

PENN Psychiatry Perspective



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Department of Psychiatry
and
Penn Behavioral Health
University of Pennsylvania

THE DEPARTMENT OF PSYCHIATRY'S NEUROPSYCHIATRIC SIGNALING PROGRAM: Seeking New Research Paradigms for Studies of Psychiatric Illnesses

"Recent years have seen tremendous progress in understanding the biological mechanisms of psychiatric illnesses," says Associate Professor Chang-Gyu Hahn, MD, PhD, who co-directs the Department of Psychiatry's Neuropsychiatric Signaling Program (NPSP) with Assistant Professor Karin Borgmann-Winter, MD. "As we witness burgeoning information in molecular and cellular biology derived from animal and/or *in vitro* studies, an important question is how to relate these findings to clinically relevant issues."



Closing the gap between basic science discovery and translation into improved understanding and treatment of psychiatric illnesses is an ultimate goal of the NPSP. Program researchers focus on signal transduction, a fundamental biological mechanism by which molecules initiate or retard interactions within and between cells. It is the window through which Drs. Hahn and Borgmann-Winter view psychiatric illness, particularly bipolar disorder and schizophrenia.

Investigating signaling mechanisms requires access to tissue samples, and selecting the optimal tissues to study brain diseases is critical. Because living human brain tissue is not accessible for experimentation, scientists must devise creative solutions to investigate biological processes that occur within the brain, and this is the focus of the NPSP. "We have a special interest in developing new study paradigms, which include studies in the olfactory epithelium and biochemical and molecular methods that can be applied to animal models and human post-mortem tissues," says Dr. Hahn.

One of Dr. Hahn's and Dr. Borgmann-Winter's scientific contributions has been to develop and establish a prototype for using tissues of the olfactory neuroepithelium to trace the course of psychiatric disease. The olfactory neuroepithelium is part of the neural system in humans for detecting odors. It is found in the nose and is accessible for obtaining tissue samples, unlike the human brain.

Besides easy availability, the olfactory epithelium offers other advantages to researchers. The olfactory epithelium contains neurons of various developmental

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Chairman's Report

2012 is a milestone year in the history of our profession and Department. It is the bicentennial year of the beginning of academic psychiatry in America here at Penn, and the 100th anniversary of the official formation of the Department of Psychiatry at the University of Pennsylvania.

Looking back every now and then helps us appreciate our lineage, and encourages our efforts to take our places in a proud succession of world-acclaimed educators, scholars, and clinicians. 2012 reminds us of the extraordinary privilege it is to be at an institution where – over centuries – so many have contributed so much to our Department's rich tradition, and to the discipline of psychiatry.

The image of Benjamin Rush adorns the cover of our Department's newsletter, and the story of psychiatry at Penn – and in America itself – begins with him. In 1769, Rush returned from his medical training in Edinburgh, Scotland to accept appointment as America's first Chair of Chemistry in the medical faculty at the College of Philadelphia, later the University of Pennsylvania. He thus became one of the earliest teachers in the nation's first medical school, formed only four years before in 1765. Rush was a "man for all seasons," gaining fame as a great physician, eloquent lecturer, prolific scholar, Dean of the Penn medical school, philanthropist, and signer of the Declaration of Independence, among many other pursuits.

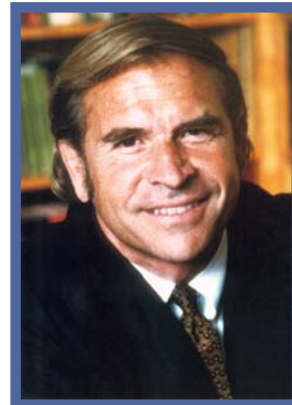
Rush was also the world's leading expert on mental diseases in the late eighteenth and early nineteenth centuries. According to historians David Cooper and Marshall Ledger (*Innovation and Tradition at the University of Pennsylvania School of Medicine: An Anecdotal Journey*, 1990), Rush joined the staff of Pennsylvania Hospital in 1783 and soon became interested in the two dozen mentally ill patients residing there. He worked to improve their physical environment, successfully organizing the effort to build a ward for them at the hospital in the 1790's, and he studied the patients intensively.

In 1812, only a year before his death, Rush's long period of observation and reflection culminated in his *Medical Inquiries and Observations Upon Diseases of the Mind*, the first American textbook of psychiatry. This volume, which offered new approaches for treating the mentally ill, forever identified him as the "Father of American Psychiatry" and Penn as the "Birthplace of American Psychiatry." Interestingly, too, Rush staunchly opposed excessive alcohol consumption and proposed new ways to treat this addiction, a topical link to one of our Department's current strengths.

From this momentous peak, however, the study and treatment of mental illness, and the instruction of students in the discipline, meandered at Penn and elsewhere for most of the nineteenth century. Penn medical students were instructed in psychiatry primarily through lectures. They did see some patients at Pennsylvania Hospital and, after 1841, at the mental hospital ("insane asylum") located nearby in West Philadelphia, but exposure to psychiatry was limited and not a focus at Penn or elsewhere.

Not until the 1880's did the study of mental illness begin to assume a prominent place in the institution. In 1883, John J.

Reese, Professor of Medical Jurisprudence and Toxicology, became the first Penn faculty member to lead an explicitly named program on "mental diseases." Reese was followed by Charles K. Mills, who developed an interest in mental diseases in the 1880s, supplementing his interest in neurology. Mills wrote about the neurological aspects of the "criminally insane" and participated in the post-mortem examination in 1882 of Charles Guiteau, President James Garfield's assassin. Tying back to Rush and forward to our Department today, both Reese and Mills treated alcoholism and drug addiction.



Mills was professor of mental diseases and medical jurisprudence until 1901. He was succeeded by Charles W. Burr, also a distinguished neurologist, who was appointed Penn's first Chair of Mental Diseases. According to medical school historian George Corner (*Two Centuries of Medicine: A History of the School of Medicine, University of Pennsylvania, 1965*), this appointment "marked the University of Pennsylvania's recognition of psychiatry as a separate discipline." In 1912, a full century after the publication of Rush's seminal work, the Department of Psychiatry was formally established under Burr's leadership.

In many respects, the success of our Department since its official formation is even more impressive than what came before. Many of psychiatry's most distinguished luminaries have passed through our halls over the past century. Many are working in the Department today and have been featured in the pages of this newsletter. I'm confident that we have more than held our own over the past 100 years. Granted, competing against a signer of the Declaration of Independence who founded the study of mental illness in America is a tall challenge, but it's one we aspire to. As we enter the third century of psychiatry at Penn, let's redouble our efforts to educate the next generation of psychiatrists, conduct discovery research on the causes, prevention, and treatment of mental illness, and care for those who suffer from these diseases and disorders.

Dwight L. Evans, MD
Ruth Meltzer Professor and Chair
Professor of Psychiatry, Medicine and Neuroscience

To view recent Chairman Reports on-line, please visit:
<http://www.med.upenn.edu/psych/chair.html>

Program Highlights

HALL MERCER'S 2010 AND 2011 HEALTH AND WELLNESS FAIRS:

MAKING THE LINK BETWEEN PHYSICAL AND MENTAL HEALTH

Long known for the high quality of its community-centered behavioral health programs, the Hall Mercer Community Behavioral Health Center at Pennsylvania Hospital sponsored important public health outreach events on October 21, 2010 and April 21, 2011.

Hall Mercer's 2010 and 2011 Health and Wellness Fairs attracted a diverse group of senior citizens, children, patients, providers, and Pennsylvania Hospital staff members. Many attendees had the opportunity to have their blood pressure checked, learn about cardiovascular health, observe breast self-exam demonstrations conduct-



Earl Lounsberry, RN, checks the blood pressure of Security Officer Earl Williams.

Refreshments, raffles, and door prizes made the Fairs fun events, but with a serious purpose. The health screenings, demonstrations, and information collectively emphasized that healthy living requires both good physical and mental health. Science has shown that the two reinforce each other, and that a deficiency in either may profoundly impact the other. This connection was shown most dramatically in a 2006 study documenting that individuals with serious mental illnesses (SMIs) – schizophrenia and major depressive, bipolar, psychotic, and attention deficit/hyperactivity disorders – may die two or more decades earlier than people not suffering from such diseases.¹ The official causes of these premature deaths were not the SMIs per se, but medical illnesses also found in the general population, such as heart disease, cancer, and cerebrovascular, respiratory, and lung diseases. The result is a devastating comorbid relationship between medical and mental illnesses.

Believing that “two-thirds of a life

is not enough,” Hall Mercer and the Health and Wellness Committee are committed to helping people with mental illness enjoy full and healthy lives. The Fairs are the Committee's first major functions, and it is already well on the way to developing additional wellness initiatives in the areas of nutrition, exercise, complementary and alternative therapies, and health education.

Hall Mercer is convinced that by working with the whole person in



Robyn Smith, LSW, therapist, and Amira Sedki, LSW, clinician, show off health snacks at the Food and Nutrition Table. Both are from Hall Mercer's Home-School Connection, which provides behavioral therapy to children in kindergarten through the 4th grade who are exhibiting behavioral problems in the classroom.

the context of their lives, not just their illnesses, the mortality gap between those suffering from major mental illnesses and those who are not can be eliminated. The 2010 and 2011 Health and Wellness Fairs were one step in reaching that significant goal. ❖

¹Colton CW, Manderscheid RW. Congruencies in increased mortality rates, years of potential life lost, and causes of death among public mental health clients in eight states. *Prev Chronic Dis* 3(2):A42, 2006.



Donna Lee Wood, a Hall Mercer case manager, instructs therapist Ingrid Chung in the proper way to spin yarn. Knitting has been shown to lower blood pressure and may help with stress reduction.

ed with a handheld model, eat healthy snacks, and receive tension-reducing chair massages. Attendees also received valuable information about food and nutrition (including childhood nutrition), dental hygiene, urban gardening, and knitting and spinning, aimed at lowering blood pressure and lessening stress.

LAUNCH OF THE PROFESSIONALISM PROGRAM AT PENN MEDICINE

Penn Behavioral Health (PBH) has just launched a unique and innovative program to help physicians become better professionals. Called the Professionalism Program at Penn Medicine (PPPM), this new initiative offers consultations and, if needed, targeted interventions to improve physician performance and foster professionalism. PPPM works with health care institutions and directly with individual physicians to create a "culture of professionalism" in the workplace.

How well physicians comport themselves with patients, staff, and their colleagues defines their professionalism. When these relationships go awry, patient safety, outcomes, and satisfaction suffer, and workplace morale erodes. PPPM is specifically designed to create the professional, collaborative, and collegial working environment required to ensure that clinical care is delivered in an optimal manner and setting.

PPPM grew out of work initiated under PBH's Employee Assistance Program, which developed into a program successfully implemented by Jody Foster, MD for Penn Medicine. This service has been used widely over the last few years by many Department Chairs across the University of Pennsylvania Health System who have referred physicians to the program.

PPPM is timely. "The issue of physician behavior and professionalism in the workplace has gained national attention," says PPPM Clinical Director Foster. "Recently, the Joint Commission, which is charged with evaluating and accrediting health care organizations in the U.S., mandated that all hospitals have 'disruptive medical staff' policies and modes of intervention. As hospitals and health systems struggle to meet this mandate, the PPPM can be a user-

friendly and highly effective solution."

PPPM is geared to move quickly when problems arise. Clinical Director Foster is available for a telephone consultation within two business

"The program is highly unique because it is customized case by case and initiated quickly and effectively," says Dr. Foster. "By using behavioral health experts to manage interventions, assessing and 'right-sizing' the issues at hand are accomplished with unparalleled efficiency."

days of any incident or conflict. Her preliminary assessment forms the basis for an immediate action plan. If needed, a face-to-face meeting is scheduled between Dr. Foster and the referring medical leadership team and then, as needed, with the physician concerned.

PPPM has the capacity to follow up with longer-term involvement. Based on the results of the initial action plan, an extended action plan may be developed, including further evaluation of the physician. Elements of this longer intervention include individualized evaluations, structured and semi-structured psychological tests for clarification, collateral interviews with involved staff, and distribution and evaluation of 360-degree surveys.

Based on the assessment and evaluation, PPPM offers training resources to maintain improved physician performance. PPPM may recommend continuing education, brief and/or ongoing counseling, leadership training and coaching, and/or other resources designed to help physicians achieve and maintain improved performance.

In some situations, continuing education, leadership training, and workshops are also needed for staff or administration working with the physicians. PPPM is prepared to offer management consultations and executive coaching and/or other resources designed to achieve and maintain improved performance. Much of this service will be delivered by Rosellen Taraborrelli, Executive Director of the program, and her team.

No other program in the Delaware Valley approaches professionalism interventions as PPPM. "The program is highly unique because it is customized case by case and initiated quickly and effectively," says Dr. Foster. "By using behavioral health experts to manage interventions, assessing and 'right-sizing' the issues at hand are accomplished with unparalleled efficiency." PPPM's overriding objective is to help physicians needing assistance to rebuild professional ties with patients, staff, and colleagues and to preserve and nurture those relationships in the future. ❖

For those wishing to learn more about the services of the Professionalism Program at Penn Medicine (PPPM), please contact Rosellen Taraborrelli (423 Guardian Drive, 3 Blockley Hall Philadelphia, PA 19104) at (215) 662-7677 or email at pppmed@upenn.edu. You may also obtain additional information by visiting the PPPM website at www.med.upenn.edu/professionalism.

NEUROPSYCHIATRIC SIGNALING PROGRAM

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stages. It also has pluripotent cells, stem cells capable of regenerating, which can be propagated *in vitro*. These neurons and neural cells therefore can be examined under *in vitro* and *ex vivo* conditions, and are thus readily amenable to scientific study.

"The olfactory biopsy approach permits us to capture neurons at specific stages of the illnesses," Dr. Hahn explains, thus permitting researchers to study molecular and cellular characteristics linked to the trait of the illness or to specific states of the illness. "In addition," Dr. Hahn emphasizes, "we examine treatment-induced molecular and cellular changes in patients by obtaining tissues before and after treatment." By examining tissues easily obtained from the nasal cavity, scientists hope to be able to estimate how a psychiatric disease affecting the brain is progressing, and track the path of treatment.

One emerging line of investigation from this approach is to examine molecular mechanisms linked to the therapeutic efficacy of lithium, used for many years for the treatment of bipolar disorder. Decades of studies have identified many molecular events regulated by lithium. "For the first time," says Dr. Hahn, "we are able to examine which of these are modulated in patients who respond to lithium therapy as opposed to the ones who are resistant. Recently we identified an altered signaling mechanism in the olfactory neural cells of patients with bipolar disorder." "Interestingly," Dr. Hahn says, "treatment of these cells with lithium reversed these changes in cells derived from patients, while it did not in cell lines of healthy subjects."

Neural cells in the olfactory epithelium are also proving useful for studying schizophrenia. Olfactory dysfunction, such as decreased ability to distinguish between odors and detect and remember odors, has

been shown in several psychiatric illnesses, including schizophrenia. Working as a team with Bruce I. Turetsky, MD, Paul J. Moberg, PhD, and Raquel E. Gur, MD, PhD in the Department's Neuropsychiatry Section, Drs. Hahn and Borgmann-Winter are studying molecular and cellular underpinnings for olfactory dysfunction in this devastating disease.

Olfactory epithelium tissue also offers great potential for learning how olfactory neuronal biology compares to that of the brain. Do neural cells taken from the nasal cavity act in similar ways as brain cells? Can these readily accessible tissues tell us what may be happening in the far less accessible human brain? To answer this, the Hahn and Borgmann-Winter labs are now conducting olfactory biopsies from non-human primates (e.g., monkeys) in an effort to correlate the biology of olfactory neurons to that of brain tissues of the same animals.

"There are numerous molecules and biological processes in the brain and in the nose, so findings in the nose can't automatically be generalized to the brain," Dr. Hahn explains. "Our understanding at this point is that some of intracellular molecular events in the brain are recapitulated in the olfactory receptor neurons." However, he underlines that "it would be incorrect to think that nose cells are the brain cells. Knowing that it is not the case is where the real science starts. In other words, the similarities between the nose and the brain should be

addressed one molecule or one pathway at a time." At this point, Drs. Hahn and Borgmann-Winter are identifying the particular molecular and cellular processes and networks in the olfactory system, which have parallels in the brain.

Ultimately, the goal of the NPSP is to tie studies back to human biology. Program investigators are now

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conducting studies to compare the biology of olfactory neurons of human patients with that of monkeys under similar behavioral or pharmacological paradigms. The noses of humans are rather different from that of rodents, but Dr. Borgmann-Winter has recently shown that the olfactory epithelium of monkeys is very much similar to that of humans, a good reason to study monkey biology to learn more about human biology.

Drs. Hahn and Borgmann-Winter are also developing research paradigms to examine neurodevelopmental aspects of major psychiatric illnesses. Here, they are utilizing rodent, non-human primate, and human olfactory tissues for investigations of disease pathophysiology in young animals and of neurodevelopmental effects of psychotropic medications.

While animal models and olfactory epithelial tissues from humans provide indirect windows into psychiatric disease, postmortem human brain tissue offers a direct look. "A fundamental gap in neuropsychiatric research, compared to other medical illnesses," Dr. Hahn

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explains, "is that we do not have access to the tissues of living patients. Postmortem brain tissues offer opportunities to study brains of patients but only after death, and thus the available tissues represent the biology of the patients at the time of death."

"Postmortem brain tissues are of great importance as they may harbor biological fingerprints of psychiatric illnesses," says Dr. Hahn. "Over decades, research paradigms have been limited to the assessment of static parameters, such as the amount of proteins or RNAs. We have developed a number of study paradigms, which now permit us to study how the molecules are distributed in specific microdomains [subregions within a cell] in postmortem brains and how signaling mechanisms are activated, particularly in the context of protein-protein interactions."

Historically, molecular interactions within cells have been examined from a linear perspective. "In other words," Dr. Hahn clarifies, "we tend

to think that molecular events underlying signaling consist of the ones that are linked in tandem. Increasing evidence, however, is that there are multiple cascades that are activated simultaneously and thus linear assessment of pathways may not capture the complexity." To explore this, Drs. Hahn and Borgmann-Winter have recently developed mass-spectrometer-based paradigms to assess hundreds of proteins in a microdomain-specific fashion, as well as interactions among the proteins, by examining postmortem brain tissues.

The Neuropsychiatric Signaling Program is highly collaborative. Drs. Hahn and Borgmann-Winter recognize a decade-long collaboration with Nancy E. Rawson, PhD at the Monell Chemical Senses Center and AFB International, critical to the establishment of the olfactory neuroepithelial biopsy as a research paradigm for psychiatric illnesses. In addition, the NPSP interacts with scientists currently at the Monell Chemical Senses Center, including Karen K. Yee, PhD,

Jiang Xu, MS and Johannes Reiser, PhD. Also important for the NPSP is the collaboration with researchers at Wake Forest University - Carol Shively, PhD, Scott Hemby, PhD, and Jay Kaplan, PhD - as well as the one with Alan Brown, MD and Andrew Dwork, MD at Columbia University.

Even the most exciting and innovative work at the molecular and cellular levels may take years to influence patient care. When asked whether their research has reached a point where it is even possible to speculate on a timeframe for potential therapeutic impact, Dr. Hahn responds, "As excited as we are about our recent progress, cautious optimism may be as far as critical evaluation of current science permits us to go. We have some ways to go." That is reality in the complex and uncertain world of fundamental research, one in which Drs. Hahn and Borgmann-Winter are using multiple innovative approaches to increase our understanding of the basic mechanisms of psychiatric illnesses and their treatments. ❖



2011 Department of Psychiatry Holiday Party

Inn at Penn

December 16, 2011

Our Distinguished Faculty

AWARDS & HONORS

PENN HONORS

Department of Psychiatry Honors

The Albert Stunkard Faculty Recognition Award is given annually to faculty members who are outstanding teachers and mentors. The graduating resident class selects award winners who have significantly influenced their education and training. Named for Albert J. Stunkard, MD, Emeritus Professor of Psychiatry and former Chair of the Department, this award recognizes Dr. Stunkard's enormous contribution to the education, training, and support of Department house-staff. **David Weiss, MD, John P. O'Reardon, MD, Claudia Baldassano, MD, Christian Kohler, MD, and Benjamin R. Nordstrom, MD** received this honor in 2011.

The 2011 PGY-3 & 4 Teaching Award was awarded to **Mahendra T. Bhati, MD** and the 2011 PGY-1 & 2 Teaching Award was awarded to **Paul Kettl, MD**. These awards honor those individuals whom the residents believe were the most effective teachers of the academic year and exemplary in shaping their overall education.

Jacques P. Barber, PhD was awarded the 2011 Martin P. Szuba Award for Excellence in Clinical Teaching and Research. This award is presented annually to a Department faculty member with outstanding teaching abilities, ongoing clinical research, and a focus on translating research concepts into clinically useful teaching, all of which Dr. Szuba embodied in his work.

Luciano Lizzi, MD, JD received the 2011 Annual Award for Clinical Faculty. This award, funded by a clinical faculty member, is given to a volunteer clinical faculty member who has demonstrated long-term loyalty to the Department and excellence in teaching and/or supervising.



Claudia Baldassano, MD was the recipient of the 2011 Earl Bond Award. Initiated by the efforts of Dr. William Peltz, this annual award is given to a Department member who has distinguished himself/herself for teaching at the medical student, resident and/or graduate levels.

George E. Woody, MD received the 2011 Scott Mackler Award for Excellence in Substance Abuse Teaching. This award is given by the Penn/VA Center for Studies of Addiction and the Department of Psychiatry. First given in 2000, the award honors Dr. Scott Mackler who is known for his excellence in teaching medical students, residents, post-doctoral fellows, nurses, and other Penn faculty in the area of substance abuse.



Robert I. Berkowitz, MD received the Patricia Lipschutz Distinguished Clinician Award from the Center for Weight and Eating Disorders in the Department of Psychiatry in December 2011. The award is named for Patti Lipschutz, MSN, a psychiatric clinical nurse specialist, who worked at the Center as a clinician and senior research coordinator before her death in 2009.

Donovan Maust, MD and Christopher Tjoa, MD received the 2011 Dr. Henry P. and M. Page Durkee Laughlin Foundation Award. Upon the recommendation of the residency program, this award is given to residents in recognition of their professional achievement, dedication, and scholarship throughout residency training. Founded in 1964 through the generosity of Hank and Page Laughlin, the Dr. Henry P. and M. Page Durkee Laughlin Foundation is based in Frederick, Maryland. For more than thirty years, the Laughlin Foundation has honored outstanding residents in psychiatric training programs throughout the United States and the United Kingdom.

Lauren Elliott, MD and Samuel Collier, MD were the 2011 recipients of the Psychodynamic Psychotherapy Award given by the Psychoanalytic Cluster Steering Committee. This award honors graduating residents in recognition of their excellence in providing psychodynamic psychotherapy.

Child and Adolescent Psychiatry Teaching Awards

These teaching awards from the Child and Adolescent Psychiatry Fellows (Class of 2011) at Children's Hospital of Philadelphia honor faculty members whom the fellows regard as the most effective teachers of this academic year. The winners of each of these awards are recognized for their outstanding contributions as teachers and mentors.

- **Karin Borgmann-Winter, MD** received the Elizabeth B. Weller Distinguished Teacher Award.
- **Marion Lindblad Goldberg, PhD** received the Fellow Teaching Award for Outside Faculty.
- **Martin E. Franklin, PhD** received the Fellow Teaching Award for In-House Faculty.

Zoe Wilson, MD received the 2011 Graduate Education Committee Award for Excellence in Child and Adolescent Psychiatry.

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Penn/Perelman School of Medicine Honors

Janet E. Audrain-McGovern, PhD was selected to serve as a Hearing Panel Member for the University-wide Student Disciplinary System. She also became a Senior Fellow at three centers at Penn – the Leonard Davis Institute of Health Economics, Center for Health Incentives and Behavioral Economics, and Center for Health Behavior Research.

Michael B. Blank, PhD was named Distinguished Research Fellow of the Annenberg Public Policy Center at Penn.

E. Cabrina Campbell, MD was a Faculty Inductee into the Perelman School of Medicine Minority Hall of Fame for her leadership in mentoring and teaching underrepresented minorities in medicine.

C. Neill Epperson, MD was elected to the Penn Women's Health Leadership Council.

Michael Gandal, PhD, a student in the laboratory of **Steven J. Siegel, MD, PhD**, received the 2011 Flexner Award for Outstanding Thesis Work in the Neurosciences. Students in any graduate group who did their PhD on a neuroscience-related topic in any lab across the University are eligible for the Flexner Award. Recipients are selected by the Neuroscience Graduate Group Awards Committee.

Caryn Lerman, PhD received the 2011 William Osler Patient Oriented Research Award. This award "recognizes outstanding achievement for research in which the investigator directly interacts with human subjects."

Helen M. Pettinati, PhD was elected President of the John Morgan Society at the Perelman School of Medicine for the 2011-2012 term. Prior to her presidency, she served as the Society's Secretary-Treasurer from 2010 to 2011. Also, **E. Cabrina Campbell, MD**, **David F. Dinges, PhD**, **C. Neill Epperson, MD**, **Kyle M. Kampman, MD**, **Henry R. Kranzler, MD**, **David W. Oslin, MD**, and **Daniel H. Wolf, MD, PhD** were recently elected into the Society, which honors outstanding faculty from the Schools of Medicine, Dental Medicine, Veterinary Medicine, and Nursing.

Andrew A. Strasser, PhD was appointed Research Fellow of the Annenberg Public Policy Center for the period 2010 to 2013.

REGIONAL, NATIONAL AND INTERNATIONAL HONORS

Steven E. Arnold, MD was appointed to the Editorial Boards of *Neuropsychiatry* and *Translational Neuroscience*. He also served as Chair of the Working Group for Research at the Interface between Neurodegenerative Diseases and Late-Life Psychiatric Disorders at the National Institute of Mental Health (NIMH). In addition, Dr.

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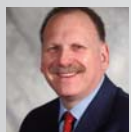
~~RECENT LEADERSHIP APPOINTMENTS~~



Thomas N. Ferraro, PhD is serving as Assistant Dean for Animal Research in the Perelman School of Medicine. In this role, he oversees all aspects of animal research in the medical school, including strategic planning for programs and facilities, point person and liaison activities with University and external entities concerning regulatory compliance and programmatic development, and medical school policies and procedures for animal research and care issues. He also is Chair of the Perelman School of Medicine's Animal Research Committee.



Mahendra T. Bhati, MD was appointed Director of the Neuromodulation Program, which includes electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), vagal nerve stimulation (VNS), and deep brain stimulation (DBS), effective September 1, 2011.



Henry R. Kranzler, MD was appointed Co-Director of the Center for Studies of Addiction. Dr. Kranzler came to Penn in December 2010 from the University of Connecticut School of Medicine.



Caryn Lerman, PhD served as Interim Director of the Abramson Cancer Center (ACC) from October 15, 2010 until the appointment of the new Director, Chi Van Dang, MD, PhD, on September 1, 2011. She has served as the ACC's Deputy Director since 2006. Further, she led the ACC's Strategic Planning Committee and played a major role in the recent highly successful competitive renewal of the National Cancer Institute (NCI) Cancer Center Support Grant.



David S. Mandell, ScD was appointed Associate Director of the Center for Mental Health Policy and Services Research.

