



Psychiatry Section Fall 2017 Newsletter

1 message

CMDA Psychiatry Section / Marshall Williams <psychsection@cmda.org>
Reply-To: CMDA Psychiatry Section / Marshall Williams <psychsection@cmda.org>
To: "Doctor williams," <fmwilliams2781@gmail.com>

Wed, Sep 27, 2017 at 9:59 PM

[View this email in your browser](#)



PSYCHIATRY SECTION NEWSLETTER September 2017

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, NASB).

It has been a busy spring and summer and we are rolling into the fall quickly. School has started again for the medical students and residents, your families, and your staff.

May God bless your every endeavor!

Marshall Williams
Administrative Assistant
Psychiatry Section, Christian Medical & Dental Associations

psychsectioncmda@gmail.com

<http://cmda.org/psychiatry>

In This Issue

- Board members for 2016-2017
- Message from the Chair - Finding Spiritual Calling in Psychiatry – Dr. Brian Briscoe
- APA 2017 –An Overview and A Challenge
- APA 2017 – Building Bridges – Psychiatry and the Church
- APA 2017 – Spiritual Calling in Psychiatry
- APA 2017 – Mental Illness, Psychiatry and the Church – What is Really Needed, Ms. Kay Warren
- Spotlight on PTSD, Dr. Robert S. Brown, Sr., MD., COL (Ret)
- Dr. Dan Blazer – Member Update/Profile

- Doctors Bryan and Mary Cairns – Serving in Cameroon
- Global Missions Health Conference 2017 – East Cost, November, Louisville, KY
- New Members / Residents
- Networking Opportunities
- Dues and Donations

2015 – 2016 Board Members

Dr. Brian Briscoe, Chair	Dr. Sam Thielman, Outgoing Chair
Dr. Barney Davis, Vice Chair	Dr. Dawit (Dave) Amare, Secretary Treasurer
Dr. Esther Currie, Resident Liaison	

Message from the Chair - Finding Spiritual Calling in Psychiatry – Brian Briscoe

Truly, there is no ‘one-way’ to live out one’s faith in the psychiatric profession. The ways in which we have been uniquely called to live our faith through our profession are quite diverse.

We have a large and very diverse group of members, including psychiatrists working in private practice, hospitals, community mental health, the military, Veterans Affairs, the State Department, Ivy League academic centers, the mission field, Church counseling centers, etc. Some of our members are engaged in academic research studying issues related to religion and spirituality, some are actively involved in their local church to decrease stigma about mental illness and educate their pastors, others serve on the mission field as psychiatrists and/or supporting missionaries, some choose to integrate faith into therapy sessions with their patients, some engage with local and national media on social and cultural issues, other others have found additional ways to serve our Lord in their professional spheres of influence.

Each year we gather together as a group at the APA in May for our Annual Conference. We come together to SUPPORT, ENCOURAGE, and EQUIP one another with ideas, experience, and resources as we all seek to live out our own *unique* individual calling in our profession.

During this year’s Annual Conference, we chose to focus on the theme of “Spiritual Calling in Psychiatry.” Through a series of lectures and round table discussions, those in attendance had a chance to explore the various ways in which some of our members have served the Lord faithfully in and through psychiatry, while still respecting the boundaries of the profession and their employer(s). We learned about opportunities for missions, research, collaborating with the church to decrease the stigma of mental illness, and a variety of other ways to serve. We had the chance to engage new members and younger psychiatrists interested in exploring avenues of integrating religion into psychotherapy, and benefited from the collective wisdom of our more seasoned members.

Check our website at [Meetings and Conferences](#) for postings of several of the sessions from this year’s Annual Meeting, as well as sessions from previous years. Note, however, that many of the sessions were discussion groups and we did not post these on the website. We recommend attending the Annual Meeting next year in New York to glean the best experience - not the least of which is the rich discussion groups that allow for active, interactive discussion of cases and issues related the intersection of faith and practice Keep an eye out for announcements about our next meeting in May, 2018 that will coincide with the APA in New York.

The attendance at the Annual Conference was exceptional this year! Our membership has grown and many of our members are generously volunteering their time, effort, and energy to connect with residents, new practitioners and colleagues, to make it all happen.

