

# PENN Psychiatry Perspective



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Department of Psychiatry  
and  
Penn Behavioral Health  
University of Pennsylvania

## PENN CENTER FOR WOMEN'S BEHAVIORAL WELLNESS: A Lifespan Approach to Behavioral Health

The website for Penn Behavioral Health's new Penn Center for Women's Behavioral Wellness (PCWBW) explains it perfectly:

"Our philosophy...is that it is never too early or too late to make healthcare choices and lifestyle changes that promote women's behavioral health and wellness."

That simple statement summarizes the Center's unique approach to women's behavioral health, one that spans the entire female reproductive life cycle. C. Neill Epperson, MD, PCWBW Director and Associate Professor of Psychiatry and Obstetrics and Gynecology, says that most women's mental health programs focus on the perinatal period, from preconception to just after childbirth. PCWBW, however, welcomes women who may experience behavioral health issues from menarche to menopause, and even beyond.



from left to right:  
Kathryn Czarkowski, MA; C. Neill Epperson, MD;  
Jeanette Bradley

Before coming to Penn, Dr. Epperson aspired to expand the range of the typical behavioral health program for women. She founded the Yale Program for Women's Reproductive Behavioral Health in 1997. "The Yale program was initially limited in focus to mental health concerns in the perinatal period," she says. "However, I had always wanted my program to span the female reproductive life cycle as each phase was interesting from both a clinical and research standpoint." Eventually, she accomplished this at Yale, and she implemented the life span concept at Penn when she arrived in 2009.

Dr. Epperson's extensive clinical and research experience taught her that the life cycle approach benefits women of all ages. Biological and health changes at any age, often involving hormonal fluctuations, can have significant future repercussions, and health maintenance activities at early stages of the life cycle can have a powerful impact on health and well-being at later stages. Clinical conditions occurring at one stage of the female life cycle can reoccur or worsen at other stages. Moreover, new knowledge gained from research in one area of women's behavioral health may advance understanding of the causes of behavioral health issues at multiple stages in a woman's reproductive life.

While Dr. Epperson is new to Penn, she built the PCWBW on a solid foundation. "Luckily, I didn't need to start from scratch here at Penn," Dr. Epperson emphasizes. "Deborah Kim, MD had already developed a close relationship with our colleagues in

*Continued on page 9*

## Chairman's Report

**B**arely noticed in October 2008, amid the clamor of the Presidential campaign and a nationwide financial crisis, Congress passed and President Bush signed the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act (MHPAEA) (P.L. 110-343), legislation long awaited by the mental health community.

The law was quietly tucked into the \$700 billion Emergency Economic Stabilization Act of 2008 in Division C, Title V, Subtitle B, Section 511, just a small corner of the legislation which created TARP, the "bailout" package for the nation's financial system. However, for those of us centrally concerned about the quarter of America's adult population who experience mental illness each year, or the almost half who suffer from these disorders during a lifetime, it is a major achievement.

For almost four decades, mental health advocates have fought to ensure that mental health benefits in health insurance plans are equivalent to medical and surgical benefits. This has not been an easy road for many reasons. The public and many medical professionals have questioned the biological and medical origins of mental health disorders. Following this lead, health insurance companies have often failed to cover mental health disorders in their plans or, when they did, they did not offer benefits equal to their medical and surgical benefits. In addition, according to the Congressional Research Service (CRS), insurers were reluctant to provide parity coverage because they believed that "mental disorders are difficult to diagnose, and that mental health care is expensive and often ineffective."<sup>1</sup>

Scientific evidence showing the linkage between the brain and biology, new effective therapies, the untiring work of advocates for the mentally ill, and, quite frankly, the personal and family experiences of key legislators who had to face up close the crushing impact of mental health and substance abuse disorders spurred legislative efforts to address this imbalance.

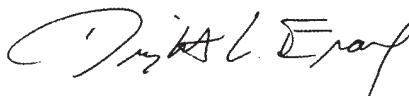
In the 1970s, individual states began to attack the insurance inequity problem. They were joined at the federal level in 1996 with the passage of the Mental Health Parity Act (MHPA). This law prohibited annual and lifetime dollar limits on mental health coverage which were more restrictive than those imposed on medical and surgical coverage. This was a good first step, but there were many more facets to the parity imbalance left for the 2008 act.

Among many positive changes,<sup>2</sup> the new MHPAEA expands the definition of mental health to include substance abuse disorders. Significantly, as detailed in the Interim Final Rule (IFR) regulations scheduled for implementation on July 1, 2010, it increases substantially the number of benefit requirements in health plans that must be made equivalent for medical, surgical, and mental health disorders. These stipulations include those governing annual and lifetime coverage limits, deductibles, co-payments, out-of-pocket limits, out-of-network coverage, covered inpatient days and outpatient visits, and managed care practices such as prior authorization and utilization review. Importantly, too, the new law allows state laws which provide stronger parity provisions than the federal legislation to remain in effect.

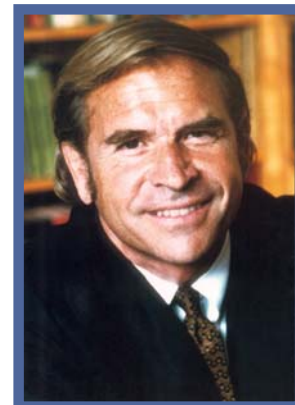
The MHPAEA is a landmark law. The National Alliance on Mental Illness (NAMI) stated, "mental illness treatment [is] no longer being subject to 2nd class status in our health care system." But NAMI, the American Psychiatric Association, and other mental health advocates well know that final victory has not been achieved.

The MHPAEA applies to group health plans for employers with 51 or more employees, Medicaid managed care plans, the State Children's Health Insurance Program (SCHIP), non-federal governmental plans, and federal employees health benefits plans, potentially about 150 million people in all. However, it does not apply to plans of small companies, individual plans, and Medicare. The law allows insurers to determine which mental illnesses they will cover. Also, determining parity of treatments, such as the use of psychotherapy which has no exact equivalent for non-mental health diseases, may prove problematic. And, critically, the new law does not require that plans provide benefits for mental health and substance use disorders, only that these benefits be on par with medical and surgical benefits if the plan covers them. Moreover, the proposed implementation regulations, which are favorable for parity, are being challenged by insurance companies and employer groups who object to the rules specifying a single integrated deductible for mental health, medical, and surgical diseases and to selected provisions guiding how insurers manage mental health benefits.

Nonetheless, the MHPAEA of 2008 is a big step to guaranteeing that insurance coverage for mental health disorders is on par with coverage for medical and surgical illnesses. Here, in the Department, we will continue to monitor the implementation of the MHPAEA to make sure that it meets the needs of those who need care for mental health and substance abuse disorders, and we will press for further change as needed.



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



<sup>1</sup>CRS Report for Congress, "Mental Health Parity: Federal and State Action and Economic Impact," updated June 19, 2008.

<sup>2</sup>CRS Report for Congress, "Mental Health Parity: An Overview," updated November 19, 2008; CRS Summary, "H.R. 1424: Emergency Economic Stabilization Act of 2008;" NAMI Fact Sheet: Federal Parity for Mental Illness and Addictions;" American Psychiatric Association, "APA Reacts to the Mental Health Parity Regulations."

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

## Program Highlights

# CHILD & ADOLESCENT OCD, TIC, TRICH & ANXIETY GROUP (COTTAGE)

**P**enn Behavioral Health has launched a new specialty clinic to assess and treat anxiety and repetitive behavior disorders in children, adolescents, and young adults. The program has a long name – Child & Adolescent OCD, Tic, Trich & Anxiety Group – but we refer to it as COTTAGE, a succinct way to label a program that covers a lot of ground.

COTTAGE emphasizes two groups of disorders, explains Director Martin E. Franklin, PhD, Associate Professor of Clinical Psychology in the Department of Psychiatry.

Obsessive-Compulsive Spectrum Conditions, such as Obsessive-Compulsive Disorder (OCD), Tic Disorders (Tics), and Trichotillomania (Trich), and other body-focused repetitive behaviors

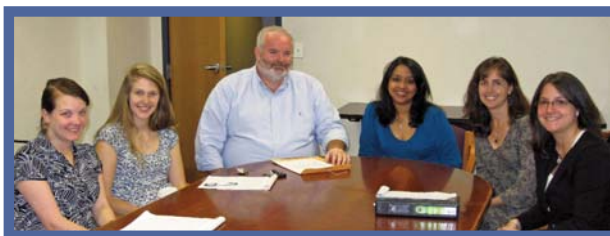
including skin picking, “are all loosely organized around the central theme of repetitive behaviors, as well as an urge to engage in such behaviors that typically precede them,” Dr. Franklin says.

- Children with OCD experience persistent, recurrent, and intrusive thoughts or images that are often accompanied by an overwhelming need to perform repetitive behaviors or rituals to prevent some dreaded event or uncomfortable feeling.
- Individuals with chronic tic disorders, including Tourette’s syndrome, have strong, unwanted urges to repeatedly make sudden, stereotyped movements or sounds.
- Trichotillomania (TTM) is a chronic impulse control disorder characterized by pulling out one’s own hair, resulting in noticeable hair loss.

TTM and skin picking may originate in a desire to satisfy bodily needs through a behavior that is pleasurable in some way. With OCD and tics, however, actions associated with the disorder may sig-

nal a desire to minimize an unpleasant sensation or thought that preceded the behavior.

Anxiety and Anxiety Disorders, such as Social Anxiety Disorder, Generalized Anxiety Disorder, Separation Anxiety Disorder, Panic Disorder and Agoraphobia, other specific phobias, and Post-Traumatic Stress Disorder, are “more generally speaking characterized by excessive fear,” Dr. Franklin says. Those affected intentionally engage in avoidance behaviors to reduce this fear.



from left to right:  
Michelle Wilson, BA; Aubrey Edson, BA; Martin E. Franklin, PhD;  
Muniya Khanna, PhD; Joelle McGovern, PhD; Diana Antinoro, PsyD

While these disorders are found in adults, Dr. Franklin has chosen to treat young people. He says that his background in treating patients of all ages and the medical literature taught him “that many adults with these disorders reported the onset of symptoms in child-

hood or during adolescence.” Dr. Franklin has a clinical affiliation at the Children’s Hospital of Philadelphia (CHOP) and helps train and supervise CHOP Child and Adolescent Psychiatry residents and fellows.

