



PSYCHIATRY SECTION NEWSLETTER FALL 2014

Greetings.

The board of the Psychiatry Section of the Christian Medical and Dental Associations is excited to “see you” and have you participate with us this year. This newsletter is intended to provide information which will enrich your personal life, facilitate your practice, and provide resources for you and your colleagues. We desire that each edition will become more interesting, relevant and helpful to you. This will happen only if you provide us feedback and assist us in development of future editions. Send us items of interest for publication and prayer. Always, feel free to contact us with your comments, concerns, recommendations and general impressions. We love hearing from you.

Many blessings,

Marshall Williams

Administrative Assistant, CMDA Psychiatry Section

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2014 – 2015 Board Members

The out-going board, chaired by Dr John Yarbrough, met at the 2014 APA Conference in New York and elected a new slate of officers. The new officers on the Board are as follows:

Dr Sam Thielman, Chair
Dr Brian Briscoe, Vice/Co-Chairperson
Dr Mena Mirhom, Resident Liaison

Dr John Yarbrough, Outgoing Chair
Dr Dawit (Dave) Amare, Secretary Treasurer

Note from the Chairman – Dr Sam Thielman, MD

For over 50 years, the Christian Medical and Dental Association Psychiatry Section has provided a place for Christians in psychiatry who are looking for professional fellowship. Although most of our activities take place at the annual meeting of the American Psychiatric Association, our periodical newsletter contains news of interest to the members, and we hope that this quarterly issue will stimulate your thinking in ways that will enrich your practice as a Christian and offer avenues of service.

At our last meeting during the American Psychiatric Association annual meeting in New York, John Yarbrough talked about his work in support of persecuted Christian communities in the Middle East. In fact, ministry to Christians suffering from trauma, whether because of an accident, a violent crime, domestic violence, or childhood sexual abuse, is something we all as psychiatrists face.

Trauma related to disasters and displacements of established communities is something that is of particular interest to me, and this month we have included some resources related to this topic that you might find of interest as well.

The psychiatry section is pleased to welcome our new administrator, Marshall Williams, husband of our much loved and admired former administrator, Sherri Williams. Marshall's commitment of time and enthusiasm to our group is most welcome, and we look forward to working with him in the months to come.

Marshall has established some new e-mail addresses for those who want to be in touch with the psychiatry section. Our general e-mail address is now PsychSection@cnda.org. We have a phone number at the Main CMDA offices in Bristol Tennessee (423-844-1094) which can be used to leave messages, but email is the most efficient way to contact us.

Please do not hesitate to contact Marshall regarding issues of concern or interest, and please let us know how we can support you in your efforts to serve Christ in psychiatry.

Samuel B. Thielman
Chair, CMDA Psychiatry Section

The Value of CMDA Psychiatry Section Membership – Dr Brian Briscoe, MD

As Christians serving in the field of mental health, we face unique challenges and opportunities that we rarely have chance to explore with our secular colleagues or during our secular meetings. Membership in the psychiatry section provides the Christian mental health professional with an abundance of opportunities to explore issues related to faith and psychiatry and share fellowship with other believers.

During the annual meetings (held each May during the APA), attendees have the chance to listen to presentations on the integration of faith and practice and participate in engaging discussion with prominent psychiatrists who share our faith and values.

Section members learn of exciting new research in the area of religion/spirituality and psychiatry, and glean inside information on developments within our professional organizations regarding issues of faith and moral value.

Throughout the year residents and early career psychiatrists are afforded the opportunity to learn from more experienced Christians in the field, and more seasoned clinicians the chance to mentor the next generation of psychiatrists seeking to explore how their faith intersects with medical practice. Our quarterly newsletter keeps us up date with events affecting the lives of section members and provides intriguing articles written by other believers in the field.

Psychiatry section members are given a directory of other Christians in psychiatry located around the world - providing chances to connect with fellow colleagues, share resources, and/or participate in missions.

There is no need to feel alone as a Christian in psychiatry. Get connected with other believers through CMDA! Join the Psychiatry Section by going to our website at <http://cmda.org/psychiatry> where you will find information about the section and how to become a member.

Brian Briscoe, M.D. (Vice Chairman)

Trip to Amman, Jordan

Our outgoing Chair, Dr. John Yarbrough, along with his church, is actively involved in a ministry called Aslan Child Rescue Ministries. The ministry began in 1988 as an outreach to abandoned babies and street children in Rio de Janeiro, Brazil. Through diligence and persistence, workers were able to find good homes for many children and provide health care and Christian character training for many who could not be



adopted. Since that time, our ministry transitioned to responding to the needs of the poorest of the poor in Africa, the Middle East, and Central Asia. Dr. John Ramey has served as President of Aslan for the past 20 years and continues leading groups into the area today. He personally visits every project sponsored by the mission to verify its legitimacy and to meet and work with local leaders as well as ex-pat staff. In addition to overseeing projects, he ministers the Bible and provides counseling services to missionaries and humanitarian aid workers in many parts of the world. Aslan is a unique mission, because all administration costs are covered by their board of directors which allows Aslan to channel 100% of its donations to projects.

