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Welcome to the May 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@dcpsoch.org. This publication may also be found online in PDF format for printing at <http://www.dcpsoch.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!

Saturday, April 25 2015
WPS / APA - Media Training Program
1:00-2:30
Cost \$30.00
Suburban Hospital
8600 Old Georgetown Road
Bethesda, Maryland
Presenter Glenn O'Neal, APA Director, Office of Corporate Communications and Public Affairs

[REGISTER HERE](#)

WPS Announces 2015 Award Winners

The Washington Psychiatric Society is pleased announced the 2015 Awards recipients. A big thank you to Dr. Joe Collins and the Awards Committee for their service and diligence,

- Wellstone Award – Senator Ben Cardin, Maryland
- Psychiatrist of the Year- George Kolodner, MD, DLFAPA
- Resident of the Year- Miguel Alampay, MD
- Distinguished Service Award – Robert Johnson, MD, DFAPA
- Community Service Award – Erminia Scarcella, MD, DLFAPA
- Lifetime Service Award – Eliot Sorel, MD, DLFAPA
- Lifetime Service Award – Harold Eist, MD, DLFAPA
- Special Service to WPS – Doralee Billings
- Past-President's Award- Gary Soverow, DLFAPA

The awards will be presented at the Annual Awards Dinner on April 30 at the Columbia Country Club.

For event details and online registration, go to the WPS Website at www.dcpsoch.org.

Note: The WPS Annual Meeting will be held at 5:45 p.m. prior to the Awards Dinner.

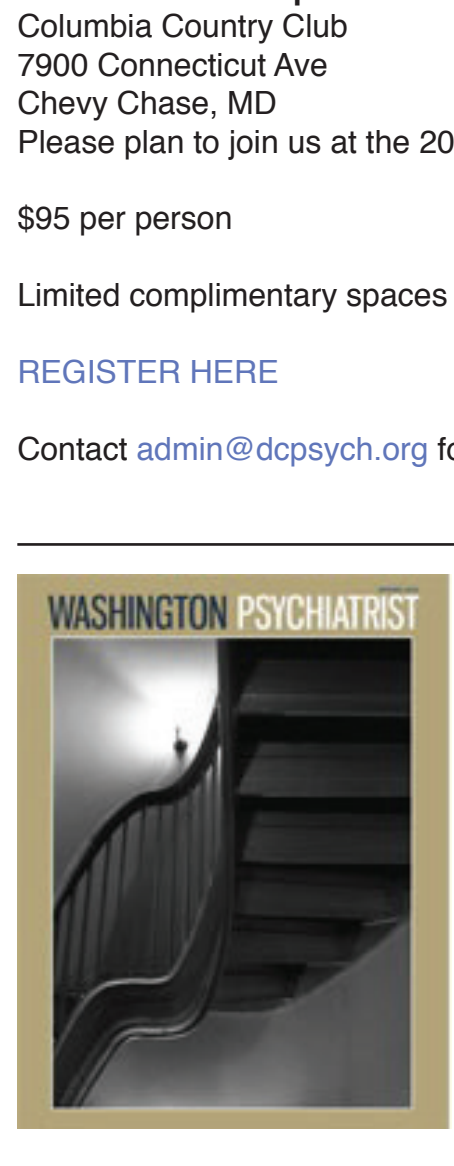
Thursday, April 30, 2015
WPS Awards Banquet
Columbia Country Club
7900 Connecticut Ave
Chevy Chase, MD
Please plan to join us at the 2015 WPS Awards Dinner on April 30. Awards will be presented to WPS members and associates.

\$95 per person

Limited complimentary spaces for Resident Fellow Members

[REGISTER HERE](#)

Contact admin@dcpsoch.org for more information



Washington Psychiatrist, your APA-award-winning quarterly electronic magazine, is seeking articles for the fall 2015 issue and beyond. Please email your contributions for consideration to gpperman@gmail.com.

Consult the Editorial Policy in a recent issue of WP at www.dcpsoch.org for details about contributions to WP. Contact me anytime with questions.