COTTAGE is staffed by clinical psychologists with PhD degrees and by advanced doctoral graduate students. Muniya Khanna, PhD, a clinical psychologist and Assistant Professor of Clinical Psychology in the Department of Psychiatry, is COTTAGE’s Clinical Director and oversees the program’s expert therapeutic services. These begin with a comprehensive diagnostic evaluation, conducted with the child and parents, to determine the nature and type of anxiety disorders present, along with any additional difficulties the child may be experiencing. The evaluation typically involves child and parent interviews and the completion of questionnaires. Patients over 18 years of age receive an individualized diagnostic assessment that includes an inter-

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view and questionnaires.

Based upon results of the diagnostic evaluation, COTTAGE clinicians make treatment recommendations. These may include a referral to a member of the program staff or to another mental health care professional. COTTAGE offers Cognitive Behavioral Therapy (CBT), a form of talk therapy, in individual or family-based treatment formats. Most psychosocial treatment programs meet weekly for approximately 12 to 16 weeks. Periodic follow-up sessions are also conducted, as needed, to solidify therapeutic gains. COTTAGE's psychosocial treatments are based on cognitive-behavioral principles and involve education, as well as teaching patients and parents specific skills to cope with challenging situations.

Of the specific disorders that COTTAGE treats, OCD is the one most prevalent in the general population, affecting between 1 and 4 percent of children. COTTAGE offers an intensive CBT treatment program for OCD for those from out of town, for the more severe cases, or for people who have taken time off from work or school to focus on treatment. The intensive program lasts 3 1/2 weeks (week days only), including 17 double-length sessions, each about 90 to 120 minutes, and utilizes exposure and ritual prevention therapy. With proper treatment, OCD is highly treatable.

Dr. Franklin is careful not to promise that OCD or any of the other disorders treated at COTTAGE can be completely cured. COTTAGE clinicians realistically aim for an outcome somewhere between cure and management by reducing the presence and intensity of the adverse behaviors and symptoms which plague patients.

"'Cure' suggests complete eradication of neurobiological vulnerabilities," says Dr. Franklin, "which I don't think is possible at present, whereas 'management' suggests continuing as best as possible, despite compromised functioning." But there is much that can be done, and COTTAGE clinicians offer the very latest in what modern medicine and science have to offer. "There is great deal of evidence now that CBT for OCD and related disorders can yield outcomes that are comparable to if not in some cases superior to medication alone," Dr. Franklin continues, "and that combined treatments offer benefits that may well be above and beyond what can be achieved with medication alone."

Dr. Franklin recognizes that additional investigation

is needed to understand better the etiology and course of anxiety and body-focused repetitive disorders in youth and to develop improved therapies. "Understanding the mechanisms by which these treatments work is essential in the next stage of research development," he says, "as is the dissemination of these empirically supported interventions to the many people and families who do not currently have access to them."

COTTAGE clinician-scientists have taken up this scientific challenge. Currently, they are conducting two

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research studies in early childhood OCD and Trichotillomania, offering opportunities for children and adolescents to participate at no cost for eligible families. Both studies are funded by the National Institute of Mental Health (NIMH).

The "Family-Based Treatment of Childhood OCD" study is a multi-center trial, now in its recruitment phase. It is designed to test a family-based CBT treatment program for young children with OCD. Participants receive family-based CBT targeting children's OCD symptoms or family-based relaxation training aimed at general anxiety reduction and stress management. Children aged 5 through 8 who have symptoms of OCD may be eligible to participate. The treatment program lasts 14 weeks, followed by check-ins at 3, 6, and 12 months after treatment has finished. As part of the therapy, participants have weekly family meetings with a doctor who specializes in childhood anxiety disorders.

Because of the young age range of program participants, "teaching parents how to assist their child in treatment is essential to making progress," says Dr. Franklin.

The second ongoing clinical trial – "Behavioral Ther-

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apy for Pediatric Trichotillomania (PedTTM)" – uses Penn as its single site to test a CBT treatment program for children and adolescents, ages 10 through 17, who compulsively pull their hair. It is one of the first two NIMH R01 grants ever awarded to evaluate behavioral interventions for TTM. This program involves 16 weeks of treatment, followed by check-ins at 3 and 6 months after treatment is finished. Participants receive weekly individual treatment with a doctor who specializes in disorders of body-focused repetitive behaviors.

**"We're a good option for parents because of our collective wealth of expertise and clinical experience with OCD and related disorders," says Dr. Franklin, "but also because of the strong emphasis we all place on providing the best clinical services for children and adolescents whether they come through clinical trials or our open clinic."**

The TTM trial is now in its recruitment phase and is ahead of schedule. Dr. Franklin explains that "because there are few treatment providers who feel that they can provide CBT for TTM, our catchment area is larger than what has been typically the case for OCD or other anxiety disorders. Many families cannot find TTM treatment in their local communities and are willing to tolerate longer commutes to participate in this trial."

Complementing its well-regarded patient care and research programs, COTTAGE also trains the next generation of clinicians who will treat and study anxiety and body-focused repetitive behaviors. COTTAGE hosts quarterly workshops on the identification and treatment of OCD, anxiety, and related disorders attended by school personnel (e.g., guidance counselors) and mental health professionals from the local community. COTTAGE also serves as a practicum placement site for students from local clinical psychology PhD programs, and its medical staff regularly provide lectures for Psychiatry residents and fellows from CHOP and Penn Medicine and for Penn medical students. In addition, COTTAGE staff conduct parent workshops, school consultations, teacher workshops, clinical training

workshops, and seminars for schools, practitioners, parents, and youth.

No program can succeed without the help of many individuals, and Dr. Franklin gratefully acknowledges the support he has received in bringing COTTAGE to reality. While COTTAGE has been an independent entity since 2009, it began as the Child & Adolescent OCD, Tic, Trichotillomania Section within the Psychiatry Department's Center for the Treatment and Study of Anxiety (CTSA) in 2006. CTSA was founded and is directed by Edna B. Foa, PhD, internationally recognized for her work in developing new treatments for post-traumatic stress disorder. "CTSA was my home since September 1992," Dr. Franklin says, when both he and Dr. Foa were at the Medical College of Pennsylvania-Hahnemann University. Both came to Penn in 1999, when they were recruited by the Department of Psychiatry.

"Many colleagues at the CTSA over the course of 17 years provided encouragement, challenged my ideas, and assisted me in countless ways throughout the journey," says Dr. Franklin. "I received extensive training in state-of-the-art treatments for anxiety and related conditions, outstanding mentoring in grantsmanship and research, and an opportunity to develop my own programmatic line of research in the areas that have now become my focus."

Dr. Franklin gives special credit to two mentors. "Michael J. Kozak, PhD supervised my early clinical work at the CTSA and helped foster the development of my own research interests," he says, "and Dr. Foa spent countless hours helping me to develop my skills as a writer, a clinical researcher, and an academically oriented psychologist, for which I will be forever grateful." He also thanks the leadership of the Department of Psychiatry for supporting the transition of COTTAGE into an independent program.

As COTTAGE expands its patient care, research, and education and training programs, it is also lengthening its reach to collaborators within Penn and beyond. Within the Department of Psychiatry, COTTAGE has continuing collaborations with the CTSA and with Anthony Rostain, MD, MA and his group on anxiety-related issues in children, adolescents, and young adults with a range of neuropsychiatric disorders. COTTAGE has established collaborations with Robert Schultz, PhD and John Herrington, PhD

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at the Center for Autism Research at CHOP and with Lawrence W. Brown, MD, also at CHOP, relating to children with Tourette's syndrome. Dr. Franklin and his group also have a long history of collaboration with John March, MD, MPH at Duke University and Jennifer Freeman, PhD and Abbe Garcia, PhD at Brown University in pediatric OCD, with Douglas Woods, PhD and Shawn Cahill, PhD at the University of Wisconsin – Milwaukee, with John Piacentini, PhD at UCLA, with Nancy J. Keuthen, PhD at Massachusetts General Hospital/Harvard University, with Scott N. Compton, PhD at Duke,

and with many other colleagues whose work focuses on the problems that overlap COTTAGE's clinical and research interests.

COTTAGE's broad array of patient care services, coupled with its clinical research designed to develop and evaluate treatments, make it a viable choice for parents with children who suffer from obsessive-compulsive spectrum conditions and anxiety and anxiety disorders. "We're a good option for parents because of our collective wealth of expertise and clinical experience with OCD and related disorders," says Dr. Franklin, "but also because of the strong emphasis we all place on

providing the best clinical services for children and adolescents whether they come through clinical trials or our open clinic. Our goal is to be helpful first and foremost, as our research mission is always best served by taking this approach." ❖

To find out more about COTTAGE, to schedule an appointment, or to learn about opportunities for participation in a clinical trial, please call 215-746-3327. An intake coordinator will gladly arrange a diagnostic evaluation for your child. You may also obtain additional information by visiting the COTTAGE website at <http://www.med.upenn.edu/cottage/index.html>. COTTAGE is located at 3535 Market Street (6th Floor) in Philadelphia.