Dr. Yarbrough travelled to Amman, Jordan in 2013 and was able to meet with counselors working at several project locations to provide them with formal training to improve the effectiveness of the work they were currently doing. Counsellors travelled from all over the region for a 1 day seminar. On September 3, 2014, John and four other workers, travelled back to Amman to work with the foreign aid workers who are helping meet the needs of Syrian and Iraqi refugees. He spoke at a follow-up conference for the aid workers and local pastors who are reaching out to the area refugees. Please pray for safety and that the love of Jesus Christ was communicated during his visit and that the wisdom and training he imparted was well received and can be effectively utilized by those they met.

Resource Library and Commentary

Reading and studying is a lifelong adventure. Yet the volume of literature available and accessible makes it difficult to know where or how to prioritize our resources. Here is a list of books and articles written by Psych Section members or colleagues which have been helpful to members of our board. Please explore this literature and use it to further your practices and clinical expertise. Please provide feedback to Marshall regarding your reading and take the opportunity to set up a "blog" through these newsletters where we discuss the literature and create an opportunity for iron sharpening iron.

Thompson, C. (2010). Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships. Wheaton, IL, Tyndale Momentum.

Peteet, J. R. (2010). Depression and the Soul : a Guide to Spiritually Integrated Treatment. New York, Routledge.

Mallory, J. (1987). Kink and I: A Psychiatrist's Guide to Untwisted Living. Victor Books.

James, William. The Varieties of Religious Experience; a Study in Human Nature. Being the Gifford Lectures on Natural Religion Delivered at Edinburgh in 1901-1902. New York,: Modern Library, 1929.

Josephson, Allan M., and John R. Peteet. Handbook of Spirituality and Worldview in Clinical Practice. 1st ed. Washington, DC: American Psychiatric Pub., Inc., 2004.

Larson, D. B., K. A. Sherrill, J. S. Lyons, F. C. Craigie, Jr., S. B. Thielman, M. A. Greenwold, and S. S. Larson. "Associations between Dimensions of Religious Commitment and Mental Health Reported in the American Journal of Psychiatry and Archives of General Psychiatry: 1978-1989." *Am J Psychiatry* 149, no. 4 (1992): 557-9.

Larson, D. B., S. B. Thielman, M. A. Greenwold, J. S. Lyons, S. G. Post, K. A. Sherrill, G. G. Wood, and S. S. Larson. "Religious Content in the Dsm-iii-R Glossary of Technical Terms." *Am J Psychiatry* 150, no. 12 (1993): 1884-5.

Nicholi, Armand M. The Question of God : C.S. Lewis and Sigmund Freud Debate God, Love, Sex, and the Meaning of Life. New York: Free Press, 2002.

Nock, Arthur Darby. Conversion : The Old and the New in Religion from Alexander the Great to Augustine of Hippo. Baltimore, Md.: Johns Hopkins University Press, 1998.

Starbuck, Edwin Diller. The Psychology of Religion; an Empirical Study of the Growth of Religious Consciousness, Contemporary Science Series. New York: W. Scott; Scribner, 1901.

Wilson, William P., and Kathryn Slattery. The Grace to Grow : The Power of Christian Faith in Emotional Healing. Waco, Tex.: Word Books, 1984.

Member News

New Members. Please welcome five (5) new members to the Psych Section. The board reviewed the applications and references and unanimously voted to accept them as members and we all look forward to meeting them and working with them in the future. Contact information for our members, old and new, can be obtained by contacting Marshall via email at psychsection@cmda.org.

Dr Tichianaa Armah, MD is a practicing psychiatrist at Community Health Centers Inc, in Stamford CT. She holds degrees from Swarthmore College, University of Rochester School of Medicine and Dentistry, and Yale School of Medicine.

Dr Elisa park, DO, is a general psychiatry resident at the University of NV, Reno. She holds degrees from UCLA and Western University.

Dr Jennifer Zajac, MD is a Child and Adolescent Psychiatry resident at the Millcreek Community Hospital, Institute of Living in Hartford CT. She holds degrees from the University of Central Florida and Lake Erie College of Osteopathic Medicine.

Dr John Campo, MD is a practicing psychiatrist specializing in Child and Adolescent Psychiatry and is currently the Chair of the Department of Psychiatry at the Ohio State University Harding Hospital .

