



# The GW Psychiatrist

The Newsletter of the George Washington University Department of Psychiatry and Behavioral Sciences

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Editor: Eugene F. Simopoulos, MD

## The Chair's Column, Dr. James Griffith



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THE GEORGE  
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Our psychiatry department is small in size compared to many departments across the country. Yet clarity about our mission to teach, to heal, and to advocate can enable us to shed light far beyond our expected reach. For decades, our GWU Department of Psychiatry and Behavioral Sciences has stood as a beacon for humanism in psychiatry. This tradition of humanistic psychiatry centers psychiatric treatment on a patient as a whole person, including but not limited to treatment of psychiatric disorders. Humanistic psychiatry embraces advocacy for human rights. It learns from the humanities whose poets, musicians, and artists make palpable the fine textures of our patients' lives. Our faculty members both practice and model the skilled use of language, relationships, and medications within complex programs of care.

I have spent recent days completing an article for *Academic Psychiatry* on our clinical neurosciences residency curriculum which has caught the interest of other psychiatry departments for its use of neuroscience research to promote humanistic psychiatry. Sixteen of our most recent 2010-2012 residency graduates provided feedback on contributions of our neurosciences curriculum to their practices after residency. I was surprised at the extent to which our graduates have adapted their neurosciences lectures into psychoeducation programs about schizophrenia, bipolar disorder, or PTSD for their own patients. Specific ways in which they had incorporated their neurosciences education were striking:

- De-escalating agitated patients in an inpatient setting, guided by an understanding of the neurobiology of insecure attachment styles and emotion dysregulation;
- Utilizing social neuroscience of stigmatization to organize discussion of the role of internalized stigma in disclosure of HIV status;
- Using a sociobiological understanding of group behavior to validate experiences of adolescent patients who had been bullied;
- Utilizing an understanding of the neurobiology of mentalization and empathy to help manage one's own countertransferences.

The graduates' average PRITE Exam Somatic Treatments scores rose from 34<sup>th</sup> percentile to 62<sup>nd</sup> percentile nationally ( $p < .001$ ) from prior to implementation to after implementation of the curriculum, indicating that residents are learning well the necessary knowledge base for clinical psychopharmacology.

Fears are sometimes voiced that psychiatrists, too few and too expensive, will recede in importance within our systems of healthcare as other professionals take a greater role in prescribing medications, and all types of mental health professionals are providing psychotherapy. Our GW psychiatry residents, however, learn integrated skill sets for care of both person and disorder that cannot be commoditized for use by less well-trained clinicians. These skill sets are grounded in neurosciences and social sciences research. They are sufficiently effective, portable, and efficient so as to preserve for our graduates a broad scope of practice as humanistic psychiatrists who both care for the person and treat the disorder.

*-Dr. James Griffith*

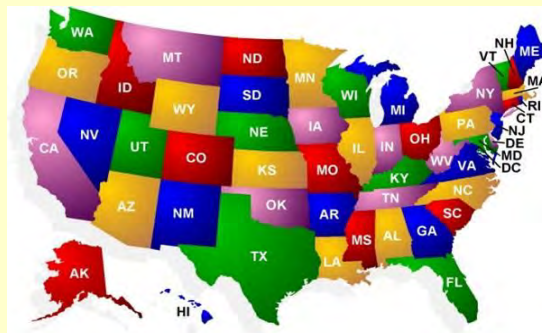
### Message from the Residency Director, Dr. Lisa Catapano



It is with great pleasure that I write this for the inaugural GW Program in Psychiatry newsletter. This will be an opportunity for us to communicate with each other within the program, and a medium for us to share our experiences with the larger professional psychiatric community. This newsletter will highlight the many academic, research, educational and extracurricular happenings and achievements of the residents in our program. Our community is particularly rich with such accomplishments: in addition to the long hours and high quality patient care our residents deliver, we have an unusually high rate of resident publications and a breadth of other professional projects (not to mention extracurriculars such as traveling, perfecting karaoke skills, planning weddings, caring for pets, and having babies).