## Department of Psychiatry Holiday Party 2009



December 18, 2009  
Inn at Penn

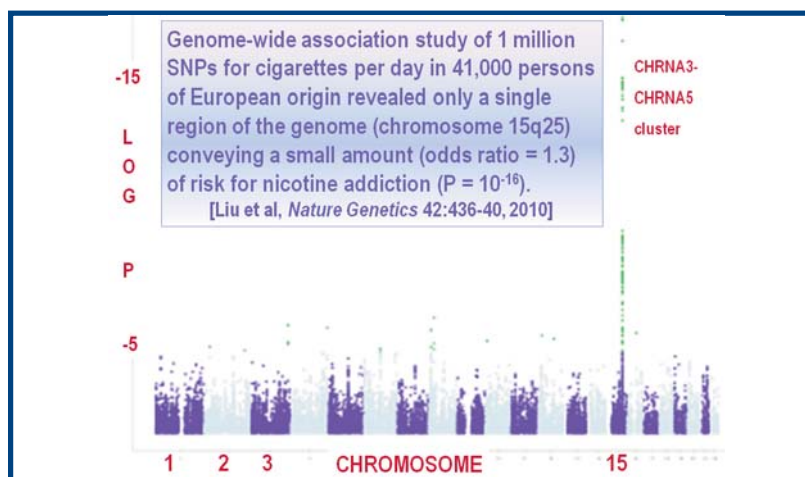
## GENETICS OF NICOTINE ADDICTION: NEW FINDINGS FROM THE CENTER FOR NEUROBIOLOGY AND BEHAVIOR

In two recent papers<sup>1,2</sup> Wade H. Berrettini, MD, PhD, Director of the Department's Center for Neurobiology and Behavior (CNB), and his international colleagues have notably advanced our understanding of the genetic causes of nicotine addiction. They are the first researchers to identify, at a widely-recognized level of statistical significance, specific nicotinic receptor genes on chromosome 15 that contribute to the risk for nicotine addiction.

The work of Dr. Berrettini and his collaborators builds on previous studies which showed that genetic factors play a major role in the risk for nicotine addiction. Their research also validates prior research suggesting that the CHRNA3-CHRNA5 nicotinic receptor subunit genes on chromosome 15 may be involved in genetic risk for nicotine addiction. These earlier studies, however, while highly suggestive, were based on small sample sizes. A more robust statistical confirmation of the connection between the specific gene cluster and nicotine addiction was required before scientists could be certain that these are the candidate genes.

Dr. Berrettini and his team furnished the corroborating evidence in a 2008 paper in *Molecular Psychiatry*,<sup>1</sup> where they reported the results of their analysis of genetic and epidemiological data culled from three independent populations of European origin, totaling about 15,000 individuals. A simultaneously conducted study<sup>3</sup> involving 20,000 individuals came to the same conclusion. Dr. Berrettini's study demonstrated at a high level of statistical strength that "the CHRNA5/ CHRNA3 gene cluster on chromosome 15 contains alleles which predispose to nicotine addiction." An allele

is a unique form of a single gene, which by itself or in combination with other alleles produces a heritable characteristic or trait, such as, in this case, a predisposition to nicotine addiction. A second paper in *Nature Genetics*<sup>2</sup> utilized a larger sample size of 41,150 individuals to show that the



The horizontal axis shows physical distance along each chromosome, while the vertical axis gives a statistical measure of risk for nicotine addiction. Each dot represents a common variation (single nucleotide polymorphism or SNP) in the human genome. While highly statistically significant, SNPs in these nicotinic receptor subunit genes, CHRNA3 and CHRNA5, convey a small fraction (~5%) of the total genetic risk for nicotine addiction.

CHRNA5/ CHRNA3 gene cluster is the only genetic region to contribute in a moderate manner to risk for nicotine addiction. Very small contributions of other genetic regions cannot be excluded.

Besides its direct importance to the study of nicotine addiction, Dr. Berrettini's work also indicates the value of genome-wide association studies (GWAS) to examine the connection between "observable traits" in people and genetic variations in the human genome. GWAS requires the creation and analysis of large databases with information on specific individuals. These datasets combine epidemiological data (e.g., sex, age, observable behaviors or conditions, such as number of cigarettes smoked per day, blood pressure,

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weight, or the presence of a specific disease) obtained from questionnaires with genetic data obtained from analyses of blood samples. Using statistical methods developed in the disciplines of bioinformatics and genomics, scientists explore whether the observable traits they are studying are found in conjunction with specific genes. The objective is to determine whether there is a genetic basis for the observable trait. As Dr. Berrettini and his colleagues write in their *Nature Genetics* paper, “Our results confirm the potential of imputation-based GWAS meta-analysis to yield novel insights into the genetic architecture of complex behavioral and psychiatric traits.”

Further down the road, the work of Dr. Berrettini and his colleagues in confirming a specific gene cluster associated with nicotine addiction may well create opportunities for novel drug development, functional genetic studies, and pharmacogenetic research. Ultimately, the goal is to understand the basic biological mechanisms underlying nicotine addiction, with the aim of developing better preventions and therapies. This discovery has been widely confirmed in other populations, and identifies a specific set of nicotinic receptor subunit genes as targets for drug development in the field of nicotine addiction. The National Institute on Drug Abuse (NIDA) has issued a request for applications to develop new medications for nicotine addiction from these genetic data. Jon M. Lindstrom, PhD, Trustee Professor of Neuroscience, and Dr. Berrettini are planning to contribute to this effort.

**Dr. Berrettini’s study demonstrated at a high level of statistical strength that “the CHRNA5/CHRNA3 gene cluster on chromosome 15 contains alleles which predispose to nicotine addiction.”**

However, Dr. Berrettini and his team, in concluding their *Molecular Psychiatry* paper, fully recognize that there are many questions yet to answer:

“All CHRNA3 and CHRNA5 identified risk alleles for several independent populations...lie on a single common haplotype [group of alleles] in the region. While this haplotype is clearly implicated in risk for nicotine addiction, the causative allele(s) are not apparent, due to linkage disequilibrium across these two genes. *The causative allele(s) must be identified through biological studies of the effects of these SNPs* [single nucleotide polymorphisms].” [emphasis added]

And Dr. Berrettini adds one additional area for future investigation. He points out that independent groups have demonstrated that the nicotine addiction risk alleles increase risk for lung cancer, independent of whether a person smokes or not. This is certainly an intriguing observation worthy of scrutiny. ❖

<sup>1</sup>Berrettini WH, Yuan X, Tozzi F, Song K, Chilcoat H, Francks C, Waterworth D, Muglia P, Mooser V: Alpha-5/Alpha-3 Nicotinic Receptor Subunit Alleles Increase Risk for Heavy Smoking. *Molecular Psychiatry* 13:368-73, 2008.

<sup>2</sup>Liu JZ, Tozzi F, Waterworth DM, Pillai SG, Muglia P, Middleton L, Berrettini WH et al: Genome-wide association meta-analysis of smoking in 41,150 subjects. *Nature Genetics* 42:436-40, 2010.

<sup>3</sup>Thorgeirsson TE, Geller F, Sulem P, et al: A variant associated with nicotine dependence, lung cancer and peripheral arterial disease. *Nature* 452:638-42, 2008.



## PENN CENTER FOR WOMEN'S BEHAVIORAL WELLNESS

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the Department of Obstetrics and Gynecology, and she had been providing clinical services to perinatal women for a number of years. In addition, Smadar Barber, PhD and Jessie Kovach, MD joined Dr. Kim to help expand perinatal mental health services to Pennsylvania Hospital." Part of that substantial foundation was also formed by the nationally recognized collaborative work of Karl Rickels, MD (Psychiatry) and Ellen Freeman, PhD (Obstetrics and Gynecology) on Premenstrual Syndrome (PMS) and menopause.

Since arriving at Penn, Dr. Epperson has brought on board clinical psychologist Lindsay Sortor, PsyD, geriatric psychiatrist Sarah Mathews, MD and Delane Casiano, MD, who focuses on underserved and diverse populations, to complete the core group of PCWBW clinicians. "Fortunately, too, at the last minute I was able to convince two of my research staff from Yale to make the transition with me," says Dr. Epperson. Kathryn Czarkowski, MA, who was the Associate Director of Dr. Epperson's Yale program, is now the Deputy Director of the PCWBW. Jeanette Bradley, a research assistant with Dr. Epperson at Yale, is presently the PCWBW's senior research coordinator. "Being able to work with such a talented team of clinicians and research staff has been sheer pleasure and has made the transition to Penn seamless," Dr. Epperson says.

The Center's clinical consultations and evaluations cover the full range of behavioral health disorders and emotional difficulties that women may face related to pregnancy, postpartum depression, infertility, miscarriage, midlife changes, or chronic or serious illness, as well as symptoms of depression or anxiety, grief or loss, and relationship difficulties. These areas of focus and related services include:

- menstrual cycle-related mood disorders

such as severe Premenstrual Syndrome and Premenstrual Dysphoric Disorder;

- menstrual exacerbation of on-going anxiety and mood disorders;
- prenatal counseling regarding the use of psychotropic medications during pregnancy and lactation;
- evaluation and treatment of psychiatric disorders during pregnancy;
- postpartum depression and anxiety;
- adjustment to parenthood; and
- behavioral health issues related to
  - \* infertility and assisted reproduction;
  - \* pregnancy loss or complication;
  - \* traumatic delivery;
  - \* gynecologic cancer and its treatment;
  - \* natural and artificially induced menopause; and
  - \* cognitive issues during the menopause.

Each PCWBW patient receives an in-depth psychological and psychiatric evaluation to determine the most appropriate course of action. This can be a one-time comprehensive consultation or an ongoing relationship to meet the patient's needs during a difficult emotional period. The PCWBW staff works closely with patients, and with referring physicians if they are present, to design the best treatment plan for each individual. A full range of psychological and psychiatric treatment options is available, including psychopharmacology and hormone therapy, as well as various types of psychotherapy.

Center clinicians provide guidance about the use of menopausal hormone therapy – or HT – during and after menopause. As is well known now, a series of studies conducted by the National Institutes of Health (NIH) through its Women's Health Initiative (WHI) indicated that while HT produces certain health benefits, such as reducing the incidence of bone fractures, it also comes with medical risks, such as increased risk for stroke. These are facts that Dr. Epperson carefully considers in advising patients about the benefits

and risks of HT. "I typically refer individuals to the North American Menopause Society's recommendations that basically say that the decision to use HT must be made on a case-by-case basis, weighing the risks and benefits carefully," she explains. "For women in the early menopause who are highly symptomatic, and who have no contraindications, HT may be initiated at the lowest effective dose and continued for the shortest time possible to meet the clinical needs of the patient."

