



- Promoting Fellowship and Supporting Christian Physicians in Practice of Psychiatry.
- Integrating Faith and Professional Practice.
- Validating Psychiatric Approaches to Mental Health Within the Church.
- Supporting Global Workers.

CMDA Psychiatry Section Update (April 2019)

To stimulate Christians in the practice of psychiatry, to investigate and discuss the relation between their faith and professional practice, and to incorporate such examined beliefs into their daily 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.

Choose Life (versus Physician Suicide)

19 This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live **20** and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

(Deuteronomy 30:19-20, NIV)

Christ in John 10:10 said, "I came that they might have life, and have it abundantly".

The author of Deuteronomy was speaking of physical life. Christ was speaking of

spiritual life. Each of us who have been born again have experienced the new life we have in Christ and the drastic changes that can occur as we move toward a closer walk with Him. Not a life free of suffering or hardships, but one secure in the knowledge that He is in us and always with us and will never be apart from us.

While called to and living life, however, we often encounter the reality of death. It can be accidental; normal passing due to age and health; or increasingly common, tragic, due to suicide. Dr Tom Okamoto researched the subject and published an article called “Doctor Suicide” in the Spring 2019 Issue of *Today’s Christian Doctor*.

What do you know about physician suicide? Do you realize that the general public suicide rate is 14 per 100,000 persons, while physician suicide rates are 28-40 per 100,000 persons? Is it news to you that this is higher than the rate of suicide in the military? Or that suicide is the second-leading cause of death for residents and the leading cause of death for male residents?

In his article, Dr. Okamoto examines these statistics and more as he examines the emotional / mental issues that too often face physicians and drive them to take drastic matters into their own hands. Please read Dr. Okamoto’s article by [clicking this link and reading](#). For CMDA members, CMEs can be earned by reading the article and passing an on-line test administered through CMDA.

CMDA has established a HelpLine at 888-230-2637 for those contemplating suicide, feeling overwhelmed or at the end of their rope.

APA At a Glance

APA 2019 is fast approaching (18-22 May, 2019).

[See our website.](#) A summary of our activities follows:

- Morning Breakfasts (Self Pay): Private Dining Room, The Daily Grill, Handlery Hotel (HH), (351 Geary St, San Francisco, CA 94102)
- Tuesday Evening Banquet: Union Square Room, (HH) (\$40/psn)

- CMDA Hotel Rooms: Villa Florence Hotel, 225 Powell St, San Francisco, CA

May 19, Sunday, 9:30 AM: **Morning Worship Service**, TBD

May 19, Sunday, 5:00 PM: **Evening Social & Dinner**, Meet at Handlery Hotel and Walk to Venue. Specifics TBD.

May 20, Monday, 7:00 – 8:30 AM: **Informal Breakfasts, Fellowship and Encouragement, (HH)**

May 21, Tuesday, 7:00 – 8:30 AM: **Informal Breakfasts, Fellowship and Encouragement, (HH)**

May 21, Tuesday 8:30-10:30: **Case Review, Integration of Faith and Practice ,Discussion (HH)**

May 21 Tuesday, 6:30 – 9:30 PM: **Annual Banquet** in the Union Square Room, Handlery Hotel. Cost is \$40 per person - **Annual Business Meeting (HH) - ROW Foundation and OWP Pharmaceuticals (ROWP) - Treating Epilepsy and Associated Psychiatric Disorders in Under-Resourced Areas of the World**. A Breakthrough Year in Helping the Under-Resourced. 2018 was a breakthrough year in helping improve the lives of people with epilepsy and associated psychiatric disorders in under-resourced areas of the world. In addition to bringing diagnostic capability for the first-time to several locations, ROWP provided more than 63,000 “prescription months” in life-changing and life-saving medication. This was all made possible in cooperation with our partners, and through the unique social enterprise model of the ROW Foundation and OWP Pharmaceuticals (ROWP). With 2018 behind us, ROWP has exciting plans for the future, including reaching isolated rural areas and helping reduce the stigma associated with epilepsy and psychiatric disorders.

- **Dr. Sam Thielman** - Increasingly, behavioral health personnel are being called upon to become involved to support the persecuted church. Dr. Samuel Thielman, Past President of the CMDA Psychiatry Section, will talk about his involvement in the ordeal of Rev Andrew Brunson, American pastor held in a Turkish prison for two years. In May and October of 2018, Thielman travelled with his (and Andrew Brunson’s) pastor to Aliaga Prison near Izmir, Turkey to be present at two of Brunson’s hearings and to offer moral support to Brunson and his family. Dr.