One of the greatest challenges in psychiatry training is to (start to) learn how to balance caring for patients, furthering one's psychiatric education, and fostering one's own professional and personal growth. These are not mutually exclusive endeavors; on the contrary, the more we develop in one area, the greater capacity we have in all of them, and the better psychiatrists we can become. This is not a challenge that ends with the completion of training; throughout our careers we have to find ways to continue our own education, growth and development, while providing our best care to our patients and attending to our personal lives.

This newsletter celebrates the many professional and personal accomplishments in our Program, from publications to birthdays. Thanks to Dr. Simopoulos, and our many contributors, for bringing this newsletter together, and reminding us of the great many talents that exist in our resident community and how, in continuing to develop and foster them, we become better psychiatrists.



## Who Matched with Us to Start In July 2013?

### **Gathi Abraham**

Mr. Abraham received his B.A. in Psychology from Northwestern University, and an M.P.H. from the Harvard School of Public Health. He will receive his M.D. from Northwestern University Feinberg School of Medicine.

### **Stephanie Cho**

Ms. Cho received her B.S. in Biology from the Massachusetts Institute of Technology, and an M.S. in Biochemistry from Loma Linda University. She will receive her M.D. from Loma Linda University School of Medicine.

### **Ross Goodwin**

Mr. Goodwin received his B.S. in Biomedical Engineering from the University of Virginia. He will receive his M.D. from the University of Virginia School of Medicine.

### **Linda Ojo**

Ms. Ojo received her B.A. in Biology from Binghamton University, and an M.P.H. from Hunter College. She will receive her M.D. from George Washington University School of Medicine.

### **Stefani Reinhold**

Ms. Reinhold received her B.S. in Biology, Medical Humanities and Chemistry from Baylor University, and an M.P.H. from the University of Texas at San Antonio. She will receive her M.D. from the University of Texas School of Medicine at San Antonio.

### **Thomas Bruce Shaver (Bruce)**

Mr. Shaver received his B.A. in History from Stanford University, and an M.A. in the Humanities from Columbia Commonwealth University. He will receive his M.D. from George Washington University School of Medicine.

## Notes from the Chief's Corner



In designing a newsletter for the department, with contributions from both faculty and residents, I am reminded of a quotation from Ralph Waldo Emerson which has always resonated with me: "Do not go where the path may lead, go instead where there is no path and leave a trail." The newsletter, similar to multiple other challenges and opportunities that we as residents confronted and met this year, at times feels like a journey into uncharted waters without a map or compass. Meghan and I can look back at this year, as your administrative chiefs, as a time which felt simultaneously invigorating and trying. Singular challenges faced us all and the correct path to take often seemed poorly-defined. What was unquestionable, however, was the indefatigable spirit that pushed us all forward. We still applied for and matched in fellowships and jobs, witnessed the development of our interns and their transition to becoming physicians, learned a great deal from our PGY-2 and PGY-3s at grand rounds, and published and presented at high, national and international levels. Through a collective effort, we all benefitted from a successful recruitment season, as well.

As I transition to Forensic Psychiatry Fellowship at UVA, I want to express my gratitude for the privilege of serving as co-chief. Whatever the new academic year may bring, Lori is excited to continue the momentum from this year and work with you all to enrich the program even more. Like this year, this will all depend on the residents and your continued dedication to offering feedback. Good luck to all of you on your paths, I hope you all leave your own mark on the trail of residency.

*-Eugene Simopoulos, MD*



As we transform from a city decorated with springtime blooms, to a city full of tourists and time out at the pool, I would like to say a few things about transition. There have been many transitions this year in our department, to include the official naming of Dean Akman, Dr. Catapano taking over as residency director, and Dr Griffith taking over as Interim-Department Chair. We have welcomed Dr Khin Khin to residency administration, and said hello and goodbye to several treasured faculty. Many of the residents know that we have weathered many changes and continue to adapt to changing on-call demands. In my personal life I am being given the opportunity to do Flight Medicine in the Air Force, rather than psychiatry. I have learned that transition is inevitable, and we can choose to embrace the curve-balls of life, or dodge them hoping you don't get a black eye! While Eugene and I have enjoyed our time as chief, and seen it truly as a privilege, we will transition at the end of the year to the new chief, Lori Kels, to whom we wish nothing but the best of luck this coming year! Amidst all these transitions over the past year I have learned so much and been pushed to grow in several areas; and for this opportunity I am grateful. I wanted to thank you all for the opportunity to be one of the Chief Residents this year and have truly enjoyed getting to know each of you. Food for thought: Without the changing of winter into summer we would miss the colorful transition of spring- and what a show this city puts on!

