

**Spring 2012**

### *Greetings to all.*

I trust you have had a rich Lent and Easter season. I find Good Friday to be the most significant day in the church calendar. It seems to me that Easter Sunday tends to be celebrated most Sunday mornings. However to have a day where you just focus on the cross of Christ and what Jesus suffered for us is so valuable. The cross is central to our work as psychiatrists in that it provides a solution to the fall, the effects of which we see in the work we do both in biological illness as well as in the damaging choices our patients make. We are faced each day with the need our patients have for healing and forgiveness. Of course, the challenge is how to integrate these two realities – the cross and the need of our patients. Ongoingly we grapple with what it means to be a Christian psychiatrist. I have found the fellowship of the CMDA Psychiatry Section to be like a bit of an oasis in a desert in this regard. It strikes me how similar our challenges are as Christian psychiatrists no matter what area of psychiatry we practice in and no matter what place in the world we practice.

I am excited about the upcoming APA in Philadelphia; for the opportunity to fellowship together and to discuss together the integration of our faith and our practice. **This year is also an historic occasion; our 50<sup>th</sup> anniversary.** In Philadelphia we will be honoring the many that have gone before us in working to make this Section a source of fellowship and equipping. This year we have an excellent schedule lined up with speakers who will challenge us to think and help us in our desire to integrate our faith and the healing power of cross with the need people bring to us every day. (See the schedule of our meetings in this newsletter.)

A new chair of the section will be voted in this May. It has been such a privilege for me to serve as chair for the last two years. In this outgoing letter I wanted once again to remember Scott Armstrong, who was our vice-chair, as he would likely be becoming chair this May, but he went to be with Christ very suddenly on September 3, 2010. He was such an amazing person. (A tribute to his life was published in Psychosomatics 2011;52:586-588.) Though he is now in a better place, we miss him very much and continue to pray for his wife, JoAnn, and their children. I want to thank our administrator, Sherri Williams, for her faithfulness and hard work. I also want to thank each member of the executive – John Yarbrough, Sam Thielman and Esther Lee -- as well as John Peteet who has continued to provide us with support as the outgoing chair.

As psychiatrists we have amazing opportunities to help people, but it can be draining and discouraging. So I encourage you to come to Philadelphia for some refreshment as well as some reflection on the mystery of the cross. Your presence will enrich our fellowship and our discussions. My prayer is that we come away with a deeper sense of how the cross applies to our life and work.

I hope to see you there!

*Nadine Nyhus, MD*

Chair of the Psychiatry Section

### **Highlights in this Newsletter**

Page 2 - News from the Members

Page 3 - Devotion by Dr. Bill Wilson

Page 5 - APA schedule and Registration Form

**Celebrating 50<sup>th</sup> Years of Ministry**



**Join us at the 2012 APA**  
**the American Psychiatric Association 165th Annual Meeting**  
**May 5-9, 2012, in Philadelphia PA.**  
**Our Hotel will be the Hilton Garden Inn City Center**  
**1100 Arch Street, Philadelphia PA 19107**

## **PEOPLE in the NEWS**

The Brown family rejoices over the safe return of **Dr. Tim Brown** from his deployment in Afghanistan. Thanks for letting us know, Cathy!

**Dr. Alan Nelson** has had an interest in the area Integration of Faith and Practice since high school. He feels he has been so fortunate to have had several important mentors that have developed and shaped his practice style including **Dr. William Wilson** at Duke and **Dr. Armand Nicholi** of Harvard and others along the way. As a result of this interest he has developed the CD series entitled "A Christian Legacy in Psychiatry". Copies of the series may be obtained from Dr. Nelson. Contact him at [redstonedoc@gmail.com](mailto:redstonedoc@gmail.com). We will have a few available at the APA if you would like to preview the series.

**Dr. Greenbrier Almond** wrote in his Christmas letter about the joys of 2 grandchildren on the way. One will be with them at APA in May!

**Dr. Harold Kraybill** is doing more volunteer work than ever at several free clinics in PA, but continues his work with the Green Pastures Program at Philhaven.

**Dr. Charles Crown** is "almost" retired!

## **Prayer Requests**

**Dr. James Spinelli** writes to ask for our prayers as his cancer returned and he is back on chemo. **Dr. Ed Kroon** has finished chemo treatments and is regaining his strength.

