

WPS Members to Name 2008 Leaders

Washington Psychiatric Society members have received their ballots for the 2007 election. Ballots are due to the WPS office postmarked on or before March 15, 2007. New officers' terms begin on May 26, 2007.

A contested president-elect contest pits Elizabeth Morrison, MD against Harold Eist, MD for the Society's highest post. The president-elect serves one year in that capacity, then assumes the one-year presidency of the Society. Dr. Morrison has chaired the WPS CME Committee for three years and served as an At-Large Member of the Board of Directors. Dr. Eist is a two-time Past President of WPS and Past President of the American Psychiatric Association.

In other slots, the Nominating Committee has named the following candidates:

Secretary: Janice Hutchinson, MD, Dr. Hutchinson is the current secretary having been appointed by

the WPS President to complete the unexpired term of Dr. Kopolow who became Treasurer in 2006. This is a two-year term.

APA Assembly Representative: Eliot Sorel, MD, Dr. Sorel is one of the three WPS Assembly Representatives, having been elected originally in 2004. This is a three-year term.

Public Affairs Representative: Stuart M. Sotsky, MD, Dr. Sotsky is the acting Public Affairs Representative now completing the unexpired term caused by the resignation of the elected Public Affairs Representative in 2006. This is a three-year term. Legislative Representatives, These are three year terms.

Federal – Brian Crowley, MD
Dist. of Columbia –
Janice C. Hutchinson, MD
Sub. Maryland –
Harvey Fernbach, MD
No. Virginia – FJ. Pepper

At Large Board Members: Carol Lynn Trippitelli, MD, Dr. Trippitelli is the Early Career Psychiatrist Representative on the APA Board of Trustees and has previously held the

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ECP seat of the WPS Board. Simona Pick-Both, MD coordinated the International Medical Graduate Strategic Plan survey in 2005 and has been active in both general Society and IMG activities. These are two-year terms; elect two.

Early Career Representative: Maryam A. Razavi, MD Dr. Razavi received honors as the 2005 WPS Resident of the Year. She currently

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WPS Has New Address

During the Valentine's Day snow storm, WPS moved its office to a new location. Our new address is 3000 Connecticut Ave, NW, Suite 108A Washington, DC 20008. New telephone number is 202-332-0770. Fax number is 202-332-1755. Email addresses for Walter Hill and Rosemary Polley remain the same, whill@wdcpsych.org and rpolley@wdcpsych.org, respectively.

The move results from our previous landlord's (AACAP) decision to bring its publishing arm in house which eliminated Mr. Hill's office. Mrs. Polley will continue to work from her home in Boyce, VA. ■



By Richard Ratner, MD.

SOME THOUGHTS ON ETHICS

In the most recent issue of *The Maryland Psychiatrist*, an article appeared called, "Addressing the 'Judgment Trance': Why Ethics CME Needs to be Required." by Mark Komrad, MD, who chairs the clinical ethics committee at Sheppard Pratt.

Dr. Komrad cites his experience on the Maryland Psychiatric Society Ethics Committee as evidence of "considerable ethical confusion and misadventure" among psychiatrists. For its part, the WPS Ethics Committee and Board are kept busy with a steady stream of complaints of unethical behavior by our members. As Dr. Komrad states, "more than other medical professionals, ... psychiatrists are often soloists. ... typically we are utterly alone with our patients." He sees this as fostering a situation leading to a "judgment trance" in which it is possible to deviate subtly and gradually from ethical practice until a line has been crossed. He believes strongly that continuing medical education regarding ethics ought to be mandatory in psychiatry.

Dr. Komrad is right. While his comments above suggest that boundary violations in individual therapy are the most common ethical transgression, I can assure my readers that there are many other kinds of unethical behavior; billing, prescribing, confidentiality, and patient abandonment are among the host of complaints. As the world changes, new ethical challenges arise, such as the proper use of the Internet to advertise or to communicate with patients.

