!

I'm a 3rd year medical student at Loma Linda and I was wondering if I'd be able to receive the contact info for the CMDA members associated w/psychiatry residencies. Sincerely, Esther

(This is a job for our Resident Liaison....and we need a new one soon as John Yarbrough is graduating! Let us know if you are a Resident in Psychiatry who would be interested in helping future residents)

Dear Sherri Williams, Where have you been? I have tried to call you and can not reach you! A Concerned Member

Dear Member: Email is the quickest and easiest way to reach me, but feel free to leave a message if I am not in the office. For a few weeks at Christmas I visited my daughter who is a teacher in China, but now we are home! SW

From the CMDA phone line:

I need to find a Christian psychiatrist in...Norfolk, VA, San Mateo, CA, Orlando FL, Kennesaw GA...these are just a few of the places we have received requests from this quarter. If you have friends in these areas, encourage them to join the Psych Section. Thanks to Dr. Minyao Ming in CA and all who helped.

Can you help find this practice a NP or PA? Counseling and Wellness Center, a well reputed comprehensive Christian mental health center in Parkersburg, WV is seeking a nurse practitioner or physician assistant who is interested in providing a bio-psycho-social-spiritual model of care under the supervision of a Christian Psychiatrist who is board certified in child, adolescent and adult psychiatry. Must be able to see both children and adults. If interested please contact Tammy Hardman at 304-422-7300.

UPCOMING EVENTS:

April 29- May 2, 2010

CMDA National Convention in beautiful Ridgecrest, NC

"A Time of Renewal".

Meet with Dr. Leslie S. Walker and other Psychiatry Section members for a time of fellowship and dinner on Friday, April 30 from 5:30-6:30 PM.

Contact leslie.s.walker@case.edu if you plan to attend.

Go to www.cmda.org for more convention information.

XIV World Congress

**International Christian Medical and Dental Association,
4-11 July 2010**

Theme: Priorities in professional practice: Who are you working for?

This is a quadrennial meeting with physicians from all over the world, to be held in Punta del Este, Uruguay, the "Riviera" of South America. If you have questions about the conference, check out the website (www.icmda2010.org) for more details.

Books:

Dr. Curt Thompson writes: In June Tyndale will be releasing my book: *Anatomy of the Soul: Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships*. In short, the book invites the reader to explore the integration the emerging findings in the field of interpersonal neurobiology (Dan Siegel's work) and the reading of Scripture and practice of various spiritual disciplines--and discover how doing so can re-energize one's Christian faith experience.

Dave Biebel, editor of Today's Christian Doctor, writes: I recently published a book your readers might wish to know about: *50 Ways to Feel Great: Keys to Beating Stress, Worry, and the Blues*. Dr. Jo Marturano, a Psych Section member, endorsed this book by saying: "This is an extraordinary book that I will be making available to all my friends, family, and psychiatric patients! It offers a great balance of self-care and giving to others, which together, make life worthwhile and fun! It would make a great graduation gift, or placed in a basket of fruit to someone under the weather. This one should be in every doctor's or dentist's waiting room!"

SHAME AND THE FIRES OF MODOR: Reflections on the Healing Journey

By Nadine Nyhus MD

I find that people tend to see healing of their emotional wounds like winning a bingo game or a lottery; like an angel flying overhead and touching the head of a select few with a magic wand. They feel to a large degree helpless in the process. They feel as though God “chooses” to heal others but find that He never “chooses” to heal them. I believe that healing is much more natural than this and is available to everyone. That is not to say, however, that it is easy or instantaneous.

I recently watched the movie, *The Lord of the Rings* again, and I was struck by how much our healing is a journey like Frodo’s journey, and at times it is like Frodo’s hike up Mount Doom. A journey into emotional wellness is excruciatingly hard; it takes every ounce of grit and determination one can muster.

I see the ring as a remarkably fitting metaphor for our shame. Frodo was tempted to put on the ring at the worst of times. Our shame calls to us as the ring called to Frodo. It drew him to put it on and when he did he was sucked down into its evil. Interestingly, the invisibility of the ring has a parallel as well for it seems that when we get pulled into shame we want to disappear and become invisible because we feel anyone who sees us will see the shame.

I often hear from people the expectation to be healed and to get “rid” of shame in a comfortable, sanitized, painless process. Many look to swallowing a pill to accomplish this. They look for a pill to take all their bad decisions and trauma away, so to speak. However, the trauma literature is consistent in affirming that one has to go back into the trauma and the pain of the trauma in order to process it.

Our shame, like the one ring, can only be destroyed by journeying into the place it was forged. We have to go back into our trauma, back into what caused our shame -- with our adult strengths and with the truth of who we are as loved children of God – in order to break the power of the wounding. In this we need to break free from the lies that we are unworthy, that we are bad, that we are shameful. On the slope of Mount Doom, as Frodo battled his way step by step in utter exhaustion and on the brink of despair, he got caught in the evil eye of the ring and felt as though the ring could consume him. Likewise, when we approach our wounding, the old lies call to us and feel as though they will engulf and annihilate us.

Frodo did not have the power alone to be victorious in that journey. Frodo would not have made it without Sam, without Aragon and his armies drawing the eye away, nor, strangely, without Gollum. Were it not for the grace of the intervention of others, as well as the seemingly inexplicable role of Gollum, Frodo would not have gotten free from the ring’s power. Frodo’s freedom, as finally executed by Gollum, could be understood as a divine deliverance, and it is not uncommonly our “nemesis” that God uses to reveal to us how our heart has turned from Him and from a healthy path. We need each other on this healing journey, and it is important to see God’s hand in what on the surface may appear to be the worst imaginable thing.