Dr Lawrence Peterson, MD is a semi-retired general psychiatrist in Rochester MN,. He holds degrees from University of Minnesota College of Liberal Arts, University of Minnesota Medical School, and the Mayo Clinic Graduate School. He is Board Certified in Psychiatry and Neurology.

Returning Members. Dr Fiona McGregor, MD is a practicing psychiatrist in Coldstream, British Columbia, Canada. She holds degrees from Glasgow Royal Infirmary, the University of Dundee and the University of Glasgow.

Passing of Dr David Caryl Kay. On July 13, 2014, Dr David Caryl Kay went to be with our Lord. Dr Kay was one of the founding members of the Psychiatry Section and worked tirelessly to develop relationships and resources to aid believing psychiatrists in their practices and personal lives. He was known to many of our members and is missed by all. His obituary can be found at <http://cmda.us8.list-manage2.com/track/click?u=1163d325a7c6b62bf0325d0db&id=24ce10d81c&e=e19314cdda>.

Service Opportunities

Call for Mentors: Do you remember that one special person that had such an impact on you in your formative years of study? Were you fortunate enough to have someone? Maybe you weren't so fortunate but wish there had been someone there to get you through those crisis moments.

Each year we receive numerous requests from Christian medical students and residents who are interested in psychiatry and request to be connected to a Christian psychiatrist for much needed encouragement and support. Between telephone and video conferencing options, geography need not be a barrier in connecting mentors and students/residents.

If you would be willing to serve as a mentor, please email us at psychsection@cmda.org so we can add your name to our "Interested in More Information" list. In the near future, we'll get back with you with the specifics of how the process with work.

Thank you for your prayerful consideration!

Disaster Relief Counseling: Dr Stevens (CEO of CMDA) requested that the Psychiatry Section consider serving in identified needs in disaster relief situations. He posed the question to Dr Yarbrough in February 2014 asking if there is interest in serving alongside the CMDA in this and future endeavors? The letter to John is provided here for your consideration and prayer. Please let us know at psychsection@cmda.org if there is interest in this opportunity for service and partnering with CMDA.

John,

Trust this finds you well and I'm sure very busy so I will keep this note brief. As you may have heard, we sent our first Global Health Relief teams to the Philippines in partnership with the Salvation Army to help after the devastation of Typhoon Yolanda. I led the first couple of overlapping groups and was there for about three weeks. We had teams in country for over six weeks. Everyone we saw was affected by the

devastation and over 5,000 people were killed. They were still pulling bodies out of the rubble five weeks after the 15 foot "surge" went through city of Tacloban and also devastated the coastal areas. We saw about 5,000 patients but one identified need we could not adequately address was the post event counseling needs of the survivors.

One of the assets we had more than other relief groups was the permanent network of Salvation Army (SA) Officers (pastors) and their Corps (churches) in the Philippines. As I discussed the counseling issue with the SA leadership in country and the relief leadership at the SA's international headquarters in London, we realized the way to address this need was to have a curriculum and psychiatrist/psychologists to come in at the appropriate time and train the SA pastors to train community leaders to set up groups in the community to help people work through their tragedy. For some people their loss was just losing crops or their house but I vividly remember one woman who had lost all six of her adult children and 22 grandchildren.

So here are my questions

- Would this be something the Psych Section would like to take on as an outreach?
- Do any of the Psych Section members have specific expertise in this area of grief counseling?
- Do you know of a curriculum that could be used or adapted to help with this need or would one need to be developed?

The SA covered all of our in-county expenses - transport, housing, food, medications, etc. They were also doing other relief activities with food, hygiene kits, etc. They want to continue our partnership in future disasters because we had such synergy in this one.

Drop me a note and let me know your thoughts or if you prefer, give me a call on my cell at 423-534-2524.

Blessings,



David Stevens, MD, M.A. (Ethics)
Chief Executive Officer

Medical Education International (MEI) Team of CMDA Opportunities. The Medical Education International (MEI) team of the CMDA routinely receives requests from all over the world for educational outreach service opportunities. They desperately need doctors trained in psychiatry who are willing to provide psychiatry training to doctors, hospital chaplains and paramedical individuals and teams throughout the world. Some of the specific topics requested in the past which are ongoing needs include: Symptomatology in child and adolescent mental health; History taking in children and adolescents; Trauma counselling in children & adolescents; Bereavement and Grief in children and adolescents; Child abuse and neglect-diagnosis and management; Orphanage care, foster care and adoption; Rehabilitation and Occupational therapy in Child and adolescent mental health; Palliative and end of life care; Common tests and assessment tools for mental health for children and adolescents; House calls, home visits and community follow-up. Specific disorders presenting themselves include: Mental retardation and learning disorders; Disruptive behavior disorder; Emotional disorders; Pervasive development disorders; Attention deficit hyperactivity disorders; Feeding and eating disorder; Elimination disorder; Mood disorder; Suicide and self-harm; Anxiety disorders; Early onset schizophrenia; Adolescent substance abuse. Please contact us at

psychsection@cnda.org if you have questions or interest in joining the MEI team and participating in their service opportunities.