**PCWBW ... welcomes women who may experience behavioral health issues from menarche to menopause, and even beyond.**

Women who believe the Center's services may be of help to them can contact the PCWBW directly, using the information provided at the end of this article. Others may be referred directly to the Center by their obstetrician, gynecologist, or psychiatrist. Dr. Epperson explains that psychiatrists typically refer for a consultation women who are taking psychotropic medications and are either pregnant or planning to become pregnant. "These women and their providers," she says, "are eager to have someone with expertise in perinatal mental health provide a 'fresh look' at the patient and help them weigh the risks and benefits of using psychotropic medications during pregnancy and/or lactation." Psychiatrists may also refer women with on-going mental illness who believe that their symptoms fluctuate with their menstrual cycle or are worsening following the onset of menopause.

The opportunity to advance the frontiers of research is essential to the PCWBW and, in fact, is a major rea-

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son why Dr. Epperson was initially drawn to the area of women's behavioral health. During her research fellowship at Yale in 1994, she developed a scientific interest in the role of hormones in mediating maternal behavior, a focus that grew out of her fascination with how normal maternal behavior can go awry following childbirth. She learned about the role of oxytocin in maternal and affiliative behavior in mammals and was "astounded," as she puts it, by what she discovered.

"Finding out that a hormone, which I had been taught throughout medical school was important for uterine contractions during labor and milk let-down during lactation, was also critical to the initiation of such a complex behavior as maternal caretaking was eye-opening, to say the least," she says. This new body of research suggested that oxytocin and ovarian hormones might impact the brain, an observation that challenged accepted dogma. "I knew then that I wanted to understand how these hormones interact with the central nervous system in humans to affect behavior across the female lifespan," Dr. Epperson says. Her scientific achievements have earned her national and international recognition, significant grant funding, and publication in top-tier scientific journals.

The PCWBW's scientific priorities center on gaining a better understand of how sex and gender impact behavioral health, particularly how hormonal fluctuations affect women's behavioral health throughout the female reproductive lifespan. Ongoing research studies investigate hormone effects on the brain during pregnancy, postpartum/antepartum depression and anxiety, pregnancy loss and complications, severe premenstrual syndrome (commonly known as premenstrual dysphoric disorder), cigarette smoking and its effects on mood in women, and hormone effects on memory and mood during the menopause. The Center encourages all women to participate in clinical research studies as a way to ensure that women's health issues are at the forefront of research break-

throughs. Without the participation of women in research, new knowledge regarding the cause and treatment of illnesses in women will be greatly curtailed.

Dr. Epperson adds that "men are typically included in our research studies as a comparison group for our female study subjects. We also see men if they come to a clinical appointment with their female partner or spouse." While the Center does not now have programs specifically for men, Dr. Epperson says that "I am open to considering this in the future."

The PCWBW also educates the next generation of clinicians devoted to women's behavioral health. Dr. Epperson is a dedicated mentor to the clinicians on the Center's medical staff, and she leads her team in teaching residents and psychology trainees who have a specific interest in women's behavioral health. "I am pleased to have the opportunity to foster the career development of investigators such as Delane Casiano, MD who have the potential to be leaders in their respective areas of research." Dr. Casiano plans to join the PCWBW upon completion of her American Psychiatric Association-sponsored research fellowship in June.

The PCWBW is highly collaborative, drawing upon expertise from all relevant medical disciplines. In fact, the collaboration between Deborah Driscoll, MD, Chair of Penn's Department of Obstetrics and Gynecology, and Dwight Evans, MD, Chair of the Department of Psychiatry, was a prime factor in Dr. Epperson's decision to come to Penn. "They both were clearly committed to the idea that Penn should have a large scale clinical and research program in women's behavioral health," she says. In fulfilling this aim, Dr. Epperson is currently developing collaborations with faculty in Obstetrics and Gynecology, such as Ellen Freeman, PhD and Michal Elovitz, MD. Also, Kurt Barnhart, MD and his team have been extremely helpful in the Center's efforts to recruit women from Obstetrics and Gynecology services to the PCWBW's research studies.

Dr. Epperson cites the outstanding physical and intellectual resources here at Penn as another reason for choosing to make the move from Yale. "I was drawn to Penn by several outstanding research groups," she says. Dr. Epperson points out that under the leadership of Ravinder Reddy, PhD, the Center for Magnetic Resonance and Optical Imaging is developing proton magnetic resonance spectroscopy and imaging methods on Penn's 7 Tesla magnet. According to Dr. Epperson, this will be a significant advancement in her research focusing on hormonal and nicotine modulation of cortical amino acid neurotransmitters. She also points out that Dr. Ruben Gur's functional imaging group, including James Loughead, PhD and Kosha Ruparel, MS, have been extraordinarily helpful in getting her National Institute on Aging-funded menopause cognition study off the ground. Finally, Dr. Epperson is thrilled to have the opportunity to interface with Caryn Lerman, PhD and her team of researchers in the Center for Interdisciplinary Research on Nicotine Addiction. "I am continually impressed and pleased by the collegiality of the Penn faculty," remarks Dr. Epperson.

This highly collegial and interdisciplinary approach is the hallmark of the Penn Center for Women's Behavioral Wellness. The Center represents a comprehensive, interdisciplinary effort to unite the best of modern medicine and science to help women who care about their emotional well-being. ❖

For those wishing to learn more about the services of the Penn Center for Women's Behavioral Wellness, make a referral, or schedule an appointment, please call the Center's Patient Intake Coordinator at 215-573-8886 or send an email to [pcwbw@med.upenn.edu](mailto:pcwbw@med.upenn.edu). You may also obtain additional information by visiting the PCWBW website at <http://www.med.upenn.edu/womenswellness/index.html>. The PCWBW is located in West Philadelphia at the Hospital of the University of Pennsylvania, 3535 Market Street, and 3701 Market Street, and in Center City Philadelphia at Pennsylvania Hospital.

## 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. **Claudia Baldassano, MD, Mahendra Bhati, MD, Jody Foster, MD, Christian Kohler, MD, and Marc Lipschutz, MD** received this honor in 2010.

The 2010 PGY-3 & 4 Teaching Award was awarded to **Richard F. Summers, MD** and the 2010 PGY-1 & 2 Teaching Award was awarded to **Deborah Kim, 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.

**Kyle M. Kampman, MD** was awarded the 2010 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.

**Marc Lipschutz, MD** received the 2010 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.

**Benoit Dubé, MD** was the 2010 recipient of the 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.

**James W. Cornish, MD** received the 2010 Scott Mackler Award for Excellence in Substance Abuse Teaching. This award is given by the Penn/VA Center for Studies of Addic-

### ~~RECENT LEADERSHIP APPOINTMENTS~~



**Tami D. Benton, MD** was appointed Psychiatrist-in-Chief and Chief of the Department of Child and Adolescent Psychiatry and Behavioral Science at the Children's Hospital of Philadelphia (CHOP). The newly named Department of Child and Adolescent Psychiatry and Behavioral Science is inclusive of all Psychiatry and Psychology services and programs at CHOP. Dr. Benton served as the interim Chief since July 2009.



Effective July 1, 2010, **David F. Dinges, PhD** became the first Vice Chair for Faculty Affairs and Professional Development of the Department of Psychiatry. In this new role, Dr. Dinges will work with the faculty and Chairman Dwight L. Evans, MD to maximize the professional potential of the Department's faculty. He will be responsible for facilitating the recruitment and appointment, promotion, and retention of distinguished faculty, and will work to further enhance the Department's mentoring program and its commitment to diversity.



In June 2009, **David S. Metzger, PhD** assumed the role of Scientific Liaison between the Department of Psychiatry and the independent, not-for-profit Treatment Research Institute (TRI). The primary objective of the Scientific Liaison Position is to facilitate closer research

and academic linkages between investigators at Penn and TRI. This will include the identification of new research and evaluation opportunities, the development of new research collaborations, and the wider dissemination of existing addictions research activities and findings in both organizations.



**David W. Oslin, MD** was tapped to serve as the Interim Chief of Staff at the Philadelphia VA Medical Center in May 2010. This temporary assignment will last about six to nine months.



**Michelle E. Conley, MBA, BSN, RN, FABC**, Associate Chief Nursing Officer at Pennsylvania Hospital, will be assuming the responsibilities of Chief Nursing Officer and Vice President of Acute Care Services there, while a national search is underway to replace Bob Haffey.



**Julie Ann Low, MD** was appointed Director of the Mental Health Clinic at the Philadelphia VA Medical Center, effective March 2010.

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tion 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.

**Scott A. Campbell, MD** and **Theodore D. Satterthwaite, MD** received the 2010 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.

**Lori A. Goldstein, MD** was the 2010 recipient 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.



**Kait Yulman, MSW** received the Special Recognition for Service to Psychiatric Education Award from the Department of Psychiatry. This award recognizes Ms. Yulman's tireless contributions of organization, energy, and affection to the Office of Education, her five years of service as Curriculum Coordinator of the Psychiatry Residency, and her graduation from the University of Pennsylvania School of Social Policy and Practice, where she received her Master's degree.

### Child and Adolescent Psychiatry Teaching Awards

These teaching awards from the Child and Adolescent Psychiatry Fellows (Class of 2010) 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.

- **Josephine Elia, MD** received the Elizabeth B. Weller Distinguished Teacher Award.
- **Ashley J. Angert, DO** received the Fellow Teaching Award for Outside Faculty.
- **Ronald Liebman, MD** received the Fellow Teaching Award for In-House Faculty.

**Aanmol Rai, MD** received the 2010 Graduate Education Committee Award for Excellence in Child and Adolescent Psychiatry.

**Lydia K. Sit, MD** received the 2010 Elizabeth B. Weller Outstanding Fellow Award. This award is given to a child and adolescent psychiatry fellow who has contributed to the improvement of psychiatric care of children, adolescents, and their families through excellence in research and clinical care.

### Penn/School of Medicine Honors

#### ~~ 2010 Penn Teaching Awards ~~



**Robert M. Weinrieb, MD** was awarded a 2010 Lindback Award for Distinguished Teaching at the University of Pennsylvania. This award, presented by the Provost's office, was established in 1961 with the help of the Christian R. and Mary F. Lindback Foundation and recognizes "teaching that is intellectually demanding, unusually coherent, and permanent in its effect."



**Eleanor Ainslie, MD** received the 2010 Medical Student Teaching Award. This award is given to a resident who has been a consistently outstanding teacher of medical students.



