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## ART AND CURSE: THE 15 MINUTE SESSION



By Margaret Roberts, MD, LFAPA

Time has changed. Our traditional 50-minute session of psychotherapy and medication management has shrunk to 30, to 20, and quivers at 15 minutes. Many of us in the public sector are now the purveyors of this treatment regime.

We adapted—because we must, because we can, and because we are resilient.

Senior psychiatrists with solid psychodynamic and biologic training are skilled at this burgeoning 15-minute art, and art is what we have made of it. Like eagles on high, we swoop down with precision and expertise, and pry on the target symptom or medication irascibility. Junior psychiatrists, over time, learn to compress their erudite essays, and transfer sophisticated data into the SOAP format—subjective, objective, assessment and plan—trimmed, months later, into a linear flow with concise conclusion.

Condemn the 15-minute session as ridiculous, as miserly or as quackery.

Or berate our enslavement to the bureaucracy that, factory-style, demands increased productivity; and yet, expects physicians to give patients a fair bargain. But applaud the psychiatrist who defines so much verbal and visual content in so little time; and who does it efficiently because of education, dedication and years of experience.

To treat patients in 15-minute bits of humanity is an incredible feat. We maintain eye contact and face contact during the interaction, our thought process guided, mercifully, by a standard Clinical Record Form which, in much of the public sector, is the DC Map, the offspring of the TMAP (the Texas Medication Algorithm Project). This 2-page document provides a structure around which we click squares, or record by writing, essential scales and appraisals, using key words, and idiosyncratic phrases, to identify that particular person. We write to communicate, to document, and to protect ourselves legally.

We are organized, masterful, enduring, cautious and empathic. We compute fast, we steer with the right questions; also allow patients fluidity but regulate tangentiality. We process and formulate as our neurons and circuits explode, prepared to decelerate before the quarter-hourglass empties itself. We soothe and heal as the last sentence is scrawled, the prescription is written; and the exact in-and-out time recorded for billing.

The process is taxing, accelerated, challenging, and disciplined; but also stimulating. Our gift to the patient is

abbreviated, focused psychotherapy with pharmacotherapy. Of course, some critics accuse us of having regressed to robotic pill-pushing. This is a skewed contraction of our skills, and it demeans and denies our talents.

We provide medication in the context of the bio-psycho-social and psychodynamic complexity of the psyche. Under the pressure of the quarter-hourglass, we deemphasize but retain peripheral data, expunge frills, and target the mind-body kernel. We recognize counter transference and its partner transference. We know when to use it and when to ignore it, always working on the side of the patient's ego and sustaining them with nuggets of insight and support.

At session's end, we draw together the velvet purse string having hauled up the gems of ego-strength and pushed the shards below. We accompany the patient forward-toward the door, literally, but also emotionally—always with hope, respect and cordiality.

For optimal success, the doctor informs and educates the patient about the time limit, about the rhythm and framework of the duet, and about the responsibility of each person to the endeavour-with the physician as emcee. Initially shocked at the parsimonious allotment of human interaction, patients do adjust, blaming the changes on health care delivery. Tenacious, clinging patients who ignore signs of

*Continued on page 7.*

## INSIDE THIS ISSUE:

### page 2

President's Message

### page 3

Notes from the Bureaucracy

### page 5

WPS Members Win Awards

### page 6

Obituaries

### page 7

Classifieds



**Washington  
Psychiatric Society**

4401A Connecticut Avenue, NW, #358 Washington, DC 20008 • Email: [admin@wdcpsych.org](mailto:admin@wdcpsych.org) • Web site: [www.dcpsych.org](http://www.dcpsych.org)  
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# THE PRESIDENT'S COLUMN

WILLIAM B. LAWSON, MD, PhD, DFAPA



## IN MEMORIUM FOR LUTHER ROBINSON

**D**r. Luther D. Robinson, MD, Sc.D (Honorary), DLFAPA died on October 28, 2009.

Dr. Robinson served Psychiatry in Washington DC with distinction. He received his MD degree from Meharry Medical College, completed his internship at Mercy Hospital in Philadelphia and his residency in Neuropsychiatry at Freedmans Hospital. He was the first Black physician to be accepted to the accredited Psychiatry program at St. Elizabeths Hospital and he subsequently received an MPH degree from George Washington University.