**Dr. Bob Slack** is still waiting for an invitation from the government of Tuva to return and complete the hospital project there. Pray for his team.

**Dr. Barney Davis** continues tender loving care of his wife Karen in Phoenix AZ. He maintains his license to continue his volunteer work with Godspeed Missionary Care, ([www.godspeedservices.org](http://www.godspeedservices.org)) but his work is limited to video Skype consultations and supervision. He also works as a locum tenens employee at a prison in downtown Phoenix two mornings a week and has found it pleasantly surprising-- a very personally and spiritually rewarding venture. He is sad to miss APA this year.

**Dr. Stephen Preas** is looking forward to a mission trip to Kenya.

**Ann Macaulay** joined her husband, **Sid Macaulay** and all the "Saints Triumphant" on February 17, 2012: Sid was a faithful worker for the CMDA and the Psychiatry Section for many years. Thank you, **Sharon Smith**, for letting us know. We rejoice that Ann resides with our LORD while praying for the family as they miss a very special person.

## **Welcome New and Returning Members!**

**Dr. Michael Dawes**, currently Medical Director of the Substance Abuse Treatment Program at South Texas Veteran's Health Care System in San Antonio Texas. He writes that personal growth requires Christian fellowship, prayer, and study. CMDA has been crucial for his growth. He has a desire to minister to residents and med students through CMDA. **Dr. Hernan Schmidt** of Columbus OH. Currently he is serving as the med. director at Lilley, Stoneburner, and Associates, a group of mental professionals.

If you know these members let them know we are missing them and to contact Sherri if they wish to continue with us. Mail returned has been returned for **Dr. Elizabeth Kane, Dr. Jane Gaffrey, Dr. Kevin Wandler, Dr. Wendy Yim, and Dr. Sandra Thomas**.

## New Executive Committee News

**It is now time to vote on a new 2012-2014 Executive Committee.** We will be electing new officers (Chair, Vice-Chair, Secretary-Treasurer) at this year's APA during the Annual Business Meeting. We welcome member's participation in this -- either to volunteer or to nominate someone. Let Sherri or Dr. Nyhus (nyhus@sentex.net) know as soon as possible if you are interested! The rewards are heavenly!

**The CMDA Psychiatry Section Constitution Article V, Section 1 states that "The elected officers of this section shall be: Chair, Vice Chair and Secretary-Treasurer. Section 4 states that "Term of all offices shall be two years, with succession limited to two consecutive terms in one office.**

### We wish to thank the 2010-2012 Executive Committee:

**Chair:** Nadine Nyhus MD of Cambridge, Ontario, Canada

**Vice Chair:** John Yarbrough MD of Stockton, CA

**Secretary-Treasurer:** Sam Thielman, MD Frankfurt, Germany

**Past President:** John Peteet, MD of Boston, MA

**Resident Liaison:** Esther Lee, MD of Los Angeles CA

### A Devotion from Dr. William Wilson:

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will (Romans 12:2)*

We who are in the business of transforming minds should try to determine of what this transformation consists. If we go back to Deuteronomy 6:6 we find that God wanted the children of his people to have been taught the commandments he had given them. These commandments were designed to make a favorable difference in their lives. We know that what a person thinks a person does, so having the right rules of behavior installed in their minds will result in behavior that will make a favorable difference. Since our patients most often have been taught the rules of the world their behavior is dysfunctional, and will result in the suffering that brings them to us.

I discovered in my 62 years of practice that ninety percent of my practice was comprised of relational problems. That was not true in my early career since I worked in state hospitals and in the VA, but when I got into private practice, and after I became a Christian almost all I saw were relational problems.

If we inspect God's word we realize that He wants us to have right relationships. We are to love him, to love our neighbors and to love other Christians. Then we are to show love to all mankind by feeding the hungry, giving water to the thirsty, clothing the naked, visiting the sick and prisoners, and taking strangers in our homes. Most do not realize this, but Jesus' summation of God's commandments was to love God, love our neighbors, love one another and show love.

Our job is to help our patients think rightly. We do this by helping them understand that the lies Satan has taught them give rise to sin, and that sin has negative consequences. Then we have to teach them that God's truth has positive consequences. Happiness is found in right relationships, not in Coor's light, or Bud Lite, or in owning a Lexus, or in Cialis. It is found in relationships with God, our spouse, our children and with friends. It is important that we are vocationally creative, but our relationships are of greatest importance. Our relationship with God influences all of our other relationships.