Psychiatrists operate under a series of interlocking codes of ethics, of which the American Medical Association's Code is the keystone. Until its new ethical code is finalized, the APA's contribution is the Principles of Medical Ethics with annotations especially applicable to psychiatry, which as it suggests is a series of commentaries on the AMA's code. The American Academy of Child and Adolescent Psychiatry has its own code of ethics, which refines and expands the common principles as they apply to the practice of psychiatry with minor children. (All of these documents are available from these organizations' websites.) In the most general sense, ethics codes boil down to an obligation to use our professional skills to help the sick on the one hand and do no harm on the other. Sub-principles include respect for the person, fidelity (keeping one's trust), autonomy (respect for the right of self-determination), confidentiality, justice (offering fair and equal treatment to all), and honesty.

I do not know whether there would be fewer ethical complaints made if our members were required to take continuing ethical education courses, but I can't imagine that there would not be. Many of us feel that ethics violations are things that other people do, not us, relying upon our judgment or intuition. Of course, if you are doing anything right now that you would not want to tell a colleague about, you may well be on a slippery ethical slope without being fully aware of it. Mandatory coursework (which is often a penalty or consequence of a finding of unethical behavior) might well keep some members from slipping further. ■

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For information, call
202-686-9300 ext 4.

WPS/ASPP Join to Present Clinical Applications to PTSD

The Washington Psychiatric Society has again joined forces with the Washington, DC Chapter of the American Society of Psychoanalytic Physicians to present the CME accredited program "Clinical Applications to Post Traumatic Stress Related Disorders on Saturday, March 24, 2007, 8:00 a.m. – 12:00 noon at the George Washington University Hospital Auditorium. The program is accredited for 3.5 Category I CME credits.*

At the conclusion of the seminar, participants will have learned:

- The psychiatric treatment of trauma disorders
- To identify appropriate interventions to be used at different times in post disaster
- The principles of psychological first aid
- The role of "meaning" in psychotherapy of traumatic stress and its treatment
- About risk factors for developing posttraumatic stress disorder

- About psychosocial and neurobiological factors associated with PTSD and resilience to stress.
- About methods to enhance resilience to stress
Faculty includes:
Robert J. Ursano, MD, Professor of Psychiatry and Neuroscience and Chairman of the Department of Psychiatry at the Uniformed Services University of the Health Sciences, Bethesda, Maryland. Dr. Ursano will speak on Treatment of Traumatic Stress and PTSD
M. Katherine Shear, MD, former professor of Psychiatry at the University of Pittsburgh. While at Payne Whitney Clinic she established the Department's first clinical research program in Anxiety Disorders. Dr. Shear will speak on Attachment, Loss and Complicated Grief
Steven Southwick, MD, Professor of Psychiatry at the Yale Medical School and at the Yale Child Study Center and Deputy Director of the Clinical Neurosciences Division of

the National Center for Posttraumatic Stress Disorder. Dr. Southwick will speak on Facing Stress: Psychosocial and Neurobiological Factors Associated with PTSD and Resilience.

Cost of this seminar is \$30 for WPS and/or ASPP members.

To register for this seminar, Send check payable to the ASPP to: Christine Cotter, Executive Director The American Society of Psychoanalytic Physicians 13528 Wisteria Drive Germantown, MD 20874

* CME Accreditation - The American Society of Psychoanalytic Physicians, Washington, D.C. Chapter, is accredited by MedChi, the Maryland State Medical Society, to sponsor continuing medical education for physicians. This educational activity has been approved for 3.5 hours of CME Category I credit toward the American Medical Association Physicians Recognition Award. ■

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DC Area Child/Adolescent Psychiatrists Present Seminar on Disaster Event Needs of Children and Families

WPS members are invited to join the Child and Adolescent Psychiatric Society of Greater Washington (CAPSGW) on Saturday March 17 for a daylong CME seminar on the mental health needs of children and families in the wake of natural or manmade disasters. The seminar is set for the USUHS University Campus.

