



WPS e-NEWS

January 2015 Issue

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Steven Epstein, MD FAPA
President

Welcome to the January 2015 edition of WPS e-News, a publication of the Washington Psychiatric Society. Our intent is to provide members with important news and notices in an easy to read format. **We welcome your submissions. Please send all notices to enews@dcpsych.org.** This publication may also be found online in PDF format for printing at <http://www.dcpsych.org>.

Get Involved in WPS:

One way to build professional relationships, learn new skills, and make a difference in your profession is to become involved in WPS. Opportunities range from writing articles, to assisting with events, being a mentor, serving on a task force, helping with elections, serving on a committee and more. Tell us what your interests are: [CLICK HERE](#)

WPS EVENTS!

WPS January CME Salon - *Marijuana, Medical and Otherwise: An Update on Clinical and Legal Issues*

By popular demand, George Kolodner, MD, DLFAPA, will speak at a second salon on this topic in January. Marijuana is one of the most ancient substances and yet much of what has been learned about it over the years has been forgotten. Now that interest in its effects and uses has increased, a review of the subject is timely.

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Topic: Marijuana, Medical and Otherwise: An Update on Clinical and Legal Issues

Date: Sunday, January 25, 2015, 3:00-5:30 PM

Location: Member residence, Clarksburg MD (address provided upon registration)

Speaker: Dr. George Kolodner, MD, Medical Director, The Kolmac Clinic

Cost: \$35

CME: CME: 2 AMA PRA Category 1 Credits™

Register by [CLICKING HERE](#) or view all events at www.dcpsych.org under Events - Master Calendar.

This activity is jointly sponsored by the American Psychiatric Association and the Washington Psychiatric Society. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and Washington Psychiatric Association. The APA is accredited by the ACCME to provide continuing medical education for physicians. The American Psychiatric Association designates this live activity for a maximum of 2 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

CME UPDATE - JANUARY 2015

The CME Committee continues to be very, busy hosting and planning events. Our salon on Sunday, December 7th with Dr. George Kolodner, our local metropolitan DC addictions expert, discussed the very hot topic of marijuana, the legal implications as well as the research and medical uses. This was so popular, he has agreed to repeat it at another salon on January 25th from 3-5:30 PM. Please register online to attend. Remember, once you sign up, you will be charged for the CME.

The pieces are being assembled to have an exciting winter symposium on International Psychiatry. Peter Kowalski MD, a psychiatrist who has established a mental health program at a tropical disease clinic in Haiti, will be presenting his work at the WPS Winter Symposium on

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International Psychiatry. Dr. Kowalski initiated this project around the time of the 2010 Haitian earthquake. The clinic primarily serves as a research and treatment center for lymphatic filariasis (LF), more commonly known as elephantiasis. LF is an extremely debilitating condition that leads many of its victims to suffer anxiety and depression from social isolation and rejection because of physical appearance, loss of function at work, and the effects of living with a chronic medical illness. The mental health project has been designed to integrate psychiatry into the medical care of the LF patients and others who receive treatment at the clinic. In an effort to provide ongoing psychiatric care for the patients, a Haitian mental health care provider has recently joined the staff of the clinic and is receiving weekly supervision via videoconferencing and periodic in-person meetings with a psychiatrist. Many of our members have had experiences working overseas that they are eager to share with us. Dr. Catherine May has also agreed to share her international experiences along with several other local psychiatrists who have worked in various venues around the world. The symposium is being planned for Saturday, Feb. 28th at the beautiful Chevy Chase Country Club. Stay tuned for more details and make sure you join us.

The Presidential Symposium, chaired by Dr. Steven Epstein, our current WPS president, will be held Saturday, April 11th at Suburban Hospital auditorium on the important and timely topic of Integrated Care. The current APA President, Dr. Paul Summergrad will be speaking on this subject that he has identified as his theme. In addition, Dr. Carol Alter, a local member, will be talking about her work on treating depression in local medical clinics, and Dr. Anita Everett, a Community Psychiatrist at Johns Hopkins will be discussing her work on integrating psychiatric care in medical clinics in Baltimore. It promises to be a very exciting symposium, so make sure to sign up early.

We are already starting to plan our fall symposium for September, which hopefully will be a very exciting discussion on medical ethics and psychiatric care, spear-headed by Dr. Catherin May, our Ethics Chair, with many local experts on psychiatry and medical ethics. I promise this will be another exciting and state of the art presentation. We will let you know as soon as we have it scheduled in September.

Please sign up and plan to attend our exciting programs, for your own education and CME credits, but also for a great opportunity to socialize with colleagues. If you have a space to host a salon in your home or building, please let us know. If you have ideas for speakers or topics, or you want to serve

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WPS Committee Liaison

on the committee, please let us know. Members are I, Dr. Beth Morrison, Dr. Bill Lawson, Dr. Valerie Buyse, Dr. Jessica Brown, and Dr. Joe Collins, with the extremely competent Chris Cotter as our staff.

Dan Hicks

APA NEWS

[CLICK HERE FOR THE APA DECEMBER NEWSLETTER](#)

Just Published! Study Guide to DSM-5(R)

Featured!

Study Guide to DSM-5®

Edited by [Laura Weiss Roberts, M.D., M.A.](#), and [Alan K. Louie, M.D.](#)

2015

552 pages

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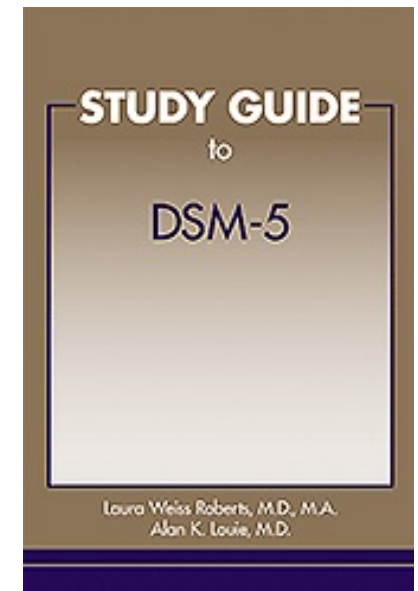
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For more information or to place an order [CLICK HERE.](#)

NEW! BOTOX FOR DEPRESSION CLINIC!

Psychiatry and Behavioral Sciences is pleased to announce the opening of our Botox for Depression Clinic. Our psychiatrists have been trained in this procedure under a pioneer in the field, and are available to provide Botox injections for patients experiencing symptoms of depression.

Botox is a novel treatment for depression with accumulating evidence for its efficacy. Our understanding of its mechanism of action begins with the principle that communication between the



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brain and the muscles of facial expression flows in both directions. Contraction of the corrugator muscles that create two vertical lines between the eyebrows and is associated with a depressed affect stimulates the amygdala and other neural structures associated with depression. Double blind clinical trials have shown that treating these muscles with Botox results in outcomes that are superior to placebo, with an effect size that is similar to antidepressants. The advantages of Botox are 1) The mechanism is different from medication, and therefore might help people who haven't responded to antidepressants, 2) patients are spared the side effects that go along with antidepressant medication, and 3) treatment is given every 3-6 months, which may be more convenient and easier to adhere to than taking a pill everyday.

For more information contact:

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NEW HANDBOOK FOR THERAPISTS

Integrative Mental Health Care

A Therapist's Handbook

Paperback

January 2015

ISBN 978-0-393-71061-8

5.7 × 9 in / 384 pages

For more information or to order [CLICK HERE](#)

