



# WPS e-NEWS

December 2015 Issue

**CONTENTS:**

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Welcome to the December 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](mailto:enews@dcpsych.org).** This publication may also be found online in PDF format for printing at <http://www.dcpso.org>.

**UPCOMING FOR WPS**

**WPS: Get Involved!**

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**Assembly Meeting Report**

**Upcoming WPS Events**

**Washington Psychiatrist**

**Annual Career, Leadership and Mentorship & DC Chapter of WPS Holiday Party 2015**

**Senior Psych Mag**

Thursday, December 3, 2015  
7:15 pm-9:15 pm

**APA Notes For DBAs**

**New Books!  
ACoPsa Virtual Rounds**

The Colonnade  
2801 New Mexico Avenue NW  
Washington, DC  
Appetizers

**Classifieds**

Program: This program is a presentation by Constance Dunlap, MD, DFAPA (WPS President) and Miguel Alampay, MD, about their experiences presenting at the World Psychiatric Association 2015 International Congress in Bucharest, Romania.

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**WPS OFFICERS AND DIRECTORS**

[CLICK HERE FOR MORE INFORMATION](#)

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DFAPA  
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[REGISTER ONLINE HERE](#)

Joseph Collins

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#### **AT-LARGE Representatives**

**Dr. Farooq Mohyuddin**

**Ashley Cesar, MD**  
Resident Fellow Member Representative

## **Save the Date!**

WPS Presidential Symposium on Violence

Violence Risk Reduction and Psychiatry  
- Tools for Clinical Practice and More

Saturday, February 27, 2016  
8:30 a.m. - 3:30 p.m. (includes light breakfast and lunch)  
Saint Elizabeths Hospital Auditorium  
1100 Alabama Ave SE  
Washington, DC 20032

Our six speakers will present the following:  
Colonel Elspeth Ritchie, MD, *Veterans and Suicide*

James Merikangas, MD, *Neuropsychiatric Aspects of Violence*

Liza Gold, MD, *Suicide and Firearms: Risk Assessment and Intervention*

Carl Bell, MD, *Gun Violence, Urban Youth, and Mental Illness*  
Leslie Weisman, LCSW and Capt. Brian Berke, *Creating Mental Health and Law Enforcement Partnerships – Use of Crisis Intervention Team Training and the Sequential Intercept Model*

Please bring a government-issued identification card for entry into Saint Elizabeths, which is located on the Metro Green Line.

*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Washington Psychiatric Society, and the American Psychiatric Association.*

*The American Psychiatric Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychiatric Association designates this Live Activity for a maximum of 5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

*The Washington Center for Psychoanalysis is pleased to co-sponsor this WPS program and provide continuing education credits for psychologists, social workers, and LPCs Continuing Education – Psychology.*

*The Washington Center for Psychoanalysis, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. The Washington Center for Psychoanalysis, Inc. maintains responsibility for the program and its content and offers 1 credit hour per hour for this activity. Continuing Education – Professional Counselors. Washington Center for Psychoanalysis credits can be submitted to Maryland, DC, and Virginia licensing agencies for the purpose of re-licensure.*

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#### **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](#)

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#### **Assembly Meeting Report**

--Roger Peele,  
WPS Assembly Representative

From 30 October to noon, 1 November, the Assembly held its 2015 Fall Meeting. The following WPS Members were among the two hundred or so who attended:

Connie Dunlap, MD  
Tristan Gorrindo, MD  
Saul Levin, MD, MPA

Zayan Zhang, MD  
Resident Fellow Member  
Representative

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ECP Case Conference  
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CAE  
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WPS Committee Liaison

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PSYCHIATRISTS'  
PROGRAM.



Beth Morrison, MD  
Roger Peele, MD  
Rich Ratner, MD  
Carolyn Robinowitz, MD  
Eliot Sorel, MD

The Assembly voted on about thirty motions, and eight that were probably of most interest to WPS members were:

1] That the APA engage CMS to find a mechanism to pay for prescriptions ordered by psychiatrists who do not participate in Medicaid as well as pursue this issue more generally. This would include a state-by-state effort.