**David Danish, MD** received a 2010 Penn Pearls Award for Excellence in Clinical Teaching. This award is given in honor of outstanding contributions to medical student education at the University of Pennsylvania School of Medicine. This award is managed by AOA students.



**Spencer J. Kostinsky, MD** received the 2010 Dean's Award for Excellence in Clinical Teaching at an Affiliated Hospital. This award recognizes teaching excellence and commitment to medical education at Penn Medicine's affiliated hospitals.



**Chanita Hughes-Halbert, PhD** was appointed Associate Program Director for Community Engagement of the School of Medicine's Robert Wood Johnson (RWJ) Foundation Clinical Scholars Program, where she co-directs the course on Methods for Community-Based Participatory Research and Community Engagement. Also, Dr. Hughes-Halbert was selected to be in the second cohort of Penn Fellows. The Penn Fellows Program, begun in 2009, provides leadership development to select Penn faculty members in mid-career, including opportunities to build cross-campus networks, meet with academic leaders both inside and outside Penn, think strategically about universities and university governance, and interact informally with Penn administrators. Dr. Hughes-Halbert was also selected to be a member of the Ad Hoc Consultative Committee to advise University President Amy Gutmann on the selection of Penn's next Executive Vice President of the University for the Health System and Dean of the School of Medicine. Provost Vincent Price chairs the committee.

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## REGIONAL, NATIONAL AND INTERNATIONAL HONORS

In 2009, **Jacques P. Barber, PhD, ABPP** was invited to the American Psychological Association's Science Leadership Conference, among others, to represent the behavioral sciences in Congress.

**Tami D. Benton, MD** was appointed to the Board of Trustees of the Devereux Foundation in 2009. Devereux is a non-profit organization providing services around the nation for persons with emotional, developmental, and educational disabilities.

**Ellen Berman, MD** received the 2010 Lifetime Achievement Award of the American Family Therapy Academy in recognition of her "consistent and outstanding contribution to the field of family therapy theory and practice over the course of a career." She was also elected to the Board of Directors of the Group for the Advancement of Psychiatry. Dr. Berman was also named to the advisory committee of the American Psychiatric Association's American Association of Community Psychiatrists Recovery to Practice Initiative, and elected to the Board of NAMI-Pennsylvania Main Line affiliate. NAMI is a national organization dedicated to improving the lives of individuals impacted by mental illness through education and support.

**Wade H. Berrettini, MD, PhD** is Chair of the Committee on Advocacy Groups of the American College of Neuropsychopharmacology. He also received the Research Award from the Caron Foundation in 2009.

**Olivier Berton, PhD** was elected to the editorial board of *Neurobiology of Disease*.

**Rhonda C. Boyd, PhD** serves on the Editorial Board of the *Journal of Aggression, Maltreatment and Trauma* and of *Clinical Medicine: Psychiatry*, and is an ad-hoc reviewer for the *Journal of Black Psychology*.



**Gregory Carlson, PhD** was invited to join the scientific advisory committee of the International Rett Syndrome Foundation (IRSF). The core mission of the IRSF is to fund research for treatments and a cure for Rett syndrome, while enhancing the overall quality of life for those living with Rett syndrome by providing information, programs, and services.

**James W. Cornish, MD** was elected as a Fellow to the College of Physicians and Surgeons.

**David F. Dinges, PhD** was selected to continue as Team Leader for the National Space Biomedical Research Institute (NSBRI) Neurobehavioral and Psychosocial Factors Team for human space flight. This is his 10th consecutive year in that role. In January 2010, Dr. Dinges was reappointed for another five-year term (2011-2016) to serve as Editor in Chief of *SLEEP*, the lead-

ing scientific journal on sleep research and sleep medicine. *SLEEP* is the official publication of the Associated Professional Sleep Societies, LLC, which is a joint venture of the American Academy of Sleep Medicine and the Sleep Research Society.

### "TIME 100" for 2010

**Edna B. Foa, PhD** was named one of *TIME* Magazine's "TIME 100" for 2010, the magazine's annual list of the 100 most influential people in the world. Dr. Foa was cited for her development of Prolonged Exposure (PE) for the treatment of post-traumatic stress disorder. The recent dramatic increase of PTSD sufferers in the U.S. and internationally, following increased terror attacks, the wars in Iraq and Afghanistan, and numerous natural disasters, has resulted in the urgent need to disseminate PE to mental health professionals. PE has been adopted by the U.S. Department of Veterans Affairs for use in treating returning combat veterans, as well as by governments and private health facilities around the world. Dr. Foa was included as one of 25 influential "Thinkers" in *TIME*'s list – the survey also names influential "Leaders," "Heroes," and "Artists."



**Benoit Dubé, MD** received the American Psychiatric Association's Nancy C.A. Roeske Certificate of Recognition for Excellence in Medical Student Education during the APA's Annual Meeting in New Orleans in May 2010. This award is given annually to APA members who have made outstanding and sustaining contributions to medical student education.

**Dwight L. Evans, MD** received the 2009 Award for Research in Psychiatry from the American Psychiatric Association. The APA considers this honor as its "most significant award given for research." As the award recipient, Dr. Evans delivered an honorary lecture on "Mood Disorders and Medical Illness: A Major Public Health Problem" in New York City in October 2009.

**Chang-Gyu Hahn, MD, PhD** was selected to be the editor of a special issue of the journal *Brain Research Bulletin* titled "Beyond Candidate Genes for Schizophrenia." In addition, he has been asked to be the leading organizer of a National Institute of Mental Health (NIMH) workshop titled "Synaptomics in Psychiatric Illnesses."

**Gordon R. Hodas MD** was appointed "Distinguished Life Fellow" by the American Psychiatric Association in December 2009. He serves as representative for the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) at the bimonthly OMHSAS Advisory Committee meetings in Grantville and as the OMHSAS representative at the monthly

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Pennsylvania Youth and Family Training Institute meetings in Mechanicsville. In 2009 and 2010, he was a co-facilitator of the Family and Youth Psychotropic Medication Education Subcommittee for the Pennsylvania Department of Public Welfare, a workgroup that includes child and adolescent psychiatrists and other mental health professionals, state policy representatives, family advocates, and youth. Dr. Hodas is also an ongoing member and participant at the quarterly meetings of the Workgroup on Community Based Systems of Care within the American Academy of Child and Adolescent Psychiatry (AACAP). As a member of this Workgroup, he co-developed the Toolkit for System-Based Practice in Child and Adolescent Psychiatry. The Toolkit was formally approved by AACAP in October 2009, and is now on AACAP website. With other members of the Workgroup, he also co-developed the AACAP Policy Statement on "Family and Youth Participation in Clinical Decision-Making." The policy statement was formally approved by AACAP Council in October 2009.

**Chanita Hughes-Halbert, PhD** was appointed Chairperson of the Ethical, Legal, and Social Implications of Human Genetics Study Section at the NIH's Center for Scientific Review.



**John B. Jemmott III, PhD** served as Chair of the Special Emphasis Panel on "Health, Youth and HIV" for RFA HD-08-010, "Using Proven Factors in Risk Prevention to Promote Protection from HIV Transmission (R01)." The grant review panel was convened by the National Institute of Child Health and Human Development and met in April 2009 in Washington, DC.

**Irwin Lucki, PhD** continues as Principal Editor for *Psychopharmacology*, one of the leading journals in this field. He is also a member of the Editorial Advisory Boards for the journals *Neuropsychopharmacology* and the *Journal of Psychopharmacology*.



**Charles P. O'Brien, MD, PhD** received the 2009 Paul Hoch Distinguished Service Award from the American College of Neuropsychopharmacology for unusually significant contributions to the College and the John P. McGovern Award in Research and Medial Education in Substance Abuse from the Association for Medical Education and Research in Substance Abuse (AMERSA). He also received the 2010 Mentorship Award from the College on Problems of Drug Dependence (CPDD). This award is given yearly to a member of CPDD who has been an exemplary mentor to developing researchers in the field of drug dependence. Dr. O'Brien also received the Society of Biological Psychiatry Gold Medal Award for 2010. This award was established to honor pioneering contributions to the field and significant and sustained work that advances and extends knowledge in biological psychiatry. He was given the award at the Society's Annual Scientific Meeting in New Orleans in May.



**Adrian Raine, DPhil** was selected as a Fellow of the Association for Psychological Science (previously the American Psychological Society).

**J. Russell Ramsay, PhD** is co-Chair of the Professional Advisory Board of the Attention Deficit Disorder Association.

**Anthony L. Rostain, MD, MA** is a Member of the Psychiatry Resident-In-Training Examination (PRITE) Editorial Board Selection Committee of the American College of Psychiatrists and Chair of the Model Curricula Committee of the American Association of Directors of Residency Training (AADPRT). In June 2010, he received the Community Service Award from the Regional Council of Child and Adolescent Psychiatry. This award recognizes an individual for public service on behalf of the mental health needs of children in the Philadelphia area.

**Steven J. Siegel, MD, PhD** was named to the Program Committee for the American College of Neuropsychopharmacology, and to the Education Task Force for the Society for Biological Psychiatry.

**Andrew Strasser, PhD** was appointed Associate Editor of *Nicotine and Tobacco Research*.

**Joel E. Streim, MD** was appointed to the National Quality Forum (NQF) Mental Health Steering Committee. This group is responsible for evaluating and recommending mental health outcome measures for endorsement by NQF member groups, to be used for quality measurement and public reporting.

**Richard F. Summers, MD** became President-Elect of the American Association of Directors of Residency Training (AADPRT) in March 2010. He previously served as Secretary.



**Michael E. Thase, MD** was re-appointed as a member of the Board of Directors of the American Society of Clinical Psychopharmacology. He was also named the Vice Chairman of the Scientific Advisory Board of the National Depression and Bipolar Support Alliance.

**Thomas A. Wadden, PhD** received the George A. Bray Founders Award at the Annual Scientific Meeting of the Obesity Society in October 2009. This honor recognizes his "significant contributions to the advancement of the treatment of obesity." He also received an award from the same society for the "best research paper" published in *Obesity* in 2009.