CAPSGW has partnered with the Center for the Study of Traumatic Stress at the Uniformed Services University, a nationally recognized authority on community trauma, as well as the Jewish Social Services Agency of Rockville.

Experience with national events, including 9/11 and Hurricane Katrina shows us many mental health clinicians are unaware of the unique population requirements that develop as a result of community disasters. Children are often the most vulnerable population during such incidents because of their inherent dependence on the adults and the organizations that care for them. Disasters can distract and undermine these supportive individuals and agencies in ways that put children at risk for traumatic exposure. Community clinicians often have very little understanding of their professional roles in community disasters. Similarly, many do not recognize that appropriate professional activities depend upon their particular involvement. Effective professional involvement includes three distinct activities: professional preparedness prior to a traumatic event, active community response during the event, and treatment

of trauma related disorders after an event. The full day CAPSGW symposium is designed to better educate our professional community in all of these areas.

At this seminar, the morning session will focus on disaster preparation strategies and the fundamental response role of clinicians immediately following a community trauma. The first lecture will be an introduction and overview of childhood trauma and the role of mental health professionals. The second lecture will inform attendees of federal and state-level disaster response activities as they pertain to the community clinician. Next, an expert panel will include discussants who will briefly describe their professional experiences responding to national events. The morning session will conclude with a discussion of the principles of Psychological First Aid, a state-of-the-art understanding of our most effective early response strategies during community disasters.

The afternoon session shifts the focus to the treatment of trauma related disorders in children. We are pleased to have an internationally known expert who will provide education on the most effective evidence-based treatments of trauma-related disorders in children and adolescents.

Faculty members are: Merritt "Chip" Schreiber, MD the Program Manager of the Disaster and Trauma Branch of the National Child Traumatic Stress Network will talk on Early Response and Psychological First Aid.

Brian Flynn, EdD Retired USPHS Admiral and former U.S. Assistant Surgeon General will discuss organization (Federal/State agency response) during disaster.

Judy Cohen, MD will speak in the afternoon on the treatment aspects of traumatic disorders and traumatic grief

For more information and registration material, contact Caroline Sehon, MD, President-Elect CAPSGW at 301-951-4980 or sehonvista@ca.com. ■

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chairs the WPS Membership Committee. This is a two-year term.

Chapter Officers (WPS members may vote only for officers in one chapter of their choosing. Voting for officers in more than one chapter will void this section of the ballot.)