Dwight L. Evans, MD was appointed Co-Director of the Penn Comprehensive Neuroscience Center (CNC), joining Amita Sehgal, PhD of the Department of Neuroscience as CNC Co-Director. The CNC was created in 2006 to emphasize the Neurosciences as an area for development. As its highest priorities, the CNC has taken major strides in its brief existence to fully integrate Neuroscience-related clinical care, research, and education programs to enhance Penn's position at the forefront of the Neurosciences nationwide.

~~ PENN TEACHING AWARDS ~~



Stanley N. Caroff, MD received the 2011 I.S. Ravdin Master Clinician Award. This honor "recognizes an active master clinician who is a skillful, compassionate practitioner with a long and consistent record of contributions to the Penn School of Medicine and Health System."



Benoit Dubé, MD received the 2011 Provost's Award for Distinguished Teaching Excellence. This prestigious honor recognizes educators whose teaching is intellectually demanding, unusually coherent, and permanent in its effect. In December 2011, Dr. Dubé received the Module 2 Teaching Award from the medical student Entering Class of 2010 for his contributions to the Brain and Behavior course in the Spring of 2011. The award represents the Class' expression of "gratitude to the professors who enthusiastically instructed and mentored (them) since their arrival at Penn Med."



Anthony L. Rostain, MD, MA will receive the 2012 Robert Dunning Dripps Memorial Award for Excellence in Graduate Medical Education. This award recognizes excellence as an educator of residents and fellows in clinical care, research, teaching, or administration.



Steven J. Siegel, MD, PhD received the 2011 Leonard Berwick Memorial Teaching Award. This award recognizes "a member of the medical faculty who in his or her teaching effectively fuses basic science and clinical medicine." It particularly honors outstanding teachers among the younger faculty.



Alissa E. Silverman, PsyD received the 2011 Dean's Award for Excellence in Medical Student Teaching by an Allied Health Professional. This award recognizes outstanding teaching by allied health professionals (e.g., nurses, physicians assistants, emergency medical technicians). The recipient is selected on the advice of a committee composed of faculty and students.



Anthony Carlino, MD and **Matthew Kayser, MD, PhD**, both Psychiatry residents in the Class of 2013, received 2011 Penn Pearls Award for Excellence in Clinical Teaching from the Medical Student Government. This award is given in honor of outstanding contributions to medical student education at the Perelman School of Medicine and is managed by AOA students.



Alysia Cirona, MD received the 2011 Medical Student Teaching Award. This award is given to a resident who has been a consistently outstanding teacher of medical students.

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Arnold was appointed to the Alzheimer's Disease Centers Clinical Core Steering Committee and to the Scientific Review Committee of the National Alzheimer's Coordinating Center, both supported by the National Institute on Aging (NIA).

Janet E. Audrain-McGovern, PhD was invited to serve a three-year term as Associate Editor of the journal *Nicotine & Tobacco Research*.



Tracy L. Bale, PhD received the 2011 Richard E. Weitzman Memorial Award from the Endocrine Society in July 2011. The award is presented annually to a young investigator "in recognition of meritorious accomplishments in the field of endocrinology" and is one of 11 laureate awards given annually by the Endocrine Society.

Mathias Basner, MD, PhD, MSc received the Science Award of the German Academy for Aviation and Travel Medicine – the Albrecht-Ludwig-Berblinger-Award – for his seminal research on the effects of commercial aircraft noise on sleep and health in populations living near urban airports (Basner M, Siebert U. Markov Processes for the Prediction of Aircraft-Noise Effects on Sleep. *Medical Decision Making* 30[2]: 275-289, Mar-Apr 2010). Dr. Basner was presented with the award in August 2010, when he delivered a major lecture at the 48th Annual Congress of the German Society of Aerospace Medicine in Wiesbaden, Germany. The award was accompanied by 10,000 Euros. Dr. Basner was also re-elected Secretary of the International Commission of Biological Effects of Noise (ICBEN) in July 2011 at the ICBEN meeting in London. The main goal of ICBEN is to promote a high level of scientific research concerning all the aspects of noise-induced effects on human beings and on animals, including preventive regulatory measures, and to keep alive a vivid communication among the scientists working in that field. He was also re-elected Co-Chair of ICBEN Team 5: "The Effects of Noise on Sleep."

Aaron T. Beck, MD received the 11th Annual Bell of Hope Award in May 2010 from the Mental Health Association of Southeastern Pennsylvania. This lifetime achievement award was given to Dr. Beck for significant and far-reaching contributions benefiting individuals facing the challenges of mental illness. In November 2010, he received the 2010 Sigmund Freud Award from the New York Chapter of the American Society of Psychoanalytic Physicians. His lecture titled "My Early Introduction to Psychoanalytic Therapy," which discussed the history of how he discovered automatic thoughts, was delivered at the awards ceremony. He also received the Edward J. Sachar Award from the Department of Psychiatry at Columbia University in December 2011. Dr. Beck was also honored with the 2010 Scholarship and Research Award from the National Alliance on Mental Illness of Pennsylvania for his current research on cognitive behavior therapy for schizophrenia. Dr. Beck and Dr. David Clark received the 2010 Book of the Year Award from the *American Journal of Nursing* for their publication, *Cognitive Therapy of Anxiety Disorders: Science and Practice*. AJN's panel of judges recognized the book as the "most valuable psychiatric-mental health nursing text of 2010." In January 2012, Dr. Beck was recognized as a co-recipient of the Prince Mahidol Award in Medicine for his outstanding contribution in the development of cognitive behavioral therapy.

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Judith S. Beck, PhD received the Award for Outstanding Contribution by an Individual for Clinical Activities from the Association for Behavioral and Cognitive Therapies (ABCT) in November 2011.

Tami D. Benton, MD became a Section Editor for the *Child and Adolescent Psychiatry Current Psychiatry Reports* publication.

Robert I. Berkowitz, MD serves on the editorial board of the *International Journal of Obesity*.



Henry R. Bleier, MD, MBA received the 2010 Psychiatric Educator of Physicians Award from the Philadelphia Psychiatric Society in November 2010. This award is given in recognition of the recipient's outstanding teaching or research abilities.

Rhonda C. Boyd, PhD serves as co-chair of the Child Depression Workgroup in the Emerging Scholars Interdisciplinary Network. She also became a member of the Diversity Network Committee of the Society for Prevention Research.

Stanley N. Caroff, MD is Director of the Neuroleptic Malignant Syndrome Information Service, a division of the Malignant Hyperthermia Association of the United States (MHAUS), a non-profit advocacy group headquartered in Sherburne, New York.

Kenneth D. Cohen, MD was honored by the Belmont Behavioral Treatment Center in Philadelphia in June 2010 at the annual dinner for the graduation of the Albert Einstein Medical Center psychiatry residents with the establishment of the Annual Kenneth D. Cohen Academic Excellence Award. Dr. Cohen has a long history with Albert Einstein and with Belmont. Among other connections, Dr. Cohen was formerly Belmont's Clinical Director and Director of Professional Education from 1973 to 1980. Dr. Cohen is Clinical Professor of Psychiatry at Penn, and has been teaching and supervising in Penn's Department of Psychiatry for over 50 years. Currently, he is responsible for organizing a dynamic psychotherapy conference at Penn for the PGY-4 residents that runs through July, August, and September.

Guy S. Diamond, PhD received the 2010 Marilyn Mennis Memorial Award from the Pennsylvania Community Providers Association (PCPA) Board of Directors in October 2010. This award, established in 1995, is presented to an individual or program that reflects Ms. Mennis' qualities of dedication, caring, leadership, and advocacy on behalf of Pennsylvania's children with special needs and their families.

Joseph DiGiacomo, MD received the Nancy C. A. Roeske MD Certificate of Recognition for Excellence in Medical Student Education at the Annual Meeting of the American Psychiatric Association (APA) in New Orleans in May 2010. This award honors APA members who have made "significant and sustained contributions...to the advancement of medical student education."

David F. Dinges, PhD was elected a member of the International Academy of Astronautics. Founded in 1960, the Academy includes the world's foremost experts in astronautics to foster the development of astronautics for peaceful purposes, to recognize individuals who have distinguished themselves in a branch of science or technology related to astronautics, and to provide a program through which the membership can contribute to international endeavors and cooperation in the advancement of aerospace science, in cooperation with national science or engineering academies. In addition, for the eleventh consecutive year, Dr. Dinges was selected to continue as Team Leader for the National Space Biomedical Research Institute's Neurobehavioral and Psychosocial Factors Team for human space flight. He was also asked by the Boards of the American Academy of Sleep Medicine and the Sleep Research Society to serve a second five-year term (2012-2017) as Editor-in-Chief of *SLEEP*, the leading biomedical publication in the world dedicated to sleep medicine and sleep research.

C. Neill Epperson, MD was elected a member of the College on the Problems of Drug Dependence and was elected to the Philadelphia Forum for Executive Women. She was also invited to be Co-Chair of the Committee on Women of the Philadelphia Psychiatric Society. Dr. Epperson served as the opponent for the doctoral defense of Erika Temby, MD at Umea University in Umea, Sweden – contributing in this role is considered an honor in Europe. In addition, she co-Chaired with Ellen Freeman, PhD (Obstetrics and Gynecology) a panel at the Annual Meeting of the American Psychiatric Society titled "Mood, Memory and Myths: What Really Happens at Menopause" in Honolulu, Hawaii in May 2011.

Newell Fischer, MD was elected to the Executive Committee of the International Psychoanalytic Association to represent the United States, Canada, and Japan. He was also elected Chair of the Education Committee of the Psychoanalytic Center of Philadelphia.

Edna B. Foa, PhD received the 2010 Award for Lifetime Achievement in the Field of Trauma Psychology from the American Psychological Association (APA) at its Convention in San Diego in August 2010. The Lifetime Achievement Award "recognizes a senior distinguished psychologist who has made outstanding contributions to science, practice, advocacy, and/or education/training over the course of his/her career ... at such a level that they have advanced the field of trauma psychology." At the convention, Dr. Foa delivered the Harry Kirke Wolfe Lecture on "PTSD: Diagnosis, Theory, and Evidence-based Treatment." Also, Dr. Foa was the first recipient of the Outstanding Career Achievement Award from the International Obsessive Compulsive Disorder Foundation in July 2011. She was honored "for her pioneering work on the treatment and understanding of OCD."

Rollin M. Gallagher, MD received the John B. Murtha Award in September 2011 for service to military pain medicine from the

Lerman Elected to IOM

Caryn Lerman, PhD was elected in 2010 to membership in the Institute of Medicine (IOM) of the National Academies, one of the nation's highest honors in biomedicine. She joins four other Department of Psychiatry faculty who are members – Aaron T. Beck, MD (1997); Raquel E. Gur, MD, PhD (2001); Charles P. O'Brien, MD, PhD (1991); and Albert J. Stunkard, MD (1988).

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Raquel Gur receives ACP Menninger Award

Raquel E. Gur, MD, PhD received the 2011 William C. Menninger Memorial Award for Distinguished Contributions to the Science of Mental Health from the American College of Physicians (ACP) at the ACP's Annual Meeting in April 2011 in San Diego. The award was established in 1967 and was named for Dr. Menninger who was a Governor, Regent, and the first President of the College. Albert J. Stunkard, MD (1980), Aaron T. Beck, MD (2007), and Dwight L. Evans, MD (2009) from the Department of Psychiatry are past recipients of this prestigious award.



Defense and Veterans Center for Integrated Pain Management, a component of the Department of Defense. In November 2011, he was honored with the Josefina Magno Award for Leadership in Program Excellence Dedicated to Military Service Personnel from Capital Caring in Falls Church, Virginia. Capital Caring provides palliative and hospice care in Virginia, Washington, DC, and Maryland. In addition, Dr. Gallagher was selected in 2011 as Co-Chair of the Department of Defense-VA Health Executive Committee's Pain Management Work Group.

Namni Goel, PhD completed her term as President of the Society for Light Treatment and Biological Rhythms in July 2010. Her term as Immediate Past President runs through July 2012. She served as a member of the Organizing Committee for the July 2010 Annual Meeting of the Society for Light Treatment and Biological Rhythms in Vienna, Austria. Dr. Goel was named Academic Editor of *PLoS ONE* in July 2010, a member of the Editorial Board of the *Journal of Neurology Research* in February 2011, and Review Editor of *Frontiers in Behavioral and Psychiatric Genetics* in July 2011. She was appointed a member of

the Educational Programs Committee of the Sleep Research Society in June 2011.

Trevor R. Hadley, PhD received the 2011 Benjamin Rush Award from the Philadelphia Psychiatric Society. The Rush Award is given to "a non-psychiatrist who has brought recognition to mental illness/health over the past year." Dr. Hadley received the honor at the Society's Benjamin Rush Event in November 2011.



Steven F. Huege, MD received a Geriatric Academic Career Award (GACA) from the Health Resources and Services Administration (HRSA).

The purpose of the award is to increase the number of junior faculty at accredited schools of allopathic and osteopathic medicine and to promote the development of their careers as academic geriatricians who emphasize training in clinical geriatrics, including the training of interdisciplinary teams of health professionals. Dr. Huege was Co-Chair of the Geriatric Mental Health Foundation's Scholars Program for Medical Students at the 2011 and 2012 Annual Meetings of the American Association for Geriatric Psychiatry.

Chanita Hughes-Halbert, PhD was elected to the Minorities in Cancer Research Council at the American Association for Cancer Research.

Matthew Hurford, MD was elected Early Career Psychiatrist representative to the Pennsylvania Psychiatric Society and was named Chair of the Community Psychiatric Committee for the Philadelphia Psychiatric Society.

Kyle M. Kampman, MD served as a member of an NIH grant study section within the Center for Scientific Review's Risk, Prevention and Health Behavior Integrated Review Group in June 2010. Also in 2010, he was selected as a Member of the American College of Neuropsychopharmacology and appointed Associate Editor of the journal *Drug and Alcohol Dependence*.

Caryn Lerman, PhD is leading a National Institute on Drug Abuse (NIDA) Council Workgroup on the "Translation of Evidence-Based Interventions for Substance Abuse to Practice."



Craig Lichtman, MD, MBA co-founded and co-chaired the new "Psychotherapeutic Approaches to the Medically Ill" Special Interest Group at the Annual Meeting of the Academy of Psychosomatic Medicine in November 2011 in Phoenix. In May 2011, he became a member of the Board of Directors of PLAN of Pennsylvania, a non-profit agency, which provides planning, special needs trust, representative payee, and care management services to families of adults with mental illness, intellectual disabilities, autism, and brain injury, as well as other lifelong disabilities.

Deborah Anna Luepnitz, PhD received the 2011 Award for Achievement in Psychoanalytic Education from the Philadelphia Society for Psychoanalytic Psychology in November 2011.

Scott Mackler, MD, PhD, a Newark, Delaware resident, was awarded the Order of the First State from Delaware Governor Jack Markell in 2010. Dr. Mackler continues to teach and conduct research a decade after being diagnosed with Amyotrophic Lateral Sclerosis (ALS) and is working with students to investigate the molecular mechanisms underlying cocaine addiction.

David S. Mandell, ScD accepted an invitation from the Center for Scientific Review of the NIH to serve as a member of the Dissemination and Implementation Research in Health Study Section. The term runs until June 30, 2014. Members are selected based on "their demonstrated competence and achievement in their scientific discipline." He also received the American Public Health Association (APHA) Mental Health Section Award, was named the Scientific Program Chair for the 2010 International Meeting for Autism Research, and was selected as Co-Editor of *Autism: The International Journal of Research and Practice*. He also received the Variety Club Autism Award.

David S. Metzger, PhD received the Penn Center for AIDS Research (CFAR) Community Advisory Board's Red Ribbon Award for Excellence in International Research. He is a member of the Executive Committee of the national CFAR Social and Behavioral Sciences Research Network. Dr. Metzger also serves on the Advisory Board of Project

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Clinical Recognitions



The Department ranked 12th nationally in the 2011-12 *US News & World Report's* Annual Ranking of Best Hospitals for the quality of its psychiatry clinical services. The psychiatric service improved from rank 14 in 2010-11. Overall, the Hospital of the University of Pennsylvania (HUP) ranked 10th nationally, continuing its presence in the survey's "Honor Roll," and marking the fourth consecutive year that the hospital ranked in the top ten nationwide. HUP remains the top ranked hospital for psychiatric care in the region.

The Department's Drug and Alcohol Abuse program ranked #5 in the 2012-13 *U.S. News & World Report* annual survey of medical schools and their specialty programs. The Perelman School of Medicine achieved a #2 ranking, retaining its position from the previous survey.



A number of Department of Psychiatry physicians were recognized by *Philadelphia Magazine* as "Top Doctors" in the region, as reported in the April 2011 issue – **Kyle M. Kampman, MD** (Addiction Psychiatry); **Anthony L. Rostain, MD, MA** (Child and Adolescent Psychiatry); **Joel E. Streim, MD** (Geriatric Psychiatry); **Steven E. Arnold, MD** (Psychiatry; Alzheimer's Disease); **Edward S. Brodtkin, MD** (Psychiatry); and **Michael E. Thase, MD** (Psychiatry).



Six Department of Psychiatry physicians were recognized in Castle Connolly's 2011 edition of *America's Top Doctors*. Physicians are selected on the basis of "peer nomination, extensive research and careful review and screening by [a] doctor-directed research team." The Department faculty recognized in 2011 include: **Steven E. Arnold, MD**, **Edward S. Brodtkin, MD**, **Kyle M. Kampman, MD**, **Anthony L. Rostain, MD, MA**, **Joel E. Streim, MD**, and **Michael E. Thase, MD**.

Thirty Department of Psychiatry physicians were recognized as "2011-2012 Best Doctors in America." The list, compiled by Best Doctors, Inc., is composed of physicians who have been selected by the consensus of their peers. The Department faculty recognized in the survey are: **Jay D. Amsterdam, MD**, **Steven E. Arnold, MD**, **Christos Ballas, MD**, **Wade H. Berrettini, MD, PhD**, **Henry R. Bleier, MD, MBA**, **Lawrence D. Blum, MD**, **James W. Cornish, MD**, **Charles Dackis, MD**, **Sarah C. DeMichele, MD**, **C. Neill Epperson, MD**, **Dwight L. Evans, MD**, **David L. Fink, MD**, **Newell Fischer, MD**, **Ruth S. Fischer, MD**, **Rollin M. Gallagher, MD**, **Laszlo Gyulai, MD**, **Kyle M. Kampman, MD**, **Marc Lipschutz, MD**, **Michael McCarthy, MD**, **Charles P. O'Brien, MD, PhD**, **David W. Oslin, MD**, **Anthony L. Rostain, MD, MA**, **Robert L. Sadoff, MD**, **James L. Stinnett, MD**, **Andrew M. Stone, MD**, **Joel E. Streim, MD**, **Michael E. Thase, MD**, **Robert M. Toborowsky, MD**, **Robert M. Weinrieb, MD**, and **Daniel Weintraub, MD**.

Matthew Hurford, MD and the clinical team at the Hall Mercer Community Behavioral Health Center at Pennsylvania Hospital received a University of Pennsylvania Health System (UPHS) Quality and Patient Safety Award for the project titled "Access and Service Continuity Improvement Project at Hall Mercer Community Behavioral Health Center." This project is aimed at reducing wait times for initial appointments, increasing patient show-rates, and improving continuity of patient care. Dr. Hurford and the team received the award at a UPHS awards ceremony in October 2010.

Cathy A. Mercaldi, MD was listed in *America's Top Psychiatrists 2010* and *2011* by the Consumer's Research Council of America.

The **Behavioral Health Laboratory (BHL) at the Philadelphia VA Medical Center**, led by **David W. Oslin, MD**, was awarded the American Psychiatric Association Bronze Award for clinical innovations. The BHL was developed to support the delivery and improve the outcomes for primary care patients with behavioral health problems. It has become a national model within the VA system and recognized as a Best Practice Model.

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Legacy, a National Institute of Allergy and Infectious Diseases (NIAID) supported initiative to increase the number of investigators and participants from underrepresented minorities in AIDS-related biomedical research.

Stephen J. Morse, JD, PhD is a member of the newly-funded MacArthur Research Network on Law and Neuroscience. The project is funded through 2014 and Dr. Morse is only one of thirteen participating researchers nationwide. Supported by the John D. and Catherine T. MacArthur Foundation, the Research Network funds research at the intersection of neuroscience and criminal justice, including issues related to the mental states of defendants and witnesses, a defendant's capacity for self-regulating his behavior, and the introduction of neuroscientific evidence in court. Dr. Morse will focus his research on the neuroscience of legally relevant self-control capacity and on the neuroscientific correlates of different mental states, such as recklessness and negligence, that are crucial to criminal law. In addition, Dr. Morse is a Member of the Board of the Bazelon Center for Mental Health and Law in Washington, DC and serves on the Nominations and Finance Committees. The Bazelon Center is a nonprofit organization devoted to improving the lives of people with mental illnesses through changes in policy and law.

Cory F. Newman, PhD was promoted to the rank of Professor of Psychology in Psychiatry in the Standing Faculty of the Perelman School of Medicine. Dr. Newman also served as Visiting Professor in the Department of Psychology and Neurosciences at the University of Colorado at Boulder from July 1, 2011 until December 31, 2011. There he taught an upper-level graduate course titled "Introduction to Becoming a Clinical Supervisor," the first course of its type in the department's history. The course was videotaped so that other faculty at CU-Boulder may continue to teach it from 2012 forward. In November 2011, Dr. Newman's book (co-authored with Dr. Thomas Ellis of the Menninger Clinic) titled *Choosing to Live: How to Defeat Suicide Through Cognitive Therapy* was chosen as a Self-Help Book Seal of Merit Winner by the Association for Behavioral and Cognitive Therapy.

Charles P. O'Brien, MD, PhD has been asked to chair a committee of the Institute of Medicine requested by Congress to examine the problems of substance abuse

and psychiatric disorders in the American armed forces. In October 2011, he served as President of the European and International Congress on Addiction, Hepatitis, and AIDS in Biarritz, France.

Helen M. Pettinati, PhD received the Dan Anderson Research Award from the Hazelden Foundation. This award recognizes a single published article of an original, innovative, and creative work by a researcher who has advanced the scientific knowledge of addiction recovery. Dr. Pettinati's award-winning paper reported the first controlled trial demonstrating that a combination of an antidepressant and an anti-craving medication was significantly better than either treatment alone or placebo for treating patients with both depression and excessive drinking - a very commonly seen comorbidity (Pettinati HM, Oslin DW, Kampman KM, Dundon WD, Xie H, Gallis TL, Dackis CA, and O'Brien CP. A double-blind, placebo-controlled trial combining sertraline and naltrexone for treating co-occurring depression and alcohol dependence. *Am J Psychiatry* 167: 688-675, 2010). Dr. Pettinati received the award in May 2011 at the Annual Meeting of the National Association of Addiction Treatment Providers (NAATP) in Chandler, Arizona, where she summarized her paper in the Plenary Session.

Jennifer G. Plebani, PhD became a member of the Association for Psychological Science (APS) in 2010.

R. Arlen Price, PhD was appointed to the editorial board of a new journal, *Frontiers in Behavioral and Psychiatric Genetics*.

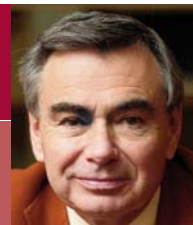


Sydney Pulver, MD served as Chair of a panel titled "How and When Does Treatment End?" at the Winter Meeting of the American Psychoanalytic

Association held in New York City in January 2012.

Adrian Raine, PhD was elected Vice

O'Brien receives IOM Sarnat International Prize



Charles P. O'Brien, MD, PhD and **Eric J. Nestler, MD, PhD** of the Mount Sinai School of Medicine were co-recipients of the 2010 Rhoda and Bernard Sarnat International Prize in Mental Health from the Institute of Medicine (IOM). Rhoda and Bernard Sarnat established the award in 1992 out of a commitment to improving the science base and delivery of mental health services. This international award recognizes individuals, groups, or organizations for outstanding achievement in improving mental health and is accompanied by a medal and \$20,000. In the words of the selection committee, Dr. O'Brien was honored "for making discoveries that have become the standard of care in alcohol and drug addiction treatment and for demonstrating the neurobiological foundations for symptoms of addiction." Dr. O'Brien now joins Department of Psychiatry colleagues Aaron T. Beck, MD (2003) and Albert J. Stunkard, MD (2004) as winners of this distinguished accolade. Dr. O'Brien received the award at the IOM's Annual Meeting in October 2010 in Washington, DC.

President of the Academy of Experimental Criminology (AEC). The AEC, a division of the American Society of Criminology, was founded in 1999 to recognize criminologists who have successfully led randomized, controlled, field experiments in criminology.

J. Russell Ramsay, PhD is an invited member of the Society for Adolescent Health and Medicine's (SAHM) initiative, "Navigating Change Points: Improving ADHD Care in Our Nation's Adolescents." He is representing the Attention Deficit Disorder Association (ADDA) in this effort.

Paul M. Robins, PhD serves on the Editorial Board of the *Journal of Pediatric Psychology* and on the Executive Board of the Society of Pediatric Psychology. He also serves as an Internship Site Visit Chair in the Office of Accreditation of the American Psychological Association (APA) and as a Regional Federal Action Coordinator in the APA's Education Directorate.

Anthony L. Rostain, MD, MA is the President of the American Professional Society of ADHD and Related Disorders (APSARD).

Robert L. Sadoff, MD received two prestigious awards. In November 2010, he received the Presidential Award from the Pennsylvania Psychiatric Society, its high-

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est honor. In October 2010, he was presented with the Distinguished Alumni Award from the University of Minnesota Medical Alumni Society, which recognizes University of Minnesota medical school alumni "who have made outstanding contributions to their communities – at the local, regional or national level – through medical practice, teaching, research or other humanitarian activities." Dr. Sadoff was also honored with the establishment of the Robert L. Sadoff Lecture in Forensic Psychiatry at the College of Physicians of Philadelphia in perpetuity. He also initiated and developed the Section on Medicine, Ethics and Law at the College.

Robert A. Schnoll, PhD was named Chairperson of the Risk, Prevention, and Intervention for Addictions NIH Study Section in September 2011. He was also nominated to membership on the Strategic Planning Committee for the Society for Research on Nicotine and Tobacco.

Steven J. Siegel, MD, PhD advanced to Fellow in the American College of Neuropsychopharmacology.



Joel E. Streim, MD was appointed to the Centers for Medicare & Medicaid Services (CMS) Technical Expert Panel for Inpatient Psychiatric Quality Measure Development. This technical expert panel (TEP) is a group of stakeholders and experts who will provide input on the development, selection, and maintenance of measures for which CMS contractors are responsible. Dr. Streim will contribute his expertise related to measures of quality of care for older adults with medical-psychiatric comorbidity and associated disability.

Richard F. Summers, MD is serving a one-year term as President of the American Association of Directors of Psychiatry Residency Training until March 2012. In 2010, he was selected as a Distinguished Fellow of the American Psychiatric Association and was appointed Chair of the American Psychoanalytic Association's Psychodynamic and Psychoanalytic Teachers' Academy. In the fall of 2011, he was appointed to the Advisory Group of the Psychiatry Milestones Project of the American Council

Peter C. Whybrow, MD Portrait Unveiling

On February 9, 2012, the Perelman School of Medicine and the Department of Psychiatry honored former Chairman Peter C. Whybrow, MD with a ceremony and reception to accompany the unveiling of his portrait. Dr. Whybrow served as Department Chair from 1984 to 1996, and is now the Judson Braun Distinguished Professor and Executive Chair of the Department of Psychiatry and Biobehavioral Sciences at the David Geffen School of Medicine at UCLA. As part of the celebration, Dr. Whybrow delivered a lecture titled "Reflections on the Philadelphia Story."