Those attending the annual meeting and/or partaking of other resources offered by our section throughout the year often give us feedback that they have the sense of being cared for and understood by people who understand what it means to be a Christian in our field - the comfort of knowing that there are others who have walked this path and will be walking it with them year after year. Some members have commented made the comment "I know of NO OTHER group in the world quite like this" or "I can't get this anywhere else" - statements which encapsulate the unique value of not just our annual meeting, but our Psych Section in general.

We continue to see significant momentum and energy within the group, engendering much excitement of what the Lord may have for us in the days ahead!

Dr. Brian Briscoe

Chair, CMDA Psychiatry Section

APA 2017 –An Overview and a Challenge

The CMDA Psychiatry Section held its annual meetings concurrently with the American Psychiatric Association's annual meeting in San Diego California in May 2017.

On Saturday before the beginning of the APA meetings, seven members of the Section travelled to Costa Mesa California and participated in a forum called Building Bridges – Psychiatry and the Church. Our doctors along with mental illness counsellors and staff from Saddleback Church provided a "Mental Illness 101 Seminar", provided information and insights into the mental illness ministry of Saddleback Church and then fielded questions from the audience. It was a very full and fulfilling time. An Agenda for the day and all of the video and audio presentations are posted on our website at [Building Bridges – Psychiatry and the Church](#).

The Section sponsored Breakfast Meetings on Monday, Tuesday and Wednesday mornings and an Evening Banquet on Tuesday Evening. The [Schedule of CMDA Events](#) for our activities can be found at our web-site on the Meetings and Conferences page. Early morning meetings were held on Monday, Tuesday and Wednesday where Dr. Tom Okamoto and others led discussions regarding our Spiritual Calling in Psychiatry. Our evening banquet on Tuesday, featured Ms. Kay Warren who shared her experiences and insights regarding Christian psychiatrists and her son during the period leading up to his suicide. The following sections of this newsletter provide insights into each of these meetings.

The time spent at the CMDA meetings during APA was educational, challenging, and inspirational. Our hope and challenge is that many more of our members will choose to attend the APA and participate in our times of fellowship and encouragement. Through these meetings we are meeting practitioners from all over the world, introducing seekers to Christ, and responding to residents who would like to learn to integrate faith and practice. Please join us in New York from 5-9 May 2018.

We covet your prayers as we continue to reach out to residents and medical students at APA as well as in many other venues. Thank you!

APA 2017 – Building Bridges – Psychiatry and the Church

On May 20th, the Saturday before APA, the Psychiatry Section and Pastoral Staff of Saddleback Church co-sponsored a forum designed to explore and support mental health initiatives and programs within the Saddleback Community. The forum was called Building Bridges – Psychiatry and the Church. Saddleback staff participating in the forum included Pastor Randy Craft, Lay Leader Bob Baker, and other members working within the mental health ministry of Saddleback church. Seven of our members, including doctors Brian Briscoe, Dave Amare, Scott Hellinger, Nadine Nyhus, Barney Davis, Tom Okamoto, and Ester Currie all served on a panel, speaking about our own personal walks with Jesus Christ and how each of us have been called to live out our lives through our profession. Michael Tramell, M.D. a local psychiatrist and Psychiatry Section member provided valuable input as well.



Our members provided basic education about mental health conditions during the morning, and answered questions from the audience for the majority of the afternoon. Pastoral staff from Saddleback joined our panel to help reinforce the importance of utilizing mental health services and provide information about local resources. Irma Plascencia, of Children, Youth and Prevention Behavioral Health Services, also presented information on local orange county resources, programs and help lines and provided resources to educate the participants on accessing available mental health programs and resources.

Review the Agenda for the day and listen to the video and audio presentations on our website at [Building Bridges – Psychiatry and the Church](#).

APA 2017 – Spiritual Calling in Psychiatry - An Overview and a Challenge. Dr. Tom Okamoto

Our annual conference this year was centered by the theme of “Spiritual Calling in Psychiatry.” To kick off the conference and set the pace for the sessions and group discussions that followed, Dr. Tom Okamoto delivered a very intriguing talk on ‘Levels of Understanding.’ Lifelong spiritual growth as a Christian in psychiatry can be described as progressive transformations to higher levels of wisdom and deeper levels of understanding of God. Drawing from a broad range of scientific, philosophical, psychological theories as well as biblical truths, Dr. Okamoto challenged us to think deeply about the ways we conceptualize our role to understand and treat our patients.