What followed was an outstanding career at Galludet University where he was one of the first psychiatrists in America to set up a mental health program for the deaf mentally ill. He became a leading authority on the psychiatric problems of this group publishing many articles on this subject. He was a member of the

Department of Psychiatry at Howard University for many years, serving as Acting Chair of the Department of Psychiatry, Director of the Residency Program, and Director of Medical Student Education.

He was a first many times over: first Black psychiatrist to be elected to the council of the Washington Psychiatric Society; first Black psychiatrist to be elected Secretary of the Washington Psychiatric Society (1971-1972); first Black physician to be appointed Superintendent of the federally owned and operated Saint Elizabeth's Hospital; and the only Black physician to serve as Superintendent of the hospital (1972-1975).

Luther Robinson received numerous honors which I shall mention: Superior Service Award from the U.S. Department of Health Education and Welfare for organizational ability in establishing and directing several hospital-community rehabilitation programs. An Honorary Doctor of Science Degree from Gallaudet College for establishing a mental health program for deaf patients at Saint Elizabeths Hospital. The Edward Miner Gallaudet Award given by the Laurent Clerc Cultural Fund Committee of the Gallaudet College Alumni Association. An award from the Alcoholics Anonymous Group of Saint Elizabeths Hospital for dedicated service and support to AA. An award in the form of a miniature replica of the National Mental Health Association's Mental Health Bell, given by the D.C. Mental Health Association, May 1975, in recognition of his dedication to the provision of the best possible care and treatment for the mentally ill. Admission to the Honorable Order of Knights of the Flying Fingers of the National Association of the Deaf. The first and one of the highest ADAMHA awards given for meritorious service in recognition of extraordinary leadership and contributions in the field of mental health programs for the

deaf, The Mental Health Achievement Award from the Psychiatric Institute Foundation for Service. The Solomon Carter Fuller Award of the APA. Recognition among the Black Medical Pioneers: African American Firsts in Academic and Organized Medicine.

The Robinson House—founded by the State of Connecticut Association of the Deaf as sheltered housing for discharged deaf mentally ill patients—was named for Luther Robinson.

Luther was inducted as a faculty member into the Alpha Omega Alpha Honor Medical Society. He was also blessed by the Pope at a semi-private Papal audience at the Vatican in recognition of his services to the deaf on the occasion of the International Conference on Deafness and the International Year of the Disabled in Rome, Italy.

The family requests that expressions of sympathy be shown through donations to:

The Robinson House  
96-98 South Quaker Lane  
West Hartford, CT 06107



LUTHER ROBINSON

## MENTALIZATION AS A MULTIDIMENSIONAL CONCEPT: IMPLICATIONS FOR THE TREATMENT OF PATIENTS WITH TRAUMA-RELATED PSYCHOPATHOLOGY

By Gerald P. Perman, MD, DFAPA

The Consortium for Psychoanalytic Research is sponsoring its 17th annual one-day conference in which Dr. Patrick Luyten will present *Mentalization as a Multidimensional Concept: Implications for the Treatment of Patients with Trauma-related Psychopathology*. The conference will take place on Sunday, February 21, 2010 from 8:30 A.M. until 4:30 P.M. in the Ernst Auditorium at Sibley Memorial Hospital in Washington, D.C. Dr. Luyten is Assistant Professor and Co-Director of the Psychoanalysis Unit at the Department of Psychology, University of Leuven (Belgium). His main research interest focuses on the role of personality, stress and interpersonal processes in depression, chronic fatigue syndrome and fibromyalgia.

According to Dr. Luyten, the concept of mentalization refers to the metacognitive ability to reflect on internal processes such as beliefs, desires and emotional states of self and others. The ability to mentalize is associated with feelings of coherence, a sense of purpose, and the capacity for affect regulation (Fonagy, Gergely, & Target, 2007). It is hypothesized to originate in the context of attachment relationships through early parental affect mirroring and to foster feelings of relatedness and autonomy by establishing a secure base within oneself as well as the ability to understand and predict the inner world of others and oneself. Impairments in mentalization have been linked to functional somatic disorders and particularly to trauma-related psychopa-

thology across the life span. Stress and the activation of traumatic memories are associated with hyperactivation of the attachment system which leads to a decoupling of the capacity for mentalization (Luyten et al., 2009).

