



## CMDA Psychiatry Section Update

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.

### Leadership Note: Joy in Fellowship with other Christian Psychiatrists

"For where two or three gather my name, there I am with them." Matthew 18:20

During our Annual Psychiatry Section meeting this May 5-8, 2018, Dr. Gene Rudd, Senior Vice President of the Christian Medical & Dental Associations, spoke on the topic of finding joy in the practice of medicine and life. Dr. Rudd presented evidence from our psychiatric and psychological literature demonstrating that sustained happiness in life (a.k.a. joy) is not achieved through making large amounts of money or advancing one's career, but rather through forming and maintaining meaningful relationships. (NOTE: This is normally where the link to the video would be posted. However, the CMDA website is undergoing a major renovation and they have asked that new postings be limited. Therefore, the video of this presentation will be posted at [cmda.org/psychiatry/](http://cmda.org/psychiatry/) at the tab <Meetings and Conferences> in mid-July. We are sorry for this inconvenience.)

Finding time for relationships is hard. We are all busy. As a practicing psychiatrist, educator, administrator, business owner, husband, and father "sandwiched" between raising two young children and making frequent weekend trips to visit a mother with Alzheimer's disease, I personally find it hard to set aside time for relationships. However, when I reflect back over the past 10 years, I have come to realize that time invested in relationships - particularly the relationships I have formed in and through the Psychiatry Section - has been not only critically important, but also a great source of joy and fulfillment.

Travel to our annual meeting each May requires some investment of time and money, but I have always been glad I made the trip. The annual meeting has provided a place to share time with old friends from around the country, as well as the chance to meet new like-minded psychiatrists who share in common a desire to explore the intersection of faith and professional life. Amongst a safe, non-judgmental community of knowledgeable and experienced psychiatrists who love the

Lord, I am given the chance to pause to reflect on why I do what I do, and to be enriched and supported by others. With Christ in our midst, our community of believing psychiatrists has been a source of great joy and encouragement in my own life. From speaking to many of our members, I know this has been quite meaningful to others as well.

Given the isolation that many of us sometimes face in the secular workplace, the need to support one another throughout our careers, and the need to shepherd and care for the next generation of Christians in psychiatry, investing time and energy into relationships with other Christians in psychiatry seems particularly relevant and important.

Fellowship with other Christians in psychiatry is not only a source of support and encouragement, it also provides opportunity for powerful and productive networking. Over the past ten years, our members in academic psychiatry have collaborated to pen widely read and highly respected literature on the topic of religion and psychiatry, and spearheaded efforts within the APA and other professional organizations that emphasize the importance of spiritual care. Psychiatric missionaries have been connected to organizations in need, and funds have been generated for missions and indigent care. Christian medical students have been recruited into psychiatry and supported through residency training. Psychiatrists have been connected with practices and/or employers who are faith-friendly. We have engaged mega-churches and national religious organizations to help educate the religious community about mental illness, and developed networks for patient-referral around the country. And much more. All these good things have occurred all a result of networking and relationships that have developed in and through our Psychiatry Section.

There is no better form of fellowship than meeting in person. If you were unable to make it to the annual meeting this past May, you are invited and encouraged to attend next year's meeting in May 2019 in San Francisco

If you are unable to join us for the annual meeting, there are other ways to initiate, build, and/or rekindle relationships within our group throughout the year. Consider picking up the phone and calling an old Psychiatry Section friend you know who you haven't heard from in awhile to see how they are doing. Reach out to an old mentor to tell them "thank you." Reach out to an old mentee to see how they are getting along in life. Email Marshall to see if there are Psychiatry Section members in your area that you have not met yet, and consider initiating fellowship of some kind. Contact the CMDA chapter in your local area to see if there might be opportunity to fellowship with medical students or residents interested in psychiatry.

Finally, if you have not done so already, contact Marshall at [psychsection@cnda.org](mailto:psychsection@cnda.org) to join our Section this year, pay your annual membership fees, and/or make a donation to the Psychiatry Section. Your support will greatly help us in our collective efforts to encourage, empower, and equip Christians in Psychiatry across the country and around the world.