From left: Dwight L. Evans, MD; Peter C. Whybrow, MD, Arthur H. Rubenstein, MBCh

of Graduate Medical Education.

Michael E. Thase, MD received the 2012 Award for Research in Mood Disorders from the American College of Psychiatrists in February 2012. This award is given to an "individual who has advanced the understanding and treatment of mood disorders."

Daniel Weintraub, MD was appointed to the Editorial Advisory Board of *CNS Spectrums*. He was also appointed to the Executive Committee of the Parkinson Study Group and to the Diagnostic and Statistical Manual (DSM)-V Task Force as advisor to the Sleep-Wake Disorders Work Group and the Cognitive Work Group. In addition, Dr. Weintraub was appointed to the Movement Disorder Society's Committee on Rating Scales in Movement Disorders.

Kenneth J. Weiss, MD was selected Outstanding Teacher in a Forensic Fellowship by the American Academy of Psychiatry and the Law in October 2011. He was elected Secretary of the Philadelphia Psychiatric Society in June 2011. Dr. Weiss co-led (with Gary Patronek, DVM, PhD) an interdisciplinary conference funded by the Ameri-

can Psychology-Law Society on "Animal Hoarding" in Boston in July.

Daniel H. Wolf, MD, PhD received, in 2009, the Young Investigator Memorial Fellowship Travel Award from the American College of Neuropsychopharmacology (ACNP) and the NARSAD Sidney R. Baer, Jr. Prize for Schizophrenia Research.

George E. Woody, MD served as a member of several important entities – the FDA External Advisory Group on the question of scheduling dextromorphan; the Executive Committee and Publications Committee of the National Institute on Drug Addiction (NIDA) Clinical Trials Network; the External Scientific Advisory Board of the Texas Node of the NIDA Clinical Trials Network; and the Program Development Committee of the College on Problems of Drug Dependence. He also served as an external reviewer for the Behavioral and Social Consequences of HIV/AIDS (BSCH) Study Section at the NIH. ❖

NEWS & GOINGS ON

Kelly C. Allison, PhD was an invited speaker on "Behavioral Issues in Weight Management," given in October 2011 at St. Luke's Hospital Bariatric Services' First Annual Bariatric Symposium on "Update on Obesity: A Multidisciplinary Approach" in Allentown, Pennsylvania. She was also an invited speaker on "Women and Weight: Why Is It So Complicated?" at Community Rounds sponsored by the Penn Center for Women's Behavioral Wellness in October.

Janet E. Audrain-McGovern, PhD gave a talk on "Adolescent Smoking Prevention" at an October 2011 CANPrevent Lung Cancer Conference sponsored by the Abramson Cancer Center.

Mathias Basner, MD, PhD, MSc gave an invited talk at the Medical Device Alarms Summit in Herndon, Virginia in October 2011, hosted by the Association for the Advancement of Medical Instrumentation. The talk was titled "Noise - The Other Negative Effect of False Alarms." (For more details, please visit <http://www.aami.org/alarms/index.html>)

Aaron T. Beck, MD and his team at the Aaron T. Beck Psychopathology Research Center (ATB-PRC), in partnership with the City of Philadelphia's Department of Behavioral Health and Intellectual Disability Service's Community Behavioral Health Division, are actively implementing The Beck Initiative, a large-scale effort to disseminate cognitive therapy principles and applications to therapists in community mental health agencies in Philadelphia, as well as therapists in the Veterans Health Care System. Special efforts are directed at therapists and outreach workers in city agencies that work with children and adolescents ("The Beck Initiative: Child and Adolescent Expansion") and case managers who work in homeless shelters ("The Beck Initiative: Homelessness Expansion"). The ATB-PRC is also redesigning and expanding training in cognitive therapy for nurses, psychiatric techs, occupation therapists, and attendings working in extended acute inpatient units at Temple's Episcopal Hospital in Philadelphia, as well as for Community Treatment Teams. The team has also trained staff at Horizon House, Inc., a community behavioral health center in Philadelphia, for certification as a Center of Excellence in cognitive therapy.

Judith S. Beck, PhD spoke to multiple regional, national, and international audiences in 2010 and 2011. Among them, she gave a Keynote Address on "Cognitive Behavior Therapy (CBT) for Personality Disorders" and also spoke on the "Cognitive Behavioral Approach to Weight Loss" at a meeting of the European Association for Behavioural and Cognitive Therapies in October 2010 in Milan, Italy. In May 2011, she presented on "CBT for Personali-

The Department's Psychopathology Research Unit has a new name – **The Aaron T. Beck Psychopathology Research Center**. Named after its founder and current Director, **Aaron T. Beck, MD**, the Center will continue and extend both research and clinical training in severe psychopathology, work that has been ongoing for over five decades. Center faculty and staff evaluate the effectiveness of evidence-based treatments, such as cognitive behavioral therapy, in applied community settings and investigate ways to improve the dissemination of these treatments to the public. Center personnel also conduct clinical training for medical professionals, with special training programs for clinicians employed at Philadelphia-area community mental health centers and at VA medical centers across the country. Dr. Beck is known world-wide as the inventor of cognitive therapy, the most empirically supported of any form of psychotherapy. He has been richly honored nationally and internationally for his life-long contributions to improving the mental health of the world's people, most notably with the 2006 Albert Lasker Clinical Medical Research Award, the most prestigious honor bestowed in American science, and often called "America's Nobel."

ty Disorders" and "High-Yield CBT for Brief Sessions," and also gave a Master Course on "Practical CBT" at the Annual Meeting of the American Psychiatric Association in Honolulu. In June, she delivered a Keynote Address on "CBT for Personality Disorders" and spoke on various other issues concerning the application of cognitive behavior therapy at the 7th Annual International Congress of Cognitive Psychotherapy in Istanbul, Turkey. Dr. Beck gave a Plenary Lecture on "CBT for Personality Disorders" and spoke on "CBT for Weight Loss and Maintenance" at the 3rd Asian CBT Conference in July in Seoul,

South Korea. In August 2011, she gave a Plenary Session on "Up Close and Personal with Judith S. Beck, PhD" and also presented on "CBT for Personality Disorders" at the Annual Convention of the American Psychological Association in Washington, DC.

Steven J. Berkowitz, MD presented on the "Child and Family Traumatic Stress Intervention" in June 2011 in Rome, Italy for a World Health Organization (WHO) conference on disaster response. In October, he led a Learning Collaborative Training for six agencies from six states on "Child and Family Traumatic Stress Intervention." He served as faculty for a seminar on recognizing and intervening with traumatized children as a pediatrician at the American Academy of Pediatrics National Conference in October in Boston. In November, Dr. Berkowitz presented to the Pennsylvania Bar Institute on "The Relationship Between Early Life Trauma and Criminality."

Peter B. Bloom, MD conducted a 14-hour advanced workshop for about 45 established clinicians from all specialties on "Effective Treatment Techniques for Contemporary Practice" at the New England Society of Clinical Hypnosis in May 2010. Dr. Bloom, who retired from clinical practice in July 2010, used the workshop to share with his colleagues what he had learned throughout his distinguished career. (For more about Dr. Bloom, please see the "Voluntary Faculty Profile" about him in the Winter 2009 issue of *Penn Psychiatry Perspective* – <http://www.med.upenn.edu/psych/newsletter.html>). Dr. Bloom also gave a workshop to the New Orleans Society of Clinical Hypnosis in September 2011 on "Treating Adolescent Conversion Disorders: Are Hypnotic Techniques Re-useable?" His talk is a published paper, which states that while hypnosis is a valuable adjunct to any therapy, every patient is different and there are no re-useable techniques.

Edward S. Brodtkin, MD gave an invited talk in November 2011 in Washington, DC on "Deconstructing Sociability in Mouse Models" at the 4th Annual Society for Neuroscience Scientific Symposium titled "Social Behavior Paradigms in Neuroscience." This satellite symposium of the Annual Meeting of the Society for Neuroscience was sponsored by Clever Sys, a bioinformatics company specializing in

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automated behavioral testing, including data collection and analysis.

E. Cabrina Campbell, MD is a Faculty Mentor for the University of Pennsylvania chapter of the Student National Medical Association (SNMA), a national student-run organization focusing on the needs of minority pre-med students, medical students, and health care consumers. She is also a Faculty Mentor for the Redfield Group at Penn. The Redfield Group is named for Kay Redfield Jamison, PhD, a psychologist at Johns Hopkins University who has written extensively, including books about having bipolar disorder herself. At Penn, it is an anonymous group of medical students who self-identify as having family or personal psychiatric problems.

Stanley N. Caroff, MD gave a talk on "Movement Disorders Associated with Second Generation Antipsychotics" at the Pennsylvania Psychiatric Society's Annual Meeting held in King of Prussia in November 2011.

Judith A. Coché, PhD has returned from colleague training in couples group psychotherapy at a conference for systems therapists in Beilen, Holland, where couples group psychotherapy is widely used.

David F. Dinges, PhD delivered an invited keynote address on "The Critical Role Sleep Need Has in Health and Safety" at the NIH National Institute of Nursing Research's 25th Anniversary Symposium in Bethesda, Maryland in September 2010. In November, he gave the Research in Medical Education (RIME) 28th Invited Address on "Sleep Need and Fatigue Management: Critical Roles for Professionalism and Medical Education" at the 2010 Annual Meeting of the Association of American Medical Colleges in Washington, DC. In December, he delivered an invited keynote address on "Maintaining Human Behavioral Capability: Where Biology Meets Technology" at the 30th Anniversary Meeting of the Board on Human-Systems Integration of the National Research Council of the National Academies. In January 2011, Dr. Dinges gave an invited keynote address on "A Brain in Conflict: Sleep and Circadian Imperatives in a 24/7 World" at the NIH's intramural program on "Demystifying Medicine 2011" in Bethesda, MD, and in April in Houston he delivered the plenary address on "Fridtjof Nansen - Lessons for Human Exploration of Space" at the 18th Humans in Space Symposium sponsored by the International Academy of Astronautics. Dr. Dinges also testified before the U.S. Nuclear Regulatory Commission on proposed new work schedules for power plants.

C. Neill Epperson, MD presented on "Sex, Hormones and the Brain" and "The Ongoing Saga of Estrogen, Mood and Memory at Menopause" at the 4th World Congress on Women's Mental Health in Madrid, Spain in March 2011. She was also a Keynote speaker for the Philadelphia Psychiatric Society's Colloquia of Scholars in March.

Edna B. Foa, PhD spoke to multiple regional, national, and international audiences in 2010 and 2011. Among them, she delivered a Keynote Address in July 2010 on "Psychopathology and Treatment of PTSD: Emotional Processing Theory and Prolonged Exposure (PE) Therapy" at the International Conference on "Posttraumatic Disorders - Concepts, Risk Factors, Therapy," sponsored by the University of Warsaw and the Polish Association for Cognitive and Behavioural Therapy. In November 2010, at the Annual Convention of the Association for

Behavioral and Cognitive Therapies in San Francisco, she spoke on "Enhancing Treatment Outcome for Obsessive Compulsive Disorder (OCD)," gave a Master Clinician Seminar on "Implementing Prolonged Exposure for PTSD: Optimizing Outcomes," delivered Clinical Ground Rounds on "Prolonged Imaginal Exposure and Cognitive Processing Therapy," presented an Invited Address on "Disseminating Evidence-Based Treatment Within Systems and Across Countries: Lessons Learned from Prolonged Exposure Therapy for PTSD," and gave a workshop on "Concurrent Treatment for Alcohol Dependence and PTSD." In April 2011, Dr. Foa delivered a Keynote Address on "PTSD: Diagnosis, Theory, and Evidence-based Treatment" at the 32nd Annual Meeting of the Society of Behavioral Medicine in Washington DC. In addition, she and other clinicians from the Center for the Treatment and Study of Anxiety (CTSA) trained many health professionals across the country and world (e.g., Germany, Sweden, Norway, and Israel) on the principles and application of Prolonged Exposure (PE) Therapy for PTSD.

Teresa R. Franklin, PhD gave an invited lecture in June 2011 in Belmont, Massachusetts on "Characterizing a Cue-Vulnerable Phenotype in Smokers - A Work in Progress" at the Brain Imaging Center at McLean Hospital, a major teaching facility of Harvard Medical School. In September, she was an invited lecturer on "Characterizing Pharmacologic-responsive Endophenotypes in Smokers Using Brain, Behavioral and Genetic Markers" at the Program in Neuroscience 2011-2012 Seminar, sponsored by the University of Massachusetts in Worcester. Also in September, she gave Department of Psychiatry Grand Rounds at Penn on "Personalizing Therapies for Smokers Wanting to Quit."

Rollin M. Gallagher, MD presented the Annual Sackler Lecture at the Tufts New England Medical Center in Boston in April 2011 on "The Veterans Administration/Department of Defense Systems Redesign: Pain Management for Wounded Warriors from Injury to Recovery." Dr. Gallagher also presented the annual MG Jack Gamble Memorial Research Lecture on "Stepped Pain Care in the Medical Home: Opportunity and Challenge" for the Department of the Army Madigan Health System in Tacoma, Washington in August.



Seth J. Gillihan, PhD gave a talk on "Prolonged Exposure Therapy for Posttraumatic Stress Disorder (PTSD)" in October 2010 in Santiago, Dominican Republic. The talk was part of the ten-day "Hispaniola School of Neuroscience: Trauma and the Nervous System," which was supported with funds from the NIH and the International Brain Research Organization (IBRO). According to the IBRO, this targeted and temporary 'school' was designed to "enhance the capacity of Haitian and Dominican participants to understand, teach, and respond to the mental health consequences of a disaster, such as the earthquake that occurred in Port au Prince, Haiti, in early 2010." Medical students, psychologists, psychiatrists, neurologists, neurosurgeons, and other physicians, mostly from Haiti, were among the school's 20 students. Dr. Gillihan's role was to teach about efficacious treatment for PTSD.

Namni Goel, PhD spoke to multiple regional, national, and international audiences in 2010 and 2011. She gave three talks in June 2010 at the Annual Meeting of the Associated Professional Sleep Societies in San Antonio, Texas on "Candidate Gene Variants in Relation to Sleep Homeostatic and Cumulative Neurobehavioral Responses to Chronic Partial Sleep Deprivation,"

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"DQB1*0602 Allele Predicts Interindividual Differences in Physiological Sleep Structure, Sleepiness and Fatigue During Baseline and Chronic Partial Sleep Deprivation," and "Individual Differences in Vulnerability to Sleep Deprivation." In July 2010, she spoke on "T3111C Polymorphism of the Circadian Core Gene, *Clock*, Predicts Interindividual Differences in Affect, Sleepiness, Fatigue and Executive Functioning During Baseline and Chronic Partial Sleep Deprivation in Healthy Adults" at the Annual Meeting of the Society for Light Treatment and Biological Rhythms in Vienna, Austria. In June 2011, Dr. Goel gave talks on "Preprohormone/Prepro-orexin (HCRT) - 909C/T Polymorphism Predicts Individual Differences in MWT Latency, Sleep Physiology and Homeostasis During Baseline and Sleep Restriction" and on "Circadian CLOCK T3111C Polymorphism Associated with Individual Differences in Executive Functioning, Sleepiness and Mood During Sleep Restriction" at the Annual Meeting of the Associated Professional Sleep Societies in Minneapolis. In July, she spoke on "Preprohormone/Prepro-orexin (HCRT) Gene: Role in Mediating Individual Differences in Daytime Sleep Propensity and Nighttime Homeostasis During Sleep Loss" at the Annual Meeting of the Society for Light Treatment and Biological Rhythms in Montreal. In October, she gave a talk on "Sleep and Circadian Genes: Predictors for Response to Sleep Restriction" at the Worldsleep 2011 conference in Kyoto, Japan.

Gordon R. Hodas, MD is a Child and Adolescent Psychiatrist Member of the System of Care Youth Coalition of the American Academy of Child and Adolescent Psychiatry. The Youth Coalition supports youth empowerment in mental health at local, state, and national levels. During 2010, Dr. Hodas gave several talks, including: "Psychotropic Medication for Children and Youth: Why, When, and How?" as the Charles M. Reilly MD Endowed Lecture at Wellspan Health/York Hospital in York, Pennsylvania in May; "Implementing Trauma Informed Care for Youth in Treatment and the Community" at the Annual Meeting of the Pennsylvania Community Providers Association in Champion, Pennsylvania in October; "Fetal Alcohol Spectrum Disorder: A State Perspective on Policy and Practice Implications for Early Childhood Mental Health Practitioners" at the Second Annual Infant

Mental Health Conference in Philadelphia in October; and "Trauma Informed Care, Balanced and Restorative Justice, and Youth Resilience" at the 2010 Pennsylvania Conference on Juvenile Justice in Harrisburg, Pennsylvania in November. In 2011, Dr. Hodas and his colleagues presented on "Broadening the Scope of a Child and Adolescent Psychiatrist's Role: Systems of Care Case Conceptualization" and on "More Alike Than We Think: Dilemmas Arising from Implementing a Systems of Care Approach on Both Sides of the Border" at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry in October 2011 in Toronto. He also spoke on "Creating a Trauma Competent System in Bucks County" for the Bucks County Behavioral Health System in Warminster, Pennsylvania in April; "Trauma Informed Care in Child Welfare" at the 19th Judicial Circuit Dependency Summit in Port St. Lucie, Florida in May; and, with colleagues, on "The Next Generation of Child and Adolescent Psychiatrists: Promoting Youth and Family Empowerment" at the Annual Conference of the National Federation of Families for Children's Mental Health in Washington, DC in November.

Steven F. Huege, MD presented on "Incorporating Home Care Training into Geriatric Psychiatry Fellowship Training" at the Annual Meeting of the American Association for Geriatric Psychiatry (AAGP) in San Antonio, Texas in March 2011. He also spoke with medical students at the University of Texas Health Sciences Center at San Antonio on career options in geriatric psychiatry in March. Dr. Huege spoke at the Philadelphia VA Medical Center Forum on "Driver Safety and Education" in September and lectured on "Psychosis in the Elderly" at the Department of Psychiatry's Schizophrenia Center Open House in June 2011.

Marla Isaacs, PhD gave a talk on "Assessing Attachment in Young Children: Incremental Validity For Custody Evaluations" at the Annual Meeting of the Society for Personality Assessment in San Jose, California in March 2010. She published two papers on the topic, the latest in July 2011 [George C, Isaacs M and Marvin R. Incorporating attachment assessment in custody evaluations: The case of a two-year old and her parents. *Family Court Review*, July 2011].

C. Wayne Jones, PhD presented an invited seminar titled "Supporting Children

with Severe Emotional Problems: A Meta-Model for Strengthening Cross-System Interventions" at the Pennsylvania Community Providers Conference in Champion, Pennsylvania in October 2011.

Kyle M. Kampman, MD provided an extensive summary of pharmacological treatments for substance use disorders, with a focus on alcohol and opioid addiction, at the Eighth Annual Colloquium organized by the Philadelphia Psychiatric Society (PPS) in April 2010. He gave a talk on "Pain and Addiction" at the Seventh Pharmacy Focus Forum at the Penn State College of Medicine in Hershey, Pennsylvania in September 2010.



Mary Anne Layden, PhD gave a videotaped presentation on "Hypersexual Disorder," which is now used as part of a curriculum in 200 Catholic parishes in Texas for men who have problems with sexual acting out. She spoke at the conference of the Utah Coalition against Pornography in Salt Lake City in March 2010. Dr. Layden presented on "The Pornified Life: The Damaging Consequences of Pornography" at several venues in 2010 and 2011: the Anscombe Society in Princeton, New Jersey in April 2010; the Priests for Life Canada Seminars' Pro-Life Congress in Ancaster, Ontario in August 2010; the Pornography Conference sponsored by the Rucks Family Foundation in Lafayette, Louisiana in February 2011; and the Convergence Summit in Baltimore in April 2011. In March 2011, Dr. Layden gave the Presidential Plenary address on "The Psychology of the Sexual Exploitation Industry" at the Annual Meeting of the American Psychology-Law Society in Miami and spoke on "Hypersexual Disorder" at the "That Man is You" Conference in Tampa. In addition, Dr. Layden wrote a Witherpoon Institute Monograph and a chapter in the book *Social Costs of Pornography*. She gave a U.S. Congressional Briefing on "Pornography and Hypersexual Disorder" in June 2010 and testified on "Pornography and Crime" for the House Judiciary Committee of the Kansas State Legislature in February 2011.

Caryn Lerman, PhD gave the Keynote Address at the "Frontiers in Cancer Prevention Research" Conference of the American Association for Cancer Research (AACR) in Boston in October 2011. She spoke on "Translational

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Research on Nicotine Addiction Treatment.”

Deborah Anna Luepnitz, PhD gave a number of invited addresses in 2010 and 2011: “Dream Work in Psychotherapy with Couples” to the Chicago Psychoanalytic Society in the spring of 2010; “The Psychology of Home and Homelessness” to the Appalachian Psychoanalytic Society in the spring of 2011; “Framing Psychoanalysis: Time & Money from Freud to Lacan” as the Keynote Address to the New Directions in Psychoanalysis Conference in Washington, DC in the spring of 2011; “Psychoanalysis and the Treatment of Homeless Adults” to the World Conference on Psychotherapy in Sydney, Australia in August 2011; “How Psychoanalysis Matters to Poor and Homeless Patients” (with Elizabeth Danto) to the Spring 2011 meeting of Division 39 of the American Psychological Association in New York in April; “The Clinical Relevance of Winnicott and Lacan” at the Austen Riggs Center in Stockton, Massachusetts in November 2011; and “Lacan and the Question of Desire” at an Invited Panel on “Desire” at the American Psychoanalytic Association in January 2012. Dr. Luepnitz also taught a Master Class on “Dreams” at the St. Louis Psychoanalytic Society in April 2011 and presented a day-long seminar on “Psychotherapy with Couples” at the University of New South Wales in August 2011. Dr. Luepnitz continues to direct a pro bono program called I.F.A. (Insight For All), which she launched in 2005. I.F.A. connects psychotherapists in the community willing to work with homeless patients.

Cathy A. Mercaldi MD gave Pediatric Grand Rounds (with Kim Cover, MS, RD, CSSD, LDN) on “Eating and Exercise Disturbances” at Cooper Children’s Regional Hospital/Robert Wood Johnson Medical School at the University of Medicine and Dentistry of New Jersey in Camden, New Jersey in March 2011. They gave the same talk for “Speak up for Kids,” sponsored by the Child Mind Institute, the American Academy of Child and Adolescent Psychiatry, and *Parents Magazine*, at Medical Rounds at Society Hill Pediatrics in Philadelphia in May. Dr. Mercaldi also spoke on “Eating Disorders in Children and Adolescents and their Treatment” to the Division of Child and Adolescent Psychiatry in the Department of Psychiatry and Human Behavior at Thomas Jefferson

University in Philadelphia in April.

Stephen J. Morse, JD, PhD spoke to multiple regional, national, and international audiences in 2010 and 2011. Among them, in November 2010, he presented a paper on neuroscience and criminal responsibility in the social science department at National Chung Keng University in Tainan, Taiwan. The next day he

The memoirs of **Karl Rickels, MD** were published by Notting Hill Press in July 2011. The book – *A Serendipitous Life: From German POW to American Psychiatrist* – chronicles his extraordinary life and times and his pioneering role in the creation and evolution of the field of psychopharmacology. Dr. Rickels came to Penn as a resident in psychiatry in the 1950s and later founded the Mood and Anxiety Disorders Section in the Department of Psychiatry. During a career extending over five decades and continuing today, Dr. Rickels has earned an international reputation as one of the world’s leading scientists focused on the development of new drug treatments for mental illness, particularly anxiety disorders. The book is available for purchase at <http://www.amazon.com/>.



gave the Keynote Address, “Lost in Translation?: An Essay on Law and Neuroscience,” at a conference on Law and Neuroscience, the first ever in Taiwan, sponsored by the Medical School of National Taiwan University in Taipei. In April 2011, he delivered the Keynote Address, “A Plea for Neuromodesty,” at a conference titled “Technologies on the Stand: Legal and Ethical Questions in Neuroscience and Robotics.” The conference was sponsored by the Institute for Law, Society and Technology (IILT) and was held at Tilburg University in the Netherlands. In October in New York City, Dr. Morse gave the Keynote Address on neuroscience and criminal responsibility to the Annual Meeting of the Forensic Division of the New York State Psychological Association. He delivered the Keynote Address on addiction and criminal responsibility at a conference on “Addiction and Agency,” sponsored by the Center for the Study of Mind in Nature at Oslo University in Norway in November.

Cory F. Newman, PhD presented Grand Rounds at the Philadelphia VA Medical Center in September 2010 on “Cognitive Therapy: Basic and Advanced Applications.” He delivered a half-day lecture in Richmond, Virginia in October 2010 for Optima Health/ Sentara on “Taming the Swings: Cognitive Therapy for Bipolar Disorder.” He presented a two-day workshop in Chexbres, Switzerland in December for the Association Suisse de Psychothérapie Cognitive (ASPCo) on the topic of “Cognitive Therapy Supervision and Training.” In



March 2011, Dr. Newman delivered three days of training at Highlands Behavioral Health in Littleton, Colorado on “Cognitive Therapy for Inpatients.” In October, he presented two days of lectures and an evening’s clinical supervision roundtable on the topic of “Cognitive Behavior Therapy for Severe Mood Disorders and Suicidality” at the invitation of the Associação de Terapias Cognitivas do Estado do Paraná, in Curitiba, Brazil. In November 2011, he conducted a Master Clinician Seminar on the topic of “Artistic Adherence: Maximizing ‘Flex’ while Minimizing ‘Drift’ in Conducting Competent Cognitive-Behavioral Therapies” and took part in a Clinical Roundtable on “Defining, Assessing, and Fostering Therapist Competence” at the Annual Convention of the Association of Behavioral and Cognitive Therapy in San Francisco. Also, in June 2011, Dr. Newman gave his 16th annual piano recital at Dunlop Auditorium, featuring the Franz Liszt piano transcription of the 2nd movement of Ludwig van Beethoven’s 9th Symphony and Guido Agosti’s piano transcription of Igor Stravinsky’s Firebird Suite.

Charles P. O’Brien, MD, PhD gave a plenary lecture on “Advances in the Understanding and Treatment of Addictive Disorders” at the 15th World Congress of Psychiatry in Buenos Aires, Argentina in September 2011.

Helen M. Pettinati, PhD organized and chaired a symposium entitled “Extended-Release Naltrexone for Alcohol Dependence: From Clinical Research to Clinical Practice” at the Annual Meeting of the Research Society on Alcoholism in San Antonio, Texas in June 2010. She spoke at the symposium on the “Efficiency of Extended-Release Naltrexone Based on the Severity of Alcohol Dependence” and also gave a talk on the “Problems in Assessment and Treatment of Co-Occurring Depression and Alcohol Depend-

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ence" as part of a satellite workshop entitled "Pharmacological Treatment of Alcohol and Co-Occurring Psychiatric Disorders: What Do We Know, and Where Do We Go From Here?" In July 2011 at the New York Psychiatric Institute at Columbia University, Dr. Pettinati was an invited Grand Rounds speaker. Her lecture was titled "Depression and Alcohol Dependence: Problems in Assessment and Treatment."