Most population-based studies show that at least half of the world's population has experienced emotional, physical or sexual abuse, has witnessed domestic violence, or has grown up in economic adversity. The recent mentalization-based approach to normal and pathological personality development provides a new perspective on the conceptualization, assessment and treatment of patients suffering from trauma across the life span and across a wide variety of conditions, ranging from anxiety and eating disorders, to antisocial and borderline pathology, to patients presenting with functional somatic complaints.

Dr. Luyten will provide a set of concrete guidelines for the assessment of the capacity for mentalization. There will be a lab session in which participants will get first-hand experience with newly developed measures of different aspects of mentalization including a measure of parental mentalization that is used in research aimed at uncovering the mechanisms involved in the intergenerational transmission of functional somatic disorders.

Go to [www.CPRincDC.org](http://www.CPRincDC.org) for additional information about the conference.

# NOTES FROM THE BUREAUCRACY

By HAROLD I. EIST, MD, DLFAPA



## HOLIER THAN THOU

Recently the AMA, the AAMC, and the APA have expressed deep concern that pharmaceutical advertising, meals, pens, and stickies have irremediably influenced physicians of all stripes to prescribe the most expensive and least efficacious medications for their patients.

When many of us insist that, in fact, this is not the case, we are informed that this confirms more strongly what the self appointed experts have already determined to be incontrovertible fact, proven by impeccable research.

This regressive paternalism puts us on the path toward organizational black holes while our “betters” deplore the fallen state of many of us who have been their students and who are now, surprisingly, abandoning our organizations.

Will we never learn? Evidently, the AMA, which is hemorrhaging members, thinks not. They believe Pharma has proven that we are endlessly manipulable and that they can use the same maleficent strategies.

I was recently mailed an invitation by the AMA Insurance Agency stating: “You and your spouse and colleagues (never got one that expansive from Pharma) are invited to join us for a complimentary gourmet dinner at Ruth’s Chris Steakhouse... Before dinner, nationally syndicated radio show host and author...will give a presentation on retirement

planning...and steps you can take...aimed at providing inflation adjusted income for life...In appreciation of your attendance you will receive... 2 free credits of CME.”

I did a survey of one colleague who dealt with the AMA seduction the same way he had dealt with Pharma mailings over the years: he read it and then threw it in the waste basket. Clearly he did not know that he was already subliminally infected. A few years ago in Pennsylvania, Blue Cross/Blue Shield was sued for false advertising. When BC/BS pleaded that no one believed advertising to be true, the judge agreed and threw out the case. To be fair, lies do influence people in a number of ways—some believe them and some don’t; some laugh at them, some get angry, some write letters and some try to ignore them.

Anyway, what are free CME? What are CME on non-medical or non-medical related subjects worth? What accrediting body will accept them? Maybe the AMA does not believe in the integrity of its members. Should its members believe in the integrity of the AMA? Should members ignore this scandal as many have ignored previous scandals, scandals that may have had the scandalous result of more people trusting their pharmacists than their doctors?

Well, for what it’s worth, I didn’t go to the dinner. Neither my wife nor I like steak that much.

## Transgender Variance

The Washington Psychiatric Society will present a CME on “Transgender Variance” on Thursday, January 14, 2010 at 6:30pm.

### SPEAKERS WILL INCLUDE:

Dr. Edgardo Menvielle  
Dr. Dana Beyer  
Dr. Gregory Lehne

### TOPICS WILL INCLUDE:

- ▲ How to understand gender and sexuality concepts.
- ▲ Clinical issues facing transgendered adults and how these differ from those facing children and adolescents.
- ▲ A personal account of available mental health service: a consumer’s perspective.

Edgardo Menvielle will introduce the newly published clinical guidelines. Save the date for this very informative educational event. Details on location and registration will follow at a later date.