Networking Opportunities

This is a section in the newsletter for members to share networking opportunities and information which may be of interest the rest of the section. Neither the Board nor CMDA endorses any of the information here. Members wishing to post information should send the information to psychsection@cnda.org and it will be reviewed prior to publication. Contact us at psychsection@cnda.org for further details on an item in this section.

Employment Networking: A South Carolina office of a national healthcare service provider is looking for a Christian psychiatrist to join their team.

Employment Networking: A South Carolina private practice (WellSpring Psychology Group LLC) is seeking a Christian psychiatrist to serve as their Medical Director.

Employment Networking: The Behavioral Health team at a Christian primary health care center in Philadelphia, PA is looking at possibly adding a Christian psychiatrist to their behavioral health services.

Employment Networking: The Dignity Health Medical Group, offering a full range of health services and backed by the St. Joseph's Medical Center, is seeking a Christian psychiatrist for its Stockton, CA group.

APA 2015 In Montreal Canada

The 2015 meeting of the American Psychiatrists Association will be held at the Metro Toronto Convention Center in Montreal Canada from 16 – 20 May 2015. The link to the APA site is <http://www.mytorontomeeting.com/apa2015.aspx>. We will have a full schedule of meetings as well as our booth where you can meet friends and colleagues, set up appointments and simply relax in good company. Of course, we would love for you drop in and help us staff the booth for a few minutes and share the news that there are believing psychiatrists practicing throughout the world who want to network and collaborate. We are still working on a hotel and meeting spaces. We would like to open our meetings to local believing psychiatrists and possibly have one or two of our meetings in local churches. We are open (and soliciting) suggestions regarding hotels and meeting spaces, so if you know the area and have nuggets of information for us, please send us a note. We would love to hear from you. If you have an idea for a speaker or have a specific topic of interest you feel would be beneficial to the section, please let us know. The tentative schedule is as follows:

Sunday, 5/17 - Exhibit opens, Social, Board meeting to follow.

Monday, 5/18 - Breakfast meeting, Exhibit open, Academic/residents dinner.

Tuesday, 5/19 - Breakfast meeting, Membership Business Meeting, Exhibit closes, Evening Banquet.

Wednesday, 5/20 – Breakfast Integration Seminar.

We will be sending out invitations and reminders, but let us know early if you are planning to attend so we can plan and coordinate more effectively as the meeting approaches.

Member Communications and Directory

Communications: We are trying to maintain accurate contact information on our members while protecting your privacy. Please let us know when you move, change practices, update your email and just about anything else of significance. Yes we would love to know when you have a baby, or your child graduates from school, or heads off to college or graduates from college or gets a job! We would like to personalize our section and build some lines communication personally and professionally. Send us an email or a hand written note or give us a call. We would love to hear from you. ALSO, if you have a clinical need for review and recommendations for possible treatment considerations, please send us the information and we will forward it to the members for assistance. We have tremendous resources within our section and we would like to facilitate members serving members.

Email versus Written Communication: Whenever possible, we are trying to communicate using email. Please update your email address and check it for Psych Section communications. They will become more frequent and more relevant. In addition to email, we will continue sending the Newsletter through the mail. Special announcements will be sent using email and may not be sent through the mail so if your email is not current or you don't check it, you may miss items of interest.

Directory: It is that time again to verify member information and publish a membership directory. Please use the membership application form on the website (<http://cmda.org/psychiatry>) to update your information. It is a fillable form and is a quick and easy way to let us know when things change and we need to update information. Ignore the reference part of the application. If you filled in the information form when you renewed your membership, then we have that information and it will be reflected in the directory. **If you did not renew your membership please do so and update your information using the form you received or the new member form on the website.** If you need a form mailed to you or want to print it and then mail it back, that is fine. If you did not, or do not update your membership information, then the information in the 2010-2011 Directory will be repeated.

Telephone Number: We have a telephone number for the Psychiatry Section of the CMDA (423-844-1094). The number resides in the main offices of the CMDA. Calls to this number roll to a voice mail system. We check for messages periodically, but it may take a couple of days to return your calls. Email is the BEST and most efficient way to contact us, but rest assured, regardless of how you contact us, we will respond and try to take care of you.

Logo Development

Does the Psych Section needs a distinctive logo? We would love to hear and see your suggestions. We will continue keynoting the CMDA logo in our publications, but wanted to see if there is something distinctive which would create section synergy. Please let us know your thoughts and suggestions.

Contact Information

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