Thielman will talk about the potential role for behavioral health personnel trying to support Christians working in hostile areas , as well as boundary issues involved in carrying out distinct but overlapping roles as a concerned fellow Christian, behavioral health expert, and church leader.

May 22, Wednesday, 7:00 – 8:30 AM: **Informal Breakfast, Fellowship and Encouragement**, The Daily Grill, Handlery Hotel (HH)

CMDA Psychiatry Exhibit – Booth # 1716

Opens Saturday Evening, May 18th at 5:30 PM and Closes Tuesday, May 22nd at 4:00 PM

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.

There is no Member Update because we have published all of the member stories we have currently received. We need more!!!

Please consider sharing your story and how God worked to shape circumstances and people to draw you into the field of psychiatry. Each of you has a story and we would like to hear it. If you are willing, bless us by taking some time out of your busy schedule and think through and write down your path into psychiatry. We would love to highlight your story in a Psychiatry Section Update and give our members insight into who you are and what makes you “tick”. Thank you for considering this opportunity. Let Marshall know you would like to participate and how we can facilitate your getting your story onto paper.

Prayer and Mentoring.

If you would like to participate in an informal mentoring program (or have requested this in the past and have not been contacted), please contact us again at psychsectioncmda@gmail.com and we will get you connected. This is a low

time 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, family, 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 member 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.

- **Psychiatrist-Intern Interface.** Update: Thank you to those members who have indicated that they would like to speak to medical school students about the opportunities and responsibilities that come with being a psychiatrist with Christian beliefs. We have contacted CMDA chapters at multiple medical schools regarding coordinating a visit and have been heartily welcomed. We continue struggling with coordinating venues. As you remember, year 3 and year 4 are very busy and chaotic. Pray for divine appointments and attendees when scheduled. We will keep you updated as the meetings progress and report back on their success.
- **Interests in Conducting a Meeting:** If you would be interested in meeting with a medical school 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.
- **Programs with Believers on Staff:** 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.

- **Residencies to Consider:** We have answered several requests for Psychiatry residencies where faith and learning can stimulate doctors to excellence. We provide both a list of programs, as well as individuals in those programs, who can be contacted regarding information and insights into the training and staff. If you have questions please contact Marshall and let us know how to better support you.

Psychiatry Opportunities: Career Opportunities and Short Term Opportunities.

- ***Riverside Counseling*** in Leesburg Virginia (Washington DC Suburbs) is seeking a part-time child psychiatrist to join this faith-based practice. We are a multi-specialty private practice, all outpatient, fee-for-service with no on-call. 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, is seeking psychiatrists as well as **prospective graduating residents** regarding options for integrating their faith and professional expertise in a clinical setting. www.HoneyLake.Clinic, www.LighthouseNetwork.org, Addiction and Counseling HELPLINE: 844-Life-Change (844-543-3242).

- ***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. “The opportunities for graduating and practicing psychiatrists are wonderful.” 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. Local meetings of psychiatrists, residents and medical school students are happening. We are encouraged by the desire to meet and fellowship and share. This model of local and regional gatherings of Christ believing psychiatrists provides local connection to support our challenging careers. We encourage all members to consider exploring similar ways you can gather locally as current and future Christian psychiatric care providers, as mentors, colleagues and brothers and sisters in the faith. As “iron sharpens iron,” seize opportunities to be in community, to broaden your vision and develop your gifts to bring Christ-centered “medical soul care” to the hurting, afflicted and lost. As members of the CMDA Psychiatry Section, we are emotionally and spiritually blessed to gather nationally as well as now locally. Contact Marshall to see if there is a group meeting in your area.

- **CMDA Southern California Regional Gathering:** On February 23, 2019, an inaugural gathering was held at the home of Tom Okamoto, MD. The invitation went out to Christian psychiatric medical providers (and future psychiatric providers), including psychiatrists, medical students, psychiatric residents and nurse practitioners, through local relationships previously developed through recent CMDA and the Church activities. This included activities through Saddleback Church, First Evangelical Free Church of Fullerton, and Friends Church of Yorba Linda. Attendees hailed from various institutions, including the Loma Linda University and University of California Irvine Psychiatric Residencies, the Harbor-UCLA and UC Irvine Child Psychiatry Fellowship Programs, the University of California Riverside’s Medical School, Children’s Hospital of Orange

County's and Riverside County's Psychiatric Services, the University of California San Diego's Psychiatric Services and the Kaiser Permanente Medical Group.