*-Meghan Magley, MD*

## Department News



- After a move to 2120 L Street in August 2012, the Department underwent many excellent administrative changes. **Dr. Jeffrey Akman**, former chair of our Department and Interim Dean of the GW School of Medicine, was officially appointed as permanent Dean of the medical school and vice president of health affairs by Dr. Alan Wasserman, Chairman of the Department of Medicine. Said Dr. Wasserman, "Speaking on behalf of the clinical faculty, we have an enormous amount of confidence in Jeff's ability to lead SMHS at this time. His honesty, openness and overall leadership style have led to the successful transition of the Medical Center, and we look forward to working with him to achieve great things."
- With this transition, **Dr. James Griffith** now officially serves as Interim Chair of the Department, while **Dr. Lisa Catapano** became Residency Director, a change that will enable Dr. Griffith to maintain his focus on resident education and development. We also congratulate **Dr. Lorenzo Norris** in his appointment as full-time director of Medical Services for 6-south, GW Hospital's inpatient psychiatric ward.
- Residents continue to benefit from dynamic changes in the core curriculum at GW, notably through the development of a specific forensic track to learn more about forensic psychiatry. Under the guidance of **Dr. Eindra Khin Khin**, who designed the track, residents can augment knowledge they gain both at Fairfax and GW by rotating at the D.C. Jail and participating in forensic assessments.
- The GW Residency Wellness Program, designed by Dr. Khin Khin, is in full-swing! With Mentoring and Activities serving as the core components, residents and faculty have enjoyed a myriad of experiences, including a course in Yoga, nutrition, Meet-the-Faculty dinners, and a Spring Retreat at the Hendry House. For more information on Resident Wellness, be sure to visit <http://www.gwupsychiatry.org/resident-wellness.html>
- **Dr. Daniel Lieberman** was recently interviewed about social media and terrorist radicalization on CNN, which may be accessed at <http://www.cnn.com/video/#/video/us/2013/05/03/lead-danger-of-self-radicalization-gwu-dan-lieberman.cnn>
- On May 28, the Department will be losing **Jill Jamshidnejad**, our Residency Coordinator for the past 7 years. Jill will be transitioning to become a program manager in the health management field, which will enable her to apply much of her public policy interests. Please thank her for her service, though she will not be too far away in Ballston!

## Department News Cont'd...

- Congratulations to third-year medical student Leslie Tarver, who was awarded the AACAP medical student fellowship to support research on integration of child psychiatry in the pediatric health home.
- Congratulations are in order for Thomas Reed, who will become a first-year medical student at GW in August.

### News from Fairfax:

- **Dr. Wise** will be traveling soon to Bologna, Italy to present a keynote presentation at the Italian Society of Psychosomatic Medicine. His presentation is entitled "**Psychosomatics: Past, Present, and Future.**" Additionally, he will be presenting his book on Psycho-Oncology at the APA in San Francisco.
- Alongside Dr. Norris, Dr. Crosier, and two of this year's incoming C-L fellows at Inova Fairfax, **Dr. Cathy Crone** will be conducting a workshop at the APA on Saturday, May 18<sup>th</sup>, from 9-1030 A.M. The title of the workshop is "**Medical Conditions Mimicking Psychiatric Disorders vs. Psychiatric Disorders Mimicking Medical Conditions: Diagnostic and Treatment Challenges.**"