Brian Briscoe, M.D.  
Chair, Psychiatry Section of CMDA

**[Member Update: Bill and LeaAnn Hoppe – Cornerstone Counseling Foundation.](http://www.cfthailand.org/)**  
**Cornerstone Counseling Foundation** (<http://www.cfthailand.org/>) primarily serves Christian workers throughout Asia as well as the people of Thailand. We provide confidential and

professional counseling, consultation, and training from a Christian perspective for individuals, marriages, families, teams, and organizations. Pray for the Hoppes and their family and the center. Visit the center virtually through their new video at <https://vimeo.com/262416093>. There are several other overseas counseling centers that provide mental health services for overseas workers such as the Well in Thailand [www.thewellintl.org](http://www.thewellintl.org) , Tumaini in Kenya <http://www.tumainicounselling.net/> , and Olive Tree in Turkey <http://olivetrecounseling.org/>. Contact Marshall for further information.

**Resident Corner: Mentoring.** We are seeking residents who desire to be mentored by a practicing psychiatrist in the CMDA Psychiatry Section. We are also seeking practicing members who are members of our section who would be willing to “pair” with a resident (or new psychiatrist getting started) and have a monthly meeting, virtually, to discuss faith, practice, and other relevant subjects related to the practice of psychiatry. Please let Marshall know of your interest and availability.

**Intern Extras: We need more doctors who are Christians to enter psychiatry!** How do we encourage and facilitate Christians who are pursuing medicine to enter Psychiatry? How do we create conversations with them and educate them with respect to the unique aspects of psychiatric medicine. How do we reach out and touch medical school classes and actively promote psychiatry as a viable option for doctors who are Christians? We are requesting your ideas and your time! Please consider. One initiative we are initiating, is encouraging and assisting our members to reach out to local medical school CMDA chapters and “present” the practice of psychiatry as a career. If you are interested let us know! I am sure you have other ideas on how to do this. Send us your thoughts (and volunteer)!

**Resource Opportunities:** The American Psychiatric Association (APA) Foundation has produced two new resources to help faith leaders better understand mental illness and treatment, and better help individuals and families in their congregations facing mental health challenges. The following link offers a 20-page booklet, “Mental Health: a Guide for Faith Leaders,” and a companion two-page “Quick Reference on Mental Health for Faith Leaders.” <https://www.psychiatry.org/newsroom/news-releases/apa-releases-new-resources-on-mental-health-for-faith-leaders> THANKS to several of our members worked diligently on this publication. It is something worth exploring.

**Psychiatry Opportunities: Career Opportunities and Short Term Opportunities.**

- Honey Lake Clinic Karl Benzio, MD, Medical Director, Founder and Clinical Director, Lighthouse Network, Pennsylvania Director, American Academy of Medical Ethics, [KBenzio@HoneyLake.Clinic](mailto:KBenzio@HoneyLake.Clinic), would like to talk to some prospective **graduating residents** regarding options for integrating their faith and professional expertise in a clinical setting.
- The Ludden Group, P.C., ([lindaluddensivils@gmail.com](mailto: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 thorough geriatric patients in The Ludden Group's outpatient office is also an option. Areas served: Rockwall, Greenville, Terrell, and Ennis. Opportunities available in Dallas.

**Psychiatry Section Activities.** We are expanding our reach into the psychiatric community and want to become more of a resource for education, fellowship, growth and communication. Let us know what you need and how we can serve you. We will see what we can do. We will always respond to your comments and questions. Remember, 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.

**Psychiatry Section Contact.** Please contact Marshall at [psychsectioncmda@gmail.com](mailto:psychsectioncmda@gmail.com) with comments, questions and needs. We will promptly be in touch. Visit our website at [cmda.org/psychiatry](http://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](https://twitter.com/cmda@cmdapsych).

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