Thank you.
Cordial best regards,
Gerald P. Perman, M.D., DLFAPA
gpperman@gmail.com

The Senior Psychiatrist



Did you know that if you are a Life member of APA you qualify to join the Senior Psychiatrists, Inc.? This group was formerly called the APA Lifers, but is now a separate 501(c)3 organization and is an APA Allied Organization, with representation on the APA Assembly. The Senior Psychiatrists, Inc. have just launched a new digital magazine, *The Senior Psychiatrist*. The group will be hosting two educational programs at APA in Toronto, as well as a membership reception and business meeting. Sound interesting? Dues for your first year of membership are FREE (regularly \$50) and are good for one full year from the date you join. To find out more, go to <http://www.seniopsych.org>.

[Click to browse magazine online](#)
[Click to download pdf of magazine](#)

AMERICAN PSYCHIATRIC ASSOCIATION

1000 WILSON BOULEVARD, SUITE 1825, ARLINGTON, VA 22209

*** MEDIA ADVISORY ***

APA Annual Meeting in Toronto to Feature Latest Research on Mental Health and Substance Use

WHAT: The American Psychiatric Association's 2015 Annual Meeting features top experts and researchers in psychiatry, presenting timely research and clinical updates. Sessions will include breaking news about adolescents and alcohol use, a symposium on marijuana policy and treatment, new research on alcohol use and eating disorders following bariatric surgery, panels on the growing use of telepsychiatry and a session on gun violence and mental illness.

The theme of this year's meeting is "Psychiatry: Integrating Body and Mind, Heart and Soul," reflecting the interconnections between psychiatric and other medical conditions. Key sessions for media include:

Opening Session: Sunday, May 17, 4:30-5:30 p.m. ET
A Special Conversation: Sunday, May 17, 5:30 p.m. Discussion with Helen S. Mayberg, M.D., the Hon. Patrick Kennedy and APA President Paul Summergrad, M.D., on new treatments for depression, mental health advocacy and how we speak about mental illness.

Opening Media Briefing: Saturday, May 16, 8 a.m. to 9 a.m.
Research Media Briefing: Sunday, May 17, noon to 1 p.m. (tentative)

WHO: Leading experts in psychiatry, mental health and substance use disorders will be in Toronto to present new research and talk about advances in the field, including:

- Paul Summergrad, M.D.,** APA President
- Renée Binder, M.D.,** APA President-elect
- Philip R. Muskin, M.D.,** Annual Meeting Scientific Program Chair
- Saul Levin, M.D., M.P.A.,** APA CEO and Medical Director
- George Koob, Ph.D.,** Director, National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- Scott L. Rauch, M.D.,** President and Psychiatrist in Chief, McLean Hospital; Professor, Harvard Medical School
- Anne E. Becker, M.D., Ph.D.,** Vice Chair, Department of Global Health & Social Medicine, Harvard Medical School
- Moshe Szyf, Ph.D.,** founding Co-director, Sackler Institute for Epigenetics and Psychobiology, McGill University
- Karl Deisseroth, M.D., Ph.D.,** Professor Bioengineering and Psychiatry, Stanford University
- Philip G. Haydon, BSc., Ph.D.,** Chair of Neuroscience, Tufts University School of Medicine

WHEN/WHERE: The meeting will run from Saturday, May 16 to Wednesday, May 20 in Toronto at the Toronto Convention Centre. For more information see the APA Annual Meeting site and the preliminary Program Guide.

TO REGISTER: Credentialed media can register through [online advanced registration](#) for journalists. Contact APA at press@psych.org or 703-907-8640.

The Onsite Meeting Press Room, Toronto Convention Centre, Room 501 – Park View A, South Building, will be open Friday, May 15, from 3 p.m. to 5 p.m.; Saturday to Tuesday, May 16-19, from 8 a.m. to 5 p.m.; and Wednesday, May 20, from 8 a.m. to 3 p.m.

Join the conversation at #APAAM2015.

APA Area 3 Trustee Report: December Board of Trustees meeting

The APA Board of Trustees met March 13-14, 2015.

Notes on Key Decisions

Board Ad Hoc Work Group on Strategic Planning

The Board, acting on the recommendation of the Ad Hoc Work Group on Strategic Planning, adopted a five-year strategic plan for the APA that focuses on the integration of psychiatry into all care settings and support for our members in this transition, education, research, and diversity.

