

Dear Members and Friends: This is your last chance to send corrections, updates, or a subspecialty for the 2008 Directory! Also if you haven't joined, do so today as this is the perfect time to get your name in our new directory.

PRESIDENT'S LETTER

For all that may be known of God by men lies plain before their eyes; indeed God himself has disclosed it to them. His invisible attributes, that is to say his everlasting power and deity, have been visible, ever since the world began, to the eye of reason, in the things he has made (Roman I: 19:20).

I enjoy "outside" reading but don't seem to find the time for it. There are so many things related to psychiatry to keep up with that any other reading gets pushed out. This pressure, if I am not careful, can often interfere with devotional reading and the reading of scriptures. Yet it is important to supplement our reading of the scriptures with reading that helps us understand our culture. This summer I picked up Walter Isaacson's *Einstein: His Life and Universe* (Simon and Schuster, 2007) and read the majority of it during my summer vacation. I think there are things here for us as believers.

First, the name Einstein has become synonymous with intelligence, knowledge, and science. His theory of relativity has been lauded with terms such as: "the greatest achievement in the history of human thought", "the greatest scientific discovery ever made" and "the greatest feat of thinking about human nature". (All quotes will come from Isaacson's book). As believers, Jesus has commanded us to love the Lord our God with all our hearts, soul, and mind. One outgrowth of this command is to grapple with science that has implications for our faith. Einstein's work is surely in that category. When conflicts appear to arise between faith and science, the only true solution is to know our faith and know our science. The truth, as found in our faith and science, are never in conflict, even if there are apparent conflicts to some (eg. creation versus evolution.)

Einstein's work suggests three things. One, his work enhanced his appreciation for the created order. Two, he changed our view of time which has relevance to our faith. And three, his belief in God was an impersonal one and as such he felt alone at the end of his life. First, Einstein's work led to his awe of the

beauty of creation. He stated: "One cannot help but be in awe when one contemplates the mysteries of eternity of life, of the marvelous structure of reality" and "a spirit is manifest in the laws of the universe- a spirit vastly superior to that of man, and one in the face of which we with our modest powers must feel humble. In this way the pursuit of science leads to a religious feeling of a special sort." To Einstein the cosmos was comprehensible, followed laws and was worthy of awe. It had a defining quality of "a God who reveals himself in the harmony of all that exists." It seems the arguably most brilliant thinker of the past century held sentiments similar to those of Apostle Paul who wrote of them in Romans.

Second, even after reading Isaacson's lucid book, the theory of relativity still remains a bit of a mystery. I just have to accept that Einstein demonstrated that time and space are relative. But for the lay person, a simple analogy may help. If one is observing a parade, a man at a door near the parade will see it at a specific point in time. A man on the roof of a tall building will see the beginning and end of the parade at the same time. For this man, the beginning and end of the parade are all at once. It is as if there is no start, or end or no time. This discovery helps us see a glimpse of our Creator for whom time certainly does not exist as it does for us humans. Again, Einstein's work nudges us toward faith.

Finally, and sadly, Einstein apparently was never able to believe in a personal God. He believed in the historical existence of Jesus because "no one can read the Gospels without feeling the actual presence of Jesus. His personality pulsates in every word. No myth is filled with such life." Einstein remarked that he was "enthralled by the luminous figure of the

Nazarene.” These observations were not enough for him to know God personally through Jesus. It appears he did not ever individually appreciate the “good news”. This is suggested in quote toward the end of his years: “the strange thing about growing old is that the intimate identification with the here and now is slowly lost. One feels transposed into infinity more or less alone.”

I think we can take away from Einstein’s life that faith, or lack thereof, is the province of both the scientific and the non-scientific person. Knowledge of science is not enough to believe in Jesus, yet at the same time it is not an impediment to belief. Einstein and the Apostle Paul both believed that the truth of God’s creation is evident for all to see. Gloriously, though, Paul was able to point to the loving immediacy of the God whose power has been available for all to see since the world began.

Several points of news as I close:

- We continue to hear good things from our meeting in San Diego – new relationships formed and lives touched.

- This summer Barney Davis, past president, and Sherri Williams, administrative assistant, attended a CMDA summit at Bristol Tennessee. We were able to share of our Section activities and learn of the larger mission of CMDA.
- Another first: a dinner was held with several child and adolescent psychiatrists in Boston and plans made for another more widely publicized meeting next October. This suggests other regular meetings of “sub-groups” of members can enhance our mission.
- Pray for the executive committee as we plan for next year’s meeting in Washington, DC.