2] Approved the Guideline on the use of antipsychotics to treat agitation or psychosis in patients with dementia.

3] That the APA should explore with other major medical organizations whether medical organizations should advocate that clinicians be reimbursed for time spent obtaining prior authorization [WPS motion].

4] That the APA encourage residency training programs to improve access to buprenorphine training.

5] That the APA support equality in the number of years of ACGME-accredited training programs required for IMGs and US medical grads for the purpose of obtaining permanent medical licensure.

6] That the APA form a workgroup for the purpose of developing an electronic clinical decision support product that leverages the information and knowledge within the APA's Practice Guidelines and other guides [somewhat limited by the lack of guidelines].

7] That the election of Assembly officers be based on each voting member have one vote [had been weighted with District Branch reps often having hundred of "votes"].

8] The present Bylaws limit number of nominations for Area Trustee to two. Motion passed that Nominating Committee can nominate more than two candidates [WPS motion]

Assembly carefully reviewed about a dozen position statements to check for currency and voted to re-approved them with almost no changes in them.

Other notes from this Assembly meeting.

Steve Sharfstein received the Courage Award for resisting efforts by the Department of Defense to involve the APA in the interrogations of prisoners at Guantanamo during his APA Presidency. His work has very well served the American Psychiatric Association reputation.

The Career, Leadership, and Mentorship program [Founder, Sorel] heard a presentation by Miguel Alampay on "Using Might to Make Things Right."

Carolyn Robinowitz, APA AMA's Senior Delegate reported that many psychiatrists occupy leadership roles in APA's governance. We are especially pleased to see Patrice A Harris [Georgia] become the Chair-elect of the AMA Board of Trustees.

APA is developing a toolkit on scope-of-practice issues.

Two parity lawsuits continue where it is felt psychiatry is not being treated the same as other medical specialties.

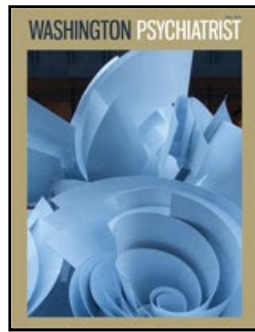
Total membership has increased about 1 percent over the past year even though there has been a decrease in the number of International Members. In general, Membership has steadily climbed since Levin became APA CEO.

The next Assembly meeting will be in mid-May. WPS Members who have issues they would like to see the Assembly address in May should bring them to the attention of one of WPS's Assembly Representatives, Beth Morrison, Roger Peele, or Eliot Sorel. Please do so soon, as it takes a while to clear the hurdles of Action Paper approval. WPS has set the agenda of the Assembly more than any

of the other 74 District Branches over the past forty years, and we would like to continue that in 2016.

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### Fall Edition Now Online!

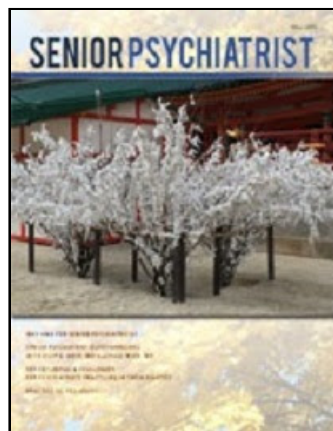


**WASHINGTON PSYCHIATRIST**, your APA-award-winning quarterly electronic magazine, is published four times a year and **NEEDS YOUR CONTRIBUTIONS!** Please send articles for consideration to [gpperman@gmail.com](mailto:gpperman@gmail.com). You can find the Editorial Policy toward the back of each issue. Thank you.

Contact me anytime with questions.

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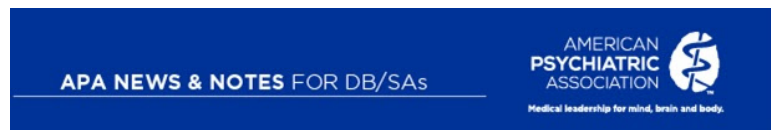
### The Senior Psychiatrist



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 as 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.seniropsych.org>.