District of Columbia – Chair – Robert W. Keisling, MD

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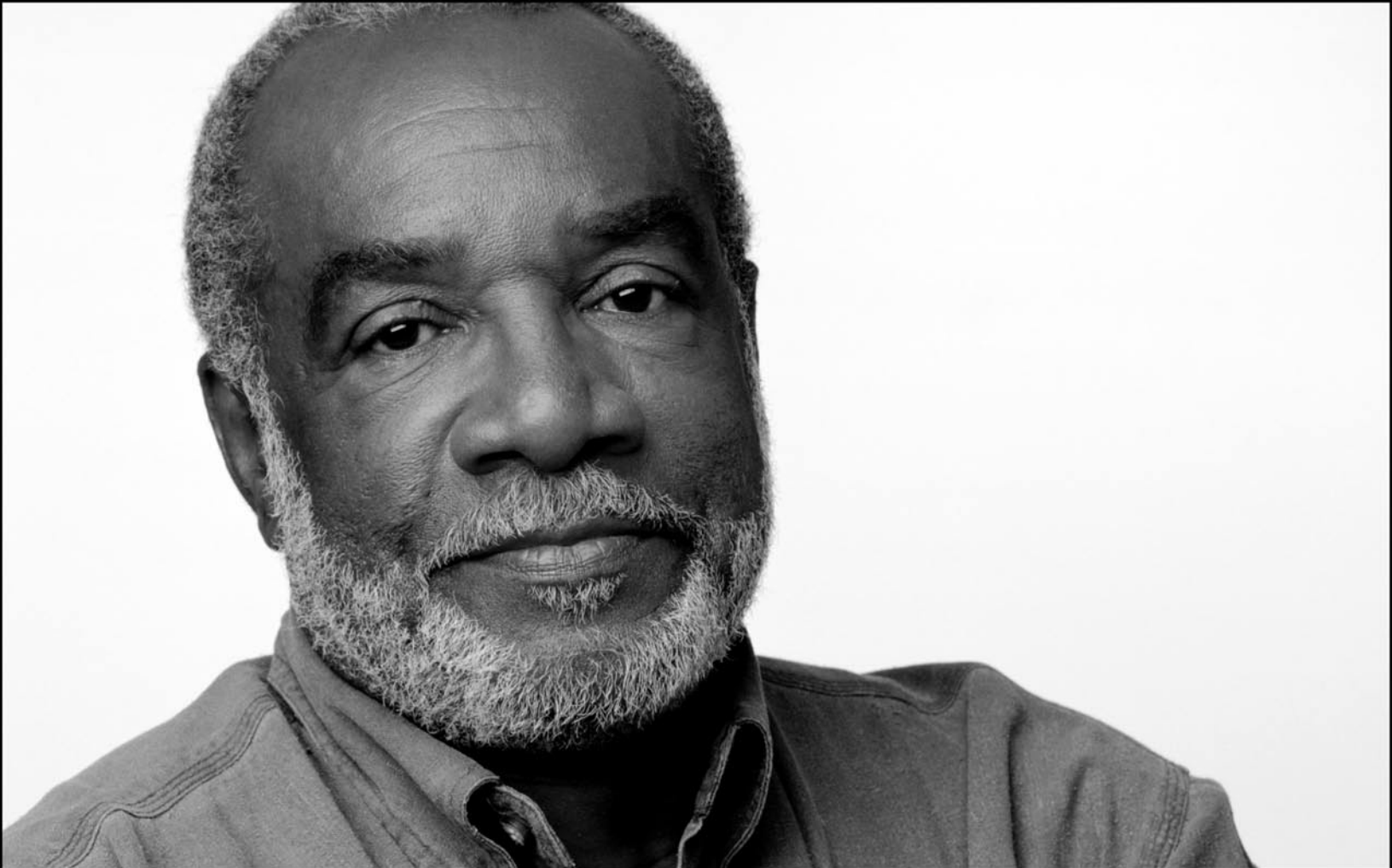
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Secretary/Treasurer – Shira H. Rubinstein, MD

Northern Virginia – Chair – Eric A. Steckler, MD

Secretary – Barry Gorman, MD

Treasurer – Valerie J. Buyse, MD



Open Access: for the patients, for the people

All too often, people who depend on public assistance are denied access to newer, safer, and more effective treatments for mental illness. This inability to obtain the treatment they need can trigger a pattern of deterioration — becoming unemployed, being hospitalized, imprisoned, and often ending up homeless. This destructive cycle is costly for taxpayers and devastating to the families of people with mental illness.

That's why Eli Lilly and Company continues to support open and unrestricted access to all available treatments for mental illness.

Scientific advances have resulted in medications that are effective in delaying relapse¹, provide more effective symptom control, fewer side effects, and offer longer-term treatment than in the past.

Give them access to the treatments they need, and give them hope for taking their lives back.

1 Fenton WS, Blyler CR, Heinssen RK. Determinants of medication compliance in schizophrenia: empirical and clinical findings *Schizophr Bull.* 1997;234:637-651.