J. Russell Ramsay, PhD presented a workshop titled "Nonmedication Treatments for Adult ADHD" at the conference of the American Psychological Association in Toronto in August 2009, and gave invited lectures in September 2009 in Sweden (Malmö and Stockholm) on an "Overview of Adult ADHD" and "Cognitive Behavioral Therapy for Adult ADHD." Dr. Ramsay and other members of the Penn Adult ADHD Treatment and Research Program were co-authors of a paper presented by **Anthony L. Rostain, MD, MA** at a symposium at the 3rd International Congress on ADHD held in Berlin, Germany in May 2011. Clinical outcomes of individuals receiving either combined or individual treatments for adult ADHD were discussed during the symposium, which was titled "Next Steps Towards Empirically Supported Psychosocial Treatments for Adult ADHD." Dr. Ramsay was one of the fea-

tured speakers at the 3rd annual ADHD Aware Symposium held at Bucks County Community College in Newtown, Pennsylvania in September 2011.

David B. Sarwer, PhD presented a number of continuing medical education talks and courses in 2010 and 2011. Among them, he spoke on "Psychological Issues Before and After Bariatric Surgery" and served as Co-Course Director of the "Masters Course in Behavioral Health" at the Annual Meeting of the American Society for Metabolic & Bariatric Surgery (ASMBS) in June 2010 in Las Vegas. He also served as Co-Course Director of the same course at the meeting of the ASMBS in June 2011 in Orlando, Florida. He gave a talk on "Psychological Aspects of Extreme Obesity and Bariatric Surgery" at the Central Mississippi Medical Center Obesity Meeting in August 2010 in Jackson, and on "Psychosocial and Behavioral Strategies to Optimize Outcomes" at the Bariatric Summit 2010 in September 2010 in Charleston, South Carolina. In October 2010, he spoke on "Psychological and Behavioral Aspects of Bariatric Surgery" at the Westchester Medical Center Obesity Retreat in Westchester, New York, and on "Assessing Psychiatric Readiness: Body Dysmorphic Disorder" at the meeting of the American Society of Plastic Surgeons in Toronto, Canada. Dr. Sarwer gave a course titled "Psychology 101 for the Bariatric Professional" at a meeting of the ASMBS in November 2010 in Coral

Gables, Florida, and he spoke on "Psychological Issues Before and After Bariatric Surgery" at the 59th Annual Clinical Meeting of the New Jersey Chapter of the American College of Surgeons in December 2010 in Woodbridge, New Jersey. In March 2011, he gave a talk on "Behavioral Issues in Weight Management" at the Comprehensive Multi-Disciplinary Approaches to Weight Management Conference held at the JFK Medical Center in Edison, New Jersey.



Robert A. Schnoll, PhD gave invited talks on "Studies of Treatments for Nicotine Dependence" at the National Drug Dependence Center at the All India Institute of Medical Sciences in New Delhi in April 2011; on "Improving Treatments for Nicotine Dependence" at the Temple University School of Public Health in Philadelphia in April 2011; and on "Quitting Smoking 101" in Philadelphia in November 2011 as part of CANPrevent Lung Cancer, a prevention series sponsored by Penn's Abramson Cancer Center.

Andrew A. Strasser, PhD served as an expert on the dangers of cigarette smoking at the Lung Cancer "Meet the Experts" Day in October 2011 in Philadelphia.

Richard F. Summers, MD gave courses on "Evidence-Based Psychodynamic Ther-

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~~IN MEMORIAM~~



Arthur I. Alterman, PhD, Research Professor of Psychology in Psychiatry in the Perelman School of Medicine, passed away on October 5, 2011. Dr. Alterman had a long and distinguished career in substance abuse research at VA medical centers, Thomas Jefferson University, the University of Pittsburgh, and the University of Pennsylvania. The last 27 years at the Philadelphia VA Medical Center and Penn's Center for Studies of Addiction were his most productive, and most meaningful to him. Through work supported by the NIH and the VA, he dedicated his career to examining substance abuse treatment to make it better, to developing measures to better assess the issues of the patients served, and to understanding who will do well in treatment and who needs more or different care to do better. This work yielded new insights into substance abuse treatments and patients, and resulted in changes in assessing patients and the care they were provided. Noteworthy in all his work was the rigor with which it was conducted and the precision in how it was presented. The volume and breadth of his research achievements are only partially reflected in hundreds of scientific publications. He mentored numerous now nationally and internationally recognized scientists, and his research itself opened new avenues that countless others have pursued. Personally, he made all of those with whom he collaborated feel appreciated; professionally, he made their work better. He gave freely of himself, and imparted invaluable knowledge and experience. His honesty, integrity, and high standards were always evident and served as a model for colleagues to emulate. As his work continues to have an impact, greater will be the impact of those he touched who will follow. To all that knew him, he was unique in so many ways which made him such a refreshing character, but above all, he demonstrated great character. His legacy and our memories will persist. Still our loss is profound. The Department extends its deepest condolences to Dr. Alterman's wife Joan and his son David. (We thank John S. Cacciola, PhD for contributing to this memorial.)

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apy" at the American Psychiatric Association in May 2010; World Congress of Psychotherapy in Lucerne, Switzerland in June 2010; American Psychological Association in August 2010; American Psychiatric Association in May 2011 (seminar); American Psychological Association in August 2011; and a workshop in Tel Aviv, Israel in December 2011. Dr. Summers also delivered invited talks at a number of conferences, including - "Positive Psychology and Psychodynamic Therapy" to the European Conference on Positive Psychology in Copenhagen, Denmark in June 2010; "If Freud Could Twitter: Learning Psychodynamic Therapy in the 21st Century" at University of Wisconsin Psychiatry Grand Rounds in October 2010, at the Adam Cornell Major Teachers in Psychotherapy Lecture at McLean Hospital in March 2011, and at University of Louisville Psychiatry Grand Rounds in April 2011; "The General Psychiatry CSV as an Educational Opportunity" to the American Association of Directors of Psychiatry Residency Training in March 2011; "Insight in Practice, Practicing Insight: Change in Psychodynamic Therapy" to the Boston Psychoana-

lytic Society and Institute in March 2011; "Learning Psychodynamic Therapy in the 21st Century" at the Arkin Mentrum Kliniek in Amsterdam, Netherlands in March 2011; "Positive Psychology and Psychodynamic Therapy: Positive Emotion, Negative Emotion and Complexity" to the Second World Congress of Positive Psychology in August 2011; and "Learning Psychodynamic Therapy in the 21st Century" at Reading Hospital and Medical Center Grand Rounds in October 2011.



Kenneth J. Weiss, MD spoke on "Assessing Capacity in the Older Adult" to the American Society on Aging in Philadelphia in September 2010, and presented on "Hoarding and the Older Adult" to the College of Physicians of Philadelphia in November 2010. He delivered a paper on "Autism Spectrum Disorder and Criminal Justice" at the Annual Symposium of the American College of Forensic Psychiatry in March 2011 in San Diego. Dr. Weiss also gave a paper on "Isaac Ray's Jefferson Lectures" to the American Osler Society in Philadelphia in May 2011.

George E. Woody, MD spoke to multiple regional, national, and international audiences in 2010 and 2011. Among his many talks, he presented on "Data Points the Way: Medication Assisted Therapy for Reducing Drug Use, HIV Risk and Managing HIV Infection in Opioid Addicted Patients" in June 2010 to the Regional Meeting of the World Psychiatric Association in St. Petersburg, Russian Federation. In July 2010, he spoke in Jakarta, Indonesia on "Medication Assisted Therapy in Addiction Treatment" at a talk sponsored by the Lido Treatment Center of the National Narcotics Board, the RSKO Treatment Center, and the Department of Psychiatry at the University of Indonesia. In November 2010, Dr. Woody delivered a talk on "New Developments in Medication Assisted Therapies (MAT) for Addiction Treatment" at the Annual Meeting of the HIV Prevention Treatment Network (HPTN) in Atlanta and, in October 2011, he spoke on "Naltrexone for Treating Amphetamine Dependence?" at a meeting of the American Society of Addiction Medicine (ASAM) in Washington, DC. ❖

DEPARTMENT OF PSYCHIATRY ANNUAL FAMILY PICNIC



July 16, 2011

RESEARCH NEWS

Beginning in January 2009, the Department of Psychiatry has posted on its website reference information for faculty journal articles published each month. The citations are obtained from PubMed. Please visit www.med.upenn.edu/psych/articles.html for these listings.

Janet E. Audrain-McGovern, PhD received two grants from the National Institute on Drug Abuse (NIDA). One grant will examine the role of smoking in positive affect and reward regulation in depression-prone smokers and the second grant will use a behavioral economic framework to determine the substitutability of physical activity for smoking.

Mathias Basner, MD, PhD, MSc received a four-year research grant titled "Individualized Real-Time Neurocognitive Assessment Toolkit for Space Flight Fatigue." The grant, which runs from October 2011 until September 2015, was awarded by the National Space Biomedical Research Institute (NSBRI). Its goal is to develop neurocognitive tests for the International Space Station. (For details, please visit <http://www.nsbri.org/projects/indivProject.asp?id=419&projID=288>.)

Aaron T. Beck, MD and lead author **Paul M. Grant, PhD** had a paper published reporting the results of a randomized controlled trial designed to investigate the effectiveness of a new cognitive-behavioral protocol based on advances in the basic understanding of negative symptoms and poor functioning in schizophrenia. The protocol was adapted for neurocognitive impairment and low insight into delusions and hallucinations. The study found that cognitive therapy can be successful in promoting clinically meaningful improvements in functional outcome, motivation, and positive symptoms in low-functioning patients [Grant P, Huh GA, Perivoliotis D, Stolar NM, & Beck AT. Randomized trial to evaluate the efficacy of cognitive therapy for low functioning patients with schizophrenia. *Arch Gen Psychiatry* 69(2): 121-7, 2011]. In addition, Dr. Beck received a grant award titled "Intensive Cognitive Therapy (CT) Training for Case Managers in Safe Havens" from the Van Ameringen Foundation. The goal of this intensive training effort is to increase the accessibility of effective CT interventions to individuals experiencing chronic homelessness by providing intensive trainings to the case managers who work hand-in-

hand with these individuals on a daily basis.

A recent Penn study, led by **Steven J. Berkowitz, MD**, showed that following a traumatic event, early intervention reduces the odds of PTSD in children by 73 percent. The intervention is called the Child and Family Traumatic Stress Intervention (CFTSI). The study appears online and in print in the *Journal of Child Psychology and Psychiatry*.

Olivier Berton, PhD received a three-year 2010 International Mental Health Research Organization (IMHRO) Rising Star Award. **Chang-Gyu Hahn, MD, PhD** is Co-Principal Investigator on this project titled "Evaluation of HDAC6 as a Resilience Biomarker and a New Therapeutic Target for Antidepressants." This translational study will evaluate HDAC6 as a possible stress regulating enzyme and resilience biomarker in depressed and PTSD patients. The IMHRO is an international charity committed to funding research and raising awareness to help people with brain disease, and, ultimately, find cures for schizophrenia, depression, and bipolar disorder. Dr. Berton was also awarded a new R01 grant from the National Institute of Mental Health (NIMH) titled "Role of HDAC6 in a Murine Model of Affective Disorder and Antidepressant Action." This grant characterizes a novel therapeutic target for depression using new animal models.

Rhonda C. Boyd, PhD co-authored a paper, which demonstrated that the lifetime prevalence of mood disorders is higher for white mothers than for both African American and Caribbean black mothers. Among other findings, the study reported that African American mothers with higher education levels and white mothers who became parents as teenagers are more likely to have a lifetime mood disorder [Boyd RC, Joe S, Michalopoulos L, Davis E, Jackson JS. Prevalence of mood disorders and mental service use among U.S. mothers by race and ethnicity. *J Clin Psychiatry* 72(11): 1538-1545, 2011]. Dr. Boyd co-authored another paper, which showed that school-aged children of African Ameri-

can mothers with depressive disorders had similar rates of anxiety symptoms and suicidal ideation, but lower levels of depressive symptoms, than other sam-

Department of Psychiatry Plays Lead Role in DSM Trials

Mahendra T. Bhati, MD led the field trials at Penn to test proposed diagnostic criteria and measures for the American Psychiatric Association's (APA) fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Penn was only one of seven adult field trial sites, and only one of eleven sites overall. Data was collected from over 600 patients seen in the Outpatient Psychiatry Clinic. Dr. Bhati and his team worked with patients to assess proposed diagnostic criteria related to general anxiety disorder, obsessive compulsive disorder (OCD) and hoarding, anxious depression, and binge eating disorders, together with personality disorders. The evaluation was designed to answer several questions. Are the proposed diagnostic criteria and measures easy for clinicians to understand and to use? Do they accurately describe patients' psychiatric problems and help clinicians make decisions about treatment plans? Are the same conclusions reached consistently when the criteria are used by different clinicians? How well do the diagnostic criteria reflect the mental disorders they are designed to describe? The field trials also tested new tools designed to help clinicians evaluate the severity of symptoms and measure whether patients are improving over time. *DSM-5* is scheduled to be released in May 2013. (For more information, see www.dsm5.org.)

ples of offspring of mothers with depression [Boyd RC, Diamond GS, Ten Have TR. Emotional and behavioral functioning of offspring of African American mothers with depression. *Child Psychiatry Human Dev* 42: 594-608, 2011].

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Gregory K. Brown, PhD is the Principal Investigator on an R01 grant from the National Institute of Mental Health (NIMH) titled "Cognitive Therapy for Suicidal Older Men." The primary aim of this randomized controlled trial is to compare the efficacy of cognitive therapy with the efficacy of an enhanced usual care intervention for reducing the rate of suicide ideation for older men.

Gregory Carlson, PhD led a study reported in the *Proceedings of the National Academy of Sciences*, which used electrophysiological, anatomical, and immunohistochemical approaches – and high-speed imaging – to understand how schizophrenia works at the cellular level. Dr. Carlson explained in a Penn Medicine press release, "Our work provides a model linking genetic risk factors for schizophrenia to a functional disruption in how the brain responds to sound, by identifying reduced activity in special nerve cells that are designed to make other cells in the brain work together at a very fast pace. We know that in schizophrenia this ability is reduced, and now, knowing more about why this happens may help explain how loss of a protein called dysbindin leads to some symptoms of schizophrenia." Three labs at the Perelman School of Medicine worked on the project [Carlson GC, Talbot K, Halene TB, Gandal MJ, Kazi HA, Schlosser L, Phung QH, Gur RE, Arnold SE, Siegel SJ. Dysbindin-1 mutant mice implicate reduced fast-phasic inhibition as a final common disease mechanism in schizophrenia. *Proc Natl Acad Sci USA* 108(43): E962-70, 2011]. Dr. Carlson also received a one-year pilot grant from the Penn Institute on Aging to pioneer a mechanistic understanding of how insulin resistance leads to cognitive decline in aging.

Stanley N. Caroff, MD is Principal Investigator on three research grants from the National Institute for Mental Health (NIMH): 1) "A Comparison of Long-acting Injectable Medications for Schizophrenia (ACLAIMS)" (2010-2014); 2) "Human Genetics Initiative: A Comparison of Long-Acting Injectable Medications for Schizophrenia (ACLAIMS-HGI)" (2010-2014); and 3) "Evaluation of a Cognitively Adaptive e-treatment in Schizophrenia Diagnosed Adults: A Remediation-based Approach (eCAeSAR)" (2011-2013). Each study will access the NIMH's Schizophrenia Trials Network (STN), which provides infrastructure for recruiting and testing

subjects.



Sumedha Chhatre, PhD, a Lecturer within the HIV Prevention Research Division, received her first NIH research grant titled "Cancer Care in Medicare HIV." The objective of this R21 grant is to assess the incidence and prevalence rates of non-AIDS defining cancers and the associated mortality rates, and determine the incremental burden of non-AIDS defining cancers on health resource utilization and cost in Medicare HIV/AIDS patients.

Paul F. Crits-Christoph, PhD received an R01 research award from the National Institute of Mental Health (NIMH) to study the mechanisms of psychotherapy treatments for depression in community settings.

Guy S. Diamond, PhD is Principal Investigator on a National Institute of Mental Health (NIMH) grant titled "Attachment Based Family Therapy (ABFT) for Youth with Suicidal Ideation." The study is a randomized clinical trial comparing ABFT to non-directive supportive therapy for treating youth with elevated suicide ideation and depression. The five-year grant runs until September 2016. In addition, Dr. Diamond received a grant titled "Youth Suicide Prevention in Primary Care (YSP-PC)" from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to extend ongoing work in Pennsylvania focused on helping primary care providers (PCPs) to identify and treat and/or properly refer youths at risk for suicide. The project focuses on training, web-based behavioral health screening, and linking the PCP patients with mental health services. It is being implemented in partnership with Pennsylvania's Department of Public Welfare.

David F. Dinges, PhD was a member and writing contributor to "The Effects of Commuting on Pilot Fatigue" (2011). The document was produced by the Committee on the Effects of Commuting on Pilot Fatigue, which was established by the Board on Human-Systems Integration within the Division of Behavioral and Social Sciences and Education of the

Studying the Biological Mechanisms of Addiction Relapse

Anna Rose Childress, PhD is the Principal Investigator on a CURE research grant (Commonwealth Universal Research Enhancement Program) from Pennsylvania's Department of Health to study the biological mechanisms of addiction relapse that may be common across drugs of abuse, including cocaine, marijuana, and prescription opioids. The project, a joint effort of Penn, Lincoln University, and the Philadelphia VA Medical Center, is titled "A CURE Addiction Center of Excellence: Brain Mechanisms of Relapse and Recovery" and runs through May 2015. The study is the first large-scale effort in the nation to link brain measures with drug use outcomes in a large cohort of underserved individuals being treated for addiction. By learning more about the underlying causes of vulnerability to relapse, investigators aim to generate knowledge that will ultimately help produce treatments to permanently alter the harsh relapse statistics for addiction – nearly 80 percent relapse by six months after treatment. Brain imaging technologies will be used to learn more about how the brain responds to smoking and addictive drugs. **Charles P. O'Brien, MD, PhD** and **Ronald N. Ehrman, PhD** are Co-Investigators, and each of the individual drug studies has a PI for that component – Cocaine (**Anna Rose Childress, PhD**); Marijuana (**Teresa R. Franklin, PhD**); and Prescription opioids (**Daniel Langelben, MD**).

National Research Council of the National Academies.

Newell Fischer, MD is the author of a newly published book, *Nine Lives: A View From Within*. Vantage Press published the volume in the fall of 2011. He also authored an article titled "Mother-Infant Attachment: The Demystification of an Enigma" in the book *The Mother and Her Child: Clinical Aspects of Attachment, Separation, and Loss*, edited by Salman Akhtar, MD. The book was published in November 2011 by Jason Aronson, Inc.

Teresa R. Franklin, PhD is the Principal Investigator on two recent grants: 1) "Use of SPECT and Perfusion fMRI to Examine the Role of DAT Genotype in Motivated Smoking Behavior" from the DANA Foundation, which runs through June 2012; and 2) "Characterizing a Cue-Vulnerable Pharmacoresponsive Endophenotype in Smokers" from the National Institute on Drug Abuse (NIDA), which runs through November 2015. The NIDA grant is Dr. Franklin's first R01 grant as PI.

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Namni Goel, PhD had a paper published discussing the role of the DQB1*0602 Allele in predicting individual differences in response to sleep loss. The paper was the subject of an editorial in the journal *Neurology*. [Goel N, Banks S, Mignot E, Dinges DF. DQB1*0602 predicts interindividual differences in physiologic sleep, sleepiness and fatigue. *Neurology* 75: 1509-1519, 2010]. She is also

Principal Investigator on a grant from the Office of Naval Research titled "Phenotypic and Genotypic Markers of Performance Vulnerability to Sleep Loss." The grant will run through March 2016.

Raquel E. Gur, MD, PhD received \$10.1 million in total funding (\$5.1 million in FY2010) for a Grand Opportunity grant titled "Neurodevelopmental Genomics: Trajectories of Complex Phenotypes" (RC2 – MH-089983). The grant was funded through the American Recovery and Reinvestment Act (ARRA). This grant, in collaboration with investigators at the Children's Hospital of Philadelphia (CHOP), started on October 1, 2009. She later received a supplement to this award.

Ruben C. Gur, PhD received a research grant jointly funded by the NIH and the Army Study to Assess Risk and Resilience in Service members (Army STARRS) titled "Modifiable Risk and Protective Factors for Suicidal Behaviors in the US Army." Army STARRS is the largest study of mental health risk and resilience ever conducted among military personnel. Dr. Gur also received funding from the NIH and the Department of Veterans Affairs for a project that is part of the "Marine Resiliency Study (MRS-II)." This study seeks to answer the question why some Marines develop post-traumatic stress disorder (PTSD) and others do not.

Chang-Gyu Hahn, MD, PhD was one of 42 researchers who were awarded 2010 Independent Investigator grants from the National Alliance for Research on Schizophrenia and Depression (NARSAD). Dr. Hahn will study the NMDA receptor in the prefrontal cortex of the brain to identify possible targets for novel therapeutics for schizophrenia patients.

Steven F. Huege, MD received a five-year Geriatric Academic Career Award to invent and develop curricula and didactic experiences that most effectively train young physicians and other health care providers in the evaluation, understanding, and management of common

and often complex psychiatric syndromes of older adults. The award is sponsored by the U.S. Department of Health and Human Services' Health Resources and Services Administration (HRSA) and is titled "A Plan for Achieving Leadership in the Fields of Geriatric Psychiatry and Interdisciplinary Education."

John B. Jemmott III, PhD is Principal Investigator on an NIH grant from the National Center for Minority Health and Health Disparities titled "Reality Check in Transit: Evaluation of a Serial Drama for Black Youth." The goal is to evaluate the impact of the Centers for Disease Control (CDC)-developed serial drama intervention, "Reality Check," on HIV testing rates among African American youth, 14 to 24 years of age. The intervention is particularly innovative because the serial drama will be shown on public buses. The project began in June 2011 and runs through May 2012.



A book authored by **C. Wayne Jones, PhD**, *Setting the Stage for Change: In-Home Family Based Treatment*, was published in July 2010. This book serves

as a treatment manual that operationalizes the Eco-Systemic Structural Family Therapy approach used in Pennsylvania's Family-Based Mental Health Services (FBMHS) programs. FBMHS is designed to prevent hospitalization or out-of-home placement of a child or adolescent with emotional disturbances.

Vidyulata Kamath, PhD, a post-doctoral fellow in the Neuropsychiatry Section, received a junior investigator grant titled "Neuropsychological Probes of Orbitofrontal Dysfunction" from the American Psychological Association.

Sangwon F. Kim, PhD received a NARSAD Young Investigator Award in 2010. His project is titled "Validation of a Therapeutic Target to Intervene AAPDs-Mediated Obesity in a Cell Model."

David Leitman, PhD in the Neuropsychiatry Section received an NIH K08 research grant titled "Multimodal Neuroimaging of Prosody in Schizophrenia and Developmental Disorders."

Caryn Lerman, PhD received a new R01 research grant from the National Institute on Drug Abuse (NIDA), with **James Loughead, PhD** and **Ruben C. Gur, PhD**, to conduct a clinical trial to evalu-

ate a novel neurocognitive training intervention for the treatment of nicotine addiction and evaluate the neurobehavioral mechanisms of effect using neuroimaging. Dr. Lerman also published the first evidence linking a common polymorphism in the mu opioid receptor (OPRM1) gene with receptor binding availability in the human brain using positron emission tomography (PET). The study, reported in the *Proceedings of the National Academy of Sciences*, also related receptor availability to the rewarding effects of smoking. This paper identified a gene-brain-behavior relationship that helps to clarify the nature of nicotine addiction and the ability to quit smoking.

Irwin Lucki, PhD received a new R01 grant from the National Institute of Mental Health (NIMH) titled "Regulation of Neurogenesis by Stress and Antidepressants." The grant investigates changes in hippocampal neurogenesis and brain-derived neurotrophic factor (BDNF) by chronic antidepressant treatments in mice. Studies also compare the role of environmental stress and genetic background as regulators of the response to antidepressant drug treatments.

Stephen J. Morse, JD, PhD authored many papers and book chapters during 2010 and 2011. Of particular note, his paper on "Mental Disorder and Criminal Law" was published in the *Journal of Criminal Law and Criminology* (Vol. 101, p. 885, 2011). This major article was an invited contribution to the 100th anniversary symposium issue of the journal. It reviews the current state of the law reflected in U.S. Supreme Court cases to discuss when special treatment is justified for criminal defendants with mental disorders. The underlying thesis of the paper is that people with mental disorder should, as far as is practicable and consistent with justice, be treated just like everyone else, but there are exceptions to this general principle when defendants substantially lack rational capacity.

Cory F. Newman, PhD completed and submitted a draft of a new book titled *Core Competencies in Cognitive-Behavioral Therapy: Becoming a Highly Effective Cognitive-Behavioral Therapist*. The volume is scheduled to be published by Routledge in the summer of 2012.

David W. Oslin, MD received a VA Merit Award for a study titled "Treatment of PTSD and Addictions."

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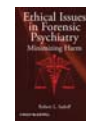
Helen M. Pettinati, PhD is the Center Director and Principal Investigator (PI) for a National Institute on Drug Abuse (NIDA) Center grant titled "Innovative

occurring depression and alcohol addiction [Pettinati HM, & Dundon WD. Comorbid depression and alcohol dependence: New approaches to dual

brain-derived neurotrophic factor transcription in the rat medial prefrontal cortex, which alters the reinforcing efficacy of cocaine. *Journal of Neuroscience* 30: 11735-11744, 2010; and Schmidt HD, Sangrey GR, Darnell SB, Schassburger RL, Cha J-H J, Pierce RC, and Sadri-Vakili G. Increased BDNF expression in the ventral tegmental area during cocaine abstinence is associated with increased histone acetylation at BDNF exon I-containing promoters. *Journal of Neurochemistry*, in press].

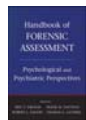
J. Russell Ramsay, PhD had a book, *Non-Medication Treatments for Adult ADHD*, published by the American Psychological Association in 2010. The book received a perfect review score (100/100) from Med-InfoNow, a literature and review service for health care professionals.

Karl Rickels, MD and **Irwin Lucki, PhD** led investigators in the Department of Psychiatry for more than a decade to study pharmacologically and then test clinically a new treatment for depression. The drug (vilazodone) became the first new medicine to treat depression in more than a decade when it received FDA approval in January 2011.



Robert L. Sadoff, MD had two books published. The first, in 2010, is *Ethical Issues in Forensic Psychiatry: Minimizing Harm* by Wiley (London).

He spoke about the book on November 1, 2011 at the University of Pennsylvania Law School under the auspices of the Scattergood Program for the Applied Ethics of Behavioral Care. The second book, in 2011, is titled *Handbook of Forensic Assessment: Psychological and Psychiatric Perspectives* by Wiley (New York).



Dr. Sadoff is one of four editors and author of seven chapters in this textbook. Dr. Sadoff is also co-editor of a 2011 book edited by his wife, Joan H. Sadoff, titled *Pieces from the Past: Voices of Heroic Women in Civil Rights* by Bookmobile Press (Minneapolis). In addition, he is editing a special issue of the *Journal of Psychiatry and Law*, highlighting the forensic programs at the University of Pennsylvania, showing the depth and breadth of the forensic programs in psychiatry, neuroimaging, psychology, nursing, criminology, law, addiction psychiatry, geriatric psychiatry, consultation and liaison psychiatry, and child psychiatry.