**Daniel Weintraub, MD** was appointed to the Editorial Board of *Movement Disorders* and to the Movement Disorders Society Taskforce on Mild Cognitive Impairment in Parkinson's Disease and Predictors of PD Dementia. He also served as Chair of the Psychiatry Subgroup of Common Data Elements Working Group of the National Institute of Neurological Disorders and Stroke.



**Monnica T. Williams, PhD** was appointed to the Delaware Valley Association of Black Psychologists Executive Board in 2009. ❖

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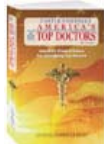
## Clinical Recognitions



The Department's Drug and Alcohol Abuse program moved up to 4th place (tied with Columbia University) from 6th place in the 2011 *U.S. News & World Report* annual survey of medical schools and their specialty programs. The Penn School of Medicine achieved a #2 ranking, its highest position in at least 20 years, and perhaps ever.



A number of Department of Psychiatry physicians were recognized by *Philadelphia Magazine* as "Top Doctors" in the region, as reported in the April 2010 issue – **Kyle M. Kampman, MD** (Addiction Psychiatry); **Anthony L. Rostain, MD, MA** (Child and Adolescent Psychiatry); **Joel E. Streim, MD** (Geriatric Psychiatry); and **Edward S. Brodtkin, MD** and **Michael E. Thase, MD** (Psychiatry).



A number of Department of Psychiatry physicians were recognized in Castle Connolly's 2010 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 2010 include: **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 "2009-2010 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 2009-2010 survey are: **Jay Amsterdam, MD**, **Steven Arnold, MD**, **Christos Ballas, MD**, **Robert Berkowitz, MD**, **Wade Berrettini, MD, PhD**, **Lawrence Blum, MD**, **James Cornish, MD**, **Charles Dackis, MD**, **Sarah DeMichele, MD**, **Dwight Evans, MD**, **David Fink, MD**, **Newell Fischer, MD**, **Ruth Fischer, MD**, **Rollin Gallagher, MD**, **Donald Gill, MD**, **Laszlo Gyulai, MD**, **Edward Hicks, MD**, **Kyle Kampman, MD**, **Deborah Kim, MD**, **Stephen Levick, MD**, **Marc Lipschutz, MD**, **Michael McCarthy, MD**, **Charles O'Brien, MD, PhD**, **Anthony Rostain, MD, MA**, **Robert Sadoff, MD**, **James Stinnett, MD**, **Joel Streim, MD**, **Robert Toborowsky, MD**, **Robert Weinrieb, MD**, and **George Woody, MD**.

In March 2010, *MORE Magazine* included the Hospital of the University of Pennsylvania, and specifically the **Penn Center for Women's Behavioral Wellness (PCWBW)**, directed by **C. Neill Epperson, MD**, as one of the top programs in the country specifically tailored to the mental health issues of women over 40. The article listed the PCWBW as one of a handful of female-centric outpatient mental health programs in the nation that focuses expressly on the effects of aging on mood and memory in menopausal aged women, and as the best place for women over 40 to seek treatment for depression.

## NEWS &amp; GOINGS ON

**Kelly C. Allison, PhD** gave a presentation in April 2010 on "Preconception Weight Status: Clinical Implications and Interventions" at the 28th Annual Reproductive Health Update for the Maryland Department of Health and Mental Hygiene in Clarksville.

**Janet E. Audrain-McGovern, PhD** was an invited speaker and panel member for an NIH Science of Behavior Change Meeting in June 2009 in Bethesda, Maryland. She spoke on "Potential Mechanisms Underlying Smoking Acquisition and Cessation."

**Jacques P. Barber, PhD, ABPP** delivered the Keynote Address on "Randomized Clinical Trials for Psychotherapy Research: The Good, the Bad and the Ugly" to the European Chapter of the Society for Psychotherapy Research in Bolzano, Italy in October 2009. In April 2010, he gave Grand Rounds on "What Do We Know About the Efficacy of Dynamic Therapy?" at Friends Hospital in Philadelphia in connection with the Drexel University School of Medicine.

**Steven J. Berkowitz, MD** spoke in Honolulu in October 2009 at the Annual Meeting of the Academy of Child and Adolescent Psychiatry on "First Responders: An Underused Resource" in a symposium on "Disaster Response," and he was a participant in a workshop titled "Working with Complex Families." He also gave a talk on "The Child and Family Traumatic Stress Intervention: A Promising Model of Secondary Prevention" at the Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS) in November in Atlanta.

**Ellen Berman, MD** gave Grand Rounds at Cooper Hospital in April 2010. She described the restructuring of the Department's training for residents in couples and family therapy to reflect evidence-based training in psychoeducation.



**Michael B. Blank, PhD** participated in a national meeting on "Fostering System Reform for Persons with Serious Mental Illness." He drafted recommendations for improving access to care with David Shern, CEO of Mental Health America, and on adopting an expanded federal definition of medical necessity with Dan Fisher, Director of the National Empowerment Center. He also spoke on

"HIV Among Persons with Mental Illness" at the Institute of Medicine of the National Academies "Workshop to Identify Barriers and Facilitators to Expand HIV Testing."

**Peter B. Bloom, MD** was the Keynote Speaker at the XVIII International Congress of the International Society of Hypnosis held in Rome, Italy in September 2009. He delivered a talk titled "Clinical Hypnosis: Creativity or Neuroscience." In May 2010, he presented a two-day advanced workshop on "Clinical Hypnosis" to the New England Society of Clinical Hypnosis in Boston.

**Rhonda C. Boyd, PhD** spoke in March 2010 in Baltimore on "Children of Depressed African American Mothers: Transmission to Prevention" as part of the Seminar Series at the Johns Hopkins Bloomberg School of Public Health Center for Prevention and Early Intervention. She also gave a talk in September 2009 on "Depressive and Anxiety Disorders in Children" at the Delaware County Memorial Hospital Pediatric Conference in Drexel Hill, Pennsylvania.

**Stanley N. Caroff, MD** gave Grand Rounds on "Drug-Induced Movement Disorders" in the Department of Psychiatry at the Medical College of Virginia in Richmond in November 2009. He also gave Grand Rounds on an "Update on Neuroleptic Malignant Syndrome" in the Department of Psychiatry at the Cooper Medical Center in Camden, New Jersey in February 2010.

**James W. Cornish, MD** and **Benjamin R. Nordstrom, MD** represented the University of Pennsylvania at an international meeting on the study of addiction held in The Hague, Netherlands in April 2010. The Addiction Research Institute Rotterdam (IVO) sponsored and organized a Master Class on the research and treatment for addictions. IVO invited several senior researchers to this event, requesting that each bring along a talented junior researcher. Each senior investigator gave a presentation on an important aspect of addiction. Junior researchers were challenged to reflect upon the presentations and develop ideas about the practical and moral implications as well as the consequences for treatment, prevention, policy, and research. Over the next six months, small groups of junior researchers are each expected to produce a scholarly paper worthy of publication.

**James C. Coyne, PhD** gave a number of national and international presentations during late 2009 and early 2010: "Attitude and Emotion in Cancer Care" (Grand Rounds, Netherlands Cancer Institute, Amsterdam); "Couples and Health: The Rocky Road from Clinical Epidemiology to Clinical Intervention" (Invited Talk, Couples Coping Research Conference, University of Zurich, Switzerland); "Evaluating Meta-Analyses: A Critical Consumers' Guide" (Invited Seminar, Annual Meeting of the Society of Behavioral Medicine, Seattle); "To Screen or Not to Screen for Distress: That is Not the Question" and "Attitude and Emotion in Cancer Care: Do They Matter for Biomedical Outcomes?" (Keynote Lectures, Israeli Psycho-Oncology Society, Tel Aviv, Israel).



**Joseph DiGiacomo, MD** gave two talks in October 2009 – on "Risk Management in Psychopharmacology" at Pennsylvania Hospital and on the "Role of Benzodiazepines in Psychiatry" for the Pennsylvania Doctors Alliance.

**C. Neill Epperson, MD** co-chaired a panel on "Sex Differences, Ovarian Hormones and Neuropsychiatric Disorders: What Have We Learned From Neuroimaging?" at the Annual Meeting of the American College of Neuropsychopharmacology in December 2009 in Hollywood, Florida. In February 2010, she spoke on "The Individual and Interactive Effects of Estrogen and Serotonin on Cognitive and Affective Processing in Menopausal Women" at a symposium held by the American College of Psychiatrists at its Annual Meeting in Fort Lauderdale, Florida. She was a participant on a panel on the "Behavioral Basis of Women's Self-Image" at a program sponsored by Project A.L.S. in New York City in March. Project A.L.S. is a not-for-profit organization that raises awareness and significant funds toward effective treatments and a cure for ALS, also known as Lou Gehrig's disease.

**Edna B. Foa, PhD** was invited to speak on "PTSD: Diagnosis, Theory, and Evidence-based Treatment" in the prestigious G. Stanley Hall/Harry Kirke Wolfe Lecture Series at the American Psychological Association Annual Convention in San Diego in August 2010. She gave two presentations in March 2010 in Baltimore at the Annual Conference of the Anxiety Disorders Association.

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ciation of America on "Implementing Prolonged Exposure for PTSD: Optimizing Outcomes" and on "Implementation of Evidence-Based PTSD Treatment in the Veterans Health Administration." Dr. Foa conducted four-day workshops in February and April 2010 on "Prolonged Exposure Therapy for Chronic PTSD" for the Ottawa VA in Ottawa, Canada; the U.S. Army at Fort Hood in Austin, Texas and Schofield Barracks in Hawaii; and for mental health professionals at the University of Pennsylvania.

**Gordon R. Hodas MD** presented at the Center for Mental Health Services' National GAINS Center 2010 Conference, "Youth Resilience, Prosocial Behavior, and Trauma Informed Care," in March in Orlando, Florida, and he was a facilitator and discussant at the "Bucks County Provider Trauma Forum," held in April 2010 in Ivyland, Pennsylvania.



**Kevin Kuehlwein, PsyD** was the invited speaker in September 2009 for the Philadelphia Behavior Therapy Association lecture on "Working with Lesbian, Gay, and Bisexual Clients." He also presented in March 2010 on "Anxiety Disorders from a Cognitive-Behavioral Perspective" at the Psychiatric Nursing conference in Philadelphia. In May, he participated in a training in Chicago for CBT with depressed veterans and, as a result of this program, will be training VA clinicians to use CBT to help reduce depression and suicide.