### In Memoriam:

In October 2012, the department was saddened by news of the death of **Stephen Rosenblum, M.D.** Per Dr. Griffith, "Dr. Rosenblum was the backbone of the psychotherapy training program for our psychiatry residency from 1972, when he first joined our clinical faculty, until his last years. For more than three decades, Dr. Rosenblum served as coordinator of psychotherapy training and was instrumental in developing a formal affiliation between the Washington Psychoanalytic Institute and our department. In our residency, Dr. Rosenblum provided our PGY-II residents with their first psychotherapy seminar each summer, which concluded in the fall with his hand-picked selection of senior psychoanalyst supervisors matched to the residents he had come to know individually during his seminar. Helping PGY-II residents with their first cases was Dr. Rosenblum's mission on our faculty." He is deeply missed!



## Research in the Department

1. In addition to several ongoing projects, Dr. Compton's research team is embarking on three new research studies this spring/summer, each on very different topics. The team welcomes involvement by students, residents, staff, and faculty.
  - The first is a study of food insecurity (i.e., not having adequate financial resources to ensure access to enough food) and its associations with psychological, social, and recovery-related variables among individuals with serious mental illnesses treated in the public-sector mental health system. Funded by an internal grant from the GW Office of the Vice President for Research "Food For Thought" program, this project will collect data from 300 patients with psychotic or mood disorders being treated in four Core Service Agencies (CSAs) in the District (Anchor, Community Connections, Green Door, and McClendon Center). Thomas Reed is managing most aspects of this study and will lead the data collection effort.
  - The second new research project will focus on speech abnormalities among individuals with schizophrenia, studied using software programs that analyze phonetic, semantic, syntactic, and pragmatic domains of linguistics. This study is funded by a new 2-year National Institute of Mental Health (NIMH) "R21" research grant. Beth Broussard is coordinating this project and the team will soon hire an additional research associate to carry out data collection, which will involve 100 patients with schizophrenia and 100 community controls.
  - The third study will begin this summer, funded by an upcoming 2-year NIMH "R34" intervention development grant. This project will take place in Savannah, Georgia, and will implement, examine acceptability, and assess feasibility of a new linkage system between police officers and local mental health systems. This services-level intervention is designed as a new means to reduce unnecessary arrests and incarcerations (i.e., pre-booking jail diversion) among persons with serious mental illnesses who have a history of criminal justice involvement. Beth Broussard is coordinating this study in conjunction with Kelly Cito, a full-time research associate in Savannah.
2. Given past publications in *Psych Annals*, under Dr. Norris' supervision, GW residents are always welcome and encouraged to contribute both creative and academic pieces for review!
3. Considering gaining some exposure to forensic work? **Dr. Julia Frank** and Dr. Khin Khin are both involved in Physicians for Human Rights, which serves as a rich source of assessments for individuals seeking asylum. If interested in either criminal or civil assessments, be sure to reach out to Dr. Khin Khin and **Dr. Richard Blanks**, as they are always eager to teach residents.
4. **New poster alert!** Be sure to check out the new poster in our department, describing "Food Insecurity and Mental Health," designed by our own Thomas Reed, Beth Broussard, Anthony Crisafio, and Dr. Compton.

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*"First, we'll look for repressed memories of malpractice suits."*



## New Faculty



**Dr. Allen Dyer** is a new Professor of Psychiatry at the George Washington University, where he serves not only as a psychiatrist but also bioethicist and global health consultant. Dr. Dyer received his medical degree and PhD in ethics from Duke University, where he served on the faculty for over a decade. Previously he was the Senior Health Advisor at the International Medical Corps, where he developed education programs and health policies in Iraq, Haiti, Japan, and in disaster areas elsewhere in IMC's global network. The focus of this work included global health, mental health and psychosocial care, and staff well-being. Most recently, Dr. Dyer was Professor at James H. Quillen College of Medicine, East Tennessee State University, where he served as chair of the Department of Psychiatry and Behavioral Sciences. He is the author of several books including *Ethics and Psychiatry: Toward Professional Definition* and served on the editorial board of the *Encyclopedia of Bioethics*.