As we celebrate the Christmas season and enter the New Year, may the Lord bless you in your work with patients, your mentoring and teaching and your study of psychiatry. In addition, may your families and close relationships be touched with the glory of the season. “At the name of Jesus, every knee shall bow!”

Sincerely,
Allan Josephson, M.D.
President

PEOPLE in the NEWS

WELCOME NEW MEMBERS From the September Executive Board Meeting: **Dr. Judith Hughes** of Worcester MA (retired); **Dr. Tony Byler**, practicing in Marietta OH; **Dr. Mari Asper**, a resident at Medical University of South Carolina; **Dr. Anthony Duk**, practicing in Redlands, CA; and **Dr. Marshall Simpson**, practicing in Columbus GA.

Dr. Timothy Jennings of Dalton GA has sent us his new book, *Could It Be This Simple? A Biblical Model for Healing the Mind*. We hope to have a review in time for the next newsletter. Have you written any books or articles that might be of interest to our members? Send them to the Psychiatry Section Admin. Offices.

Dr. Philip Ney and his wife, Marie, of Victoria, B.C. and Dr. Pierre Unger of Strasbourg, France joined together to offer a workshop on Post Abortion Survivor’s Syndrome for a group of 14 non-Christian French psychiatrists in October.

Dr. Leslie Walker presented 2 CME talks at the September *Women In Medicine* (WIMD) meeting in San Antonio. Her topics were "Personality Disorders: A Primer" and "Personality Disorders: Dealing with Difficult Patients." She has been doing psychiatry CME lectures at women's meeting for the last several years, since most of the women are primary care doctors who are treating a lot of psychiatric conditions. She has covered depression, anxiety disorders, and bipolar disorder. The WIMD conference is a fabulous opportunity for genuine and transparent relationships with other Christian women physicians. She would love to see more psychiatric colleagues there!

Dr. Allan Josephson attended the AACAP meeting in October. While in Boston, he met with **Dr. Matthew Suh, Dr. Margaret Yoon, Dr. Paul Glaser, Dr. Jennifer Purses, and Dr. Steven Gersevich**. Hopefully this will become an annual event for Psych Section members and friends. “*For wherever two or more are gathered in my Name,...*”

Dr. John Peteet hosted a dinner recently in hopes of beginning a Christian Initiative Club in the Greater Boston area. **Dr. Armand Nicholi and his wife** attended. Another group has formed, meeting near the Univ. of Louisville. If you are interested in starting a Club, contact **John Yarbrough** at jyarbrough@hsc.wvu.edu.

Dr. Karl Benzio will be speaking at the CMDA Annual Conference in Bloomingdale, IL next June and would like to meet with other Psychiatry Section Members who attend. Contact him at kbenzio@lighthouse-network.org.

Dr. Craig Stuck visited Pakistan this year. Dr. Shibu Kuncheriah visited India with his wife Lincy.

LOST MEMBERS: Mail has been returned for Dr. John Schumacher, of Minneapolis, MN. If you know of his whereabouts, please inform the Admin Office.

Many thanks go to Dr. Bruce Moore of the UK for helping Dr. David Kay of Houston, Texas with a medical need. It was a great Christmas present for one of Dr. Kay's patients.

In Memorandum: Dr. Frederic Flach, long time member of the CMDA Psychiatry Section, went to be with the Lord last year. He was internationally recognized as an author whose books included *The Secret Strength Of Depression, Putting The Pieces Together Again; A New Marriage, A New Life; Resilience; Rickie; The Secret Strength Of Angels; and Faith, Healing, And Miracles*. In 1996 he was awarded the Maxine Mason award by the National Alliance for the Mentally Ill (NAMI). He appeared on numerous radio and television programs across the country, including *Today, Good Morning America, CBS This Morning, Good Day New York, and Donahue*. We would like to thank his son, Andrew Flach, who recently helped us to obtain a publication that his father began, *Directions in Psychiatry*, for two missionaries in the field.