Completion of Historic Space Simulation Study

David F. Dinges, PhD and **Mathias Basner, MD, PhD, MSc** recently completed data acquisition in a historic space simulation study in Moscow. They were the sole U.S. investigators being supported by the National Space Biomedical Research Institute (NSBRI) to monitor neurobehavioral and psychosocial functions of the 6-man international crew (3 Russians, 2 Europeans, 1 Chinese) undergoing a 520-day simulated space mission to Mars. The project was initiated by the Russian Academy of Sciences and its Institute for Biomedical Problems (IBMP), which built a chamber that simulates prolonged human confinement of the kind that will occur during a mission to Mars. The IBMP 520-day Mars simulated mission is historic for two reasons: 1) it is the longest simulated space mission yet attempted, and 2) it marks the first time that Russia, Europe, the US, and China have collaborated in a space flight simulation. The mission began with hatch closing on June 3, 2010, and ended with hatch opening on November 4, 2011. During the simulated mission, the crew undertook tasks similar to those that would occur on a real mission to Mars. Using special computer technology and software, Dr. Dinges and collaborators measured sleep-wake cycles, PVT (Psychomotor Vigilance Test) performance, moods, conflicts, and emotional expressions of crew members throughout the mission. They concluded the study with data acquisition more than 99 percent complete for all measures (i.e., more than 850 assessment batteries completed and over 73,000 hours of sleep-wake actigraphy acquired). NSBRI, NASA, and the Russian Space Agency have noted the exceptional data intake from the study and proposed it for a model going forward. Drs. Dinges and Basner will present the results at a meeting in Moscow in April 2012.

Approaches for Cocaine Pharmacotherapy" and also for one of the component projects: "Extended-Release Naltrexone and Topiramate Combined for the Treatment of Cocaine and Alcohol" (2-P50DA012756-11). She is also the PI for a National Institute on Alcohol Abuse and Alcoholism (NIAAA) grant titled "A Phase 2, Double-Blind, Placebo Controlled Trial to Assess the Efficacy of Levetiracetam Extended Release in Very Heavy Drinkers" (NCIG-002) and the PI for another NIAAA grant titled "A Phase 2, Double-Blind, Placebo Controlled Trial to Assess the Efficacy of Varenicline Tartrate for Alcohol Dependence in Very Heavy Drinkers" (NCIG-003). Dr. Pettinati and **William Dundon, PhD** together published a brief review article that included a summary of the finding from a double blind, placebo-controlled trial that two medications, an antidepressant and an anti-craving medication (in particular an opiate antagonist), together are better than either medication alone for treating individuals with both major depression and alcohol dependence. The article underscored the importance of the study's results in bringing the field one step closer to finding best practices in treating co-

therapy challenges and progress. *Psychiatric Times* 28(6): 49-55, 2011]. Dr. Pettinati and Margaret Mattson, PhD from the NIAAA produced a web version of a brief, generic medical management manual for providing pharmacotherapy as part of the treatment for alcohol dependence [Pettinati HM, & Mattson ME. Medical Management Treatment Manual: A Clinical Guide for Researchers and Clinicians Providing Pharmacotherapy for Alcohol Dependence (Generic Version: 2010 edition) (<http://pubs.niaaa.nih.gov/publications/MedicalManual/MMManual.pdf>)].

R. Christopher Pierce, PhD has an ongoing National Institute on Drug Abuse (NIDA)-funded collaboration with Ghazaleh Sadri-Vakili, MD, PhD from Harvard/MGH. This collaboration has produced two significant research papers, among the first reports to demonstrate that chromatin remodeling plays a significant role in cocaine-induced behavioral plasticity [Sadri-Vakili G, Kumaresan V, Schmidt HD, Famous KR, Chawla P, Darnell SB, Vassoler F, Muhammad SI, Xia E, Overland RP, Bass CE, Terwilliger EF, Pierce RC, and Cha J-H J. Cocaine-induced chromatin remodeling increases

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Heath D. Schmidt, PhD received a K01 award from the National Institute on Drug Abuse (NIDA) to assess the epigenetic mechanisms underlying cocaine-induced increases in BDNF levels in the limbic system. The five-year grant is titled "Epigenetics and Incubation of Craving" and runs through May 2015.

Robert A. Schnoll, PhD published eight peer-reviewed papers in his field of nicotine addiction. Collectively, they: 1) evaluated genetic variants and biomarkers related to responses to treatments for nicotine dependence; 2) identified predictors of smoking behavior among cancer patients who smoke and general population smokers undergoing treatment with nicotine replacement therapy; 3) delineated research priorities in the treatment of nicotine dependence among cancer patients; and 4) identified barriers in physician practices hindering the integration of pharmacogenetic approaches to the treatment of nicotine dependence. Dr. Schnoll also received an R21 grant from the National Institute on Drug Abuse (NIDA) titled "Efficacy of Varenicline for Smokeless Tobacco Use in India" (DA026404). The grant runs to 2012.

Andrew A. Strasser, PhD is Principal Investigator on several grants he received recently: 1) a one-year supplement grant from the Food and Drug Administration (FDA) and National Cancer Institute (NCI) to investigate eye tracking patterns and risk beliefs in smokers viewing the new graphic cigarette warning labels; 2) an NCI Administrative Supplement to an

existing R01 grant to investigate the effect of banning menthol in cigarettes on smoking behaviors and toxin exposures; and 3) an NCI R01 grant (with Ian Blair, PhD in the Department of Pharmacology) to study the genetic susceptibility to lung cancer and biomarkers of exposure to cigarette smoke to determine those most at risk for disease. This project was initially funded with American Recovery and Reinvestment Act (ARRA) funds that required re-application to continue years three and four with non-ARRA funding.

Bruce I. Turetsky, MD and **Chang-Gyu Hahn, MD, PhD** are Co-Principal Investigators on a recent NIH R01 research grant titled "Olfactory Evoked Potentials and Developmental Neuropathology in Schizophrenia." Also, Drs. Turetsky, Hahn, and **Raquel E. Gur, MD, PhD** are Co-PIs on a recent research grant from Pfizer titled "Olfactory Probes of Negative Symptoms in Schizophrenia: A Translational Study."

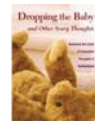
Daniel Weintraub, MD led a study, published online in the journal *Brain*, which showed that a method of classifying brain atrophy patterns in Alzheimer's disease patients using MRIs can also detect cognitive decline in Parkinson's disease. Researchers also found that higher baseline Alzheimer's patterns of atrophy predicted long-term cognitive decline in cognitively normal Parkinson's patients. Dr. Weintraub led another study, published in the December issue of the *Archives of Neurology*, which demonstrated that atrophy in the hippocampus, the region of the brain known for memory formation and storage, is evident in Parkinson's disease patients with cogni-

tive impairment, including early decline known as mild cognitive impairment.



Amy Wenzel, PhD had two books published in 2011: *Anxiety in Childbearing Women: Diagnosis and Treatment* by APA Books and

Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood (with Karen Kleiman) by Routledge.



George E. Woody, MD received funding from the NIH for two research projects being implemented abroad:

"Adherence to HIV Therapy in Heroin Addicts: Oral vs. Extended Release Naltrexone" in St. Petersburg, Russian Federation, and "Suboxone and Methadone for HIV Risk Reduction in Subutex Injectors" in Tbilisi, Republic of Georgia. He is a co-investigator in Reykjavik, Iceland on a study of sustained-release, injectable naltrexone for treating amphetamine dependence and has helped train Icelandic staff on research procedures and how to use this medication. Dr. Woody is also co-investigator on a study of medication assisted therapies for opioid addiction and HIV risk reduction strategies in Jakarta, Indonesia (Principal Investigator: **David S. Metzger, PhD**) and has helped train Indonesian staff in these treatments. In addition, Dr. Woody is PI on a U grant award which supports the Delaware Valley Node of the National Institute on Drug Abuse (NIDA) Clinical Trials Network. ❖

MURALS AT HALL MERCER



Thanks to an extraordinarily generous and thoughtful donation by Dr. Lann Salyard and her husband, Chris Woehrle, a mural project was completed on the 2nd floor of Hall Mercer Community Behavioral Health Center at Pennsylvania Hospital. Nick Caprari, a local mural artist, transformed the 2nd floor patient waiting areas and created a warm and inspiring environment for clients, guests, and staff. The project is dedicated to the memory of Dr. Salyard's late parents, Ann and Robert Salyard, whose family home provided the inspiration for the nature scenes throughout the mural. (Photos by Barry Ogburn)

RESEARCH GRANTS

The following sponsored research funding was received by the Department
during the period May 1, 2010 through December 31, 2011

* Sponsored research funding during the period 9/1/09 through 4/30/10

New NIH Awards (includes New and Competing Renewals)		
Name	Sponsor	Project Title
ALTER, MARK	NIH	HOW THE LARGE-SCALE ORGANIZATION OF GENE EXPRESSION RELATES TO BEHAVIOR IN MICE
ALTERMAN, ARTHUR	NIH / DARTMOUTH	A STAGE II EFFICACY STUDY OF CBT FOR PTSD IN COMMUNITY ADDICTION TREATMENT
AMSTERDAM, JAY	NIH	RHODIOLA ROSEA THERAPY FOR MAJOR DEPRESSIVE DISORDER
ARNOLD, STEVEN	NIH	TARGETED PROTEOMICS OF RESILIENT COGNITION IN AGING
ARNOLD, STEVEN	NIH	ALZHEIMER'S DISEASE CORE CENTER
AUDRAIN-MCGOVERN, JANET	NIH	SMOKING'S ROLE IN POSITIVE AFFECT AND REWARD REGULATION IN DEPRESSION-PRONE SMOKERS
BARBER, JACQUES	NIH / TREATMENT RESEARCH INSTITUTE	MONITORING AND FEEDBACK IN SUBSTANCE ABUSE TREATMENT*
BECK, AARON	NIH	RESEARCH TRAINING FOR PREVENTION OF SUICIDE AND PSYCHOSIS: A PUBLIC HEALTH MODEL
BERRETTINI, WADE	NIH	MU OPIOID RECEPTOR GENE IN OPIOID ADDICTION
BERRETTINI, WADE	NIH / UCSD	PHARMACOGENOMICS OF MOOD STABILIZER RESPONSE IN BIPOLAR DISORDERS
BERTON, OLIVIER	NIH	ROLE OF HDAC6 IN A MURINE MODEL OF AFFECTIVE DISORDER AND ANTIDEPRESSANT ACTION
BORGMANN-WINTER, KARIN	NIH / CHOP	NEUROPROTECTIVE/NEURODEVELOPMENTAL EFFECTS-ANTIPSYCHOTICS IN ADOLESCENT PSYCHOSES
BROWN, GREGORY	NIH	COGNITIVE THERAPY FOR SUICIDAL OLDER MEN
BROWN, GREGORY	NIH / CHOP	ATTACHMENT-BASED FAMILY THERAPY FOR SUICIDAL ADOLESCENTS
CARLSON, GREGORY	NIH	FUNCTIONAL CIRCUIT DISORDERS OF SENSORY CORTEX IN ASD AND RTT
CAROFF, STANLEY	NIH / COLUMBIA	A COMPARISON OF LONG-ACTING INJECTABLE MEDICATIONS FOR SCHIZOPHRENIA (ACLAIMS)
CHHATRE, SUMEDHA	NIH	CANCER CARE AMONG MEDICARE HIV PATIENTS
CHILDRESS, ANNA	NIH	A T32 TRANSLATIONAL ADDICTION RESEARCH FELLOWSHIP
CHILDRESS, ANNA	NIH / DREXEL	WEIGHT LOSS MAINTENANCE IN PRIMARY CARE*
COYNE, JAMES	NIH / CHOP	MULTICENTER METHODOLOGICAL STUDY TO ASSESS MENTAL DISORDERS FOR NCS BIRTH MOTHERS AND FATHERS
CRITS-CHRISTOPH, PAUL	NIH	THE MECHANISMS OF COGNITIVE AND DYNAMIC THERAPY IN COMMUNITY SETTINGS
EPPERSON, C. NEILL	NIH	DETERMINING THE NEUROENDOCRINE CONTRIBUTION TO BEHAVIOR & COGNITION ACROSS THE FEMALE LIFESPAN
FOA, EDNA	NIH / MED UNIV SOUTH CAROLINA	INTEGRATED TREATMENT OF OEF/OIF VETERANS WITH PTSD AND SUBSTANCE USE DISORDERS
FRANKLIN, MARTIN	NIH / JOHNS HOPKINS	OCD COLLABORATIVE GENETICS ASSOCIATION STUDY
FRANKLIN, TERESA	NIH	CHARACTERIZING A CUE-VULNERABLE PHARMACO-RESPONSIVE ENDOPHENOTYPE IN SMOKERS

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New NIH Awards (Includes New and Competing Renewals) [continued]		
Name	Sponsor	Project Title
GUR, RAQUEL	NIH	BRAIN-BEHAVIOR AND GENETIC STUDIES OF THE 22Q11DS
GUR, RUBEN	NIH / HENRY M. JACKSON FOUNDATION	MODIFIABLE RISK AND PROTECTIVE FACTORS FOR SUICIDAL BEHAVIORS IN THE US ARMY
HADLEY, TREVOR	NIH / TEMPLE	RRTC ON PARTICIPATION AND COMMUNITY LIVING OF INDIVIDUALS WITH PSYCHIATRIC DISABILITIES
HEMSLEY-FAULCONBRIDGE, LUCY	NIH	A NOVEL TREATMENT FOR OBESE DEPRESSED PATIENTS AT RISK FOR CARDIOVASCULAR DISEASE
HUGHES-HALBERT, CHANITA	NIH / DUKE	DUKE CLINICAL AND TRANSLATIONAL SCIENCE AWARD (CTSA)
JEMMOTT, JOHN	NIH	"REALITY CHECK" IN TRANSIT: EVALUATION OF A SERIAL DRAMA FOR BLACK YOUTH
KIM, DEBORAH	NIH	REPETITIVE TRANSCRANIAL MAGNET STIMULATION (rTMS) IN PREGNANT WOMEN WITH MDD
KIM, SANGWON	NIH	MOLECULAR BASIS OF ATYPICAL ANTIPSYCHOTIC DRUGS-INDUCED WEIGHT GAIN
KIM, SANGWON	NIH / CHOP	THYROID HORMONE INDUCIBLE SMALL GTPPASE, RHES-MEDIATED IRON TRAFFICKING AND NEURONAL FUNCTION
KRAL, TANJA	NIH	INDIVIDUAL DIFFERENCES IN CHILDREN'S SUSCEPTIBILITY TO OVEREATING
KRANZLER, HENRY	NIH	NOVEL APPROACHES TO ALCOHOLISM PHARMACOTHERAPY AND RISK
KRANZLER, HENRY	NIH / UNIV CONNECTICUT HEALTH CENTER	CENTER FOR RESEARCH ON THE ETIOLOGY AND TREATMENT OF ALCOHOL DEPENDENCE
KRANZLER, HENRY	NIH / UNIV NORTH CAROLINA	DEEP SEQUENCING STUDIES FOR CANNABIS AND STIMULANT DEPENDENCE
KRANZLER, HENRY	NIH / YALE	GENETICS OF ALCOHOL DEPENDENCE IN AMERICAN POPULATION
KRANZLER, HENRY	NIH / YALE	GENETICS OF ALCOHOL IN AFRICAN AMERICANS
KRANZLER, HENRY	NIH / YALE	GENETICS OF COCAINE DEPENDENCE: SEMI-STRUCTURED ASSESSMENT FOR DRUG DEPENDENCE AND ALCOHOLISM (SSADDA)
LEITMAN, DAVID	NIH	MULTIMODEL NEUROIMAGING OF PROSODY IN SCHIZOPHRENIA AND DEVELOPMENTAL DISORDERS
LERMAN, CARYN	NIH	PHARMACOGENETICS OF NICOTINE ADDICTION AND TREATMENT
LERMAN, CARYN	NIH	COGNITIVE TRAINING FOR NICOTINE DEPENDENCE
LUCKI, IRWIN	NIH	REGULATION OF HIPPOCAMPAL NEUROGENESIS BY ANTIDEPRESSANTS
LUCKI, IRWIN	NIH	TRAINING PROGRAM IN NEUROPSYCHOPHARMACOLOGY
MCKAY, JAMES	NIH	ADAPTIVE TREATMENT MODELS FOR THE MANAGEMENT OF DRUG USE DISORDERS
METZGER, DAVID	NIH / WISTAR INSTITUTE OF ANATOMY AND BIOLOGY	NK CELL ACTIVATION AND FUNCTION IN HIV-1 EXPOSED UNINFECTED IV DRUG USERS*
MOBERG, PAUL	NIH / THOMAS JEFFERSON UNIVERSITY	PREVENTING COGNITIVE DECLINE IN AFRICAN AMERICANS WITH MILD COGNITIVE IMPAIRMENT
PIERCE, R. CHRISTOPHER	NIH	PSYCHOSTIMULANT-INDUCED CRAVING AND TOXICITY
RAO, HENGYI	NIH	NEURAL BASIS FOR DIFFERENTIAL VULNERABILITY TO SLEEP DEPRIVATION
ROSS, RICHARD	NIH / VETERANS MEDICAL RESEARCH FOUNDATION	TREATING INSOMNIA AND NIGHTMARES AFTER TRAUMA: IMPACT ON SYMPTOMS & QUALITY OF LIFE

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New NIH Awards (Includes New and Competing Renewals) [continued]		
Name	Sponsor	Project Title
SCHMIDT, HEATH	NIH	EPIGENETICS AND INCUBATION OF CRAVING
STRASSER, ANDREW	NIH / BATTELLE MEMORIAL INSTITUTE	ROLL YOUR OWN (RYO) CIGARETTES: PREVALENCE, SMOKING BEHAVIOR AND TOXIN EXPOSURE*
SUH, JESSE	NIH	BRAIN SUBSTRATES OF AFFECT DYSREGULATION IN COCAINE ADDICTION: A PILOT STUDY
TEEGARDEN, SARAH	NIH	THE ROLE OF HDA6 AND GLUCOCORTICOID SIGNALING IN RESILIENCE TO DEPRESSION
THASE, MICHAEL	NIH	EFFICACY OF COMPUTER-ASSISTED COGNITIVE BEHAVIOR THERAPY FOR DEPRESSION
THASE, MICHAEL	NIH / UNIV PITTSBURGH	PSYCHOTHERAPY FOR THE ACUTE TREATMENT OF BIPOLAR II DEPRESSION*
TURETSKY, BRUCE	NIH	OLFACTORY EVOKED POTENTIALS AND DEVELOPMENTAL NEUROPATHOLOGY IN SCHIZOPHRENIA
WADDEN, THOMAS	NIH / WAKE FOREST UNIVERSITY	ACTION FOR HEALTH IN DIABETES BRAIN MAGNETIC RESONANCE IMAGING ANCILLARY STUDY
WOODY, GEORGE	NIH	DELAWARE VALLEY NODE OF THE CLINICAL TRIALS NETWORK
Other Federal Agencies		
Name	Sponsor	Project Title
BASNER, MATHIAS	FEDERAL AVIATION ADMINISTRATION	PARTNER COE PROJECT 25B: EFFECTS OF AIRCRAFT NOISE ON SLEEP
BASNER, MATHIAS	NATIONAL SPACE BIOMEDICAL RESEARCH INSTITUTE	INDIVIDUALIZED REAL-TIME NEUROCOGNITIVE ASSESSMENT TOOLKIT FOR SPACE FLIGHT FATIGUE
BROWN, GREGORY	DEPARTMENT OF DEFENSE / HENRY M. JACKSON FOUNDATION	A BRIEF INTERVENTION TO REDUCE SUICIDE RISK IN MILITARY SERVICE MEMBERS AND VETERANS
DINGES, DAVID	DEPARTMENT OF THE NAVY	SYSTEM FOR ASSESSMENT OF NEUROBEHAVIORAL CAPABILITY IN NAVAL OPERATIONS
FOA, EDNA	DEPARTMENT OF JUSTICE / UNIV CONNECTICUT HEALTH CENTER	BREAKING THE CYCLE OF BEHAVIORAL HEALTH PROBLEMS AND CRIME IV: PTSD TREATMENT WITH MALE MILITARY VETERANS REPORTING PROBLEMS WITH AGGRESSION AFTER RETURN FROM WARZONE DEPLOYMENT
FOA, EDNA	VA-VAMC CHARLESTON	PE-WEB: ONLINE TRAINING FOR VA PROVIDERS IN PROLONGED EXPOSURE FOR PTSD
GOEL, NAMNI	DEPARTMENT OF THE NAVY	PHENOTYPIC AND GENOTYPIC MARKERS OF PERFORMANCE VULNERABILITY TO SLEEP LOSS
HUEGE, STEVEN	HEALTH RESOURCES & SERVICE ADMINISTRATION (HRSA)	GERIATRIC PSYCHIATRY AND INTERDISCIPLINARY EDUCATION
HUGHES-HALBERT, CHANITA	AGENCY FOR HEALTHCARE RESEARCH AND QUALITY (AHRQ)	DISSEMINATING BREAST CANCER PREVENTION TO AFRICAN AMERICAN WOMEN
MANDELL, DAVID	HEALTH RESOURCES & SERVICE ADMINISTRATION / UNIVERSITY OF CALIFORNIA, LOS ANGELES	AUTISM INTERVENTION RESEARCH NETWORK FOR BEHAVIORAL HEALTH
THASE, MICHAEL	AGENCY FOR HEALTHCARE RESEARCH AND QUALITY / MASSACHUSETTS GENERAL HOSPITAL	COMPARATIVE EFFECTIVENESS STUDY FOR BIPOLAR DISORDER
Other Agencies and Organizations		
Name	Sponsor	Project Title
ALLISON, KELLY	THE OBESITY SOCIETY	PREVENTING EXCESS WEIGHT GAIN DURING PREGNANCY USING INTEGRATED TECHNOLOGIES
ALTER, MARK	SIMONS FOUNDATION	TRANSCRIPTIONAL RESPONSIVENESS IN LYMPHOBLASTOID CELL LINES

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Other Agencies and Organizations (continued)		
Name	Sponsor	Project Title
BASNER, MATHIAS	EUROPEAN COMMISSION	ENNAH - EUROPEAN NETWORK ON NOISE AND HEALTH
BECK, AARON	THE VAN AMERIGEN FOUNDATION, INC.	INTENSIVE COGNITIVE THERAPY TRAINING FOR CASE MANAGERS IN SAFE HAVENS
BERRETTINI, WADE	DAVIS (HILDA & PRESTON) FOUNDATION	GENETICS OF ANOREXIA NERVOSA
BERTON, OLIVIER	INTERNATIONAL MENTAL HEALTH RESEARCH FOUNDATION	HDAC6, A NEW THERAPEUTIC TARGET FOR ANTIDEPRESSANT AND PRO-RESILIENCE INTERVENTIONS
CHILDRESS, ANNA	COMMONWEALTH OF PA	A CURE ADDICTION CENTER OF EXCELLENCE: BRAIN MECHANISMS OF RELAPSE AND RECOVERY
FRANKLIN, TERESA	DANA FOUNDATION	USE OF SPECT AND PERFUSION fMRI TO EXAMINE THE ROLE OF DAT GENOTYPE IN MOTIVATED SMOKING BEHAVIOR
HAHN, CHANG-GYU	NATIONAL ALLIANCE FOR RESEARCH ON SCHIZOPHRENIA AND DEPRESSION	NMDA RECEPTOR COMPLEXES IN SCHIZOPHRENIA
HAYES, MATTHEW	NATIONAL DAIRY COUNCIL	DAIRY MACRONUTRIENTS ENHANCE GLUCAGON-LIKE-PEPTIDE-1 RECEPTOR MEDIATED SUPPRESSION OF FOOD INTAKE AND BLOOD GLUCOSE REGULATION
HUGHES-HALBERT, CHANITA	AMERICAN CANCER SOCIETY / MOFFITT CANCER CENTER	BEHAVIORAL AND EMOTIONAL IMPACT OF BRCA TESTING IN AFRICAN AMERICANS (BENITA)
KAMATH, VIDYULATA	AMERICAN PSYCHOLOGICAL ASSOCIATION	NEUROPSYCHOLOGICAL PROBES OF ORBITOFRONTAL DYSFUNCTION
KIM, SANGWON	THE PHILADELPHIA FOUNDATION / CHOP	THYROID HORMONE INDUCIBLE SMALL GTPase, RHES-MEDIATED IRON TRAFFICKING AND NEURON
KIM, SANGWON	AMERICAN FEDERATION FOR AGING RESEARCH	THE ROLE OF PHOSPHOINOSITIDES IN CELLULAR GROWTH AND AGING
KIM, SANGWON	NARSAD	VALIDATION OF A THERAPEUTIC TARGET TO INTERVENE AAPDs-MEDIATED OBESITY IN A CELL MODEL
LOCKE, JILL	AUTISM SCIENCE FOUNDATION	CLASSROOM AIDE MEDIATED PEER INSTRUCTION
LOHOFF, FALK	AMERICAN FOUNDATION FOR SUICIDE PREVENTION	GLOBAL EXPRESSION ANALYSIS OF PATIENTS WITH TREATMENT EMERGENT SUICIDAL IDEATIONS
MANDELL, DAVID	AUTISM SPEAKS	AUTISM ECONOMICS - LITERATURE REVIEW
MCKAY, JAMES	PHILADELPHIA MENTAL HEALTH CARE CORPORATION	EFFECTIVENESS OF EXTENDED TREATMENT OF DRUG DEPENDENCE, CITY SUPPLEMENT
METZGER, DAVID	INTERNATIONAL AIDS VACCINE INITIATIVE	IAS-NIDA MENTORING FELLOWSHIP
OLSIN, DAVID	FOX CHASE CANCER CENTER	BIOPSYCHOSOCIAL RELATIONSHIPS UNDERLYING INDOOR TANNING EXPERIENCE
SARWER, DAVID	ETHICON ENDO-SURGERY, INC.	RELATIONSHIP OF REALIZE MY SUCCESS USAGE TO OUTCOMES OF BARIATRIC SURGERY
SATTERTHWAITE, THEODORE	AMERICAN PSYCHOLOGICAL ASSOCIATION	LILLY PSYCHIATRIC RESEARCH FELLOWSHIP
SATTERTHWAITE, THEODORE	NARSAD	NEUROIMAGING OF REWARD IN BIPOLAR DEPRESSION
SIEGEL, STEVEN	ASTELLAS PHARMA, INC.	PHARMACOLOGIC REVERSAL OF ELECTRO- PHYSIOLOGICAL DEFICITS IN NR1 HETEROZYGOUS MICE