The Board also supported the recommendation for renewed support for advocacy and communications. The Board said its goal was to determine how best to meet the challenges and opportunities ahead, internally and externally, and have a multi-year focus. The adopted plan was informed by the most extensive all-member survey in APA's recent history, which drew over 2,200 member responses... [Click here for the rest of the report](#)

NEWS RELEASE

AMERICAN PSYCHIATRIC ASSOCIATION

1000 WILSON BOULEVARD, SUITE 1825, ARLINGTON, VA 22209

Latest Research on Suicide, Mental Health Impact of Terrorism, and Substance Use Among College Students to Be Featured at APA's Annual Meeting in Toronto

ARLINGTON, Va. – The American Psychiatric Association's 168th Annual Meeting will feature innovative, thought-provoking research from around the world on topics such as **suicide risk factors in the ER, effects of exposure to terrorism, and substance use among college students.**

The event, the world's largest psychiatric meeting, will run Saturday, May 16, to Wednesday, May 20, 2015, in Toronto, Canada, at the Metro Toronto Convention Centre. In addition to the hundreds of workshops, symposia, and lectures, new research will be presented in a series of poster sessions.

New research posters will address a wide range of topics. Among them:
Identifying suicide risk factors in emergency rooms
Understanding recruitment and ideology in radical extremism
Mental health effects of lack of natural light exposure in workplaces
New approaches to reducing substance use among college students
Long-term mental health impact of exposure to terrorism
Impact of spirituality on cancer survivors

APA will host two press briefings at the Metro Toronto Convention Centre in Room 709, South Building.
Opening Press Briefing – Saturday, May 16, 8 a.m. to 9 a.m. Presenters will include APA President Paul Summergrad, M.D.; APA President-elect Renée Binder, M.D.; Scientific Program Chair Philip R. Muskin, M.D.; **George Koob, Ph.D.**, director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA); and APA CEO and Medical Director Saul Levin, M.D., M.P.A.

New Research Press Briefing – Monday, May 18, 12:30 p.m. to 1:30 p.m. The briefing will be hosted by Jeffrey Borenstein, M.D., Psychiatric News Editor in Chief, and will feature presentations on new research.

The On-Site Meeting Press Room will be open Friday, May 15, from 3 p.m. to 5 p.m.; Saturday to Tuesday, May 16 to 19, from 8 a.m. to 5 p.m.; and Wednesday, May 20, from 8 a.m. to 3 p.m.

[Online advanced registration](#) for journalists is open. For information on the program and the meeting, see the [APA Annual Meeting site](#).

Follow @APAPsychiatric and hashtag #APAAM15 to find out the latest Annual Meeting news.

“Like” [American Psychiatric Association](#) on Facebook to receive Annual Meeting updates.

The American Psychiatric Association is a national medical specialty society representing more than 36,000 physician members specializing in diagnosis, treatment, prevention, and research of mental illnesses including substance use disorders. Visit the APA at www.psychiatry.org.

MEMBERS IN THE NEWS!

Several members of the WPS including Dr. Eliot Sorel and Patricia H. Troy, IOM, CAE, WPS Executive Director will be presenting at the WPA 2015 Bucharest International Congress -June 24-27.

All WPS members are invited to join Dr. Sorel at this historic congress at the Palace of Parliament in Bucharest Romania in June 24-27, 2015.

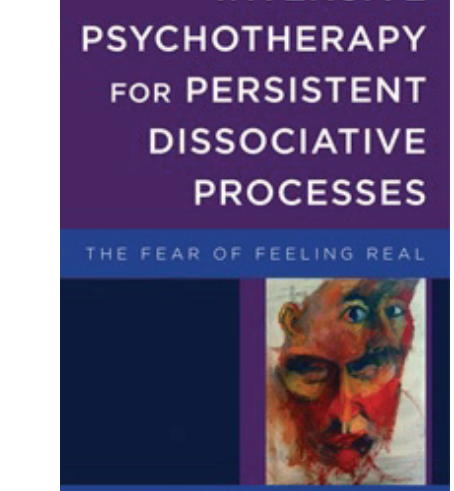
[Download more information here.](#)



8 Keys to Practicing Mindfulness
Practical Strategies for Emotional Health and Well-being
Retail \$19.95

Learning how to pay attention to the present moment. Becoming mindful is about the small, everyday things such as pausing to take a breath before you drive off in a hurry or considering the food that will nourish your body as before a meal. Or it can mean checking in with yourself before responding to a challenging email or text.