Many thanks to all who have been prompt in paying their dues in 2007 and to those who have given above and beyond their dues to keep the Psychiatry Section running. We would especially like to thank: Dr. Armand Nicholi and Dr. Steven Brannan. Dues notices for 2008 will come in early January along with new directories. If you would like to pay your 2008 dues before December 31, 2007 for tax purposes, please remit by mail to PO Box 33795, Decatur, GA 30033, or fax credit card information to 404-325-5064 before December 31. Dues for practicing members are \$100 per year, for retired members \$50 per year. Full time missionaries and residents are exempt.

Report to the CMDA:

Dr. Barney Davis, past president of the CMDA Psychiatry Section and Ms. Sherri Williams, administrative assistant gave a report to the **CMDA Commissions, Councils, and Sections meeting**, on Saturday August 18. It was well attended by numerous commissions and specialty areas (of which there are 80+ in the CMDA). Dr. Bruce MacFadyan, current President of the CMDA Board of Trustees and Dr. Dave Stevens, Chief Executive Officer chaired the meeting which was last held in 2004. They were very receptive to the Psychiatry Section power point presentation given by Dr. Davis.

Sections have a common bond and identity. Currently there are 7 sections (Academic, Dermatology, Family Medicine, OB Gyn, Pediatric, Psychiatry and Uniformed Service) with another planned for Surgeons. The Psychiatry Section is the oldest and the only one that charges dues. Generally they were surprised at that since the other sections have only volunteer officers and internet groups. However, ours is the only specialty section that has a staff person like Ms. Williams; meets at a national meeting of our specialty; has a booth ministry and publishes newsletters and a directory. Some of the sections have a meeting or prayer breakfast at their specialty meeting while others have chosen to pull away from their specialty organization completely.

The CMDA would like us more involved in academic

teaching on an international level with MEI (Medical Education International). Teams of physicians go to other countries and teach. For example they provide Category 1 CME for missionary physicians. They are also interested in having us participate in their annual conference by having speakers from the Psych Section. Beginning in 2009 the CMDA Annual Conference will be moved to the month of October and located at a retreat center in the mountains of North Carolina. This should be more accommodating for our Psychiatry Section members than the current back to back conferences in May and June. Eventually the CMDA would like to build a 50 room housing and conference center with a dining facility on their mountain property in Bristol TN. This would be available to all members for meetings, retreats, etc.

The CMDA has plans to boost membership from 16,000+ to 30,000 by 2013. They hope to focus on physician to physician recruitment to attract new members. The most growth is in local area ministries and campus outreach. There are a number of psychiatrists who are members of our section and not the CMDA. Our hope is that our members will take a second look at the benefits of CMDA membership. Equally we would like those psychiatrists who are CMDA members and not Psychiatry Section members to join with us.

Summary of By-Law Changes

The following substantive changes (in bold type) were proposed and adopted at the Annual Business Meeting of members in May:

1. Option 1: Membership will be open to those who are members of the American Psychiatric Organization or other professional psychiatric organizations
Option 2: Membership will be open to those who are members of another professional organization.
Option 3: Eliminate linkages to any other type of membership.
Rationale: Change does not require APA or national membership. A local organization would be acceptable.

Article IV, Section 1. Members

A. Active membership in this section shall be open to all interested psychiatrists who are

- (1) members of a local, regional or national professional medical or psychiatric organization.**
- (2) in agreement with this section's purposes, beliefs and program, and**
- (3) active in attendance and payment of dues.**

2. Twenty four months on non-payment of dues will result in review by executive committee and potential revocation of membership
Rationale: This change gives the committee discretion in terminating membership, rather than making it automatic.
Article IV, Section 1. D. Non-payment of dues for twenty-four months will result in automatic review by the executive committee and potential loss of membership.

3. Terms of offices for officers shall be two years.
Rationale: One year is not enough time to establish the continuity to run the organization.
Article V. Section 4. Term of all offices shall be two years, with succession limited to two consecutive terms in one office.

4. An annual meeting shall be held at a time decided upon by the executive committee.
Rationale: This eliminates a clause allowing authority to non-elected members to request a meeting date.

Article VIII Meetings Section 1. An annual meeting shall be held at a time decided by the executive committee. A quorum shall consist of a minimum of 10 active members; a greater quorum may be authorized by by-law. The annual meeting shall be held prior to the month of June (the new financial year beginning July 1).

5. If the section does not function in agreement with its expressed purposes and statement of faith, ten members may petition the CMDA Board to investigate. The CMDA Board would have the power to vacate the officers and conduct new elections.
Rationale: This clarifies to whom members may petition and under what circumstances.