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Clinical Trials		
Name	Sponsor	Project Title
ARNOLD, STEVEN	UNIVERSITY OF CALIFORNIA, SAN DIEGO	AMYLOID IMAGING, VMCI, AND ANALYSIS FOR ADNI
ARNOLD, STEVEN	PFIZER, INC.	A PHASE 3, MULTICENTER, RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, PARALLEL GROUP, EFFICACY AND SAFETY TRIAL OF BAPINEUZUMAB (AAB-001, ELN 115727) IN SUBJECTS WITH MILD TO MODERATE ALZHEIMER'S DISEASE WHO ARE APOLIPOPROTEIN E 4 CARRIERS
ARNOLD, STEVEN	ELI LILLY AND COMPANY	OPEN-LABEL EXTENSION FOR ALZHEIMER'S DISEASE PATIENTS WHO COMPLETE ONE OF TWO SEMAGACESTAT PHASE 3 DOUBLE-BLIND STUDIES (H6L-MC-LFAN OR H6L-MC-LFBC)
ARNOLD, STEVEN	JANSSEN ALZHEIMER IMMUNOTHERAPY RESEARCH AND DEVELOPMENT, LLC	A PHASE 3 EXTENSION, MULTICENTER, DOUBLE-BLIND, LONG TERM SAFETY AND TOLERABILITY TREATMENT TRIAL OF BAPINEUZUMAB, (AAB 001, ELN115727-351) IN SUBJECTS WITH ALZHEIMER'S DISEASE WHO PARTICIPATED IN STUDY ELN115727-301 OR IN STUDY ELN115727-302
ARNOLD, STEVEN	PFIZER, INC.	A PHASE 3, MULTICENTER, RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, PARALLEL-GROUP, EFFICACY AND SAFETY TRIAL OF BAPINEUZUMAB (AAB-001, ELN115727) IN SUBJECTS WITH MILD TO MODERATE ALZHEIMER DISEASE WHO ARE APOLIPOPROTEIN E 4 NON-CARRIERS
ARNOLD, STEVEN	NEURONETRIX, INC.	EVALUATION OF A HAND HELD EVENT RELATED POTENTIAL (ERP) SYSTEM (COGNISONTM) AS A USEFUL BIOMARKER FOR ALZHEIMER'S DISEASE
BHATI, MAHENDRA	AMERICAN PSYCHIATRIC ASSOCIATION	DSM-5 FIELD TRIAL PROPOSAL
DINGES, DAVID	MERCK & CO., INC	PENN COGNITIVE TEST BATTERY ON MK-7288 PN010: CAR DRIVING STUDY IN OSA PATIENTS
EPPERSON, C. NEILL	SHIRE PHARMACEUTICAL DEVELOPMENT, INC.	ATTENTION & MEMORY IMPAIRMENTS IN MENOPAUSAL WOMEN: A POSSIBLE ROLE FOR VYVANSE?
KAMPMAN, KYLE	TITAN PHARMACEUTICALS	PRO-806: A RANDOMIZED, PLACEBO AND ACTIVE-CONTROLLED, MULTICENTER STUDY OF PROBUPHINE IN PATIENTS WITH OPIOID DEPENDENCE
KAMPMAN, KYLE	TITAN PHARMACEUTICALS	A PHASE 3, SIX MONTHS, OPEN-LABEL RE-TREATMENT STUDY OF PROBUPHINE IN OPIOID ADDICTION
LERMAN, CARYN	PFIZER, INC	PHARMACOGENETICS OF NICOTINE ADDICTION TREATMENT (PNAT)
LERMAN, CARYN	PFIZER, INC	GRAND 2010: NICOTINIC RECEPTOR AVAILABILITY IN SLOW AND FAST NICOTINE METABOLIZERS
PETTINATI, HELEN	FAST-TRACK DRUGS & BIOLOGICS, LLC.	A PHASE 2, DOUBLE-BLIND, PLACEBO CONTROLLED TRIAL TO ASSESS THE EFFICACY OF VARENICLINE TARTRATE FOR ALCOHOL DEPENDENCE IN VERY HEAVY DRINKERS
SCHNOLL, ROBERT	PFIZER, INC.	EFFICACY OF VARENICLINE FOR SMOKELESS TOBACCO USE IN INDIA*
THASE, MICHAEL	ELI LILLY AND COMPANY	A STUDY TO ASSESS THE LONG-TERM EFFICACY AND THE SAFETY OF OLANZAPINE AND FLUOXETINE COMBINATION VERSUS FLUOXETINE ONLY IN THE RELAPSE PREVENTION OF STABILIZED PATIENTS WITH TREATMENT-RESISTANT DEPRESSION*
THASE, MICHAEL	OTSUKA PHARMACEUTICAL DEVELOPMENT AND COMMERCIALIZATION, INC.	A PHASE 2, MULTICENTER OPEN LABEL STUDY TO ASSESS THE SAFETY AND TOLERABILITY OF ORAL OPC-34712 AS ADJUNCTIVE THERAPY IN ADULT PATIENTS WITH MAJOR DEPRESSIVE DISORDER*
THASE, MICHAEL	OTSUKA PHARMACEUTICAL DEVELOPMENT AND COMMERCIALIZATION, INC.	A MULTICENTER, RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, DOSE-RANGING STUDY OF THE SAFETY AND EFFICACY OF OPC-34712 AS ADJUNCTIVE THERAPY IN THE TREATMENT OF ADULTS WITH MAJOR DEPRESSIVE DISORDER
THASE, MICHAEL	NEOSYNC, INC.	EVALUATION OF LOW EMISSION NEOSYNC EEG SYNCHRONIZED TMS TECHNOLOGY FOR THE TREATMENT OF MAJOR DEPRESSIVE DISORDER: A MULTICENTER RANDOMIZED, DOUBLE-BLIND, SHAM-CONTROLLED, TRIAL
WADDEN, THOMAS	NUTRISYSTEM, INC.	A COMPARISON OF GLYCEMIC STABILITY & VARIABILITY DURING CONSUMPTION OF USUAL DIET OR NUTRISYSTEM-D AMONG PATIENTS WITH TYPE 2 DIABETES

OUR DEPARTMENT IN THE NEWS

[* indicates news story is available on the Web by accessing the "Penn Psychiatry in the News" section of the departmental website – www.med.upenn.edu/psych/news.html]

Kelly Allison, PhD was interviewed by WHYY Radio (Philadelphia) on December 3, 2010 for a story* about holiday goodies in the office. In an April 21, 2011 *Windsor Star* article, she discussed night eating syndrome – a phenomenon where people consume at least one-quarter of their daily calories after the evening meal. **Albert J. Stunkard, MD** first described night eating syndrome in 1955 as a peculiar pattern of food intake among certain obese patients. In the July 11, 2011 issue of *Women's World* magazine, she contributed a response about night eating syndrome in a Q & A feature.



Steven E. Arnold, MD was quoted in a May 19, 2010 *Medscape Neurology* story* about a new Penn Medicine study suggesting that genetics may not only impact the risk for dementia but also the nature of the dementia syndrome. He was also interviewed in a July 6, 2010 WHYY (Philadelphia) Radio story* regarding two new studies published in the journal *Neurology* which support the theory that depression and dementia are linked. Dr. Arnold was quoted in a July 13, 2010 MSNBC.com report* on research which found that a large cranium indicates a big brain and that having a bigger brain might help preserve thinking and memory. He was also interviewed in a July 26, 2010 *Los Angeles Times* article*, looking at a group known as the Graduation Club, an Alzheimer's Association support group that encourages members to discuss their hopes, fears and frustrations, many of which come from knowing the road that lies ahead. Dr. Arnold is leading a Penn Memory Center resilience study looking at the impact of stress on aging brain function, which was reported on by the *Bucks County Courier Times* and MSNBC.com in January 2011. He also commented in a January 20 WHYY Radio (Philadelphia) report* about the use of a new nuclear medicine imaging test to determine if a patient has Alzheimer's disease. Dr. Arnold and more than a dozen other Penn scientists were highlighted in a cover story and series of articles* in the March/April issue of the

Penn Gazette about the efforts of these investigators to attack Alzheimer's and other neurodegenerative diseases. Dr. Arnold was interviewed in an April 15 *Philadelphia Inquirer* report* about the FDA's review of the association between the statin class of cholesterol-lowering medicines and memory loss.

An article* in the September 12, 2011 *Philadelphia Inquirer* reported on an epigenetics study led by **Tracy L. Bale, PhD**, which showed that maternal stress during pregnancy may have negative consequences on not only the fetus but also the fetus' children. The finding was published in the *Journal of Neuroscience*. An interview with Dr. Bale about this line of research was published by the journal *BioTechniques* in December 2011.

Christos Ballas, MD spoke* with AOL Health on June 3, 2010 about a recent study done by British scientists claiming that coffee drinkers don't get any true wake-me-up perks from their morning brew.

Mathias Basner, MD, PhD, MSc was quoted in an August 10, 2010 *Science News* article*, which reported on a new study showing that sound sleepers produce distinctive brain signals enabling them to sustain sleep in noisy environments. He was quoted in a March 7, 2011 *Wired Magazine* article* about brain activity during sleep. Dr. Basner was quoted in a May 13 article in *The Globe and Mail* titled "Sleep Deprivation is a National Epidemic, And It's Killing Us." Both **David Dinges, PhD** and Dr. Basner are mentioned in this article. Dr. Basner participated in a May 24 radio interview with radio station rbb (Berlin, Germany) on the effects of aircraft noise on sleep and health.

Aaron T. Beck, MD, the "father of cognitive therapy," turned 90 in the summer of 2011 and was featured in a July 15, 2011 *Psychiatric News* article* which looked at the man and his career. He was also spotlighted in an August 8 column* by Art Carey in the *Philadelphia Inquirer*.

Robert I. Berkowitz, MD was interviewed for a July 12, 2010 segment* on ABC World News Tonight with Diane Sawyer, discussing the upcoming FDA

review of new diet drugs. Later in the year, he told CBS3 (Philadelphia) that a new drug, just recommended by an FDA advisory committee panel for approval, is a combination of two drugs already on the market – Wellbutrin, an antidepressant, and Naltrexone, an anti-addiction medication. Dr. Berkowitz spoke with CBS3 (Philadelphia) for a January 13, 2011 story* about new U.S. Department of Agriculture guidelines for school lunches. He was mentioned in a November 2 CBS News article* discussing new research which suggests that exercise can help keep those with the 'obesity gene' from gaining weight. He was quoted in a November 2 *USA Today* story* about a new study suggesting that individuals genetically predisposed to obesity can reduce their odds of gaining weight by staying physically active.



Steven J. Berkowitz, MD commented in an MSNBC.com article* on a recent study, which investigated a medication that can prevent an exaggerated fear response in mice very

similar to post-traumatic stress disorder (PTSD) in people. He was interviewed by 6ABC (Philadelphia) in a March 14, 2011 story* about the psychological impact of the devastation in Japan. He was interviewed by the *Philadelphia Inquirer** (May 3) and MSNBC.com* (May 3) regarding psychological reactions to Bin Laden's death. Dr. Berkowitz was a featured expert on a June 27 WHYY (Philadelphia)/NPR Radio segment* discussing the effects of violence on children. He explained in a July 19 *Philadelphia Inquirer* article* that the instinct to help, even in the face of danger, could be a genetic predisposition. Dr. Berkowitz was interviewed in an August 2 MSNBC.com article* about a new study which showed that a medication (risperidone) commonly used to treat PTSD in combat veterans may not be effective in reducing overall PTSD severity. The research of Dr. Berkowitz and **Edna B. Foa, PhD** was cited in a September 5 WHYY Radio (Philadelphia)/NPR report* documenting the progress made toward understanding PTSD after 9/11. Dr. Berkowitz spoke

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with the *Philadelphia Inquirer* for a December 13 story* about the impact court proceedings may have on abuse victims.

Wade H. Berrettini, MD, PhD was mentioned in a March 9, 2011 *Philadelphia Inquirer* article*, which noted his talk at the Philadelphia Science Festival about genetic variants that can contribute to addiction. He was one of a team of investigators in a study which provided additional support for the genetic basis of eating disorders. The research, published in *Neuropsychopharmacology*, was reported in a July 27 article* found on examiner.com.

Mahendra T. Bhati, MD appeared in a February 22, 2011 6ABC (Philadelphia) special report* looking at object and animal hoarding. He was interviewed in a July 27 NBC10 (Philadelphia) report* about animal hoarding. In an August 4 story* in the *Huffington Post*, Dr. Bhati commented on antidepressant use among undiagnosed Americans.



Edward S. Brodtkin, MD was interviewed by the Autism Science Foundation on October 17, 2011 about his research using mouse models to study the sociability of children

with autism

[http://www.youtube.com/watch?v=sS_AzbWmT6g].

James C. Coyne, PhD and **Aaron T. Beck, MD** were quoted in a May 30, 2010 *Philadelphia Inquirer* article* discussing positive psychology. Dr. Coyne was quoted in an August 13, 2010 Reuters article* reporting a new study which found that personality does not seem to be connected to the risk of developing or dying from cancer – he also co-authored an editorial published with the study. Dr. Coyne was quoted in a June 13, 2011 *Los Angeles Times* article* about the role a patient's outlook plays during cancer treatment. He was quoted in an August 15 *Philadelphia Inquirer* article* discussing the concept of "the positive side of trauma and grief." Dr. Coyne authored two articles* in *Psychology Today* (September 2 and 6) examining evidence claiming that "virtual trauma" from watching media coverage of 9/11 could elicit posttraumatic stress reactions and persist in the absence of a direct exposure to events. On November 27, 2011, he was interviewed for a CBS Sunday Morning News story concerning effects of having a posi-

tive attitude in battling cancer. The results of his and other studies were that there is little relationship between attitude and clinical outcome. "It's disturbing at some level that attitude doesn't matter for survival," said Dr. Coyne. "There are some things you can modify in life, but cancer is not one of them."

Guy S. Diamond, PhD was quoted in a June 29, 2010 *Wall Street Journal* article* looking at what happens when typical teen angst starts to look like something much darker and more troubling.

Joseph DiGiacomo MD participated in a panel discussion titled "Antipsychotics – Where Doctors, Lawyers and Big Pharma Meet, The Intersection of Antipsychotics, Psychiatry & the Law" sponsored by *The American Law Journal* and telecast by CNN News affiliate WFMZ-TV (Allentown, Pennsylvania) on May 10, 2010.

An article* in the June 3, 2010 *Philadelphia Inquirer* noted that **David F. Dinges, PhD** will be monitoring the mental health of six Russian scientists who are attempting to remain cooped up in a fake spaceship for 520 days – about the length of time it would take to get to Mars and back. A February 9, 2011 *Daily Pennsylvanian* article* also reported on the efforts of Dr. Dinges and **Mathias Basner, MD, PhD, MSc** to "understand the effects of long-duration space travel" on human behavior through testing done during the simulated Mars mission. In a July 1, 2010 ABCNews.com article* about taking lunch breaks at work, Dr. Dinges described the important roles eating and sleeping have on brain efficiency. He was interviewed* for a July 26, 2010 WNYC (New York) Radio Show, *The Takeaway*, about sleep problems and the latest sleep research. In an August 25, 2010 Associated Press article* in the *Philadelphia Inquirer*, Dr. Dinges was interviewed regarding his research on astronauts and their response to isolation and stress, comparing their experience to that of 33 trapped miners in Chile. "Hope is a resource in this environment," Dr. Dinges said, especially if the miners are trying to help their own rescue. "If they can be an agent of their own rescue, that helps enormously." He was also interviewed in a December 7, 2010 Medscape report* regarding the cognitive deficits caused by sleep deprivation. Dr. Dinges was interviewed in a February 28, 2011 *Philadelphia Inquirer* article* looking at fatigue and ways to detect sleepiness and in a WebMD.com article* about the effect of sleep depriva-

In continuing coverage in July and August 2010, more than 65 TV and radio stations across the country (including 6ABC in Philadelphia, WCBS in New York, and KABC in Los Angeles) and various other media outlets (including the *Los Angeles Times**, CNN.com*, and *Cosmopolitan**) highlighted a new study by **David F. Dinges, PhD** and colleagues, which found that a 10-hour "recovery" snooze was not sufficient to make up for a few nights of four hours of sleep. "Lifestyles that involve chronic sleep restriction during the work week and during days off work may result in continuing build-up of sleep pressure and in an increased likelihood of loss of alertness and increased errors," Dr. Dinges said. "The bottom line is that adequate recovery sleep duration is important for coping with the effects of chronic sleep restriction on the brain."

tion on the brain. His work was featured in an April 17 *New York Times Magazine* article* about the effects of sleep deprivation. The April 25 *Daily Pennsylvanian* reported on Dr. Dinges' research findings recommending nine hours of sleep each night for the average healthy person. Dr. Dinges was interviewed for a July 1 story in the *Philadelphia Inquirer* about new regulations requiring shorter hours for resident physicians in hospitals. He spoke to a *New York Times* travel writer for a September 27 story* about sleeping on long flights, and discussed the ability to change one's circadian clock in a November 20 *New York Times* article* about becoming a morning person. Dr. Dinges' research was discussed in a December 13 Scienceline.com article* about drowsiness detection technologies in cars.

C. Neill Epperson, MD and **Steven J. Berkowitz, MD** were featured in a May 19, 2010 parenting segment* on 6ABC (Philadelphia) about childhood development comparisons. Dr. Epperson was quoted in a July 30, 2010 MSNBC.com article* that looked at a woman from Villers-au-Tertre, France, who admitted to suffocating her newborns, and whether or not these murders were a result of psychological issues. She was also interviewed by the *Delaware News Journal* for a February 8, 2011 article* looking at the impact that losing a best friend, soul mate, or lifelong companion has on a person's health. Dr. Epperson was quoted in a Reuters Health article* which reported

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that an ADHD medication may improve subjective attention and reduce memory difficulties in perimenopausal and postmenopausal women. She led a study providing the first potential treatment for menopause-related cognition deficits – the research was featured on NBC10 (Philadelphia). Dr. Epperson discussed the value of day care as a means of curbing behavioral issues in a June 13 MSNBC.com report*. She was interviewed for a November 29 WHYY Newsworks article* in which she talked about depression treatment during pregnancy.

In a June 13, 2010 *Philadelphia Inquirer* story*, **James C. Findley, PhD, D,ABSM, CBSM** of the Behavioral Sleep Medicine Program discussed insomnia and sleep habits. Dr. Findley and **Philip R. Gerhman, PhD, CBSM** were quoted in a July 16, 2010 *Philadelphia Inquirer* article* about the negative impact that non-sleep activities in the bedroom may have on a person's ability to fall asleep.

Edna B. Foa, PhD was featured on MSN's list of the "smartest people in the world." The MSN article* noted that, for 30 years, Dr. Foa has studied one of the most debilitating psychological diseases in modern history – post-traumatic stress disorder (PTSD). Ten years ago, she began developing a cognitive approach to curing it – Prolonged Exposure Therapy (PE) – that is just now being embraced by the mainstream. Dr. Foa discussed PE with FOX29 (Philadelphia) in a November 2010 story* regarding her work with America's war veterans living with PTSD. In a November 30, 2010 story* reported by the U.S. Army, Dr. Foa presented on PE at the 27th Army Science Conference, discussing its effectiveness in treating PTSD and whether PE can be effective in treating PTSD among active personnel. Dr. Foa was also interviewed in a September 2010 *Glamour* magazine article* about anxiety in women, and she was featured in a Summer 2010 article* appearing in *Proto*, a Massachusetts General Hospital magazine, discussing post-traumatic stress disorder. She was interviewed by ABCNews.com on October 13, 2010 about the mental health of the Chilean miners following their rescue. She was profiled in a January 2, 2011 front-page story* in the Sunday *Philadelphia Inquirer*. In a February 15 *O Magazine* article* – "Can a Single Pill Change Your Life?" – Dr. Foa and **Elna Yadin, PhD** were asked to comment on the role of MDMA (the active ingredient in the street drug Ecstasy) as a potential PTSD

treatment. Dr. Foa was quoted in an April 4 *Austin-American Statesman* article* about a new eye track test for PTSD. KYW (Philadelphia) Radio* spoke with Dr. Foa on June 3 about PE Therapy as a treatment for veterans suffering from PTSD. The research of Dr. Foa and **Steven J. Berkowitz, MD** was cited in a September 5 WHYY Radio (Philadelphia)/NPR report* about the progress made toward understanding PTSD after 9/11.

Martin E. Franklin, PhD was interviewed in a May 25, 2011 ABCNews.com report* about trichotillomania, a psychological disorder that causes people to pull out hair from their head and other parts of the body to the extent that it causes patches of baldness. He led a study, reported in the *Journal of the American Medical Association*, which found that adding cognitive-behavior therapy to maintenance treatment with SSRIs can significantly improve symptoms of Obsessive-Compulsive Disorder (OCD) in children and adolescents. Reuters Health (September 20)*, MedPage Today (September 20)*, HealthDay, and Medscape covered the story.



A new study published in the January 3, 2011 online issue of *Archives of General Psychiatry*, led by **Teresa R. Franklin, PhD**, found that varenicline (Chantix®), a drug that helps people stop

smoking, may change the way the brain reacts to smoking cues, such as seeing someone else smoke. Stories in HealthDay News* (January 3), nbc4i.com (January 4), MedPage Today* (January 5), and Medscape Medical News (January 12) reported this finding, the first demonstrated identification of the mechanism underlying a medication's effectiveness to reduce cue reactivity in smoking.



Rollin M. Gallagher, MD was quoted in a May 13, 2010 HealthDay News article*, describing the complicated problems, including cognitive and emotional issues and acute and chronic pain, that have long-lasting implications for veterans and make treatment outcomes difficult to achieve. He was also quoted in a March 11, 2011 *Time Magazine* article on the challenges and consequences of living with chronic pain.

Philip Gehrman, PhD, CBSM was interviewed on CBS3's Talk Philly program,

and he discussed various studies investigating insomnia. The studies are looking at behavioral issues, possible medication-based treatments, and cancer survivors' sleep patterns. He spoke with *Philadelphia Magazine* for a January 2011 Q & A entry* about Seasonal Affective Disorder remedies. He was interviewed by ABC-News.com for a March 11 story* about the effects of daylight saving time on sleep, and discussed children's sleep problems with ABCnews.com in an April 1 story*. On April 12, Dr. Gehrman joined the weekly ABC News Medical Unit online Twitter health chat to talk about sleep. He appeared on April 15 on ABC's Good Morning America and World News Tonight segments about issues surrounding sleepy air traffic controllers. Dr. Gehrman discussed circadian rhythm in an April 19 *Palm Beach Post* article* about the FAA's campaign to prevent air traffic controllers from falling asleep on the job. He spoke with Oprah.com for an October 12 story* about ways to synchronize our body clock to the earth's 24-hour cycle, using external cues – such as artificial light – to help combat against the biological factors that make us feel tired and sluggish in the morning.

Namni Goel, PhD was quoted in a July 2010 article* in *SELF* magazine that featured eight simple tricks a person can do to improve one's mood, memory, and other health issues. She also led a study, published in *Neurology* in October 2010, that found that a genetic marker associated with narcolepsy may determine sleepiness. The story was covered by HealthDay News*, CNN.com*, and WebMD* on October 25; ABCNews.com* and a CBS News interview on October 26; the CBS Early Show* on October 28; the *Seattle Times** on December 2, as well as by the *Daily Mail* (UK), *Los Angeles Times*, AOL Health, NBC affiliates, and other outlets around the country. Dr. Goel was interviewed by the *Daily Bruin* for an April 13, 2011 story discussing individual differences in response to sleep loss.

Marina Goldman, MD was quoted in a June 25, 2010 *Philadelphia Magazine* article*, regarding the potential side effects of marijuana use.

The *LA Times* reported in a May 17, 2011 article* on a new study led by Psychiatry resident **Laurie B. Gray, MD**, which showed that most children who lose a parent don't experience a lengthy clinical depression.

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Ruben C. Gur, PhD was quoted in a December 16, 2010 ABCNews.com report* about a study published in the latest edition of *Current Biology* that looked at how a certain part of the brain, the amygdala, experiences fear.

Steven F. Huege, MD was featured in an August 16, 2011 article on dementia symptoms and diagnosis for *Milestones* newspaper, published by the Philadelphia Corporation for Aging.

John B. Jemmott III, PhD was quoted in an April 8, 2011 *Philadelphia Inquirer* report* on Philadelphia Mayor Michael Nutter's new campaign against sexually transmitted diseases. Dr. Jemmott led the Philadelphia trial site for a program promoting exercise and other healthy lifestyle habits to help prevent chronic disease. A study found the program to be effective for black American couples in which one partner has HIV and the other does not. Coverage appeared in *U.S. News and World Report*, Health Day* (April 25), Medscape, and MedPage Today.



Deborah Kim, MD was interviewed* by WHYY (Philadelphia) on June 2, 2010 regarding a new study, which found that pregnant women who take antidepressants during the

first trimester may have an increased risk of miscarriage. In the story, Dr. Kim stated that while antidepressants may increase the risk of miscarriage, the overall risk is still low, and not taking medications carries other risks, such as reducing the likelihood of receiving prenatal care and increasing the probability of substance abuse. Dr. Kim joined ABC News Chief Medical Correspondent Dr. Richard Besser for a September 27, 2011 twitter chat* focused on post-partum depression.

In a November 2010 article* by Reuters Health, **Tanja V.E. Kral, PhD** explained a study she authored in *The American Journal of Clinical Nutrition* which showed that when elementary school children did not eat breakfast on a single day, they did not make up for the missing calories from breakfast by eating more at lunch or throughout the remainder of the day.

Daniel D. Langleben, MD was interviewed in a November 2, 2010 ABCNews.com report* on the latest study to explore how an MRI might be used to detect how honesty and deception affect

the brain.

Mary Anne Layden, PhD was interviewed for a July 5, 2010 LifeSiteNews.com article*, which examined ways to make pornography socially unacceptable, much like the process successfully applied to tobacco use. She also spoke with the *Philadelphia Inquirer* for a January 28, 2011 article* about protecting women from the damages and ravages of prostitution.

Caryn Lerman, PhD was cited in a July 21, 2010 *Daily Pennsylvanian* article* about a recent Penn study, which she co-authored, suggesting that additives in ancient alcoholic beverages carried anticancer properties. The study showed that certain compounds in alcohol exhibit activity against colon and lung cancer. Her new study looking at how genetics play a role in smoking cessation was featured in a November 18, 2010 6ABC (Philadelphia) report* in conjunction with Great American Smokeout Day. Research led by Dr. Lerman was highlighted in a March 1, 2011 *Wall Street Journal* story* about the FDA's consideration of eliminating the warning to avoid long-term use of nicotine-replacement patches and gums. A study led by Dr. Lerman identified a mechanism that explains why people with a particular genetic background may be more prone to relapse when they try to quit smoking. The research, published in the *Proceedings of the National Academy of Science*, was highlighted by Time.com* (May 16), *Philadelphia Inquirer** (May 23), WebMD, *Cosmos* magazine, and by CBS News affiliates in cities around the nation.

Irwin Lucki, PhD was interviewed by *LiveScience* for an October 20, 2010 article* regarding a gene therapy treatment that cures mice of depression-like symptoms. According to the new study, this application of gene therapy could be the key to treating the blues in humans.

David S. Mandell, ScD was quoted in a May 25, 2010 *Wall Street Journal* article* which noted that researchers are discovering what occurs in the brains of babies and young children with autism by taking scans of sleeping children. He was interviewed on a Phoenix radio station, KTAR-FM, discussing the economic burden of caring for an autistic child. Dr. Mandell spoke to WebMD.com for a May 11 article* regarding his study showing that having a child with autism adversely affects family employment and income. Coverage of the research also

appeared in HealthDay and Medscape. Research led by Dr. Mandell was discussed in a December 16, 2011 *Los Angeles Times* article*, the last in a four-part series, looking at adults with undiagnosed autism.



Stephen J. Morse, JD, PhD spoke on a July 6, 2010 "Talk of Nation" NPR broadcast on neuroscience and law. He discussed the insanity defense in a January 11, 2011 *New York Times*

report* about the mental health of the Arizona gunman, Jared L. Loughner, who is accused of shooting Congressperson Gabrielle Giffords and others in Arizona. He spoke with Time.com* about incompetence to stand trial, also related to the Loughner case.