A substantial number of nearly 20 providers attended, coming from all over Southern California, on a weekend afternoon, during the bad weekend freeway traffic time. Many generations and cultures were represented, producing a unique fellowship of "medical soul care providers" under one Lord. The presence of the Spirit was felt, and the energy and power of community of gifted brothers and sisters was a blessing. The next meeting will be held on April 27th, and an agenda of journal articles, clinical case discussion and/or presentations of integrating the bible with mental health care will be the format.

- **CMDA Church Based Ministries.** We are also expanding our reach into churches and want to become more of a resource for education, fellowship, growth and communication. A member recently had an opportunity to speak at her local church and delve into some of the more common mental health conditions seen in the church/society and how they can be addressed. We are hoping that there will be an opportunity for follow-up and additional learning sessions with this particular congregation. The desire for information and increased awareness of the need to be wise in the approach to mental illness was very encouraging.

We hope that you will prayerfully consider engaging in your local congregation. Let us know what you are doing or planning. We can help you put together a presentation and provide resources for you to use and provide to attendees. If you need specific resources, let us know so we can prayerfully consider how to best support your efforts. Comments and questions are welcomed.

References for Consideration:

Mental Health / Counseling and Mental Health in the Church – The Role of Pastors and the Ministry: A potential resource regarding what future pastors are being taught in seminary regarding mental illness and their interface points with their congregations. Dr. Kevin van Lant, PhD, and Robyn Bettenhausen, Psy.D wrote the text for use in a classroom, but it may be of interest as we interface with

pastors and congregational leadership on mental health issues. Dr Van Lant spoke at the 2018 Depression Conference in California. A part of the Acknowledgement reads, “The inspiration for this book comes from a recognition that there are few academic resources addressing the broad scope of congregant mental health for those training to enter the ministry in all its permutations. Although those in professional or lay ministry are often expected to counsel or triage those in their care who may be suffering with some type of mental health concern, few receive adequate training or resources to attend to this population meaningfully. This text attempts to bridge the knowledge gap between foundational mental health constructs and their application to practical ministry by providing pragmatic and vital information to those serving in both pastoral ministry and various types of para-church environments..... Each chapter is written by a mental health professional who poses advanced expertise and training relevant to the chapter content. In addition, each author is a seasoned Christian practitioner.....”. The book is available on Cognella.com and Amazon.com.

Preach and Heal – A Biblical Model for Missions, by Dr. Charles Fielding, MD: A testimony and practical manual that eliminates any pretext of a dichotomy between evangelism and compassionate ministries. The author is a doctor who is passionate about evangelism and has served in many remote locations sharing his faith while skillfully meeting human needs. This is not a book about psychiatry. It is about the heart of missions and medicine and their interface.

We are always seeking references which you find particularly helpful in your spiritual walk as well as your practice (or both). Please send me the title and a few sentences describing the content and its significance.

Upcoming and Reports from Psychiatry Section Meetings and Conferences:

- **Successfully Attended: CMDA Remedy Orlando 2019, Orlando, FL, March 28-30, 2019.** Dr. Barney Davis attended the conference and provided booth visitors information on global psychiatry, the CMDA

psychiatry section and opportunities for encouragement, fellowship and learning. Several contacts were made with fruit already being borne as we come along side them in their practices and studies. The number of contacts made at this type of meeting may be small, but they are precious in the kingdom and often lead to a sharper focus of lives and practices.

- **[CMDA National Convention \(Transform – Celebrating God’s Faithfulness\)](#)**, Ridgecrest, NC, May 2-5, 2019. This Week! The Psychiatry Section is hosting a seminar on Friday afternoon, a dinner Friday evening and sessions Saturday afternoon. Participation and comments regarding this 2019 meeting will inform our decisions regarding a more robust program in 2020. We look forward to seeing you there. We expect this conference to provide opportunities for training, encouragement, and fellowship with fellow psychiatrists as well as with other physicians and healthcare providers within CMDA. It will be a truly renewing time. [Click Here](#) for a detailed Agenda!
- **[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 visitors to consider the claims of Christ as well as joining us as we seek to integrate faith and practice. [Click here for our Agenda](#) and [Here for a Registration Form](#). Both are posted on our psychiatry section webpage at cmda.org/psychiatry.
- **[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, 2019. 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/) 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*



Our email address is: psychsectioncmda@gmail.com.

Our website is: cmda.org/psychiatry.

Follow us on Facebook at: CMDA Psychiatry Section.

Our Twitter Account is: cmda@cmdapsych.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to [<<Email Address>>](mailto:)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Psychiatry Section of Christian Medical and Dental Associations · 2604 U.S. Hwy 421 · Bristol, TN 37620 · USA