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Patients Unemployed due to MDD	48%
Patients with Co-morbid Anxiety Disorder	35%
Symptom Severity	Baseline MADRS=33, HAM-D24=30 (moderate to severe)

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# WPS MEMBERS WIN AWARDS



Roger Peele, MD



Eliot Sorel, MD



William B. Lawson, MD,  
PhD, DFAPA

**Roger Peele, MD** received the Heroes in the Fight Award from the DC National Alliance on Mental Illness at their October 23, 2009 meeting. William Lawson, MD, PhD received a nomination. The award recognizes local heroes that may include healthcare professionals, community supporters or treatment teams for their persistent dedication to the mental health field.

**Eliot Sorel, MD** was honored as Doctor Honoris Causa by Carol Davila Medical University of Bucha-

rest at the Romanian Athenaeum in Bucharest, Romania on October 6, 2009.

**William B. Lawson, MD PhD**, President of WPS and Chairman of the Department of Psychiatry and Behavioral Sciences at Howard University College of Medicine received a five year grant for a collaborative program between Howard University and Dartmouth College. The goal will be to expand residency experience and improve access to evidence based rehabilitation for African Americans

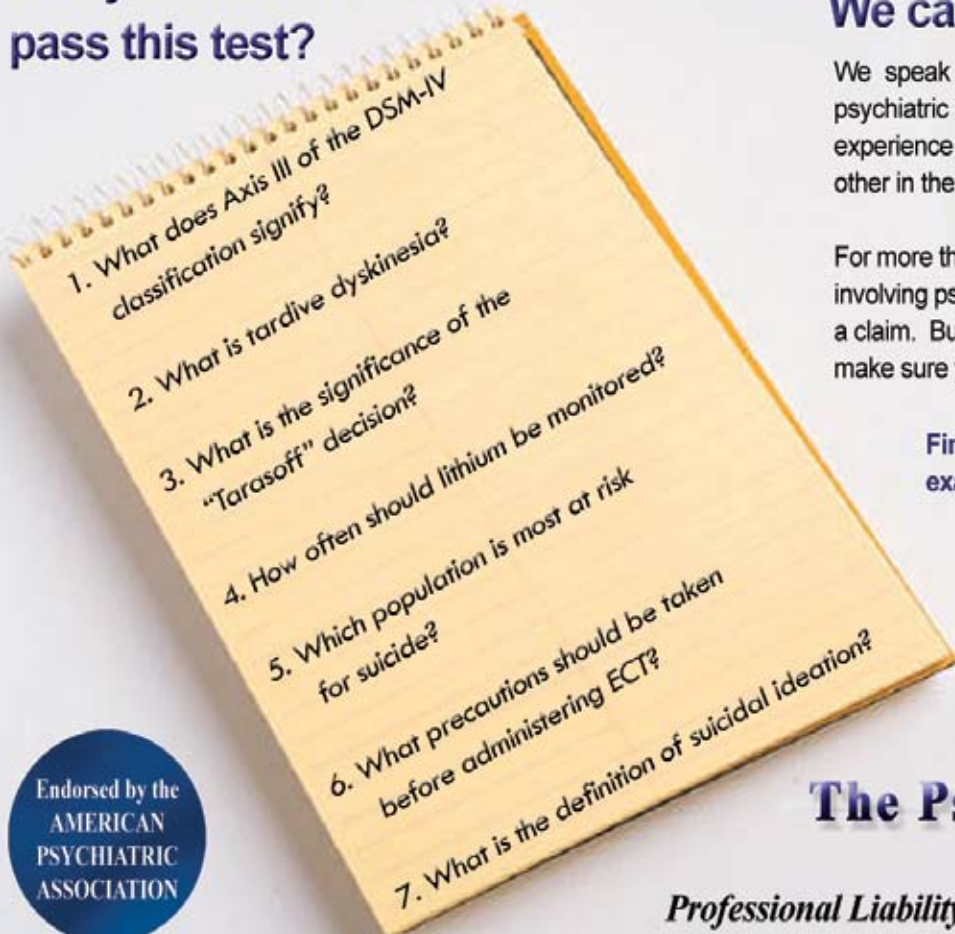
with mental illness and substance abuse. The program will also address barriers to obtaining care and will investigate the cultural factors that contribute to lack of care or service access. Dr. Lawson can be contacted at: [wblawson@howard.edu](mailto:wblawson@howard.edu).