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### News and Notes for APA District Branches/State Associations

November 2015

*This monthly newsletter is prepared by APA's Communications Team as a benefit for our District Branches and State Associations. Feel free to share the articles below in your own newsletter. If you have any questions, please contact James Carty at [jcarty@psych.org](mailto:jcarty@psych.org) or 703-907-8693.*

*Want to keep up with APA in between newsletters? Connect with us on [Facebook](#), [Twitter](#) (@APAPsychiatric) and [LinkedIn](#) for the latest news and updates.*

### What's New at the APA

- APA's State Advocacy Leadership Conference took place in Florida Oct.23-25. Representatives from district branches and state associations came together to discuss state legislation relevant to the field of psychiatry and parity for mental health care.
- On Oct. 7, APA President Renee Binder, M.D., participated in a panel discussion on comprehensive mental health reform hosted by the National Journal. Rep. Tim Murphy and

- Sen. Chris Murphy also spoke at the event. Watch a recording of the discussion [here](#).
- The APA Assembly met in Washington, D.C., Oct. 30-Nov. 1.
  - APA organized a congressional briefing on mental illness and prisons, which took place Oct. 29 and included remarks from APA President Renee Binder, M.D. Dr. Binder was joined on the panel by Mary Ann Borgeson, Chair of the Douglas County Board of Commissioners in Nebraska; Rich Stanek, Sherriff of Hennepin County in Minnesota; Robert Trestman, M.D., Ph.D, a Professor of Medicine and Psychiatry at the University of Connecticut Health Center and the Executive Director of Correctional Managed Health Care; and Ron Honberg, National Director for Policy and Legal Affairs at NAMI. You can read Dr. Binder's blog post on the event [here](#).

#### **Mark Your Calendar**

- Mental Health Awareness Observances—November
  - National Alzheimer's Awareness Month
  - Mental Health Wellness Week (Nov. 8-14)
  - Great American Smokeout (Nov. 20)
  - International Survivors of Suicide Loss Day (Nov. 21)
  - Nov. 11-14: Academy of Psychosomatic Medicine Meeting – New Orleans
  - Nov. 13-17: AMA Interim Meeting - Atlanta

#### **Briefs For Your Newsletter**

##### **APA Twitter Chat on Holiday Mental Health**

On Thursday, Dec. 3 at 1 p.m., APA will co-host a Twitter chat on Holiday Mental Health with the Association for Behavior Health and Wellness's [Stamp Out Stigma](#) campaign. Seasonal affective disorder, stress and a host of other issues will be covered. Follow the hashtag [#SOSChat](#) to join the conversation.

##### **APA Meetings App Now Available**

APA's new meetings app was rolled out during IPS: The Mental Health Services Conference to great success, and is available now on the Apple App Store and Google Play. The app, developed with help from tech company DoubleDutch, can be used on your phone, tablet and laptop. To download the app, visit [psychiatry.org/app](#).

##### **2016 Membership Dues**

The deadline to pay 2016 Membership dues is Dec. 31, 2015. To renew today, you can pay online, pay by phone at (888) 357-792, or enroll in the scheduled payment plan to pay your dues on the schedule most convenient for you: monthly, quarterly, biannually or annually.

##### **New APA Member Benefit Connects Patients with Psychiatrists**

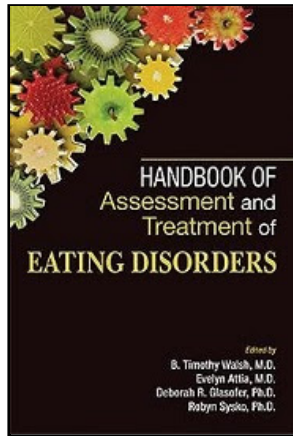
APA has launched a new tool to help patients find and connect with psychiatrists across the United States and Canada – the Find a Psychiatrist database. APA members accepting new patients are invited to opt in to the database by clicking [here](#). If you have questions or need help, please contact APA Customer Service at 1-888-35-PSYCH or email [apa@psych.org](mailto:apa@psych.org).

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Just Published!

**Handbook of Assessment and Treatment of Eating Disorders**  
Edited by B. Timothy Walsh, M.D., Evelyn Attia, M.D., Deborah R. Glasofer, Ph.D., and Robyn Sysko, Ph.D.