Parallel Systems of Knowledge

Nikolaidis ' Levels of knowledge	THEOLOGY	SELF-DEVELOPMENT	PSYCHIATRIC EFFECTIVENESS
Newtonian to quantum Binary to complex	FALL Knowledge of Good and Bad separation	ATTACHMENT and SEPARATION	DSM-V Coding, indicators, binary medicine
Low energy to high energy Bound to free	Binary, split Nonrelational LAW	Split part-objects, good and bad, projection	Psychopharmacology algorithms, rating scales
Farther from creation, closer to creation apophaticity	Christ and Redemption GRACE	Depressive Phase, Alternating PS-D	Psychoanalytic assessment, relational, cultural, spiritual assessment
Nonrelational to relational, creative	Relationship with the Holy Spirit	Transcendence in "O" apophatic	Biopsychosocial-spiritual approach
Needing a third function	Sanctification through the 3rd	Transitional space, third space	Psychoanalytic third, transitional space

Dr. Okamoto also helped us reflect on the manner in which we, as psychiatrists, can personally be transformed through the work of the Lord as we seek to live out our faith in our professional lives. In turn, as we are transformed, we become more effective agents of Godly transformation for our patients. Listen to Dr. Okamoto's challenge at [Levels of Understanding, Dr. Tom Okamoto](#)

APA 2017 – Mental Illness and Psychiatry and the Church: What is Really Needed, Ms. Kay Warren



We were pleased to host Kay Warren, of Saddleback Church, as the plenary speaker for our Psychiatry Section Annual Meeting on May 23rd. Mrs. Warren, who lost her son to suicide several years ago, delivered a sobering account of her family's difficult experiences with providers who appeared to lack compassion and a system that not only failed him, but also contributed to the torment of his mental illness. Mrs. Warren's testimony is a powerful reminder to us of how important empathic interactions are with every family member we engage with during our clinical work, and also of how our mental health care delivery system can be so woefully inadequate to meet our patients' needs. Mrs. Warren exhibited tremendous strength as she communicated her story and was transparent about her own family's struggle with mental illness. By speaking openly as a prominent national leader in the church, Mrs. Warren is delivering a powerful blow to the stigma of mental illness. Towards the latter third of her talk she provided very helpful insights, as well as resources that addressed the topic of how we, as psychiatrists, can help our local churches decrease stigma and care for persons within our congregations who struggle with mental illness (in ways that involve more than just seeing patients in our office). The resources that she and her husband Rick Warren have developed can be found at <http://www.hope4mentalhealth.com/>. Some members of our section have personally found these resources to be excellent for their own patients as well as churches in their area. Check them out to see what you think. Some of our members have encouraged Mrs. Warren to take the next step with her message and deliver it in a larger venue at the larger APA conference, and are investigating the process towards making that happen.

To watch Mrs. Warren's address to our Psych Section, click the below link:

[Kay Warren at CMDA APA Banquet <https://youtu.be/M_T4hbaX6w8>](https://youtu.be/M_T4hbaX6w8)

Spotlight on PTSD. DR. Robert S. Brown, Sr., COL (Ret) USAR, Visiting Professor of Psychiatry, University of Virginia

I learned about the psychological costs of 21st Century war as a physician to wounded Soldiers and Marines. They said, "Trauma *taught* us a lie, that we are always vulnerable. The truth will *teach* us how to learn to heal and how to form healing, *secure attachments*."

Dr. Brown has published three books in 2017 on Trauma: (1) [PTSD and Me, Healing Injured Minds](#); and two books applying *Christian Cognitive Therapy*: (2) [PTSD Survival Manual, The Way and the Truth and the Life](#), and (3) [PTSD's a Bear, a Book for Everyone](#). These books, found on amazon.com, go into healing from trauma.

If you have gone through trauma, love someone who has, or want to help those traumatized, especially if you are a pastor or Christian counselor, these books may be useful. Getting this encouraging message to those who need it is a primary goal of their being written.

Robert S. Brown, Sr., COL. (Ret.) USAR, Visiting Professor of Psychiatry, University of Virginia.