## Appointments

**Lise Van Susteren, MD** has joined the Advisory Board of the Center for Health and Global Environment at Harvard Medical School. The mission of the Center is to help people understand that our health and the health of our children depends on the health of the environment.

**Hind Benjelloun, MD** has been appointed the Associate Residency Training Director in the Department of Psychiatry at Georgetown University Medical School. She is also Associate Medical Director of the In-Patient Unit and is the Area 3 Early Career Psychiatrist Deputy Representative to the APA Assembly. She is a June, 2009 graduate of the Psychiatric Residency Program at Georgetown and is grateful for the WPS career and leadership initiative, which she feels played a major role in her advancement in her career.

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# Obituaries

## Wolfgang Weigert, MD



Wolfgang Oscar Weigert MD died at the age of 76 on September 20, 2009. He was born in Berlin in 1932. Faced with the growing influence of Hitler and National Socialism, his family emigrated to Ankara, Turkey in 1934 and to the USA in 1938. He was the son of the late Edith Vowinkle Weigert, an eminent psychiatrist and psychoanalyst, and the late Oscar Weigert, a lawyer, professor, and labor policy expert.

Wolf, as he was known to his friends and family, graduated from Sidwell Friends School in 1951 where he was class Valedictorian. He studied for two years at Princeton College, transferred to Swarthmore College from which he graduated in 1955 with a degree in Biology. He received his medical degree at what is now Case Western Reserve University in 1959 and completed his psychiatric training at Yale University in 1963. He was known during his medical training for his thoughtfulness, spirituality, and keen intelligence. Wolf served as Lieutenant Commander in the US Public Health Service and was stationed at the National Institute of Mental Health. From 1963 to 1965, he worked as a Clinical Associate in NIMH's adolescent, family, and schizophrenia programs. He completed a fellowship in Child Psychiatry at Georgetown University in 1967 and in 1973 graduated from the Washington Psychoanalytic Institute where he studied child and adult psychoanalysis.

Wolf devoted most of the next three decades to a private practice in adult and child psychiatry and psychoanalysis. He held teaching positions at the Washington Psychoanalytic Institute (now the Washington Center for Psychoanalysis), the Washington School of Psychiatry,

Georgetown University and George Washington University. He taught on a range of subjects, including infant, child, and adolescent psychology, human development and clinical psychiatry and was known for his expertise on Melanie Klein.

One of Wolf's most enduring legacies was his direction, in the 1980's and 1990's of the Series on Creativity, sponsored by the Washington School of Psychiatry's Forum on Psychiatry and the Humanities, established in honor of his mother, Edith, a former chairman of the faculty of the Washington School. The Series was developed to foster interdisciplinary dialog between members of the psychiatric community and thinkers in the arts and humanities on the creative process. During his tenure, the Series featured such speakers as writer Anais Nin, novelist Anne Tyler, composer Lawrence Moss, and role-playing game designer Gary Gygax.

This love of the creative arts included his personal interests and hobbies. He was a talented amateur pianist and an avid lover of classical music, with a special passion for Bach. He studied and debated philosophy and religion. He was drawn to the works of Martin Buber, with whom he had a life-altering private meeting in his youth, and of Jiddu Krishnamurti and the Dalai Lama. While not exclusively embracing any one faith, he was especially attracted to the Quakers. He attended Quaker schools, volunteered at Quaker work camps, assisting victims of poverty and natural disasters, and attended the Bethesda Friends Meeting. Wolf was a pacifist and a great admirer of Martin Luther King and Mahatma Gandhi.