In the end no one could boast about the destruction of the ring. One is left with an overarching sense of awe at how a clearly sovereign plan unfolded under another watchful eye whose purpose was only good and whose method was one of complete respect for individuals’ freedom. Quite the opposite of the eye of Modor which used any and every opportunity to manipulate, control and possess with the result that those under its spell slipped into a non-human state devoid of all sense of freedom and agency.

The *Lord of the Rings* may seem fantastical but I believe it pictures in a profound way some of the deepest meanings and purposes in life. Your healing journey is not something to resign yourself to, as if you have been earmarked through a “bad” set of childhood circumstances to be a second rate citizen in life. Your healing journey is the embodiment of the deepest lessons and truths God wants you to learn as you prepare for eternity with Him.

WEBSITE: WE HAVE A WEB ADDRESS ALL OUR OWN! www.cmda.org/psychiatry. Go there for applications for membership, registration forms for conferences and archived copies of the newsletter.

Psychiatry Section of the Christian Medical Association Annual Meetings

May 23-26, 2010 New Orleans, LA

All Meetings at The Hilton Garden Inn New Orleans Convention Center unless stated,
1001 South Peters Street, New Orleans, LA 70130.

Sunday, May 23, 2010

- **9:00 AM.** Meet and leave for **Worship** from Hotel Lobby (a schedule of local church services will be available)
- **4:00-6:00 PM Drop-In Social**
- **6:00 PM Resident's Roundtable-** Leave from Hotel Lobby walk to a local restaurant with Dr. John Yarbrough, Resident Liaison for the Psychiatry Section.
- **8:30-9:30 PM Executive Board Meeting**

Monday, May 24, 2010

- **7:30-9:30 AM, Breakfast meeting with Dr. James C. Patterson**, of Shreveport, LA, "**The Crisis in our Society, and its Impact on Emergency Psychiatry**", cost: \$20.
- **6:30-8:30 PM, Academic Meeting** with Dr. Allan Josephson, Past Chair and Dr. John Peteet, Chair of the Psychiatry Section. Bring your own supper or order from the hotel restaurant. An informal 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.

Tuesday, May 25, 2010

- **7:30-9:00 AM, Breakfast meeting with Dr. Alan Nelson.** "**The Christian Legacy in Psychiatry**", Cost: \$20.
- **9:00 AM -10:00 AM, Psychiatry Section Business Meeting.** We must have a quorum this year to vote on new leadership.
- **6:30-9:30 PM, Banquet** with guest speaker **David Stevens, MD, MA** (Ethics), Chief Executive Officer of the Christian Medical & Dental Associations (CMDA). "**Your Most Sacred Property--Right of Conscience**", Cost: \$45.

Wednesday, May 26, 2010

- **7:30-10:30 AM, Annual Integration Seminar:** "The Role of the Psychiatrist within the Church"--- please send any cases you would like to share to Dr. John Peteet, (jpeteet@partners.org).

Additional Meetings of Interest at this year's APA: register through APA

- **Saturday, May 22, 2010, 2PM-5 PM Symposium** with Drs. John Peteet and Dr. Nadine Nyhus. "**Spirituality and Mental Health: What is the Psychiatrist's Role?**"

Note: Residents and students are half price.

For reservation information, contact Sherri Williams, at pscmda@bellsouth.net or 404-325-5054 by May 10th

Visit our **Booth # 936** at the New Orleans Convention Center on Sunday, Monday, and Tuesday from 10-4.

So Just who is our Banquet Speaker this Year? **David Stevens, MD, MA (Ethics)**, is the CEO of CMDA. From 1981 to 1991, Dr. Stevens served as a missionary doctor in Kenya, helping to transform Tenwek Hospital into one of the premier mission healthcare facilities in that country. As a leading spokesman for Christian doctors in America, Dr. Stevens has conducted hundreds of television, radio, and print media interviews. Dr. Stevens holds degrees from Asbury College and the University of Louisville School of Medicine. He is board certified in family practice. He earned a master's degree in bioethics from Trinity International University in 2002. His topic, "Your Most Sacred Property", will deal with right of conscience issues.

REGISTRATION FORM
CMA PSYCHIATRY SECTION
APA – New Orleans, LA -- May 23-26, 2010

Please Reserve Space For Me at these Activities:

Name _____ Spouse _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail Address _____

MEETING & MEAL RESERVATIONS:

- I (we) will meet for Worship in the hotel lobby, 9 AM.....#
- I (we) will attend the Sunday Drop-In Social, 4-6 PM.....#
- I (we) will attend the Residents Roundtable, Sunday, 7 PM.....#
- I (we) will attend the Academic Meeting, Monday, 6:30 PM.....#

Breakfast Meeting, Monday, May 24th, 7:30 am -- 9:30 am # _____ X \$20.00 p.p.= \$ _____

Breakfast Meeting: Tuesday, May 25th, 7:30 am– 10:00 am # _____ X \$20.00 p.p.= \$ _____

Integration Seminar: Wednesday, May 26th, 7:30 – 10:30 AM # _____ X \$20.00 p.p.= \$ _____

BANQUET: Tuesday, May 25th, 6:30 pm--9:30 pm # _____ X \$45.00 p.p.= \$ _____

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

Total Enclosed \$ _____

**** I, and /or my spouse would like to help at the CMA booth No. 936 on Sunday__Monday __Tuesday (circle).

**** I am a member of: CMA Psychiatry Section ____yes ____no ____ Would like to join, send me info.

Payment by:

Check Number

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

Account No. _____

Expiration date: _____

Billing Address: _____

Name on Card: _____

Signature: _____

RESERVATION DEADLINE: May 10, 2010

Note: Students and residents are half price.

Fax to 404-325-5064 or mail to the
 Psychiatry Section, *PO Box 33795, Decatur GA, 30033-0795*