**Dr. Peter Polatin** is also a new Professor of Psychiatry at the George Washington University. Dr. Polatin received his BA from Princeton University and medical degree from Columbia University College of Physicians and Surgeons. He completed his training in Psychiatry from UCLA Center for the Health Sciences, where he served as Chief Resident of Consultation-Liaison Psychiatry. He also obtained a Masters in Public Health from the University of Texas. Dr. Polatin brings an extensive body of work in both public/international health and clinical medicine and psychiatry. He has served as Chief Medical Advisor at the Dallas Disaster Preparedness Plan, Chairman of Mental Health Task Force on Hurricanes Katrina and Rita Evacuees, and Associate Professor in the Department of Anesthesia and Pain Management at the University of Texas Southwestern Medical Center. He currently sits on the Editorial Boards of several notable publications, including the *Spine Journal* and the *Journal of Bone and Joint Surgery*, and is the author of multiple books, book chapters, presentations, and journal articles on chronic pain and other psychiatric illnesses.

## New Faculty



**Dr. Carol Perez** serves as director of the Psychiatric Consultation-Liaison service at the George Washington University Hospital. Dr. Perez is a graduate of Harvard University and Mount Sinai School of Medicine. She completed her Psychiatry residency at Georgetown University, and fellowship in Consultation-Liaison Psychiatry at Inova Fairfax Hospital in Falls Church, VA. Practicing in Northern Virginia since 1994, Dr. Perez has worked in a variety of clinical settings, including the Inpatient and Partial Hospital programs at Inova Fairfax Hospital, George Mason University Counseling and Psychological Services, and the Northern Virginia Mental Health Institute. Her clinical interests include chronic pain and other illness found in the setting of psychological trauma.

**Dr. Rashelle Browne** currently works as a Psychiatrist on GW's inpatient psychiatric ward, 6-south. She obtained her Bachelor of Science in Chemistry from the College of William and Mary, and medical degree from the University of Virginia. She pursued both psychiatric residency training and Fellowship in Child and Adolescent Psychiatry from the University of South Florida. Prior to her arrival at GW, Dr. Browne worked as an inpatient psychiatrist at Bon Secours Hospital in Baltimore, MD, and Hartford Memorial Hospital in Harve de Grace, MD.

**Welcome again to new faculty!!!**

**Conferences to Remember: 2013-2014**

1. 2013 APA Annual Meeting-American Psychiatric Association: San Francisco, CA: 05/18/2013-05/22/2013  
(<http://www.psych.org/annualmeeting>)
2. 60<sup>th</sup> AACAP Annual Meeting-American Academy of Child and Adolescent Psychiatry, October 22, 2013-October 27, 2013, Walt Disney World, Dolphin Hotel  
(<http://www.aacap.org/cs/AnnualMeeting/2013>)
3. 2013 American Academy of Psychiatry and the Law meeting: Hotel del Coronado, San Diego, California  
(<http://www.aapl.org/meetings.htm>)
4. 26th Annual U.S. Psychiatric and Mental Health Congress 2013: 09/30/2013-10/3/2013, Venetian Resort and Hotel, Las Vegas, Nevada (<http://www.psychcongress.com/>)
5. 2013 60<sup>th</sup> Annual Meeting-Academy of Psychosomatic Medicine, 11/13/2013-11/16/2013, Westin La Paloma, Tucson, AZ  
(<http://www.apm.org/>)
6. American Psychosocial Oncology Society (APOS) Annual Meeting, 02/13/2014-02/15/2014, Tampa, Florida  
(<http://www.apos-society.org/professionals/meetings-ed/annualconference.aspx>)