**Caryn Lerman, PhD** co-chaired a panel at the American Association for Cancer Research meeting in Washington DC on "Smoking and Lung Cancer: Risk and Genetics" in April 2010. As a member of the panel, she delivered a lecture titled "Nicotine Dependence Pharmacogenetics."

**James R. McKay, PhD** gave the keynote address at the 2009 Addiction Health Services Research conference, held in

October in San Francisco. He also gave a plenary address on measurement-based care at a national VA conference held in New Orleans in August 2009 that focused

on evidence-based treatment for addiction. Dr. McKay also became a member of WXPN's "Musicians on Call" program. As part of this program, he plays classi-

an all-day lecture delivered during "Supervisor's Day" at Hong Kong University; and "Taming the Swings: Cognitive Therapy for Bipolar Disorder," a lecture delivered to the Royal College of Psychiatrists in Hong Kong. He followed the last lecture with a piano recital featuring works by Brahms, Rachmaninoff, and a modern, minimalist piece by John Adams entitled "China Gates." In March 2010, he gave a lecture at Wellspan Behavioral Health in York, Pennsylvania titled "Clinical Management of the Suicidal Patient: Interventions and Safeguards." Closer to home, Dr. Newman is an accomplished cognitive-behavioral therapist with the reputation as the therapist to whom to refer cases that have been refractory to previous treatments, both within and outside Penn Medicine.

**Charles P. O'Brien, MD, PhD** is Chair of the *Diagnostic and Statistical Manual of Mental Disorders-V (DSM-V)* Working Committee for Substance-Related Disorders. His workgroup published the proposed changes for the new edition of the DSM on the American Psychiatric Association website. More than 400 comments were received from the field and further revisions will be made before the field trial scheduled to begin in August 2010.

**J. Russell Ramsay, PhD** spoke at an educational symposium for parents and the community about attention deficit hyperactivity disorder (ADHD) research. This inaugural program was held in September 2009 and was sponsored by the Doylestown-based nonprofit organization ADHD Aware.

**David B. Sarwer, PhD** spoke in October 2009 on the "Psychological Aspects of Dealing with Difficult Patients" at the Quality Medical Publishing Aesthetic Surgery Symposium in Chicago and on the "Psychological Aspects of Bariatric Surgery: Body Dissatisfaction" at the Obesity Society's 27th Annual Scientific Meeting in Washington, DC.



**Steven L. Sayers, PhD** created a family outreach program for family members of veterans returning from Iraq and Afghanistan (Families At Ease, [www.mirecc.va.gov/familiesatease](http://www.mirecc.va.gov/familiesatease)). The program includes a call center based in the Philadelphia VA Medical Center, which

The **Center for Couples and Adult Families** opened on October 1, 2009. This outpatient service based at 3535 Market Street offers psychoeducation and couples and family therapy to families of patients in the Department and to couples and families in the community. **Ellen Berman, MD** and **Elizabeth Hembree, PhD** are Co-Directors. (Families in which a child under 18 is the primary patient will continue to be seen at the Children's Hospital of Philadelphia.) For further information, please visit the Center's website at [www.med.upenn.edu/CCAF/](http://www.med.upenn.edu/CCAF/).

The **Penn Center for Women's Behavioral Wellness (PCWBW)**, directed by **C. Neill Epperson, MD**, established additional outpatient centers at Penn Obstetrical & Gynecology Associates (3701 Market Street), a division of the Penn School of Medicine's Department of Obstetrics and Gynecology, and at Maternal Fetal Medicine (801 Spruce Street) in the Department of Obstetrics and Gynecology at Pennsylvania Hospital. Both practices and the PCWBW are under the auspices of the University of Pennsylvania Health System.

cal guitar several evenings per month for patients at HUP and the VA.

Researchers at the University of Pennsylvania, including **David S. Mandell, ScD** and **Lindsay Lawer, MS**, helped develop Pennsylvania's autism census, the first such report in the nation. The purpose of the census is to provide a complete count of all individuals with autism spectrum disorders (ASD) in Pennsylvania and the systems in which they receive services. The data are used by the Commonwealth to make decisions about policies, funding, and practices for the care of people with ASD. Governor Ed Rendell presented the census on the Pennsylvania Cable Network.

**Cory F. Newman, PhD**, as an honored member of the Advisory Board of the Chinese Association for Cognitive Behavioral Therapy, gave a series of three lectures in Hong Kong in January 2010, including "Cognitive Therapy of Substance Abuse," an all-day lecture delivered at the Chinese University of Hong Kong; "Cognitive Therapy Supervision,"

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opened in January 2010, and one in the Durham (North Carolina) VA Medical Center to receive calls from family members who are concerned about veterans with mental issues and to coach them to encourage the veteran to seek VA care. Dr. Sayers also created outreach programs with similar goals in faith-based organizations in Philadelphia, including the Enon Tabernacle Baptist Church and the Deliverance Evangelistic Church.

**Steven J. Siegel, MD, PhD** received an Educational Outreach Grant from the American College of Neuropsychopharmacology to improve opportunities for training in neuroscience among under-represented minority high school, undergraduate, and medical students.

**Robert M. Weinrieb, MD** presented on "Sickness Behavior in HCV-infected Individuals Being Treated with Interferon/Ribavirin" in a workshop focused on "Pseudo-Depression in the Medically Ill" at the Annual Meeting of the Academy of Psychosomatic Medicine in Las Vegas in November 2009. He also gave Grand Rounds in the Department of Psychiatry at Albert Einstein Medical Center in Philadelphia in January 2010 on "Reducing Barriers to the Treatment of HCV in Patients with Addictions or Serious Mental Illness." In April 2010, he gave Grand Rounds on "Addiction Medicine Meets Liver Transplantation: Lessons Learned" in the Department of Psychiatry at the State University of New York (SUNY), Buffalo.

**Monnica T. Williams, PhD** taught at a workshop in November 2009 sponsored by the Main Line Chapter of the National Alliance on Mental Illness (NAMI) for the Christian Stronghold Baptist Church in Philadelphia on the "Identification and Treatment of Major Mental Illness." In December, she gave a graduate lecture on "African-Americans and Obsessive-Compulsive Disorder: Barriers to Treatment, Ethics, and New Research" in the Department of Psychology at the University of Virginia in Charlottesville. In March 2010, Dr. Williams gave a talk on "African American Attitudes about Participation in Anxiety Disorders Research" at the 30th Annual Conference of the Anxiety Disorders Association of America in Baltimore. ❖

## ~~IN MEMORIAM~~

**Elizabeth B. Weller, MD**, Professor of Psychiatry and Pediatrics in the School of Medicine and the Children's Hospital of Philadelphia (CHOP), passed away on November 29, 2009. Appointed to the faculty in 1997, Dr. Weller was the first Chair of the Department of Child and Adolescent Psychiatry at CHOP, as well as the first woman to hold an endowed professorship in psychiatry. She was a national leader recognized for her scholarship in the diagnosis and treatment of mood disorders - depression and bipolar disorders. She was a fierce advocate for and deeply committed to the relief of suffering and the mental health of children and adolescents. She led by example and was an exemplary teacher, mentor, and clinician who was beloved by her trainees, as well as her patients and their families. Dr. Weller was an extraordinarily productive and highly acclaimed child psychiatrist - literally an icon in her field.

Among her many awards and honors, she received the Best Teacher Award from the 2007 graduating class of Child and Adolescent Psychiatry fellows at CHOP. In her honor, the fellows established a lectureship in her name to be given to the best teacher in Child and Adolescent Psychiatry. Her other honors included the Distinguished Service Award from the American Board of Psychiatry and Neurology and the Klingenstein Third Generation Foundation Award for Research in Depression or Suicide.

Ever grateful for her care at the Abramson Cancer Center, Dr. Weller prevailed over breast cancer for many years - attending to all of her academic activities, caring for her many patients, and rarely missing a single day of work, working until the very end.

At a CHOP-Penn luncheon held on August 19, 2009 celebrating her life, Dr. Weller was described as a celebrity in the true sense of the word - someone celebrated for the person they are, for what they do, and for how they do it. So she was in life and now in death. The Department extends its deepest condolences to her family, her husband Ron, her son Andrew, her daughter Christine, and her extended family.

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**Suzanne (Sue) Dominick** passed away on November 7, 2009 after a long illness. Ms. Dominick retired in October 2006 after 22 years of dedicated work as a Patient Service Representative in the Outpatient Department at 3535 Market Street. Always willing to assist the Department, she was happy to come in during her retirement and help out as needed at the Center for Cognitive Therapy. Shortly after her official retirement, Ms. Dominick was featured in the Winter 2006 "Employee Snapshot" column in *Penn Psychiatry Perspective*. At the time, she said that she would miss "all the people she worked with, and even some of the patients." "It has been fun," she said, "to watch the various groups of doctors come and go. Some meet while here, marry, and have children. Others go on to greater fame and glory." The Department extends its deepest condolences to her fiancé, Jack Curran, her children and step-children, Mariellen Hitchins, Kathryn A. Porrini, Anthony Dominick, and Carol Dominick, her ten grandchildren, and her extended family.

## 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](http://www.med.upenn.edu/psych/articles.html) for these listings.

The first book of **Chaya Bhuvaneshwaran, MD, MPH** is being published by Random House in 2011. It is titled *Jackson Heights* and is about trauma relating to child trafficking in South Asia. Foreign rights have been sold to Penguin India. She wrote the book during medical school and residency and hopes the publicity will draw attention to the clinical needs of trauma survivors.



**Lawrence D. Blum, MD** had an article published in the *Journal of College Student Psychotherapy* titled "The 'All-But-the-Dissertation' Student and the Psychology of the Doctoral Dissertation" (24:74-85, 2010).

The paper demonstrates the importance of helping graduate students struggling with their dissertations to address the emotional, developmental conflicts, i.e., the psychodynamics, that are typically the biggest internal obstacles to completing the work. The article outlines typical conflicts and illustrates them with a case presentation of the psychodynamic psychotherapy of a graduate student.