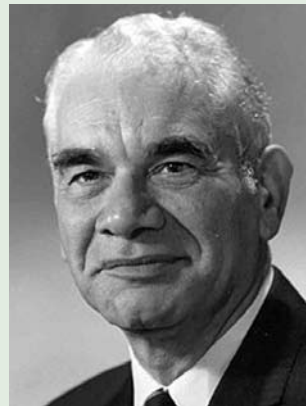
He loved hiking and mountain-climbing, tennis and chess, and was a bicycle commuter and an elegant ballroom dancer

Dr. Weigert is survived by his loving former wife, Dionne Laufman, of Washington, DC, a concert pianist and co-founding faculty member of the Washington Conservatory of Music; their son David Weigert of Silver Spring, Maryland, an attorney with the US Department of Justice, Environment and Natural Resources Division, their daughter Robin Weigert of Los Angeles, California, an Emmy-nominated actress; daughter-in-law Ann Roberts; grandchildren Sophia Ruth and Zachary Thane Roberts-Weigert; cousins Reynold, Yoa, and Caryn Sachs, four younger

cousins, many loving members of Ms. Laufman's family, and other caring and supportive friends, colleagues, and former analysts.

He was buried in the Shenandoah Valley, overlooking the Blue Ridge Mountains. Please send remembrances to [wolfweigertremembrances@gmail.com](mailto:wolfweigertremembrances@gmail.com). Memorial donations may be made to the Washington Center for Psychoanalysis ([www.washpsa.org/support/](http://www.washpsa.org/support/)) or to the Fisher Center for Alzheimer's Research Foundation in New York at [www.alzinfo.org/](http://www.alzinfo.org/).

## Robert A. Cohen, MD, DLFAPA



Dr. Robert A. Cohen died at the age of 99, one month shy of his 100th Birthday, on October 9, 2009 at the Casey House Hospice in Rockville, Maryland.

He was born in Chicago, the oldest son of working class immigrant parents and received his BS, PhD, and MD degrees from the University of Chicago. He worked with Ralph Gerard who was subsequently a founder of the Society for Neuroscience. After residency training at Johns Hopkins University Medical School and WWII military service, he joined the staff at Chesnut Lodge. Dr. Cohen became Clinical Director of the Lodge during the years when it was attended by psychiatrists like Harry Stack Sullivan and Frieda Fromm-Reichmann.

He was recruited by Dr. David Felix to be the first Director of Clinical Investigations at NIMH in its infancy. The entire staff of NIMH could fit in one room and their annual budget was \$1 million. From 1968-1981, Bob Cohen was Director of the Division of Clinical and Behavioral Research and Deputy Director of Intramural Research, recruiting scientists like Julius Axelrod who received the Nobel Prize in 1970 for his work on catecholamine neuroreceptors.

A man of diverse interests and energy, Dr. Cohen also became a psychoanalyst and a training and supervising analyst at the Washington Psychoanalytic Institute, now the Washington Center for Psychoanalysis, serving in this role from 1950-1983. He was Director of the Institute from 1959-1962.

He received the Frieda Fromm-Reichman Award in 1979 for his contributions to advancing knowledge of Schizophrenia.

Bob returned to Chestnut Lodge as Director of Psychotherapy in 1981 and retired from that position in 1991.

Richard Waugaman, MD reports that: We have lost an illustrious colleague and one of the warmest people I have known. When I visited him just before his death, he spoke of his close friendship with Donald Burnham and reminisced about Chestnut Lodge. When I visited him last Spring, he gave me the manuscript of a biography he had written of his supervisor, Edith Weigert, which will be published in the journal *Psychiatry*. He was interviewed by Gail Hornstein who was researching her biography of Bob's analyst, Frieda Fromm-Reichman. Many of us were privileged to attend his weekly psychotherapy seminar at the Lodge and I had the pleasure of having Bob supervise one of my control cases.

Dr. Charlie Olsen reports that he went to Dr. Cohen for supervision "after a rather bruising experience with another supervisor. What a wonderful man and experience. He renewed my faith in Psychoanalysis and in humanity. He was laid back and kind and it doesn't get any better than that."

Dr. Cohen will be buried at Arlington National Cemetery and the family requests that those so inclined make memorial contributions to the charity of your choice.

Dr. Cohen's first wife, Dr. Mabel Blake Cohen, died in 1972. He is survived by his wife Alice Muth Cohen of Bethesda, MD; his son Donald E. Cohen of Emmaus, PA; his daughter Margery C. Beinfeld of Cambridge, MA; three grandchildren; and one great-grandchild, August Phillip Beinfeld, whose arrival in his 100th year, Bob described as a "transcendent experience."