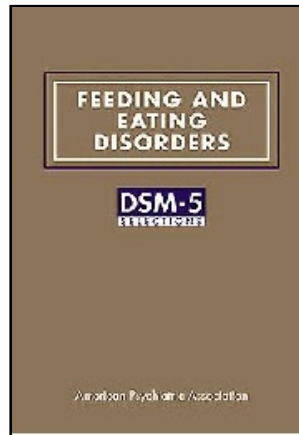


**\$59.00**  
**\$47.20 APA Members**  
**\$44.25 APA Resident-Fellow Members**

Video Illustrated!



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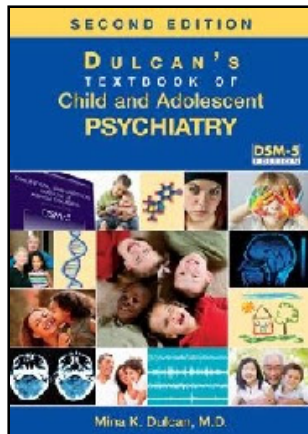
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**Feeding and Eating Disorders**

DSM-5® Selections  
**American Psychiatric Association**

**\$39.00**  
**\$31.20 APA Members**  
**\$29.25 APA Resident-Fellow Members**



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Just Published!  
**Dulcan's Textbook of Child and Adolescent Psychiatry, Second Edition**

Edited by Mina K. Dulcan, M.D.

**\$225.00**  
**\$180.00 APA Members**  
**\$168.75 APA Resident-Fellow Members**



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## Helping Parents and Teachers Understand Medications for Behavioral and Emotional Problems

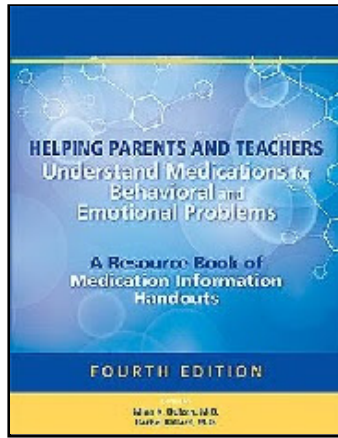
A Resource Book of Medication Information Handouts, Fourth Edition

Edited by Mina K. Dulcan, M.D., and Rachel R. Ballard, M.D.

**\$95.00**  
**\$76.20 APA Members**  
**\$71.25 APA Resident-Fellow Members**

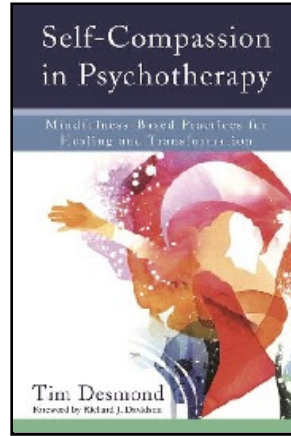






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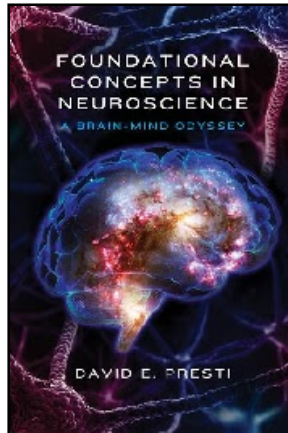
**Self-Compassion in Psychotherapy: Mindfulness-Based Practices for Healing and Transformation**

TIM DESMOND, FOREWORD BY RICHARD J. DAVISON

Hardcover, 256 pages, \$26.95



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**Foundational Concepts in Neuroscience: A Brain-Mind Odyssey**

David E. Presti  
Hardcover, 320 pages, \$37.50



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**American College of Psychoanalysts**

**CLINICAL ENHANCEMENT OF PSYCHODYNAMIC SKILLS:  
PSYCHOTHERAPY VIRTUAL ROUNDS  
For Early Career Psychiatrists**

2 Groups Beginning January, 2016, Total of 8 Sessions

Every Second and Fourth Monday, 8:00 pm to 9:30 pm EST  
and Every Second and Fourth Wednesday, 8:00 pm to 9:30 pm EST

Location: Online.