The meat of this message is that we need to transform minds by helping people access the truth found in God's Word.

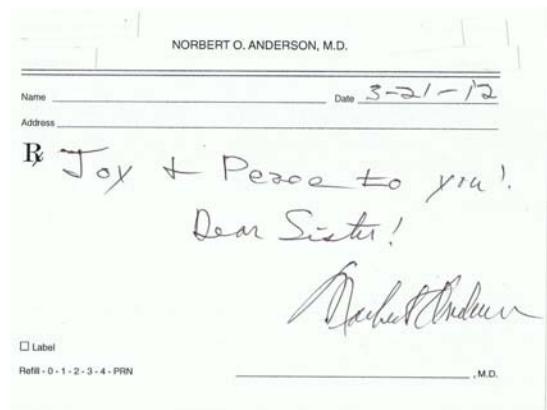
**William P. Wilson MD**  
Professor Emeritus of Psychiatry  
Duke University Medical Center

Distinguished Professor of Counseling  
Carolina Evangelical Divinity School  
[www.InstChristiangrowth.org](http://www.InstChristiangrowth.org)

## **Thanks for your comments!**

In response to questions in our Winter Newsletter we received great comments from Dr. Ethan Pien: One challenge I see facing Christian psychiatrists today is how to love and serve our patients wisely and biblically in the midst of a largely secular mental health system. It can be challenging to look at the use of psychotropic medications in a wise way which also takes into account the patient's relationship (or lack thereof) to God. It can also be challenging to approach counseling from a Biblical way as secular counseling models often do not take into account our standing before God. I found the podcasts from CCEF's conference on psychiatric disorders helpful in facing the above challenges. Here's a link to their resources, in case you'd like to pass it on to the other Psychiatry Section Members: <http://www.ccef.org/2011-national-conference>. Grace and peace, Ethan

*Dr. Norbert (Andy) Anderson sends his RX for us all.  
He joined the CMS (now the CMDA) in 1951, nearly 60  
years ago!*



## **Honoring the Past Presidents of the CMDA Psychiatry Section**

2010-2012	Nadine J. Nyhus, M.D.	1981	Edwin H. Kroon, M.D.
2008-2010	John R. Peteet, M.D.	1980	Daniel J. Heinrichs, M.D.
2005-2008	Allan M. Josephson, M.D.	1979	Norbert O. Anderson, M.D.
2003-2004	Stephen C. Mory, M.D.	1978	James D. Mallory, Jr., M.D.
2001-2002	Barney M. Davis, Jr., M.D.	1977	Charles W. Crown, M.D.
1998-2000	Mark E. Servis, M.D.	1976	Charles A. Neff, M.D.
1996-1997	Robert E. Buckler, M.D.	1975	Alice D. Kitchen, M.D.
1995	Stephen C. Mory, M.D.	1974	George P. Dillard, Jr., M.D.
1993-1994	Donald H. Gent, M.D.	1973	David F. Busby, M.D.
1991-1992	Irving S. Wiesner, M.D.	1971-1972	Armand M. Nicholi, Jr., M.D.
1989-1990	T. J. Glenn, M.D.	1970	John A. Knapp, M.D.
1987-1988	Donald H. Gent, M.D.	1968-1969	William A. Bockoven, M.D.
1985-1986	Bronson Stilwell, M.D.	1965-1967	Truman G. Esau, M.D.
1984	C. Markham Berry, M.D.	1962-1964	John A. Knapp, M.D.
1982-1983	David C. Kay, M.D.		

You are invited to the .....  
**Christian Medical and Dental Association National Convention**  
**"Peace Amidst the Storm"**  
**April 26- 29, 2012, Ridgecrest Conference Center, Ridgecrest, NC**  
**For more information contact Melinda Mitchell at 1-888-230-2637 or**  
**Melinda.mitchell@cmda.org**



## Psychiatry Section 50<sup>th</sup> Anniversary Meeting May 6-9, 2012 Philadelphia, PA

Hilton Garden Inn Philadelphia City Center, 1100 Arch Street, Philadelphia PA 19107