Continued from page 1.

closure and whose toes still scratch the floor will, nevertheless, rise when the psychiatrist opens the door and will walk with him, like a dear relative, to the lobby. Each patient feels special while in the office because the physician has devoted all her attention to them and did not answer the ringing telephone. But, even if she had, patients can be very forgiving; and so, the physician's guilt for the compressed session disappears.

The 15-minute session in the public sector is possible because most patients are seen monthly and their support system and the treatment team focus on the darker burdens of rent, food and the necessities of life. A licensed psychotherapist untangles interpersonal and behavioural problems which, once upon a time, in years past we treated.

Eight hours at this 15-minute intensity would be agony with the psychiatrist skewered like a chicken upon the rotisserie- halved and quartered. Fortunately, given the rules of natural balance, a No Show transfuses a patient who is more famished; another patient begs for the prescription and rushes away; or the dreadful one is scheduled for two units of precious time.

Organizations serve our patients; and, therefore, we provide honest, 'billable productivity' in collaboration. We help and endure, but we also recognize the inherent curse of the 15-minute session with its opportunity for error and physician liability.

We psychiatrists are the artists of mental health care. We transform long narratives into succinct short poems, to use the imagery of poet/psychiatrist Richard M. Berlin MD.

**Note:** *Dr. Roberts completed her Psychiatric Residency at the University of Michigan and pursued a career in Institutional Psychiatry at St. Elizabeths Hospital. She currently works at a CMHC in DC.*

## Classified Ads

### Office Space Available

**Office in Leesburg/Ashburn, VA.** Brand new office with attractive waiting rm, kitchenette. Rent includes wireless internet, fax/copier, office supplies, utilities. 3 other offices in suite occupied by psychotherapists who are looking for an in-house psychiatrist to whom to refer children and adults. Contact Florinda Reid, LPC at 571-215-1825 or freid@florindareid.com

**Office Sublet Available:** Part Time, Chevy Chase, MD, Barlow Bldg, 5454 Wisconsin Avenue, one blk to Friendship Heights Metro on Red Line. Furnished, spacious office in suite with mental health professionals. Large waiting room, kitchenette, security, garage parking, in medical building. 301-656-4070.

### Positions Available

**Adult/Adolescent Psychiatrist.** BC/BE, initially P/T, to join collegial respected multidisciplinary group practice in Montgomery County. To perform psychiatric evaluations, psychotherapy, and medication management. Fax CV to 301-948-6199.

**Threshold Services.** OMHC, non-profit serving 800 adults/SPMI in Montgomery Co. seeks P/T psychiatrist to provide a variety of mental health services, including EBP w/multi-disciplinary team. Flexible, creative, with focus on collaboration and recovery. Excellent benefits. Submit CV to egatti@thresholdservices.org

**Georgetown University's Counseling and Psychiatric Service** has a part-time temporary assignment working with university students, up to 24 hours per week for 2-3 months beginning late January. Contact Philip Meilman, Ph.D., director, at 202-687-7060 or at pwm9@georgetown.edu.

**Psychiatrist** - BC/BE, Maryland License. Opportunity to join a unique well-established, busy, fee for service/Managed Care practice on Shady Grove Road in Gaithersburg, Md. We use a team approach with collaboration between psychiatrists, on staff psychotherapists and administrative staff. 10-20 hrs/wk. Fax resume (301)258-7482 or email to apcadmin2@verizon.net.

# LOGO DESIGN NEEDED!

## Design the Logo for the DC Psychiatric Society

By DAVID I. DRIVER, MD, SECRETARY OF THE DC PSYCHIATRIC SOCIETY

**The DC Psychiatric Society needs a new logo.** Design the winning entry and you will receive a \$250 gift certificate for Kinkead's Restaurant as the award.

We are the DC chapter of the Washington Psychiatric Society. Joined with the Virginia and Maryland Chapters, we collectively constitute WPS.