WPS Confidentiality Bill Close to Passage in Maryland: News from Virginia and the District of Columbia

The third time is the charm for the WPS/MPS sponsored legislation to ensure confidentiality of patient records when subpoenaed by the Maryland Board of Physicians in response to a complaint against a physician by a third party non-patient. In 2005 and 2006 the bill failed to pass in committee, largely due to differences between WPS's Suburban Maryland Chapter and the Maryland Psychiatric Society.

For 2007 a blue-ribbon committee from both organizations hammered out a compromise bill that satisfies all parties. HB 361 was introduced in the House Health and Government Operations Committee by Del Marilyn Goldwater (D-Mont.) who chairs HGO. With joint backing from both sides of the Putuxent, the legislation is likely to sail through committee and the House then over to the Senate where Sen. Brian Frosh (D-Mont.) will shepherd it through the upper chamber.

"This is landmark legislation for us," said Brian Crowley, MD, DL-FAPA who chaired the WPS side of the joint committee. "We started early this year to work out something WPS and MPS could support. Through the give and take of our combined workgroup meetings we argued, cajoled, explained and ultimately came up with a bill that is important to our patients and our colleagues, and, I think, represents the best thinking of our psychiatric societies."

The legislation, which will remedy the dilemma faced by Harold Eist, MD, DLFAPA in his five-year court battle with the Board of Physicians, gives patients 30 days to show cause why their mental health

records should not be released when the Board subpoenas those records as a result of a third party complaint.

In other Maryland legislation, WPS members testified on the Board of Physicians Sunset Review legislation. As the BoP seeks renewal of its authorization by the General Assembly, WPS expressed concerns that confidentiality and due process continue as hallmarks of the BoP's charter. We are also watching legislation that will affect the number of state hospital beds available and will shorten the stay of psychiatric patients in emergency departments while awaiting a psychiatric bed.

In Virginia where much of the legislature's interest focuses on easing the traffic gridlock of Northern Virginia, we were defeated in our attempt to gain passage of the dual endorsement legislation. This bill would have ensured that out of network physicians would receive payment for medical care by requiring the signatures of both patient and physician on a check to a patient from an insurance company. We were successful in quashing legislation that would have forbidden psychiatrists or other mental health professionals who treat children from asking a parent or guardian if firearms are present in the child's home. We continue to support funding increases for community inpatient and outpatient services.

In the District of Columbia, WPS members continue to advocate for the needs of children in the public sector by examining the resources available and considering their adequacy. WPS members testified before the City Council's Health Committee on February 26 at the Committee's Oversight Hearing for the Department of Mental Health. WPS is also concerned about recom-

mendations from the Committee that atypical antidepressants will be removed from the city's formulary in favor of first generation pharmaceuticals which, though cheaper, have been shown to garner lower compliance rates from patients. WPS is pleased to note that Robert Keisling, MD, FAPA and Unity Healthcare have taken over mental health services at the DC jail. ■



Announcements

"The Special Reality of the Analytic Situation" will be presented April 28, 2007 at the Baltimore Washington Center for Psychoanalysis, from 5:00 – 6:30 p.m. Lawrence Levenson, MD will lead the seminar. For more information see <<http://www.bwanalysis.org/>>www.bwanalysis.org or call 301-470-3635 or 410-792-8060.

Ann A. Bahrani, MD a Board Certified psychiatrist and Life Member of APA recently moved to North Virginia from California to be near family members and old friends. Dr. Bahrani took her psychiatry training in Cincinnati Ohio. She is accepting patients for general adult psychiatry at 7501 Little River Turnpike Suite 302, Annandale VA 22003 Tel 703-256-3393 ■

Positions Available

The Fairfax-Falls Church CSB is looking for psychiatrists and psychiatric nurse practitioners to work in our progressive county mental health services. We will have vacancies, both FT and PT, in our emergency services and in our adult outpatient programs. We are also recruiting for FT or PT Child and Adolescent Psychiatrists. Please contact Dr. Colton Hand 703-207-7831

PART TIME POSITION

PSYCHIATRIST needed to see patients for med management and evaluations. Office midway between DC and Annapolis. Fax CV to 301-262-3909 and then call 301-262-5203.