## Technology at Hand

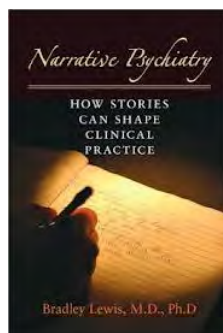


1. For a good collection of apps, which give an idea of how developers are approaching apps for mental health, check out: <http://psychcentral.com/blog/archives/2013/01/16/top-10-mental-health-apps/>.
2. More apps at <http://www.popularmechanics.com/science/health/med-tech/smartphone-shrink-5-apps-to-help-your-mental-health>. The first app was found at Mobilyze, based at Northwestern's Center for Behavioral Intervention Technologies. For more information, visit <http://cbits.northwestern.edu/>
3. If you are interested in how the Web and Social Media affect the treatment frame, patient privacy, medico-legal issues, and professional issues, one excellent poster, titled "Assessing and Managing Online Presence and Clinical Use of Social Media: Lessons from the Group for Advancement of Psychiatry (GAP) can be found at [ourgap.org/docs/GAP\\_APA\\_2011\\_poster.pptx](http://ourgap.org/docs/GAP_APA_2011_poster.pptx)
4. Depending on whether you have an iphone or android-based phone, other helpful apps include: Psychiatric Code Reference, Current Psychiatry (app-based version of the journal), Psychdrugs, and Psychterms
5. For academic articles, Google Scholar is recommended, in addition to pubmed. The former has excellent filters to limit the scope of results and lists the number of citations for each result. This may provide an estimate of how authoritative the paper is.
6. For clinical, face-to-face care, a good app like Epocrates is recommended. As Dr. Lieberman notes, "I think everyone should have access to some kind of interaction checker, and use it for all patients taking more than one medication. We need to make sure we do it for drugs prescribed by other doctors as well. Many patients have told me that no other doctor did it before, and it makes them feel more secure when they see me do it."
7. Working late into the night on your computer, tablet or phone, and then find its hard to fall asleep after? One piece of available software to offset this is "f.lux," which is able to adjust the amount of screen color and temperature so as to not inhibit the secretion of melatonin. Most blue light emitted from such instruments inhibits release of melatonin, leading to complaints of insomnia. Install the software and white colors will turn reddish or salmon-colored. The effect becomes imperceptible after a few seconds.
8. Starting June 1, 2013, shortly after the release of DSM-V, take a look at "EvPsych," found at [www.evemr.com](http://www.evemr.com). EvPsych is a free, web-based EMR which provides seamless documentation and coordination between new DSM-5 diagnostic categories and common screening instruments in the outpatient setting, including PHQ-9 for depression and GAD-7 for anxiety. For more information on this resource, contact Dr. Charles Motsinger, CEO of EvEMR, at [mots@evemr.com](mailto:mots@evemr.com)

**Thanks to Dr. Lieberman and Sandeep for their assistance in providing these helpful tech tools!**

## Book Reviews

***Narrative Psychiatry: How Stories Can Shape Clinical Practice (Brad Lewis, MD),  
Reviewed by Dr. Julia Frank***



In our department, the tension between humanistic and biological approaches to psychiatry still drives much creative clinical thinking. As we know, hypotheses generated from one perspective often cannot be reduced or fully reconciled with the other. Most of us simply accept the apparently irresolvable differences between competing modes of thought, and lurch clumsily from one to the other as we try to explain to patients and ourselves the causes and remedies for their individual manifestations of distress.

Fortunately, Bradley Lewis, MD, PHD, has refused to accept this unsatisfactory state of affairs. Earning a doctorate in philosophy, while simultaneously running GW's partial hospital program in the late 1990s, Lewis joined the faculty of New York University and continued to work on synthesizing various competing paradigms applied to mental phenomena. The fruit of his rigorous labors is a brilliant book, *Narrative Psychiatry: How Stories Can Shape Clinical Practice* (Johns Hopkins Press, 2011).

Lewis describes himself as a disciple of Paul Ricoeur, whom he calls the founder of narrative theory. Applied to the phenomena of both medical and psychiatric disorders, narrative theory acknowledges that no single approach can capture the complexity and ambiguity of human experience. Rather, we structure and restructure current reality and past experience according to different frameworks, including modes of thought, culturally structured understanding, past personal experience, and biologically organized modes of brain activity.