Cost: No charge (supported by a grant from the Laughlin Fund).

Requirements for Participants: Computer with microphone/camera, high speed internet.

This is a pilot program designed for early career psychiatrists (ECPs) who want to build on the basic competencies they have acquired in residency in order to become proficient psychotherapists with a

variety of cases and to supervise and teach others. It is designed to reach ECPs who don't have ready access to advanced psychotherapy training or consultation.

There is a growing trend towards declining practice of psychotherapy by psychiatrists [1], [2].

The ECP program is part of an overall effort by the American College of Psychoanalysts to "Keep the Psyche in Psychiatry!" To develop psychotherapy skills there is no substitute for experience. The obstacles to the practice of psychotherapy by early career psychiatrists are formidable [3], [4], but we know that with sufficient determination and encouragement they can overcome them. Those who have done so find it a source of satisfaction throughout their psychiatric career.<sup>4,5</sup>

Twice a month, Jessica Brown, MD, FACPsa, based in Washington, DC, and Estelle Bender, MD, FACPsa, based in New York City, will meet by videoconference with a group of six to eight early career psychiatrists (ECPs) with a wide geographic distribution. Discussions will include basic psychodynamic concepts such as Empathy, Listening Deeply, Transference, Countertransference, Defenses. Participants will present case material and engage in peer consultation enriched by the participation of an experienced psychoanalyst.

Contact: Patricia Troy at [410-647-5002](tel:410-647-5002) or [ptroy@nextwavegroup.net](mailto:ptroy@nextwavegroup.net)

[1] Mojtabai, R., & Olfson, M. (2008). National trends in psychotherapy by office-based psychiatrists. *Archives of General Psychiatry*, 65(8), 962-970.

[2] Perry, J., West, J., & Plakun, E. (2012). Why psychiatrists don't do psychotherapy even though it works. Presentation at APA Institute for Psychiatric Services, October 7, 2012, New York.

[3] Clemens, N.A., Plakun, E.M., Lazar, S.G., Mellman, L. (2014). Obstacles to early career psychiatrists practicing psychotherapy. *Psychodynamic Psychiatry*, 42(3):479-496.

[4] Clemens, N.A. (2015). An open letter to early career psychiatrists. *Journal of Psychiatric Practice*, 21(3):214-218

[5] Stevens C.B. (2012). [The dilemma of the rural psychiatrist](#). *Journal of Psychiatric Practice*, 18(5):369-72

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## **CLASSIFIEDS**

### **OFFICE AVAILABLE**

Office available February 2016. Large (20x17 feet) three large windows, east exposure tree shaded. In suite with two MH professionals, shared waiting room and kitchen. Central McLean location. Easy parking. Respond to [mander1907@gmail.com](mailto:mander1907@gmail.com)

Attractive office space [N.Va.](#) (Annandale) avail. in long est. practice. Near major hwys/bus lines; handicapped accessible; large waiting room, fax, wifi, kitchenette etc.; prkg at door. Possible to sublet by day/hour also. Contact: Roger Rothman, LCSW, [703.642.1112](tel:703.642.1112) [Rothmania@aol.com](mailto:Rothmania@aol.com)

### **EMPLOYMENT**

Inova Behavioral Health is expanding and we are looking for new physicians to join our team! Our extensive continuum of care includes an urgent psychiatric and addiction assessment center (IPAC), inpatient psychiatry, inpatient detoxification, partial hospitalization programs (PHP), intensive outpatient programs (IOP), outpatient psychiatric appointments and outpatient counseling services. We are hiring at many of our locations in Northern Virginia, including Fairfax, Falls Church, Ballston, Mount Vernon, and Leesburg.

INOVA offers a generous compensation plan, salary and bonus, as well as a comprehensive benefits package with paid malpractice insurance. Inquires will be handled in strict confidence. Interested candidates should contact Stephanie Woodley, Physician Recruiter at [Stephanie.Woodley@inova.org](mailto:Stephanie.Woodley@inova.org).