The Department of Psychiatry and Behavioral Sciences at The George Washington University Medical Faculty Associates

, an independent nonprofit clinical practice group affiliated with The George Washington University, is seeking a psychiatrist for a full time appointment to begin July 2007. This academic hospitalist position will include: 1) attending on the GWU Hospital inpatient psychiatric unit; 2) outpatient clinical work; 3) opportunities for additional medical student and resident education and clinical research.

Basic Qualifications: Applicants must be license eligible in the District of Columbia and be Board Certified or Board Eligible in General Psychiatry. Academic rank and salary will be commensurate with qualifications. Review of applications begins March 2, 2007, and will continue until the position is filled.

Application procedure: To be considered, interested applicants should send a letter of interest, curriculum

vitae and two letters of recommendation to: Jeffrey S. Akman, MD
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The Department of Psychiatry and Behavioral Sciences at The George Washington University Medical Faculty Associates

, an independent non-profit clinical practice group affiliated with The George Washington University, is seeking a psychiatrist for a full time appointment to begin July 2007. The position will include participation in the department's adult outpatient psychiatry division and Clinical Psychiatric Research Center.

Basic Qualifications: Applicants must be license eligible in the District of Columbia and be Board Certified or Board Eligible in General Psychiatry. Academic rank and salary will be commensurate with qualifications.

Preferred Qualifications: Previous service as Administrative Chief Resident. Demonstrated interest or specific expertise in addiction psychiatry. Applicants should allow the Search Committee to contact their training director or more recent mentors for reference. Review of applications begins March 2, 2007, and will continue until the position is filled. Application procedure: To be considered, interested applicants should send a letter of interest, curriculum vitae and two letters of

recommendation to: Jeffrey S. Akman, MD
Leon Yochelson Professor & Chair
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WPS Disaster Response Committee Urges DC to Drop Barriers to Effective Mental Health Response

By Julia Frank, MD, Chair, WPS Disaster Response Committee

The WPS Disaster Response committee met on Jan 9, 2007 and decided to work on three projects:

a paper for the DC city council health committee urging administrative changes that would remove some existing administrative barriers to effective mental health response in disasters

a workshop or symposium for the APA meeting in DC in 2008

a submission for the World Association of Social Psychiatry (due April, 2007, for meeting in October).

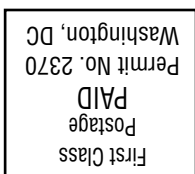
The committee also endorsed the request of Caroline Schon, MD, President-elect of the Child and Adolescent Psychiatry Society

of Greater Washington that WPS support and promote their upcoming conference, March 17, at the Uniformed Services Health Sciences Center on topics related to the community response to trauma.

The committee welcomes input from WPS members for the position paper. The barriers already identified include 1) the two week expiration of credentialing and liability protection offered under mayoral declared emergencies 2) non portability of Medicaid 3) lack of procedures to have reciprocity of licensure between DC, Maryland and Virginia, in an emergency or its aftermath 4) absence of psychotropic drugs from the national emergency stockpile. The plan is also to send the paper to our representatives and friends

in Congress, as these are both local and national/federal issues. We hope to have both input and support from other agencies and groups such as the Medical Society of the District of Columbia, the Maryland Psychiatric Society, the District of Columbia Hospital Association and the National Alliance on Mental Illness before submitting this, to make it more broadly representative.

The committee welcomes new members, including those who would like to add to either of the meeting submissions described above. Committee members are Julia Frank, MD, Erminia Scarcella, MD. Catherine May, MD and Enrico Suardi, MD. We will meet next on March 12, at 6:30 p.m. at PIW. ■



THE WASHINGTON PSYCHIATRIC SOCIETY

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Boyce, VA 22620-0055
www.dcpsh.org