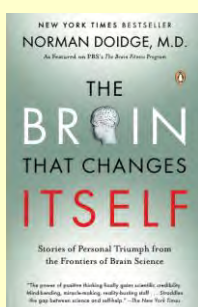
As a metaphor, the term "framework" is perhaps too rigid to capture the fluidity of the constantly shifting quality of our inner lives, but it has great utility as a philosophical concept. In his book, Lewis expertly delineates multiple interpretive frameworks and illustrates how each may be applied to the same life story. Since no single framework explains even a small fraction a person's lived experience, he proposes, the most valuable synthetic approach to patient care is the ethical stance of respect for patient autonomy and empowerment, including emphasis on strengths rather than deficits, giving priority to the patient's values and desires, mobilizing peer support and expecting the patient to share responsibility for the outcome of whatever therapy is applied. These are the explicit values of the recovery movement.

Lewis, a community psychiatrist, argues that the recovery movement provides a broader and stronger foundation for practice than the values of a bioscientific approach. Science implicitly assumes there is one "true" reality. Rigorously applied, this position fosters an authoritarian, "doctor knows best" relationship with patients. Such paternalism undermines a genuinely therapeutic alliance, the strongest element of our capacity to foster healing of medical and psychiatric conditions.



Lewis explains impenetrably complex philosophical principles in clear, accessible language. As a clinician, he repeatedly illustrates how to apply these principles in real life situations. Though he has chosen to analyze a fictional rather than an actual story in great depth, the applications to real people in the context of a doctor patient relationship are spelled out in detail. Without reservation, I commend this work to everyone, from the greenest resident to the most senior member of the clinical faculty.

***The Brain that Changes Itself (Norman Doidge) Reviewed by Dr. Veronica Sloatsky, PGY-2***



This book is one of the most fascinating books about the brain that I have encountered. The author, who is a psychiatrist and a psychoanalyst, delves into the secrets of the plasticity of the human brain and gives the reader insight into its incredible power. After four years of medical school, I did not know many of the discoveries and methods for treating patients with "untreatable" neurological and psychiatric disorders that this author discusses. He does so elegantly, with personal stories of patients coloring the science behind the ever-changing human brain. We learn about the neurobiology behind the efficacy of psychoanalysis from a patient who lost his mother at a young age, the science behind treating "hopeless" cases of paralysis following stroke, and the secrets to using plasticity to treat disorders as diverse as OCD and cerebral palsy. The author also touches upon the effects of plasticity on culture, sexual attraction, and the development of complex skills such as musical talent. I highly recommend this book to anyone who finds the brain intriguing and is curious to discover more about our patients and our own humanity.



## Birthdays



Amanda Crosier	May 12
Dr. Norris	May 15
Dr. Griffith	May 16
Brandon Kohrt	June 11
Amanda Holloway	June 22

## Upcoming Events

<b>APA Conference (San Francisco, CA)</b>	May 18-22, 2013
<b>Grand Rounds: David Call (PGY-3)</b>	May 23, 2013
<b>Memorial Day (GW Holiday)</b>	May 28, 2013
<b>Grand Rounds: Dr. Pincus</b>	May 30, 2013
<b><i>Journal Club:</i> David Call (PGY-3)</b>	May 30, 2013
<b>Grand Rounds: Peter Zemenides (PGY-3)</b>	June 6, 2013
<b>Grand Rounds: Sandeep Denduluri (PGY-3)</b>	June 13, 2013
<b>Department Graduation (Cosmos Club)</b>	June 14 <sup>th</sup> , 2013
<b>Grand Rounds: Sahana D'Silva (PGY-3)</b>	June 20, 2013