### Sunday, May 6, 2012

- **4:30-6:30 PM, Drop-In Social:** Dr. Nadine Nyhus cordially invites CMDA members and guests to a Sunday afternoon social at the Hilton Garden Inn. RSVP to Sherri Williams ([pcmda@bellsouth.net](mailto:pcmda@bellsouth.net) or 404-992-0940) for directions.
- 7:00 PM Executive Board Meeting, TBA

### Monday, May 7, 2012

- **7:00-8:30 AM, Breakfast meeting with Dr. Warren Throckmorton,** Associate Professor of Psychology, Grove City College, Grove City PA. "Sexual Identity Therapy Framework: Practice Framework for Managing Sexual Identity Conflicts." *Salon C&D. Cost: \$20\**.
- **6:30-8:30 PM, Academic Meeting** with Dr. John Peteet, Past Chair of the Psychiatry Section. Bring your own supper. *Salon C&D.*

### Tuesday, May 8, 2012

- **7:00-8:30 AM, Breakfast meeting with Dr. John Peteet, Dr. Irv Wiesner, and Dr. Allan Josephson,** past presidents. "Celebrating 50 Years of Ministry." *Members will be invited to share memories of past meetings. Salon C&D. Cost: \$20\*.*
- 8:30-9:30 AM, Psychiatry Section Annual Business Meeting.
- **6:30-9:00 PM, Banquet with guest speaker Allan M. Josephson, MD,** Professor and Chief, Division of Child, Adolescent and Family Psychiatry, University of Louisville School of Medicine. "Truth or Consequences: The Christian Psychiatrist in a Relativistic World." *Salon A&B Cost: \$45\*.*

### Wednesday, May 9, 2012

- **7:30-10:30 AM, Annual Integration Seminar, led by Dr. Peter Verhagen,** WPO Secretary on Religion and Psychiatry, "A Bio-Psycho-Social-Spiritual Model of Personality Disorders" and **Dr. Paul Yeung** of Philhaven. *Salon C&D. Cost: \$25\*.*

### Additional Meetings of Interest at the Convention: register through APA

- **Monday, May 7, 2012, 12:30- 1:30 PM** Caucus on Religion and Spirituality in Psychiatry Initial Meeting, with John Peteet, MD. Philadelphia Marriott Downtown, Grand Ballroom, Salon L, Level 5.
- **Wednesday, May 9, 2012, 2:00-5:00 PM** Symposium with Peter Verhagen, "Spiritually Integrated Clinical Psychiatric Practice and Psychotherapy," Philadelphia Convention Center Room 120A, Level 1.

For reservations or information, contact Sherri Williams, at [pcmda@bellsouth.net](mailto:pcmda@bellsouth.net)  
Stop by our Booth # 844 at the Philadelphia Convention Center.

*\*Students and residents are half price.*



**PSYCHIATRY SECTION AT APA – Philadelphia PA-- May 6-9, 2012**  
**Hilton Garden Inn City Center-1100 Arch Street, Philadelphia PA 19107**

RETURN FORM BY FAX TO 404-325-5064 OR BY MAIL TO PO BOX 33795, DECATUR GA 30033-0795

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

**MEETING & MEAL RESERVATIONS:**

Sunday, May 6 <sup>th</sup> <b>Sunday Social</b> ,, 4:30 PM –6:30 PM	# _____	No charge
<b>Monday, May 7th Breakfast Meeting, 7:00 am -- 8:30 am</b>	# _____	X \$20.00 p.p. = \$_____
Monday, May 7 <sup>th</sup> Academic Meeting, 6:30 pm-8:30 pm	# _____	No charge
<b>Tuesday, May 8<sup>th</sup> Breakfast Meeting, 7:00 am-- 9:00 am</b>	# _____	X \$20.00 p.p. = \$_____
<b>Tuesday, May 8<sup>th</sup> BANQUET: 6:30 pm--9:00 pm</b>	# _____	X \$45.00 p.p. = \$_____
<b>Wednesday, May 9<sup>th</sup> Integration Seminar: 7:30 – 10:30 AM</b>	# _____	X \$25.00 p.p. = \$_____
<b>Ministry Donation -- for Section activities, resident meals at APA (thank you!)</b> .....	\$ _____	
<b>Total Enclosed</b>		\$ _____

**Payment by: Credit Card – VISA or MasterCard or AE [please circle] or Cash \_\_\_\_\_**

Account No. \_\_\_\_\_ Cash receipt # \_\_\_\_\_

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Check # \_\_\_\_\_

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