An Associated Press article in May 2010 discussed attempts to change the underlying brain circuitry that leaves substance abusers prone to relapse. With funding from the National Institute on Drug Abuse, **Charles P. O'Brien, MD, PhD** is studying that question in a tough-to-treat population – prison parolees. The AP article was posted by the *LA Times*, *Baltimore Sun*, *Newsday*, *Orlando Sentinel*, *Miami Herald*, *Seattle Post-Intelligencer*, *Hartford Courant*, and *Allentown Morning-Call*, among others. Dr. O'Brien was also quoted in a July 28, 2010 Reuters article*, which reported that activists and scientists at the International AIDS Conference in Vienna called on governments to stop criminalizing drug users and instead recommended that they provide them with addiction and HIV treatment. Dr. O'Brien was interviewed on December 7 on the "Kojo Nmandi Show" on Washington DC's NPR affiliate, WAMU Radio*, in a segment discussing the social effects of alcohol addiction. He was interviewed by the *LA Times* in a May 23, 2011 article* about the addition of "hypersexual disorder" and other addictions to the upcoming edition of the *Diagnostic and Statistical Manual of Mental Disorders*, called DSM-5, scheduled to be published in 2013. Dr. O'Brien was quoted in a Medscape article* about a study showing that gabapentin may help treat alcohol dependence. He was interviewed extensively for Time.com's "Healthland" blog* (August 4) regarding alcoholism, withdrawal, and detox.

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R. Christopher Pierce, PhD was quoted in a November 17, 2011 WSJ.com article* on his study of how cocaine use can change the brain in ways that can be passed

on to male offspring, making them less likely to find the drug rewarding. His study is the first to show that the chemical effects of cocaine abuse can reach across succeeding generations to cause a beneficial change, by altering how genes are controlled without actually changing the genes themselves. Dr. Pierce presented his research, which used rat models, at a meeting of the Society for Neuroscience in Washington, DC.

In an interview* with ABC News' Nightline on August 25, 2010, **Adrian Raine, DPhil** discussed his research on the brains of people who have been scientifically determined to be psychopaths. He was interviewed on CNN.com's "Paging Dr. Gupta" about freedom of will on February 22, 2011. The *Chronicle of Higher Education* profiled Dr. Raine, who has spent a career trying to spot ever-earlier signs of dangerous minds, in a June 12 article*.

J. Russell Ramsay, PhD spoke with Reuters Health in an August 24, 2010 article* about a recent study, which found that adults with attention deficit hyperactivity disorder (ADHD) who still have symptoms despite taking medications might benefit from "talk therapy," also known as cognitive behavioral therapy (CBT). Dr. Ramsay was interviewed by Reuters Health for an October 16, 2011 story on The American Academy of Pediatrics' new clinical practice guidelines for the diagnosis, evaluation, and treatment of ADHD in children and adolescents.

HealthDay reported* on December 9, 2010 on a NIMH-supported study by **Karl Rickels, MD** in the December issue of the *Archives of General Psychiatry*, concerning patients with generalized anxiety disorder who were treated for up to 18 months with venlafaxine hydrochloride extended release.



Anthony L. Rostain, MD, MA wrote a letter* to the editor, published in the January 11, 2011 *Philadelphia Inquirer*, about the man accused of shooting Congressperson Gabrielle

Giffords and others in Arizona. Dr. Rostain was quoted in a Health.com report*

on the challenge for the approximately 10 million U.S. adults with ADHD to maintain focus. In addition, he told Comcast Sportsnet that a combination of medication and therapy can stop those with suicidal feelings from carrying them out.

David B. Sarwer, PhD frequently commented on weight management issues and treatments to induce weight loss in 2010 and 2011. Among his many contributions to the public discourse, he was interviewed* on NBC10 (Philadelphia) on July 29, 2010 to explain a recent study that shows how resources on the web can act as an incentive to keep weight off. He was also quoted in a November 1, 2010 *Philadelphia Inquirer* report* about the motivation to get a face-lift. Dr. Sarwer was interviewed by WHYY Radio (Philadelphia) for a November 5, 2010 story* about weight gain during the holiday season. CBS3 (Philadelphia) also interviewed him about a new study which found that if at least four friends are obese, one's odds of becoming obese doubles. He also commented in a January 23, 2011 MSNBC.com article* on a new study that suggests eating a big breakfast may cause weight gain. Dr. Sarwer was quoted in a February 2011 *W Magazine* story* about plastic surgery repeat procedures, where he noted that even successful procedures which satisfy the patient's wishes may not adequately address the patient's underlying concerns. He was interviewed by CBS3 (Philadelphia) for a story* looking at a new fad diet – the baby food diet – which he would not recommend, and discussed food labeling laws with the *Philadelphia Daily News* in a March 31 article*. Dr. Sarwer spoke to *USA Today* in a May 1 article* about research indicating that obesity is associated with reduced sexual functioning and sexual quality of life. He spoke with the *Detroit Free Press* in a May 22 article* regarding the effects of bariatric surgery on marriage. Dr. Sarwer was quoted in a May 24 *Wall Street Journal* article* and a June 2 *Huffington Post* story* about the increase in men seeking cosmetic procedures and the role that looks play in our lives. He was interviewed in a June 29 ABC "World News Tonight" segment* about the American Medical Association's position that rampant Photoshopping sends an unhealthy message to America's youth. Dr. Sarwer also appeared as a featured expert in a June 29 WHYY (Philadelphia)/NPR segment* on cosmetic surgery and discussed eating disorders in adulthood with MSNBC.com in a July 6 story*. He was interviewed by

6ABC (Philadelphia) for a July 14 story* about Casey Anthony's potential plastic surgery options and the psychological impact this surgery could cause. Dr. Sarwer commented in a July 27 Good Morning America/ABCNews.com report* about a new study, which found that 33 percent of nose job patients show signs of body dysmorphic disorder, a chronic mental illness characterized by excessive worry over appearance that interferes with daily life. Dr. Sarwer spoke about psychological repercussions in an August 8 *New York Times* report* about septuagenarians, octogenarians, and nonagenarians undergoing elective plastic surgery. Dr. Sarwer was quoted in an October 31 *Wall Street Journal* report* about the increase in elective cosmetic procedures among patients aged 65 and older.

Robert A. Schnoll, PhD was interviewed by NBC10 (Philadelphia) in November 2010 concerning available treatments for nicotine dependence. He spoke again with NBC10 for a January 13, 2011 story* about the challenges of New Year's resolutions to quit smoking.

An August 10, 2010 *Philadelphia Magazine* article* reported on local indulgences that Philadelphia's nutritionists, including **Andrea Spivack, MA, RD, LDN**, a registered dietitian with the Stunkard Weight Management Program, cannot live without – and how to enjoy them without tipping the scale. Ms. Spivack was interviewed in a November 15, 2010 *Philadelphia Inquirer* article* about the challenges baby boomers face with weight gain, diet, and exercise.



NPR's "On Point" spoke with **Andrew Strasser, PhD** for a November 16, 2010 story* about the Food and Drug Administration's (FDA) pending implementation of graphic warning labels on cigarette packages. He also spoke on the same topic with WJR radio (Detroit) on June 25, 2011, WFYI radio (Indianapolis) on June 28 on its "Sound Medicine" program, and with Indiana Public Radio (Indianapolis) on July 8. Dr. Strasser spoke on Philadelphia's plan to regulate point of sale cigarette warning displays on WHYY Radio (Philadelphia) on September 2, 2011.

Richard F. Summers, MD discussed coping in an October 13, 2011 Oprah.com article*.

The *Concord Monitor* interviewed **Michael E. Thase, MD** for a December 5, 2010

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NEW FACULTY



Henry R. Kranzler, MD joined the Department in December 2010 as Professor of Psychiatry. He is Co-Director of the Center for Studies of Addiction, as well as Director of the Post-Doctoral Research Training Program for Physicians and Co-Associate Director of Research at the VISN 4 Mental Illness Research, Education, and Clinical Center (MIRECC) at the Philadelphia VA Medical Center.

Dr. Kranzler received a BA in Anthropology from Monmouth University in 1976 and continued graduate work in the discipline, earning an MA from Rutgers University in 1980. Simultaneously, he studied for his medical degree and received an MD from Robert Wood Johnson Medical School (UMDNJ) in 1982. He then completed a residency in Psychiatry at the University of Connecticut in 1986, followed by a one-year National Institute on Alcohol Abuse and Alcoholism (NIAAA) Fellowship in Alcohol Studies. In 1987, Dr. Kranzler was appointed to the faculty of the University of Connecticut School of Medicine, eventually earning appointment as Professor in the Department of Psychiatry and the Department of Genetics and Developmental Biology before coming to Penn in 2010.

A clinical addiction psychiatrist for more than 20 years, Dr. Kranzler now devotes his time to research, research administration, and teaching. His research focuses on the genetics and pharmacological treatment of alcohol and drug dependence and common comorbid psychiatric disorders, as well as studies of the pharmacogenetics of substance dependence.

Dr. Kranzler's research has been continuously supported since 1987 by grants from the NIAAA and the National Institute on Drug Abuse (NIDA). He has authored or co-authored more than 350 journal articles, book chapters, and other publications. He chaired the NIAAA Clinical and Treatment Subcommittee (IRG), has been a frequent journal reviewer, and is a member of the editorial boards of six journals. Dr. Kranzler's contributions to the field of alcohol research include advancing clinical trials methodology as it relates to pharmacological treatment, identifying interactive effects of serotonergic antidepressants with alcoholism subtypes, using a targeted approach to opioid antagonist treatment of heavy drinkers, and conducting the first studies of long-acting naltrexone as a treatment option for alcohol dependence. In addition, his work has contributed to the identification or characterization of specific genes influencing the risk for dependence on alcohol, nicotine, cocaine, and opioids; the potential mechanism of the effects of alcohol through mediators such as neuroactive steroids; and genetic moderators of the response to alcohol treatment.

Dr. Kranzler has received a number of awards and honors. He delivered a Frontiers of Science Lecture at the Annual Meeting of the American Psychiatric Association in 2006 and, in 2009, was elected a Fellow of the American College of Neuropsychopharmacology and a Distinguished Fellow of the American Academy of Addiction Psychiatry. For the past decade, while in Connecticut, Dr. Kranzler was recognized annually in the publication *Best Doctors in America*.



Mathias Basner, MD, PhD, MSc joined the Department in January 2010 as Assistant Professor of Sleep and Chronobiology in Psychiatry. He is a member of the Department's Division of Sleep and Chronobiology.

Dr. Basner received a degree in Medicine (1999) and a PhD in Research (2001) from the University of Bochum in Germany and, in 2006, a Master of Science in Epidemiology from the University of Bielefeld in Germany. He trained at the Institute for Applied Physiology at the University of Bochum and worked as a Research Associate at the German Aerospace Center (DLR), Institute of Aerospace Medicine, Flight Physiology Division in Cologne, Germany from 1999 until 2006. He then moved to the U.S. to pursue his research interests in the neurobehavioral consequences of sleep loss as a Research Associate in the Department of Psychiatry's Division of Sleep and Chronobiology. In 2008, he returned to the DLR to head the Flight Physiology Division for two years before coming back to Penn and the Department in 2010.

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Dr. Basner's primary research interests concern the effects of sleep loss on neurobehavioral and cognitive functions, population studies on sleep time and waking activities, and the effects of traffic noise on sleep and recuperation. He conducted several large-scale laboratory and field studies on the effects of traffic noise on sleep between 1999 and 2008 as Principal Investigator. For this research, Dr. Basner was awarded the German Aerospace Center award for outstanding research in 2007 and the Science Award of the German Academy for Aviation and Travel Medicine in 2010.

Dr. Basner is Associate Editor of the journal *SLEEP* and is a reviewer for 21 professional journals. He is Secretary of the International Commission of Biological Effects of Noise (ICBEN). He is a member of the American Academy of Sleep Medicine (AASM), the Sleep Research Society (SRS), and the German Sleep Research Society (DGSM). Dr. Basner has been temporary advisor to the World Health Organization (WHO) concerning traffic noise effects on sleep.

Our Department in the News

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article* about transcranial magnetic stimulation (TMS) as a treatment for resistant depression. He was quoted in a December 6 article* in *US News & World Report* about beating the holiday blues. Dr. Thase also spoke with Reuters Health for a January 13, 2011 story* regarding reports that people with long-lasting depression may benefit from talk therapy when other treatment methods such as antidepressant drugs alone are not working. He commented in a Medscape article on research from the Systematic Treatment Enhancement Program for BD (STEP-BD) study, which found that the number of depressive or manic episodes experienced by patients with bipolar disorder (BD) predicts illness severity. Dr. Thase was quoted in a December 8 Reuters Health story* about patient response to antidepressant use.

Marion Vetter, MD, RD, lead author of a recent study in the *Annals of Internal Medicine*, was quoted* in *Marie Claire* magazine about low-carb diets.

Thomas A. Wadden, PhD discussed weight loss and positive coping strategies in an August 1, 2010 *Philadelphia Inquirer* article* about Gov. Rendell's recent slim down. He was quoted in a November 16, 2010 *Philadelphia Inquirer* story* regarding attitudes toward obesity. Dr. Wadden and **David Sarwer, PhD** were mentioned in a January 3, 2011 *Philadelphia Inquirer* article* about the recent FDA advisory panel recommendation to permit use of Lap-Band surgery in thinner, but still obese patients. Dr. Wadden led a study, reported in a November 15 *USA Today* article*, which

found that physicians, with the aid of their medical assistants and meal-replacement plans, can help obese people lose and keep off 10 pounds over two years. The results were published in the *New England Journal of Medicine* and coverage has appeared in the *Philadelphia Inquirer*, *Washington Post*, *Los Angeles Times*, *Medpage Today*, and *Family Practice News*. Dr. Wadden was interviewed for a December 1 *USA Today* story* in which he talked about insurance reimbursement for obesity treatment and weight-loss options.

The *Philadelphia Inquirer* reported in its May 17, 2010 "Personal Health: News and Notes" section* that compulsive behaviors in some patients being treated for Parkinson's disease have been reported for decades. **Daniel Weintraub, MD** led a large study supporting these observations that linked more types of out-of-control behavior with more Parkinson's drugs that are increasingly used for more disorders. In a July 12, 2011 story*, the *Wall Street Journal* highlighted a study led by Dr. Weintraub which showed that, despite warnings about the risks of using antipsychotics to treat older, demented patients, the powerful drugs are routinely prescribed to elderly people with Parkinson's disease. HealthDay via US News and WebMD.com also covered the story.

Kenneth J. Weiss, MD was interviewed in an August 5, 2010 CNN.com report* about hoarding.

George E. Woody, MD was interviewed and quoted by *Alcoholism Drug Abuse Weekly* for a May 2011 publication

regarding an article in *Lancet* and an accompanying editorial on extended-release, injectable naltrexone.



Reporting on the mental health of the 33 trapped miners in Chile, WHYY (Philadelphia) Radio interviewed* **Elna Yadin, PhD** on

August 24, 2010 to ask what the miners can do to help lessen the traumatic impact of their situation. She said that when we have a sense of lack of control, that is when our mental health may be compromised. The miners will want to be very active and busy, making their day-to-day passage of time meaningful. In September, Dr. Yadin participated on TalkBlogRadio, a call-in program titled "It Can't Just Be Me" on "OCD and Hoarding." In April 20, 2011, she was a guest on The Barry Kirkey Radio Show, "OCD", broadcast from Toronto and, on June 1, she was featured on the New York University Reji Mathew web interview on "Running from Pain - Understanding Post-Traumatic Stress Disorder."

In an August 27, 2010 article* discussing the recent egg recall, MSNBC interviewed **David Yusko, PsyD** regarding how people's fear and anxiety after a food recall might change their eating habits. On September 3, 2010, WHYY Radio (Philadelphia) interviewed* him about treatment options for PTSD. Dr. Yusko also participated in a 9/11 memorial show on RLTV titled "Honoring Flight 93." He commented on the psychological impact of such an event on people. ❖

Cornerstones

Recognizing the significant achievements of our faculty and staff

How does playing bass fiddle in a blue grass band lead to three decades as a Penn faculty member and to a distinguished career in obesity research? For Thomas A. Wadden, PhD, the connection comes as no surprise.

Dr. Wadden has spent a lifetime artfully interweaving his personal and professional interests while tackling perhaps America's greatest health challenge.

Dr. Wadden grew up in Washington, DC in a family where law and politics were traditions. His great-grandfather, a lawyer, was a U.S. Congressman from North Carolina. His father was an assistant district attorney and later a trial attorney. "My parents had an abiding interest in politics," he says, "which I inherited and now share with my wife, Jan Linowitz, who also grew up in Washington in a very politically-minded family."

Dr. Wadden expected to pursue the law when he entered Brown University in 1971, but his curiosity as an undergraduate extended much further to include Buddhism, Hinduism, and the practice of meditation. As a sophomore, he took an introductory course in psychology.

"I was drawn to psychology as one of the helping professions, and undoubtedly as a means of understanding the turbulent times in which I had been raised," Dr. Wadden recalls, linking his newfound interest with his "inherited" absorption in the affairs of the nation and world. "Growing up in Washington, I had stood on Pennsylvania Avenue as an eight-year old to cheer President Kennedy on his Inauguration Day and then lived through the scarier-than-hell Cuban missile crisis at age ten. The ten years that followed were filled with anguish and turmoil for our nation, and were particularly felt in Washington."

Now committed to psychology, Dr. Wadden received his bachelor's degree from Brown in 1975 and spent the next year as a mental health aide at Butler Hospital in Providence, Rhode Island. There he met Kelly Brownell, a psychology intern and now a well-known obesity and food policy researcher at Yale University, and Steven Hayes, another psychology intern and later the author of Acceptance and Commitment Therapy (ACT). "The three of us played in a blue grass band while at Butler," says Dr. Wadden. "Kelly played guitar, Steve the banjo, and I

the bass fiddle. We had a great time." Only five years later, a friendship forged while making music was to influence Dr. Wadden's future career and his choice of where to practice it.

FACULTY SPOTLIGHT

Thomas A. Wadden, PhD



First, though, there was graduate training in psychology at the University of North Carolina at Chapel Hill. Dr. Wadden's service at Butler Hospital, along

with summers in college spent working with emotionally disturbed children and adolescents, convinced him that he wanted to help others as a psychotherapist. Graduate school, however, changed that goal, he says, where "I realized that providing effective psychotherapy was more complicated than I had first thought."

The explosion in the number of untested psychotherapies in the late 1960s and 1970s persuaded him to focus on research. "I was attracted to behavior therapy because of its commitment to testing its proposed interventions," Dr. Wadden says. "And thus began my personal drive toward the identification of evidence-based therapies. In short, to be an effective therapist, I decided I needed to evaluate the therapies that I was going to provide."

In his second year of graduate school, Dr. Wadden began his initial focus on obesity, mainly "because it provided such an objective outcome measure – change in body weight," he says. His first randomized controlled trial evaluated hypnosis as a means to induce weight loss. "I was intrigued by hypnotic suggestion," he says, attributing his interest to his college forays into Eastern religions and practices. His first research study "revealed that hypnosis was no more effective for weight loss than a treatment control group in which participants only practiced deep muscle relaxation therapy." For his doctoral dissertation, he examined the use of relaxation therapy for the control of essential hypertension and discovered that positive treatment expectations were critical to therapeutic success.

Before leaving Chapel Hill with his PhD in 1981, Dr. Wadden met Dwight Evans, MD, then a psychiatry intern at UNC, who worked in the outpatient unit to which Dr. Wadden was assigned for a practicum. That relationship was to re-emerge years later, as Dr. Evans is now his Department Chair at Penn. Another connection,

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however, had more immediate consequences. "My continued focus on obesity was largely fortuitous," he now says, tied to that Butler Hospital blue grass band. With his newly earned doctoral degree, Dr. Wadden called Kelly Brownell, PhD, then Assistant Professor at the University of Pennsylvania, who was working with renowned obesity expert Albert ("Mickey") Stunkard, MD. Drs. Brownell and Stunkard invited Dr. Wadden to Penn to do a postdoctoral fellowship focused on obesity.

"I thought I'd stay a year or two at most, because obesity did not seem inherently interesting – just eat less and exercise more," says Dr. Wadden. "But I got hooked on it very quickly with the help of two remarkable mentors, who approached the problem from multiple perspectives ranging from anthropology to psychology to physiology and genetics and beyond."

Dr. Wadden thus embarked on his thirty-year obesity research career at Penn, interrupted for only a single year (1992-93) when he left Penn to become Professor of Psychology, Director of Clinical Training (in clinical psychology), and Director of the Center for Health and Behavior at Syracuse University. While he enjoyed his 20 months at Syracuse, "unimaginable" snow and "missing the stimulation provided by the world-class faculty at Penn Psychiatry" brought him back to Philadelphia.

In 1994, Dr. Wadden returned to Penn as Professor of Psychology in Psychiatry and Director of the Center for Weight and Eating Disorders. In 2011, he was named the first Albert J. Stunkard Professor of Psychiatry (see accompanying story). He has built the Center into a highly regarded hub of research on obesity and, with it, his own national and international reputation for investigating obesity treatments and leading randomized controlled trials of interventions, including diet, exercise, behavior therapy, drug therapy, and bariatric surgery. For the past 15 to 20 years, he has carried out many of these studies with Robert Berkowitz, MD and David Sarwer, PhD, two senior

colleagues at the Center and the Department of Psychiatry

Dr. Wadden studies how obese and overweight individuals can best lose weight – and keep it off. His research has had widespread impact. In a series of studies with other

"Therapies for obesity have improved over the past 30 years, but they remain modest," Dr. Wadden concedes. The Look AHEAD (Action for Health in Diabetes) trial offers some cause for optimism, however.

researchers in the 1980s and 1990s, he demonstrated that moderately restricted diets that induced a 10 to 12 percent reduction in initial weight were associated with better maintenance of lost weight than were very-low-calorie diets (VLCDs), which induced initial losses of 20 percent or more. More recently, he showed that the combination of lifestyle modification (behavior therapy) and pharmacotherapy produced greater short- and long-term weight losses than either approach used alone.

Dr. Wadden and his collaborators have also contributed to an improved understanding of the effects of dieting on changes in energy expenditure and neuroendocrine function. A study published in the *Journal of the American Medical Association* showed that resting metabolic rate declined sharply during the first few weeks of calorie restriction, an occurrence that counteracts dieters' efforts to lose weight. He observed similar reductions in the hormone, leptin, which regulates food intake and body weight. "Unfortunately for dieters, the body resists weight reduction," he says.

True to his lifelong interest in public affairs, Dr. Wadden and his colleagues have also played a visible

role in forcing commercial weight loss programs to scrap inaccurate claims. Key to this was the first ever rigorous evaluation of a proprietary weight loss program, published in 1992.

Adopting his usual broad societal perspective, Dr. Wadden recognizes that the factors producing the current obesity epidemic are not likely to disappear soon. In a Fall 2007 *Penn Psychiatry Perspective* story announcing the launch of the Albert J. Stunkard Weight Management Program, he pointed out that "the obesity epidemic is a result of our ancient genes. They protected us from starvation in times of famine, but we now live in a land in which food is plentiful, cheap, and marketed to consumers around the clock. Eating has become a recreational pastime that often has little to do with satisfying hunger or obtaining needed nutrition. At the same time, we have become an increasingly sedentary nation in which work, for many Americans, consists of little more than turning on a computer and tapping on a keyboard. That's quite a change from Jefferson's agrarian society in which most American's expended hundreds of calories a day working on their farms."

"Therapies for obesity have improved over the past 30 years, but they remain modest," Dr. Wadden concedes. The Look AHEAD (Action for Health in Diabetes) trial offers some cause for optimism, however. For the past 10 years, Dr. Wadden has chaired the Lifestyle Intervention Subcommittee for this multi-site trial of 5,000 overweight individuals with type 2 diabetes. The study is investigating whether intentional weight loss reduces cardiovascular morbidity and mortality. It is the first prospective randomized trial to test whether intentional weight loss reduces cardiovascular events.

Initial results are promising. After the first year of Look AHEAD, Dr. Wadden reports that the Intensive Lifestyle Intervention (ILI) group lost 8.6 percent of initial weight, compared with a loss of 0.7 percent for the control group. At four years, the ILI group maintained a loss of nearly

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five percent of initial weight. "We have not analyzed the data past this point," Dr. Wadden says, "but the weight losses generally appear to be holding at seven to nine years." Participants have achieved this result through monthly behavioral treatment with their lifestyle interventionist. "This long-term, continuous care model indicates that sustained weight loss is possible, with ongoing treatment," concludes Dr. Wadden. "Weight regain is not inevitable following weight loss."

"Current efforts in the field are focused on dissemination," Dr. Wadden continues, "to make lifestyle modification more available to the millions of Americans who would benefit from it." His research team's recent study, published in the *New England Journal of Medicine*, showed that primary care physicians, working with medical assistants, could help one-third of their patients achieve a clinically significant weight loss of five percent or more of initial weight at two years. Dr. Wadden believes that interventions will increasingly be delivered in community settings, less expensive than medical clinics, and also will take the form of smart phone applications. "In the near future," he predicts, "your phone will be able to provide an hour-by-hour update of your physical activity and food intake for the day and encourage you to go for the fresh fruit rather than cheesecake. Some will view it as electronic nagging!"

The most important breakthrough for individuals with extreme obesity involves bariatric surgery, says Dr. Wadden. "The gastric bypass reliably produces a long-term 25 to 30 percent reduction in initial body weight, with improvements in co-morbid conditions such as type 2 diabetes." Currently, Dr. Wadden and Psychiatry colleagues Lucy Faulconbridge, PhD, David Sarwer, PhD, Marion Vetter, MD, RD, and Ruben Gur, PhD, along with Surgery colleague Noel Williams, MD, are using functional magnetic resonance imaging (fMRI) to assess the effects of two different bariatric surgeries on appetite and reward centers in the brain. "Patients who undergo *gastric bypass surgery* report marked reductions in hunger

and cravings, which may be related to changes in appetite-signaling hormones resulting from the surgery," says Dr. Wadden. "Patients who undergo *laparoscopic adjustable*

"Treatment alone," Dr. Wadden emphasizes, "whether lifestyle modification, pharmacotherapy, or surgery, is not the answer to our nation's epidemic of obesity. We need to devote far greater attention and resources to the prevention of obesity."

banding, which does not affect these hormones, may not experience equivalent improvements in appetite or weight. We want to see if the two procedures are associated with different neural responses," he says.

Circling back to his longstanding interest in law and politics, Dr. Wadden believes that public health and public policy initiatives are needed to resolve the country's obesity crisis. "Treatment alone," he emphasizes, "whether lifestyle modification, pharmacotherapy, or surgery, is not the answer to our nation's epidemic of obesity. We need to devote far greater attention and resources to the prevention of obesity. Ultimately, bold public policy initiatives and financial incentives, such as taxes on sugared sodas, probably hold the greatest hope for reducing the prevalence of overweight and obesity."

Dr. Wadden's increased commitment to research has meant fewer hours seeing patients in recent years, but he still typically provides psychotherapy (e.g., cognitive-behavioral therapy) for weight and eating disorders to two or three patients per week and, with his postdoctoral trainees, assesses candidates for bariatric surgery to ensure that they are free of behavioral contraindications to surgery.