### APRIL 2013

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

### MAY 2013

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

### JUNE 2013

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	

## Kudos and Congratulations

### *Fellowships and jobs abound!*

Staying true to GW's proud tradition of obtaining first-choice fellowships 100% of the time between 2000-2012, this year's 3<sup>rd</sup> and 4<sup>th</sup> year did not disappoint! PGY-3 **David Call** will be staying in the area, having accepted an offer for Child and Adolescent Psychiatry at CNMC. **Amanda Crosier**, one of our departing PGY-4s, is returning home to New York to complete fellowship in Consult-Liaison Psychiatry at NYU. **Robert Meisner**, PGY-4, obtained his first choice for Child and Adolescent fellowship at MGH in Boston and may also go on to study pain medicine. **Eugene Simopoulos**, PGY-4, will be returning to Charlottesville to complete a fellowship in Forensic Psychiatry at the University of Virginia. **Meghan Magley**, PGY-4, is looking forward to working as a flight surgeon for the Air Force in Washington State, while **Brandon Kohrt**, PGY-4, will be moving to Durham, N.C. to join the faculty at Duke University. Brandon was also awarded both the WPS Resident of the Year honor and selected as a 2012 Laughlin Fellow by the American College of Psychiatrists. *Congratulations to everyone!*

### *Didn't we see you at?!*

2012-2013 saw several residents crisscrossing the country, and world, presenting research and publishing! Brandon has divided his time between Washington, D.C. and Nepal, continuing studies on trauma, PTSD and child soldiers. Amanda Crosier, alongside Dr. Crone and Dr. Norris, will be conducting a workshop at this year's APA conference in San Francisco in May. She is no stranger to the APA conference, having also worked with Dr. Trinidad and Dr. Norris on a case conference last year. **Veronica Sloatsky**, PGY-2, presented her work "Reducing the Burden of PTSD in children in areas of conflict" at the World Psychiatric Association in Bucharest, Romania. Eugene presented a workshop on sexual dysfunction at the APA last May in Philadelphia, and a poster presentation on transgender inmates with Dr. Khin Khin at the annual AAPL meeting in Montreal, based on his work at the D.C. Jail.

### *Here come the brides....and a few babies.*

Congratulations to **Sahana D'Silva**, **Kathryn Walseman**, and **Nicole Nguyen** on their engagements! **Michael Morse** welcomed a new addition to his family in February, a son, Yonatan Isaac Morse, who is 12 weeks old now and "gains more and more weight every day." In 2012, **Lori Kels**, incoming administrative chief for 2013-2014, also welcomed a son, Landon, on July 25<sup>th</sup>!



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"Few will have the greatness to bend history itself, but each of us can work to change a small portion of events. It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance."

— Robert F. Kennedy, former U.S. Senator, Presidential Candidate: 1925-1968

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*"And then I say to myself, 'If I really wanted to talk to her, why do I keep forgetting to dial 1 first?'"*



## Social Life in the Department





## Retreat 2012-2013

On May 2, all the residents enjoyed time away from clinical responsibilities during their annual retreat at the Hendry House in Arlington, VA. Organized by Meghan Magley and Dr. Khin Khin, the residents were given opportunities to provide feedback about the program, ask questions of former residents during the Alumni panel, and welcome back Dr. Anton Trinidad to the D.C. area. Dr. Trinidad discussed "transitions," using examples from his own life and recent move to the University of Texas-Houston.



**PGY-2 Class**



**Intern Class**





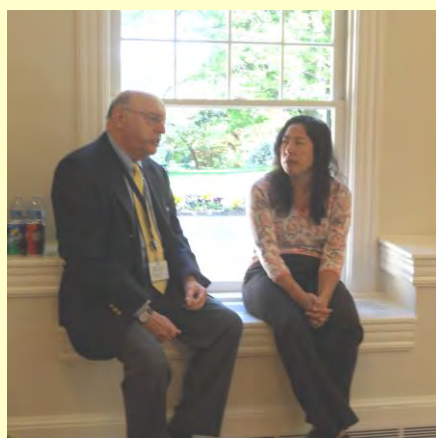
**PGY-3 Class**



**PGY-4 Class**



**PGY-1 Class**



**Dr. Wise & Dr. Crone**



**Alumni Panel**



**Dr. Trinidad & Residents**





Want to contribute to the newsletter? Submit your piece to [gwupsychnewsletter@gmail.com](mailto:gwupsychnewsletter@gmail.com)

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*See us at:*

[www.gwupsychiatry.org](http://www.gwupsychiatry.org)

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