Dr. Dan G. Blazer, MD, PhD – Member Update/Profile

I am now 73. I continue to go into the office once a week. But no patients. Basically advising faculty. I have just completed a two year term as Chair of the Board of Visitors for the Divinity School at Duke. But most of my work time is with the National Academies (IOM). I have chaired over the past four years four different consensus committees: mental health and substance use disorders workforce; cognitive aging; hearing health care; and now chairing a committee looking at the use of health services as a marker of social security disability. I have given a number of talks based on the findings of these committees and have edited the book length reports which have derived therefrom. I also serve on the board of the Center for Christian Scholarship at Duke. I serve on a number of editorial boards, including JAMA Psychiatry and the American Journal of Geriatric Psychiatry. So I am keeping busy. Not nearly as much public speaking as in the past

but I do have talks at Vanderbilt, UCLA, and a keynote symposium for the International Association of Geriatric and Gerontology in San Francisco for this year so far.

I am trying to read and write if I can find time. Also trying to play a little golf (a perpetual beginner). My wife Sherrill and I are very active in our small group at LifePointe Church in Raleigh as well as being regular attendees and I spend one hour every morning in devotional, prayer and reading (which I have done for nearly 50 years).

Absolutely enjoying grandkids (Callie who is 5 and Colton who is 3 and both live in the area – my son is a surgeon at Duke).

Bryan and Mary Cairns – Serving in Cameroon

Doctors Bryan and Mary Cairns are serving in Cameroon with the Cameroon Baptist Convention. They are psychiatrists (members of our section) working through Samaritan's Purse at Bansa Baptist Hospital 9months of each year. They aim theoretically to play mostly a teaching and supervision role of the mental health "department," which consists of mental health nurses trained in Nigeria. They currently also go on outreach days to villages where one may treat 10-20+ schizophrenic patients per day (previously untreated their whole life). It's a rewarding and interesting place to work, and I think a good site for psychiatrists as, having a mental health clinic already going. This is a significant opportunity to see more patients that have had some kind of "pre-screening." The focus is psychiatry!



For those interested in long and short term missions work, this is a great place to come to get to see patients, do some teaching, and decide whether you are ready for a repeat visit or even a long-term assignment.

Global Missions Health Conference 2017 – East Coast, November, Louisville, KY

The Psychiatry Section will be hosting a booth with the full spectrum of the CMDA specialties and headquarters staff at GMHC 2017 – East Coast (November 9-11, Louisville, KY). It is always a tremendous opportunity to meet aspiring global health workers and encourage them.

We will certainly meet and encourage globally focused individuals involved in mental health conditions facing global workers or those being served. Psychiatry is a definite need.



This year, a resident member of our section will be presenting at GMHC. You Na Kheir (first name: You Na, last name: Kheir), a current second year psychiatry resident at Indiana University, and Kelly Brandwene, a practicing occupational therapist helping children with cerebral palsy, will be presenting on the topic of mental health and mental health and Christianity. The title of the workshop is "Image Bearer" - Perspectives on Disability and Mental Health as Christian Health Professionals.

If you are interested in participating with us at the conference, let us know.

New Members / Residents

We are extremely excited to have welcomed the following new members and residents to our section. Please welcome these doctors and encourage them in their practice and participation with us in the CMDA Psychiatry Section. We have several applications from medical students who are pursuing psychiatry as a residency. They are not listed here, but receive our newsletters and correspondence. We will welcome them into membership upon starting their psychiatric residency.

Dr. Donna Ames, Topanga, CA, donnaamesmd1@gmail.com, Staff Psychiatrist Veterans Healthcare Administration.

Dr. Patricia Chandler, Louisville, KY, tricia.chandler@gmail.com, Private Practice Adult Psychiatry.

Dr. David Diaz, Fishers, IN, drdiaz@iu.edu, Associate Professor of Clinical Psychiatry, Indiana University School of Medicine.

Dr. Ross Goodwin, Takoma Park, MD, rgoodwin@jhmi.edu, Resident, George Washington University, CAP Fellowship Johns Hopkins Hospital.

You Na Kheir, Indianapolis, IN, ypkheir@iu.edu, Resident, Indiana University School of Medicine.

Dr. Gerald Schmidt, San Diego, CA (Navy), Resident, Naval Medical Center, San Diego, CA.

Dr. Thomas Shaver, Alexander, VA, tbshaver@yahoo.com, Recent Graduate George Washington University.

Dr. Michael Tramell, Mission Viego, CA, drmichaeltramell@hotmail.com, Private Practice, Psychiatry.

Dr. Alphonso Nichols, Louisville, KY, alphonsonicholmd@gmail.com (My apology for incorrect spelling of name in last newsletter.)