Article X. Section Malfunction: Constitutional Amendments and By-laws

Section 1. Section Malfunction If this section does not function, or functions in disagreement with the purposes and beliefs of the Christian Medical & Dental Associations, upon petition of ten section members, its officers may be vacated and another election conducted under the supervision of the Christian Medical & Dental Associations Board of Directors, after one month written notification of the membership.

Missions News

Greetings in the name of Christ. I wanted to share a little about my short term mission trip to India during December 06. God has really opened up my eyes to see how I can use my talents, time and treasures for His Glory and I pray that this will come as an encouragement to you as well.

Since I was initially to go to Pakistan and later switched at the last minute b/c I couldn't get a visa to Pakistan b/c of my Indian background. I landed in Bangalore, India, not having a clue as to who would pick me up or what exactly I would be doing in India. I was introduced to Urban India Ministries through a friend and I got a little glimpse of people totally on fire for Christ. UIM has a website where you can find out more: www.urbanindia.org It is similar to Focus on the Family and Family Life, serving people mainly in India in terms of relationships, marriage, teen issues, parenting and evangelization. I went out with the team to the schools to educate on adolescent changes, morals and character through a new venture that UIM has started called Trendsetters where they go out to secular, Christian, Hindu, and Muslim schools and teach kids about dealing with stressors, about purity, building character, and then they invite students for

counseling after the sessions where if the Spirit leads, they share with them the Gospel. It's a unique way to get into schools where otherwise the Gospel would never be heard.

I also had the privilege to share Christ at various settings, including Church and a gathering of mainly Hindus during a holiday gathering. I spent some time in the Hospitals, in the inpatient and outpatient settings. I worked with a Child Psychiatrist to see how psychiatry works in India. India has a high rate of suicide esp. Bangalore and Kerala, and many people don't know that there is actually treatment available. I also received the privilege to counsel some people and to give recommendations to some who were dealing with mental illness.

Afterwards, I went to Mumbai and shared some time with an individual named John who has a huge heart, and started to go around the slums and railways gathering abandoned children. He adopts them for himself and gives them his last name. He has 39 adopted children and three of his own. He doesn't like how the orphanages are run and wanted to bring up these children with the feeling that they are wanted and share Christ to them. It was so awesome to see the love in these kids' hearts and how happy they were that I had spent some time with them.

Then it was off to spend time with a person named Anson. After becoming saved, God gave him a passion to free girls in India who have been forced into prostitution, over 700 girls to date. I went with him to the red light districts and saw such deplorable sights including prostitutes holding little kids as they are waiting for customers. Anson's life has been threatened many times by the pimps and others in the mafia. Anson always carries a Bible in his hand and also did so as we were walking down the red light district. This guy has no fear of death. He handed the Bible to me for some time and to make a long story short, I was never scared to carry a Bible, as I was that day. Anson took me to a home that he helped start for the kids of prostitutes, where many of them are unwanted. There are about 160 kids there and they help rehabilitate them and share the love of Christ with them.

That was my trip in a nut shell. God brought me back with a lot of burden in my heart including being able to tell others of the need for finances to keep these organizations going. I am trying to set up a charitable fund where people help fund these organizations. I sometimes get skeptical when it comes to how charitable funds are used, but seeing all this first hand, I can truly say places like UIM are doing amazing things for the Lord. It takes \$200 a month to support the full salary of a missionary, who has the sole passion of sharing the life changing message of the Gospel. It takes \$60 every month to help one of these orphans find health, hope and Christ. I pray that many of you will partner with me in doing amazing things for Christ and expecting amazing things from Christ. We are planning again on going the end of this year, if anyone is interested in coming to see how the Great Commission work is being continued in India, please do let me know. Sincerely, Shibu

Shibu Kuncheriah, M.D., R.Ph.

"Be a dreamer, God will get you there!"

Opportunities for Referrals

If you are a member of the CMDA, you may sign up to be on their "Christian Doctor Referral List", an on-line service that many people utilize when they look for a Christian MD. Go to www.cmda.org and with your member number, add your name and subspecialty to the list.