Teaching is also a priority for Dr. Wadden, particularly supervising

pre- and post-doctoral students in Psychology, as well as Psychiatry residents. "Nothing has given me greater pleasure in my work than mentoring young researchers," he says. "It's always a thrill to help them publish their first review article or to see them get excited about research. The ultimate thrill is to assist them in preparing a successful grant application and then to watch them conduct their research and publish their findings." Thinking of his own career journey, he says, "I try to share with my pre- and post-doctoral fellows some of the superb mentoring that I received from Mickey Stunkard and Kelly Brownell. And, it should go without saying that I learn as much from my mentees as they do from me, particularly in areas such as the neuroendocrinological regulation of body weight. I will always be grateful for the opportunity to have mentored young investigators, such as Gary Foster, David Sarwer, Drew Anderson, Suzanne Phelan, and Adam Tsai, all of whom have gone on to become top-flight, independent investigators. Many other mentees are in the process of joining them."

Dr. Wadden is a prolific scholar, having co-edited six books and authored or co-authored more than 300 other publications. He has been funded by the NIH for over 25 years, served on the editorial boards of the leading journals in his field, and has been selected for leadership roles at the NIH as well as by professional organizations, most notably The Obesity Society, where he served as President from 2005 to 2006. Dr. Wadden's work has earned him important accolades from his peers, including the 2007 Distinguished Alumni Award from the Department of Psychology at UNC-Chapel Hill, the 2007 Arthur K. Asbury Outstanding Faculty Mentor Award from Penn's Perelman School of Medicine, and the 2009 George Bray Founder's Award from The Obesity Society.

With a busy professional schedule, Dr. Wadden still finds time for many activities outside of work. "Two rise to the top," he relates. "The first is my immediate family, consisting of my wife, Jan, and our three sons, David, Michael, and Steven," now

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ranging in age from 18 to 24 years. As a family, Dr. Wadden says, "We have a great time together, discussing politics or movies, playing music, watching the Daily Show, or just hanging out." Psychology also is a staple of conversation. Jan works as a psycho-educational consultant with young children at the Anna Phoebe Thorne School at Bryn Mawr College.

"Squash is my second passion," Dr. Wadden says, "and I try to play three times a week. One of my biggest treats is playing squash with my sons." After five years of weekly lessons, he still claims to be a "modest player." "But I love the game and the camaraderie and fitness it provides," he emphasizes. "Perhaps one day I'll conduct a randomized trial of squash for weight control!"

That would be an appropriate way to unite his personal and professional pursuits, nothing new for Dr. Wadden. After all, playing in a blue grass band some thirty-five years ago first put him on a road that eventually led to Penn and to becoming one of the nation's outstanding obesity researchers. ❖

Thomas A. Wadden, PhD Appointed Stunkard Professor

On September 23, 2011, the Department of Psychiatry saluted two of its distinguished faculty members with a reception held in the Biomedical Research Building celebrating the appointment of Thomas A. Wadden, PhD as the Albert J. Stunkard Professor of Psychiatry. Dr. Wadden is the first chairholder of the Professorship, which carries a ten-year initial term, customary for all endowed professorships in the School of Medicine.

The Stunkard Professorship is designated for the Department of Psychiatry "with a preference for someone in the area of Weight and Eating Disorders and Behavioral Health." This is a most fitting emphasis because Dr. Stunkard, a member of the Department since 1957, has been a seminal figure in both fields. For over half a century, his eclectic research interests have opened new lines of inquiry on the genetic, psychological, therapeutic, and developmental aspects of multiple eating disorders and human obesity. As significant, he and other Penn Psychiatry faculty helped define behavioral medicine as an area of intellectual endeavor in the late 1970s.

Dr. Stunkard, known as "Mickey" to friends and colleagues, is the author of over 500 publications and his research has been supported for over fifty years by the National Institutes of Health. He has served as Past President of the American Association of Chairmen of Departments of Psychiatry, the Association for Research in Nervous and Mental Diseases, the American Psychosomatic Society, the Society of Behavioral Medicine, and the Academy of Behavioral Medicine Research. He also serves on the editorial boards of seven journals in the fields of nutrition and behavioral medicine. He is a former Chair of Penn's Department of Psychiatry.

Among the many awards bestowed upon him, Dr. Stunkard has been elected to the Institute of Medicine (IOM) of the National Academies and, in 2004, he received the Rhoda and

Bernard Sarnat International Prize in Mental Health from the IOM. That year, he also received the Distinguished Scientist Award from the Society of Behavioral Medicine at its 25th Anniversary Annual Meeting. In 2007, he received the John Scott Award from the Board of City Trusts of Philadelphia and

the Franklin Institute, a recognition earlier bestowed on such luminaries as Thomas Edison, Madame Curie, the Wright Brothers, and Jonas Salk.

At the September 23 reception, J. Larry Jameson, MD, PhD, Executive Vice President of the University of Pennsylvania for the Health System and Dean of the Perelman School of Medicine, and Department of Psychiatry Chair Dwight L. Evans, MD spoke about Dr.

Stunkard's extraordinary accomplishments over his most productive career. Dr. Evans summarized his achievements this way:

"Mickey is a revolutionary and a pioneer. He revolutionized our understanding of obesity and his career is marked by a series of firsts. He was the first to describe the powerful environmental effects of social class on obesity, and through the study of identical twins, the first to describe the powerful effects of genetics. He also was the first to describe binge eating disorder, as well as the first to describe night eating syndrome."

Dr. Stunkard's impressive and historic legacy honors the Professorship that bears his name, the University of Pennsylvania and the Department of Psychiatry, his home for over five decades, and the first Stunkard Professor, Dr. Thomas Wadden, who has firmly secured his own place in the weight and eating disorders field.



"I didn't develop a true interest in clinical psychiatry until the latter half of medical school," says Jared Ellman, MD. "It was the work with patients on the units at HUP [Hospital of the University of Pennsylvania] that was most powerful for me."

Fifteen years later, Dr. Ellman's interactions with patients continue to fortify his commitment to his chosen specialty. Today, Dr.

Ellman is a Clinical Assistant Professor in the Department of Psychiatry, a popular and valued member of the voluntary teaching staff, and an active psychiatrist in Center City Philadelphia with a diverse and busy practice. He has achieved this stature in a profession that he cherishes, but his road to psychiatry was not a linear one.

Dr. Ellman grew up in Port Jefferson Station on Long Island's North Shore, about an hour east of New York City. He chose Johns Hopkins University for college. "My decision to attend Johns Hopkins was somewhat random," he acknowledges. "It was mostly based on the aesthetics of the campus, and college campus tour fatigue," he adds with a smile. "I didn't put as much thought into that decision as I might have, but it worked out because the pre-med program there was strong and I enjoyed my time in Baltimore."

Dr. Ellman joined the pre-med program upon entering college, primarily to retain the option of a career in medicine. His nascent interest in medicine, and in psychiatry, stemmed from a televised Long Island trial he viewed while a teenager. During the proceedings, a psychiatrist testified about the effects of acute trauma and how traumatized people might be susceptible to coerced confessions. To this day, he remembers "admiring the psychiatrist's insight and how an understanding of the human mind can reframe one's perspective on a situation." He thought then that "it would be rewarding to learn more about this and to work in a field where I could help others." At Johns Hopkins, he ventured into the brain sciences during his senior year by working as a research assistant in a brain imaging lab in the psychiatry department.

Mathematics competed for his attention, however. His "love" for theoretical mathematics first developed in high school and he fostered it at Johns Hopkins, where he worked as a teaching assistant and tutor in the mathematics

The year away from the formal undergraduate medical education program helped him confirm his career interests in medicine and psychiatry, specifically psychotherapy, and, ironically, affirmed his desire to work directly with patients

in a clinical setting. "It was helpful to gain experience with the process of conducting clinical research and publishing,"

Dr. Ellman says, "but my main interest was always clinical. The clinical experiences I [later] had on my psych rotations solidified my thinking about it and encouraged me to finish."

Dr. Ellman received his MD from Penn in 1998. Now committed to both medicine and psychiatry, Dr. Ellman ultimately chose Penn for his residency training in psychiatry. "I didn't originally think I would stay at HUP for residency training," he remembers. "The time of my application coincided with the closing of the Institute of Pennsylvania Hospital, which was one of the pre-eminent psychotherapy training hospitals in the country, and the migration of many of its faculty to HUP. Having developed a strong interest in psychotherapy, the ability to work with these supervisors was a major factor for me. I was also excited to continue relationships with members of the faculty who had mentored me as a medical student, including Dr. Barber, Stanley Caroff, MD, and William Ball, MD."

Dr. Ellman's Penn mentors over the years have had a substantial impact on his career, and he graciously credits them. "There are many people in the Department who acted as mentors at different points in my career," he says. "One major influence was Rick [Richard] Summers, MD." Dr. Summers co-directs the residency program, teaches the psychotherapy didactic curriculum, and served as Dr. Ellman's individual supervisor during his residency training and early years of private practice. "He has always been a role model for me and someone after whom I've modeled my career," Dr. Ellman emphasizes. "Among many other things, I've learned from Rick the nuances of balancing a formal-

VOLUNTARY FACULTY PROFILE

Jared Ellman, MD



department, and graduated with a BA in mathematics in 1993. "I probably would be teaching math in some capacity, if I hadn't found psychiatry," he reflects.

But he did find psychiatry – ultimately. Dr. Ellman chose the University of Pennsylvania School of Medicine for his medical education, swayed by Penn's reputation and proximity to New York, allowing for easy visits to friends and family. Yet, he was not fully convinced that medicine was the right path for him. Following his second year, he spent a year away from the medical curriculum working with Jacques Barber, PhD in the Center for Psychotherapy Research in the Department of Psychiatry. He co-authored a paper with him on short-term dynamic psychotherapy that was published in *Current Opinion in Psychiatry*. "My connection to the idea of being a doctor really developed while I was in medical school," he says. "However, for a time in med school, I was questioning my decision to continue with medicine – that was part of why I took a year out."

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ized/medical approach to treatment with a humanistic, relationship-based mindset, as well as balancing a private practice focus with other professional endeavors. Rick has also encouraged my role as an educator in the department."

Dr. Barber, who recently left Penn to become Dean of the Gordon F. Derner Institute of Advanced Psychological Studies at Adelphi University, also had a major influence on his career development. "He has helped me understand the importance of self-reflection and personal growth in becoming an effective therapist," says Dr. Ellman, "and has also been a great sounding board for professional and personal issues."

Dr. Ellman completed his Penn psychiatry residency in 2002 and entered private practice. He has maintained his psychiatry practice for the past decade, while on occasion doing staff and consulting work with several area institutions, including the Westchester University Counseling Center, Hall Mercer Community Behavioral Health Center's Crisis Response Center at Pennsylvania Hospital, Renfrew Center for Women's Mental Health, Villanova University Counseling Center, and the Consultation-Liaison Service/Psychiatric Emergency Room at HUP. "Working these other jobs," Dr. Ellman says, "has helped me further my understanding of certain treatment modalities – such as working with eating disorder patients at Renfrew – and also helped develop a broad professional network, which helps my practice."

Dr. Ellman's practice is diverse, a description of both the patients he sees and the treatments he employs. His patients vary demographically as well as in terms of level of functioning and treatment needs. Dr. Ellman's broad experience with a variety of psychotherapeutic modalities is essential for developing appropriate treatment plans.

"Having interest in and experience practicing psychotherapy – in addition to biological treatments – opens up the possibility of intervening for a more diverse set of issues," Dr. Ellman says. "I aim to feel confident in handling any type of issue that one might experience. Whether the intervention would be a complicated medication regimen, psychotherapy alone, or a mindfulness/meditative approach, I try to stay competent in all types of treatment."

Dr. Ellman views his connection with the patient as critical for a successful treatment outcome. "My psychotherapeutic style is focused primarily on the therapeutic relationship and its use as an agent of change," he explains. "I guess you might call that a psychodynamic or

"The ability to interact with researchers regularly is one of the benefits for me of being at an academic center," Dr. Ellman says. "Integrating scientific research with an experiential approach is something I think about a lot in my practice."

interpersonal approach. I try to use my true self in therapy as much as possible in order to encourage the same in my patients. That being said, I also employ more specific techniques such as those derived from cognitive behavior therapy when indicated. More recently, I have developed interest in mindfulness, meditation, and visualization techniques, which I have been starting to employ more frequently. I've always found that the strength of the relationship in psychotherapy correlates with treatment success more than therapeutic orientation – although I'm sure some research would say otherwise."

In 2003, only a year out of his residency, Dr. Ellman sought to continue his connection with Penn, and he was appointed Clinical Assistant Professor of Psychiatry. He greatly values this affiliation and recognizes its multiple benefits, which include sharing ideas with psychiatric thought leaders and training outstanding residents. Moreover, his work with Penn psychiatrists and psychologists has exposed him to new therapeutic perspectives and ideas, with potential benefit to his patients.

"The ability to interact with researchers regularly is one of the benefits for me of being at an academic center," he says. "Integrating scientific research with an experiential approach is something I think about a lot in my practice. I also focus on the process of collaboration

with non-MD clinicians; the time I spent working at the Center for Psychotherapy Research informs that process still."

Being at Penn also enables him to teach and mentor psychiatry trainees, and help others as others have guided him. Over the past ten years, Dr. Ellman has established himself as an important contributor to the Department of Psychiatry's teaching program. Today, he supervises residents on psychotherapy cases, mentors PGY-4 residents on early career issues, serves as a mock boards examiner, interviews and evaluates residency applicants, and leads psychotherapy case discussions.

Carving out time from his busy practice, he devotes one to two hours per week to resident training. "I enjoy doing this very much," Dr. Ellman enthuses. "The residents at Penn are so bright, enthusiastic, and eager to learn – especially about psychotherapy. Teaching also helps me organize my clinical thinking – and questions asked by residents help me consider issues I might not have otherwise. I really enjoy doing psychotherapy supervision and leading case conferences – getting into the details of a case and helping residents think through complicated therapeutic issues is very fun for me. I love helping trainees think through issues of transference/countertransference – I think this is an area where a supervisor can be especially valuable."

Outside of work, Dr. Ellman enjoys doing yoga, martial arts, seeing live music, and performing improv comedy. He is also a recently certified level one practitioner of Reiki, a Japanese technique for reducing stress and promoting relaxation and healing. "Family wise," he underscores, "I'm recently married with a child on the way!" A life already packed with a busy clinical practice, teaching responsibilities, and personal pursuits is about to get even more crowded.

But it is certain that Dr. Ellman will continue to find time for his patients and the profession he ultimately selected and now cherishes. As he says with conviction, "I'm happy to have made this choice – it's been very beneficial for me to practice a specialty that fosters individual growth and promotes a deeper understanding of people and relationships." ❖

Carol Holmes' health care career, spanning more than two decades including eight years in the Department of Psychiatry, confirms that doing a great job leads to recognition and very good results. Although Ms. Holmes retired from the Department in January 2012, her legacy of outstanding service and dedication lives on.

Ms. Holmes was born in Philadelphia and, except for a year in Miami as a child and a few months in Baltimore after high school, she has always made the Philadelphia region her home. She graduated from Springfield's Cardinal O'Hara High School in 1967 and, shortly after returning from Baltimore in January 1969, she began work as a Unit Clerk at Delaware County Memorial Hospital, her first health care position.

One of the hospital physicians just starting a practice in Drexel Hill offered her a part-time position. "Being young and single," she says, "I had the time so I took the position as a second job. It soon became full-time and I began to assist with patients."

The physician recognized Ms. Holmes' potential and suggested that she consider becoming a Physician Assistant. She started a training program at Thomas Jefferson University, but shortly after beginning the program, she was pregnant with twins. "It became a difficult pregnancy," she says, "so I was unable to complete the program." After Jason and Julie were born in 1972, she became a full-time stay-at-home mom and, for eighteen years, devoted her energies to her husband Mike and their growing family, which came to include Jenny, John, and Joshua, as well as the twins.

By 1990, Jason and Julie were in college and the youngest child Joshua was in school full-time. "I enjoyed the quiet for a month or so," Ms. Holmes recalls, "but I was thinking I might want to go back to school to become a Physician Assistant after all." To test the waters, she went back into the work force, taking a position as Unit Secretary at Mercy Haverford Community Hospital, five minutes from home.

"I thought the position would give me a chance to get back into the medical field and help me decide if I wanted to go back to school," Ms. Holmes says. "It turned out that I really loved the job and the people at Mercy Haverford so I never did get back to school. I enjoyed working close to home and made some friendships that have lasted through the years. The nurses that I worked with then still keep in touch and we get together a couple of times every year."

Once again, her outstanding work drew notice, and

one of the nursing supervisors at the hospital asked her to move with her to Presbyterian Medical Center in Philadelphia. She made the move to Presbyterian in January 1995, shortly before the hospital became part of the University of Pennsylvania Health System. The Carol Holmes-Penn connection had begun.

At Presbyterian, Ms.

Holmes was a Utilization Review Assistant, with a

focus on Medicaid patients in the inpatient Substance Abuse Unit. Again, her good work made an impression. Elizabeth Hooten was then the Director of Utilization, Medical Records and a few other departments at the hospital. A few months after she accepted another position in the Penn Health System, Ms. Hooten asked Ms. Holmes to join her and, in October 1998, Ms. Holmes became Department Secretary for the Office of Clinical Practices of the University of Pennsylvania (CPUP) Patient Services. Soon, she was doing double-duty for a

three-month period by simultaneously taking on the position of Executive Assistant in the Office of the CPUP Interim Executive Director. Finally, the executive positions were sorted out and, in December 1998, she became the Executive Assistant to Tom Martin, the CPUP Associate Executive Director.

The Executive Assistant position brought with it many new responsibilities, and Ms. Holmes modestly remembers, "I was very inexperienced but people were kind and patient with me." She liked the position and the challenge it brought. "I really liked the people that I was working with and I enjoyed learning new skills," she emphasizes. "I especially liked getting to know the CPUP Business Administrators."

Getting to know Rosellen Taraborrelli, then the Chief Financial and Administrative Officer in the Department of Psychiatry, proved especially important. When Ms. Taraborrelli restructured her Executive Assistant position in 2003, Ms. Holmes made the move to Psychiatry after five years in CPUP. "Rosellen was always one of my favorite BA's," says Ms. Holmes, "so it was a 'no-brainer'." Also true, her outstanding work again earned notice from a colleague.

Among many responsibilities, Ms. Holmes' work as Executive Assistant included her special assignment as Captain for the Department of Psychiatry's United Way (now Penn's Way) Campaign on the CPUP side, beginning in 2003. "When Rosellen became the CPUP Campaign administrator for Penn's Way," Ms. Holmes says, "I became the CPUP Coordinator and we have continued in this role ever since." Her duties, which she shared with Natalie Conlin, included preparing status

EMPLOYEE SNAPSHOT

Carol Holmes



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reports and communicating with and answering questions from CPUP Captains. Ms. Holmes says with considerable pride, "It is satisfying to know that the campaign provides funds to agencies that really make a difference to those in need."

It is no surprise that, once again, Ms. Holmes' contributions were noticed. Ms. Taraborrelli says that "she was indispensable. I could only carry out my system-wide Penn's Way responsibilities because I had Carol. All of the Captains across the Health System went to Carol for guidance!"

In July 2008, to fill a departmental need, Ms. Holmes moved to another position within the Department, when she became Manager in the Office of Network Development for Provider Relations and Credentialing. In this role, among other responsibilities, she helped ensure that providers in the Penn Behavioral Health network were properly credentialed and re-credentialed and she assisted the Director of Contracts and the Director of Clinical Operations to determine the network need for providers by type and location. "Credentialing is the part I liked best," Ms. Holmes says about this position. "I enjoyed reviewing the various backgrounds of our providers and working with our provider groups."

Just as her good work was noticed, Ms. Holmes' absence will be, too. Ms. Taraborrelli summarizes it all in saying that "Caroline Hamilton Dolan [Director of Finance, Department of Psychiatry and Penn Behavioral Health], Paul Rusch [Director of Contracts, Marketing & Product Development, PBH], and I are so used to having her as a 'go-to person' that we will miss her very much."

As she reflects back on her professional career, Ms. Holmes says it "loud and clear" that, while she enjoyed other positions, "my work in the Department is far and away my favorite." Does she have any recollections that stand out? "I think the holiday celebrations are among my most special memories," she says, and adds this about the person who brought her into the Department. "Rosellen is an amazingly generous person and she always makes holidays special for the staff. I think Rosellen is a phenomenal leader and I admire her tremendously."

With a well-deserved retirement from the labor force now in her immediate future, Ms. Holmes thinks about lessons learned over her working career. "I have learned that I am not perfect," she says, "but that I am able to learn and grow. Always do your best and let the little things go."

Retirement offers Ms. Holmes the opportunity to do more of what she has always enjoyed outside of work. "I enjoy reading, traveling and volunteer activities," she says. "Most of all, I enjoy spending time with our family, especially spending time with our grandchildren and watching them grow up." There will be much more time for all of that.

In leaving the Department after eight years, Ms. Holmes wishes to express her deep appreciation for her colleagues in Psychiatry. "My time in the Department of Psychiatry has been very rewarding," she says. "I would like to thank everyone I have worked with over the years. It has been a pleasure to get to know you and a privilege to work with you. I wish you all continued success both personally and professionally." ❖

Jeanne Blackman Retirement Party

On September 16, 2010, the Department of Psychiatry hosted a retirement party for Jeanne Blackman. During a long career – extending over 50 years at Penn – and 48 years in the Department, Ms. Blackman worked for several Chairmen, including Albert J. Stunkard, MD; John Paul Brady, MD; George Ruff, MD (Acting Chairman); Peter C. Whybrow, MD; and Gary Gottlieb, MD (Interim Chairman). She also worked with faculty in the Center for Neurobiology and Behavior, including Director Wade H. Berrettini, MD, PhD. (Please see the Employee Snapshot article in the Spring 2008 issue of *Penn Psychiatry Perspective* for a brief look of Ms. Blackman's life and career.)



Wade H. Berrettini, MD, PhD
with Jeanne



Jeanne with the wall of New York Times front pages marking historical events during her decades at Penn



Jeanne with Albert J. Stunkard, MD

Educational Highlights

CORNER

RESIDENTS'

The 2011-2012 academic year got off to a great start this summer as our interns began their work as new physicians. The Class of 2015 represents diverse backgrounds and interests, and hail from eight different medical schools, but maintain the collegiality and dedication to one another that Penn Psychiatry residents are known for. The PGY-2 class was delighted to welcome two new residents to their class as well – Simmie Foster, MD, PhD joined them after completing her intern year in Internal Medicine at Massachusetts General Hospital, and Rahim Rahemtulla, MD came on board through the Peds Portal program with future plans for a career in Child and Adolescent Psychiatry.



by Chief Residents
from left: John Northrop, MD, PhD; Adam Meadows, MD;
Eleanor Ainslie, MD; and Laurie Gray, MD

We held the 2nd Annual Residency Colloquium in July, which was a great opportunity for residents and faculty to engage in rich discussion about the current 'hot topics' in psychiatry. This year's session covered controversial issues involving neuroethics and the law, the use of antipsychotics in children, the validity of non-chemical addictions, the use of cognitive enhancers, how to classify suicidal behavior, choosing a type of psychotherapy, and the effects of health care reform on psychiatry. It was a very spirited and informative event and we are looking forward to continuing this tradition in years to come.

As the fall season approached, the PGY-3 and 4 residents settled into their roles within the outpatient clinics. This is the first full year of using EPIC, the new electronic medical record, which has been a great tool to help streamline record-keeping and facilitate improved communication among providers within the Health System. While the outpatient residents had to say good-bye to two instrumental educators in the outpatient clinic, John O'Reardon, MD and Ben Nordstrom, MD, the residents were very excited to welcome three new faculty to the outpatient clinic. Jorge Rivera, MD, Ted Satterthwaite, MD, and Sarah Mathews, MD lead clinics in general psychiatry, treatment resistant depression, and anxiety disorders, respectively, and the residents have appreciated the new clinical and educational perspectives they have added to their training.

Now we are midway through the year, and the fourth-year residents are beginning to develop their plans for life after graduation. John Northrop, MD, PhD, chief resident for HUP, Philadelphia VA Medical Center, and affiliate sites, has accepted a position in the Forensic Psychiatry Fellowship here at Penn next year. Laurie Gray, MD, outpatient chief resident, is exploring fellowship opportunities in Boston for Child and Adolescent Psychiatry. Adam Meadows, MD, chief resident for Pennsylvania Hospital, is planning to join a group practice in Atlanta. Eleanor Ainslie, MD, chief resident for medical student education, has accepted a fellowship in Consultation-Liaison Psychiatry here at Penn. Mia Everett, MD is exploring fellowship opportunities for Child and Adolescent Psychiatry in Philadelphia and New York. Bianca Previdi, MD is considering a fellowship in Addiction Psychiatry or further work in psychodynamic psychotherapy. Mario Cristancho, MD plans to continue his research career in mood disorders. Michelle Moyer, MD is contemplating additional training opportunities. Abraham Pachikara, MD is exploring practice opportunities in Philadelphia.

The residency program has also recently begun its recruitment season to resume the process of selecting the next exceptional class of Penn Psychiatry residents. In April, the current chief residents will be looking to pass the torch to a new set of chiefs who will continue the work of improving the program and realizing our goals. We are optimistic that the year will finish in the same strong fashion that it began. ❖

INTRODUCING THE RESIDENT CLASS OF 2015

The Department of Psychiatry welcomes the class of 2015 (pictured below) to the residency training program. The current class of interns in Psychiatry was chosen from 755 applicants of whom 88 were actually ranked. These 10 individuals are extremely talented young doctors who were at the top of their medical school classes and who demonstrated a strong commitment to the field, as well as great leadership potential. They began their residency training on June 20, 2011. This year's recruitment efforts began on September 1st and continued until January 31, 2012. ❖



Katharine Baratz Dalke, MD
University of Pennsylvania



Carina Behrens, MD
University of Pennsylvania



Adrienne Clark, MD
University of Pittsburgh



Yu-Heng Guo, MD
Drexel University



Timothy Kreider, MD, PhD
Univ of Medicine & Dentistry, NJ



Anup Sharma, MD, PhD
University of Pennsylvania



Andrew Siegel, MD
Sackler School of Medicine



Erica Smolcic, MD
Penn State University



Thomas Suberman, MD
University of North Carolina



Catharine Wolfe, MD
Louisiana State University

Forensic Psychiatry Fellowship Program

Robert L. Sadoff, MD continues to direct the Forensic Psychiatry Fellowship Program, now in its third year. Kenneth J. Weiss, MD is the Co-Director of the program. Octavio Choi, MD, PhD and Elena del Busto, MD are the current fellows in the 2011-12 academic year. Susan Rushing, MD, JD and Zachary Torry, MD were the fellows during the 2010-2011 academic year.



from left: Robert L. Sadoff, MD, Elena del Busto, MD, Octavio Choi, MD, PhD, and Kenneth J. Weiss, MD

Psychiatry Residents Class of 2011 Graduation Ceremony

June 10, 2011



Front row, from left: Karla M. Campanella, MD; Holly Valerio, MD; Lauren Elliott, MD; Andrea Bowen, MD

Middle row, from left: Dwight L. Evans, MD (Chairman); Richard F. Summers, MD (Co-Director of Residency Training); Rebecca Aspden, MD; Rachel Bennett, MD; Anthony L. Rostain, MD, MA (Director of Education)

Back row, from left: Christopher Tjoa, MD; Samuel Collier, MD; David Danish, MD; Donovan Maust, MD

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