In considering your design, it may be helpful to consider the following facts about our group: The DC Psychiatric Society founded WPS in 1949. At that time, African Americans and Caucasians could not meet together in DC: WPS was organized in a restaurant at National Airport. Ours was one of the first integrated medical specialty societies. Our Credo is "pursuit of excellence, social justice, and sharing good times together." We helped pass the John Ray Bill in 1986 which was the first mental health parity and nondiscrimination legislation in the nation. In 1988, through a WPS initiative, we gained the right to a portion

of dues so we could independently plan and fund our programs (this financial power was also extended to the Virginia and Maryland Chapters). We assumed the title of the DC Psychiatric Society in 1990.

We have traditionally strong ties with the DC Medical Society. Several of our members have been Presidents of that group, with which we have often worked on many joint initiatives.

We are loyal members of WPS. Many of our psychiatrists have filled important positions on the Board, including that of President.

The rules governing the competition are posted on the WPS website at dopsych.org or you can contact me at daviddriver@gmail.com. The first review of entries will be on January 3rd, 2010. All entries received by the DC Psychiatric Society before January 3rd, 2010 will be reviewed simultaneously. Submissions made after that date will be accepted until a winner is selected.



## Washington Psychiatric Society

4401A Connecticut Avenue, NW, #358  
Washington, DC 20008  
www.dcpsych.org

# “HEALTHY MINDS” SERIES TO VIEW ON TV

by Stuart Sotsky, MD, MPH, DFAPA

As Public Affairs Representative of the Board of the Washington Psychiatric Society and former member of the APA Committee on Public Affairs, I am pleased to bring to your attention the Washington area premiere of the program *Healthy Minds*, an award-winning television series developed by Dr. Jeffrey Borenstein and produced by the PBS affiliate WLIW21 to be aired by WETA in the Washington metropolitan area beginning in January. On behalf of the Board, I would encourage members of the WPS to recommend this enlightening educational program to patients, colleagues, friends and families, and express their thanks and support to WETA for including this mental health education series in their programming at [www.weta.org/tv](http://www.weta.org/tv). Donations in support of the distribution of this program are welcome and may be made to the American Psychiatric Foundation, the philanthropic and educational arm of the APA at [www.psychfoundation.org](http://www.psychfoundation.org).

According to the U.S. Surgeon General, one in five people has a diagnosable mental disorder. For many families, the fear and shame associated with mental illness can lead to isolation and suffering in silence. *Healthy Minds*, produced by WLIW21 in association with WNET.ORG, aims to remove the stigma that can prevent patients and their families from seeking help. Recognizing the critical need to support a high-quality educational series on mental health topics, the American Psychiatric Foundation, the philanthropic arm of the American Psychiatric Association, is partnering with WLIW21 to bring *Healthy Minds* to national public television audiences. Since the series' premiere in the New York metropolitan area, *Healthy Minds* has earned numerous awards, including five Tellys honoring the best in local television.

“Everyone is touched by psychiatric conditions, either themselves or a loved one. Our goal is to share cut-

ting-edge information from experts along with personal experiences from people who have overcome psychiatric conditions,” explains Jeff Borenstein, M.D., psychiatrist and *Healthy Minds* host. “Now, more than ever, it is important to reduce stigma and encourage people who have a psychiatric condition not to suffer in silence but to seek help. I want people to know that with help, there is hope.”

Each half-hour in the 16-episode series humanizes a specific mental health condition through inspiring personal stories and interviews with leading researchers and experts, who provide the latest information about diagnosis and treatment. *Healthy Minds* covers a wide range of topics, including autism, depression, chemical dependency, post-traumatic stress disorder, eating disorders, and bipolar disorder, to bring viewers a better understanding of disorders that can affect anyone at any age.

Interviews with families living with—and overcoming—mental illness offer relatable perspectives on mental health conditions that are often misunderstood. Three special episodes further demonstrate the universal impact of mental illness through celebrity interviews: news veteran Mike Wallace reveals his battle with depression, and actor Patty Duke and broadcast journalist Jane Pauley talk about their experiences living with bipolar disorder.

“The American Psychiatric Foundation recognized the quality of the *Healthy Minds* series and the growing public television audience interest in mental health,” said Richard Harding, M.D., American Psychiatric Foundation president. “We believe the collaboration between our foundation and WLIW21 to bring *Healthy Minds* to a national audience will help communicate mental health topics, messages and information in a new and effective way.”