If you are looking to develop your practice, please consider contacting the Counseling Department at Focus on the Family for an application for their National Referral Network. The department speaks to approximately 1300 constituents weekly, and often provides names of counselors, including psychiatrists, if there is a desire or a need for treatment from a Christian perspective. E-mail counselingdept@fotf.org or call 719-531-3400, ext. 7700, to ask for a National Referral Network application. After completing the application, it will be reviewed for consistency with Focus principles. Upon approval, your name and phone number will be included in the Focus on the Family National Referral Network free of charge and given to Focus constituents in your area needing psychiatric care.

The Lighthouse Network tries to connect people with Christian care, especially addiction care. They are seeking Christian psychiatrists who wish to be added to their data base for referrals. Go to their website at www.lighthousenetwork.org to submit your name or contact Dr. Karl Benzio at 1-877-562-2565 ext. 102. Also if you have patients who are struggling to access care you may call Lighthouse. Referrals are free for clients and providers.

SAMPLE OF CORRESPONDENCE WE RECEIVE IN THE ADMIN OFFICE

Dear Psychiatry Section: Please send whatever you have on malpractice, including video. Are there any counseling resources available via CMDA? Dr. Z.

Dear Dr. Z, Basically, CMDA offers four things to help our members and others get through the difficulties of malpractice as peacefully as possible:

1. Our free kit--with audio and written material.
 2. Prayer support from the Malpractice Commission members and CMDA staff. (We only refer to you as Dr. Z.)
 3. Our loaner video--we need a credit card number as collateral for this. (This is best done by phone - 423-844-1025 - my voice-mail is passcoded.)
 4. Phone contact from a doctor on the commission who has been through malpractice him or herself. We only do this at your request. (Please provide your phone number and the best time or day of the week to reach you.)
- Please let me know which of these offers you'd like to take advantage of. In the meantime, I'll be praying for you!

Serving Christ, Sandy Huron, Life & Health Resources, Christian Medical & Dental Associations

Greetings! I have a friend at church who suffers from bipolar illness. She recently told me that one of our senior pastors, who has been counseling her and her husband regarding marital problems, told her that her bipolar would go away if she got her spiritual walk on track (more or less). I am disheartened by this, and am speaking with one of my elders about what can be done to educate this person. I checked out the CMDA website to see if we have a statement or policy regarding mental illness and the Christian life, and I didn't see anything. Do we take a position on this? If so, is there any literature from our camp on this? Thanks so much for your help, MD in Oregon

Dear MD in Oregon,

I certainly understand her feelings. In my experience, many pastors are "lay" in their experience and understanding of major mental illnesses. And so the comment should not be a surprise. Although over the years, the "average" pastor seems to appreciate major mental illnesses more than they did 20-30 years ago, these comments are still common. When I have spoken to pastors, here is what I tell them:

1. Based on our 21st century knowledge, there is no doubt that major psychiatric illnesses are "organic" - there is something awry in the brain.
2. I believe that we live in a fallen world. Therefore, we have sicknesses (med or psych). That could mean some folks' sicknesses are secondary or related to their spiritual state. I'd even agree, perhaps they are all related to our spiritual state.
3. For all believers, prayer should be a mainstay.
4. Therefore, if as a pastor/believer, he accepts this, then I assume he counsels those with bronchiogenic carcinoma or with diabetes the same way as the person with bipolar disorder. If he does not and he makes a distinction, then he is being inconsistent.
5. Sure, many people with psychiatric/medical disorders may have a direct linkage to spiritual issues, but who are we (pastors, doctors, family) to make the distinction? Counsel to pray for wisdom and healing, and take your medicines from the doctor - if God heals you, it will be obvious to the doctors as well - just as if he healed the bronchiogenic cancer or diabetes.

Scott C. Armstrong, MD, FAPA, FAPM

Dear Mrs. Williams: I hope this is ok to email you. I need some godly counsel. I am a physician assistant and I have this huge desire to go into psychiatry. Do psychiatrists hire PA's? I feel like there is such a huge need in this area and I am more confident in it than anything else in medicine. I love to listen and have such a heart to help people.
Michelle

How would you answer Michelle? SW

All orders for CD's of the May Annual Meetings have been filled and sent from the CMDA Bristol offices. If you did not receive your set of 3 CD's, contact Sherri Williams at 404-325-5054 or pscmda@bellsouth.net.

Psychiatry Section meetings in 2008 will be concurrent with the APA in Washington, D.C. May 4-7, 2008. Make plans to attend today.