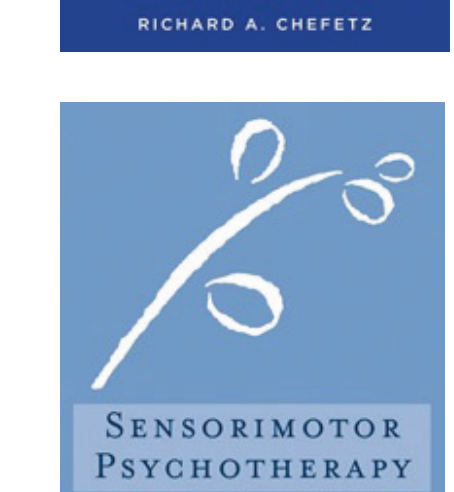
[More information or to order](#)



Intensive Psychotherapy for Persistent Dissociative Processes
The Fear of Feeling Real

Retail \$42.50
What really happens in dissociation. Dissociative processes have long burdened trauma survivors with the dilemma of longing to feel “real” at the same time as they desperately want to avoid the pain that comes with that healing—a dilemma that often presents particular acute difficulties for healing professionals. Recent clinical and neurobiological research sheds some light into the dark corners of a mind undergoing persistent dissociation, but its integration into the practice of talking therapy has never, until now, been fully realized.

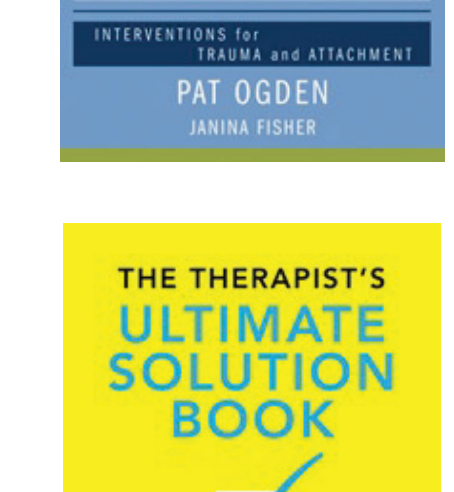
[More information or to order](#)



Sensorimotor Psychotherapy Interventions for Trauma and Attachment

Retail \$47.50
A book for clinicians and clients to use together that explains key concepts of body psychotherapy. The body's intelligence is largely an untapped resource in psychotherapy, yet the story told by the “somatic narrative”—gesture, posture, prosody, facial expressions, eye gaze, and movement -- is arguably more significant than the story told by the words. The language of the body communicates implicit meanings and reveals the legacy of trauma and of early or forgotten dynamics with attachment figures. To omit the body as a target of therapeutic action is an unfortunate oversight that deprives clients of a vital avenue of self-knowledge and change.

[More information or to order](#)



The Therapist's Ultimate Solution Book
Essential Strategies, Tips & Tools to Empower Your Clients
Retail \$34.95

Simple psychoeducational strategies to keep clients on track during and in-between sessions. Clients go to therapy wanting to change, but often they have no inherent knowledge of how to change. It's up to the therapist to build a well-stocked toolkit of clinical and psychoeducational strategies. This book answers the call, delivering an array of basic “solutions”—in the form of handouts, worksheets, exercises, quizzes, mini-lessons, and visualizations—to use with your clients and tailor to fit their needs.

[More information or to order](#)

NORTON MENTAL HEALTH COMPLETE CATALOG 2015

CLASSIFIEDS

PSYCHIATRISTS NEEDED:
Psychiatric practice opportunity in Wash. Metro. Area. Contractual psychiatric Positions are available for part time, full time and week end inpatient practice. If you are licensed to practice in the State of Maryland and interested in working with dedicated Mental Health professionals and enjoying in using your psychiatric skills attending to the most deserved psychiatric patients, Please send your C.V. to : P.O. Box 1855 5242 Port Royal Road Springfield VA 22151. For further inquiry please call: 703-888-6680

PSYCHIATRISTS NEEDED:
PT adult Psychiatrist needed for busy mental health practice in NW DC. Hours needed are evenings and Saturdays. Primary role is medication management working collaboratively in a multidisciplinary practice focused on treating anxiety/depression; addictions background a plus. Practice is fee for service with extensive administrative support and collegial atmosphere. Send resume to Beth Salcedo, MD at bsalcedo@rosscenter.com