Member 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 and to receive further details on an item in this section should contact us at psychsectioncmda@gmail.com. We will contact you regarding your request.

- The Ludden Group, P.C., is a Christian group of independent contractors of psychologists, a neuropsychologist, licensed professional counselors, externs, and licensed professional counselor interns. They are in need of a psychiatrist who is interested in working in nursing home communities/skilled nursing/assisted living settings as an independent contractor for medication management and psychotherapy. There is also opportunity to see patients in our outpatient practice in Rockwall Texas. The Ludden Group has a 30 year history. Please contact Dr. Linda Ludden, ED. D., Licensed psychologist, Licensed professional Counselor, Supervisor, Owner and President. Cell number 214-403-7266, lindaluddensivils@gmail.com.
- Opportunity in San Antonio, TX. Established practice is looking for a psychiatrist to join in 2018 and potentially become a partner. The practice is expanding significantly to include psychotherapists in a team approach, an DBT IOP program, nutrition, and exercise. The vision is to have a clinic that has Christian providers and takes insurance to provide San Antonio with high quality, affordable mental health care that is delivered in a coordinated fashion. The individual sought should be a mature believer who shares the vision for the clinic and is willing to help with the expansion. A long range possibility for the clinic is to include other specialties such as primary care, pain medicine, sleep medicine, and possibly others. If you are interested, please let Marshall know at Psychsectioncmda@gmail.com and he will pass your name along.
- Opportunity in Greenville, Florida. A unique Christian residential treatment facility in Greenville, FL (30 min east of Tallahassee) is looking for a Christian psychiatrist. The facility hosts 3 programs – (1) Leader Refresh - for pastors, pastors wives, ministry leaders, and professionals who struggle with burnout, stress, or moral struggle and need professional restoration process; (2) Addiction treatment - detox to IOP level of care; (3) Mood and Anxiety Treatment Program - not inpatient hospital, sleep over partial level of care. Care involves intensive treatment consisting of 6-7 hours per day. The staff is Christian. Therapists are masters level with some licensed and one PhD. Patients receive 3 individual sessions per week with therapist. The typical length of stay is 30-60 days. This facility provides a great opportunity to thoroughly integrate Christian theology and principles into Behavioral Health treatment. Interested psychiatrists must be licensed, have good psychopharmacology experience, psychotherapy skills and experience are a great help, and inpatient and EMR experience would be beneficial and minimize transition into the workflow. The facility website is <https://honeylake.clinic/>. Interested persons call Dr. Karl Benzio - 215-630-8846 for more details.
- Position with Samaritans Purse in Iraq. Samaritans Purse is seeking a Christian Mental Health Clinician who is interested in serving victims of war at a clinic in Northern Iraq. The best fit would be a psychiatrist who has a passion for this particular area, but a willingness to consider the opportunity is a great place to start. At this point, Samaritans Purse is trying to develop some contacts for this very unique position. For more information, go to <http://careers.samaritanspurse.org/mental-health-clinician/job/6680027>.

- **Human Trafficking Commission – CMDA Board Position.** The CMDA has a need for a doctor who is interested in serving on the Human Trafficking Commission as a psychiatric contributor and consultant. The meetings occur twice per year and one is virtual while the other occurs at the Annual CMDA conference. The term is for two years. Please contact Marshall at psychsectioncmda@gmail.com for more information.

Dues and Donations

Thank you for your partnering with the Psychiatry Section. Remember that your dues and donations help defray the costs of our activities at APA and the Global Missions Health Conference. These funds are only used to sponsor our annual meetings at the annual APA Conference, help residents and students attend our meetings at a reduced cost, cover the costs of printing materials, mail newsletters and secure a booth space for our CMDA Psychiatry Section display in the APA and GMHC exhibitions. If we undertake projects, special requests for funding will be initiated.

- 1) Member in practice/academia, \$100.00,
- 2) Retired member, \$50.00,
- 3) Resident – Waived
- 4) Missionary-Waived

To electronically pay your dues, please visit the [CMDA Psychiatry Section website](#). It is simple and secure and efficient.

If you would prefer to send a check, please let Marshall know, and he can assist you to make your payment. [Email Marshall](#) for assistance and answers to your questions.

Our email address is: psychsectioncmda@gmail.com

Our website URL is: cmda.org/psychiatry

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

This email was sent to fmwilliams2781@gmail.com
[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

MailChimp