**Rhonda C. Boyd, PhD** was awarded an R21 grant from the National Institute of Mental Health titled "Facilitating Effective Referrals for Postpartum Depression."

**Edward S. Brodtkin, MD** and **Chang-Gyu Hahn, MD, PhD** are the Co-Principal Investigators on a Penn-Pfizer alliance grant, "Target Identification and Validation for Negative Symptoms and Social Cognition in Schizophrenia: A Translational Study." The major goals are to evaluate the olfactory system as a probe for negative symptoms of schizophrenia and to test the efficacy of a glycine transporter inhibitor for reversing olfactory deficits and negative symptoms, including social withdrawal, in a genetic mouse model of negative symptoms. The grant runs through June 2011.

**Gregory Carlson, PhD** received his first R01 grant titled "Functional Circuit Disorders of Sensory Cortex in ASD [Autism Spectrum Disorders] and RTT [Rett Syndrome]." This NIH grant from the National Institute of Child Health and Human Development (NICHD) is funded for three years at \$200,000 per year.

**Anna Rose Childress, PhD** and **R. Christopher Pierce, PhD** (Co-Principal Investigators) received funding for a new T32 Pre- and Post-doctoral Research Training Grant on "Translational Addiction Research."

**Judith A. Coché, PhD** is the author of *Couples Group Psychotherapy* (2nd edition), published by Taylor Francis Publishing Company. She and journalist/author Laurie Abraham hosted a joint event at the Penn Bookstore in March 2010 to discuss Ms. Abraham's book, *The Husbands and Wives Club: A Year in the Life of a Couples Therapy Group*. The book is based on their clinical work and research on couples group psychotherapy.

**James C. Coyne, PhD** co-authored a book with Alex J. Mitchell, MRCPsych titled *Screening for Depression in Clinical Practice: An Evidence-Based Guide*, which was published by Oxford University Press in 2010. Intended for both primary care physicians and mental health specialists, the edited volume presented the latest scientific findings about screening for and diagnosing depression. It was favorably reviewed in the *Journal of the American Medical Association* (May 19, 2010; Vol. 303, No. 19, pp. 1982-83).



**Guy S. Diamond, PhD** is the lead author on a paper about a web-based mental health screener for primary care titled "Development, Validation and Utility of the Web-based, Behavioral Health Screen (BHS) for Adolescents in Ambulatory Care." The paper, to be published in *Pediatrics*, presents evidence that the "BHS solves practical and clinical barriers to behavioral health screening in primary care." According to the authors, "the BHS standardizes screening for a broad spectrum of psychiatric symptoms, urgent and non-urgent risk behaviors, and patient strengths." It is a brief, comprehensive, biopsychosocial assessment, which patients can use on a self-reporting basis. The BHS is an Internet-based tool that scores the data in real time and generates a summary report for the physician to review before an appointment. They system also supports the evaluation of patient progress over time or the aggregation of data at the practice or hospital level to be

**David F. Dinges, PhD** was recently awarded a five-year grant for \$3.7 million from the NIH to continue his experiments on "Neurobehavioral Effects of Chronic Partial Sleep Deprivation." He has also extended his internationally recognized space research by continuing to focus on technologies to objectively assess astronaut neurobehavioral status. He and his team are working on a NASA grant to evaluate a neurobehavioral test they have deployed on the International Space Station (ISS). The study began with ISS Expedition 21-22, which recently concluded, and will continue on ISS Expeditions to 2013. They are testing a brief psychomotor vigilance test and algorithm (PVT Self Test) they developed and validated to help astronauts objectively determine their ability to sustain stable attention while avoiding both errors of omission and commission caused by fatigue and other factors in space flight.

Dr. Dinges is also the Principal Investigator of a three-year grant from the National Space Biomedical Research Institute titled "Objective Monitoring of Crew Neurobehavioral Functions in MARS-520." This project is an international research effort that is part of the Russian space program. Its overarching goal is to simulate a 520-day manned flight to Mars to investigate whether such a mission is possible from the point of view of psychology and physiology and to define behavioral requirements for a future expeditionary flight to Mars. Dr. Dinges' laboratory was selected to be the sole U.S. scientific investigation in the mission. His team will evaluate sleep, performance, mood, and crew conflicts throughout the simulated mission. The Mars 520-day study will be by far the longest duration space flight simulation conducted to date, and it will be the first time that Russia, Europe, China, and the U.S. collectively participate in a space-related scientific study.

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used in quality improvement or research projects. The study concludes that the BHS can predict risk behaviors, "thereby assisting in excluding false positives, and conducting assessment and triage."



**Mary Beth Gibbons, PhD** received a major R01 grant from the Agency for Healthcare Research and Quality to conduct an important compara-

tive effectiveness study titled "A Comparison of Cognitive and Dynamic Therapy for MDD in Community Settings." This randomized comparative non-inferiority trial will evaluate whether a widely practiced dynamic psychotherapy is equivalent to cognitive therapy in the treatment of major depressive disorder (MDD) in the community mental health system. Dr. Gibbons also received an R34 grant from the National Institute of Mental Health titled "The Development of a Therapist Feedback System for MDD in Community Mental Health" to develop and test a therapist feedback intervention for the treatment of depression in the community mental health system.

**Irene M. Hurford, MD** is the Principal Investigator (PI) on a Pilot Award from the Philadelphia VA Medical Center Mental Illness Research, Education and Clinical Center (MIRECC) that began in July 2009 titled "Cognitive Remediation in Schizophrenia." She is also the Site PI for a VA Cooperative Studies Program grant on "The Genetics of Functional Disability in Schizophrenia and Bipolar Disorder," which began in April 2010.

A Penn study, led by **John B. Jemmott III, PhD**, found that community-based organizations (CBOs) were able to successfully implement an evidence-based HIV/STD risk-reduction intervention with adolescents, meaning far more "at risk" youths can be reached. One interesting finding was that CBO facilitators who received more training were no more effective than those who received a basic intervention packet alone.



**Kyle M. Kampman, MD** received a grant to participate in a study of implantable buprenorphine. The grant, "A Randomized, Placebo and Active-Controlled,

Multi-Center Study of Probutphine in Patients with Opioid Dependence (PRO-806)," is funded by the National Institute on Drug Abuse (NIDA) and Titan Pharmaceuticals. Additionally, he is also starting a trial of a vaccine for the treatment of cocaine dependence in July 2010. This study, "A Double-Blind, Randomized, Placebo-Controlled, Multi-Center Study to Assess the Clinical Efficacy, Safety, and Immunogenicity of a Human Cocaine Vaccine (TA-CD) in the Treatment of Cocaine Dependence," is funded by NIDA.



**Muniya S. Khanna, PhD** co-authored two articles in the *Journal of Consulting and Clinical Psychology* with Philip C. Kendall, PhD at Temple University.

"Exploring the Role of Parent-Training in the Treatment of Childhood Anxiety" (2009, 77[5]: 981-986) suggests that improved outcomes are achieved when parent-training involving parent anxiety management techniques and parent education about cognitive-behavioral therapy (CBT) for child anxiety are incorporated into the CBT regimen for children with anxiety disorders. "Computer-Assisted Cognitive-Behavioral Therapy for Child Anxiety: Results of a Randomized Clinical Trial" (in press) presents preliminary outcomes on the effectiveness of Camp Cope-A-Lot (CCAL), a computer-assisted CBT for anxiety in youth (7 to 13 years of age). CBT-naïve community clinicians were able to implement CCAL with anxious youth and achieve outcomes similar to those found with traditional face-to-face CBT. CCAL could play an important role in broadening the availability of empirically-supported treatment in the community.

**Caryn Lerman, PhD** and colleagues will be awarded a Pharmacogenetics Research Network Grant, titled "Pharmacogenetics of Nicotine Addiction Treatment," to conduct the first prospective translational pharmacogenetic trial of nicotine addiction treatment. This international trial, to be funded by the National Institute on Drug Addiction, National Cancer Institute, and the National Institute of General Medical Sciences, will enroll over 1,300 smokers and test whether genetic variation in nicotine metabolizing enzymes and other central nervous system genes predicts response to differ-

ent therapies for the treatment of nicotine addiction. In addition, Dr. Lerman and her team recently published several important papers: 1) she and **James Loughead, PhD** published the first functional MRI study examining the effects of the nicotinic receptor partial agonist varenicline on working memory-related brain activity (Loughead et al, *Biological Psychiatry*, April 2010); 2) she and her colleagues published convergent evidence from independent cohorts that the choline acetyltransferase gene plays a role in nicotine dependence and smoking cessation (Ray et al, *Neuropsychopharmacology*, May 2010); 3) **Robert A. Schnoll, PhD** and Dr. Lerman reported evidence for the efficacy of extended therapy for nicotine addiction treatment in the *Annals of Internal Medicine* (Schnoll et al, February 2010); and 4) Dr. Lerman co-authored a paper on genome-wide meta-analyses which identified multiple loci associated with smoking behavior (*Nature Genetics*, May 2010).



**James R. McKay, PhD**

authored articles on the economic benefits of various treatments for alcoholism and the

effectiveness of combining incentives with cognitive-behavioral therapy (CBT) in the treatment of cocaine dependence. These appeared in early 2010 in *Medical Care* and the *Journal of Consulting and Clinical Psychology*. He also wrote a White Paper on the measurement of quality continuing care for the National Quality Forum.

**David S. Metzger, PhD** has been selected as a mentor for Adhi Nurhidayat, MD, a former International Visiting Scientists and Technical Exchange (INVEST) fellow at Penn, who was chosen as one of four post-doctoral fellows to participate in a program jointly sponsored by the International AIDS Society and the National Institute on Drug Abuse (NIDA). The program encourages HIV and drug use research. Dr. Nurhidayat, who is from Indonesia, will be funded to complete his research on "Risky Sexual Behaviors, Psychiatric Disorders, and Psychosocial Support Among HIV-Infected Drug Users at Three Hospitals in Jakarta, Indonesia." He will spend 12 weeks in Philadelphia to receive guidance and support from the HIV Prevention Research Division as he completes his project.

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**Helen M. Pettinati, PhD** and her research team from the Center for Studies of Addiction (**Charles P. O'Brien, MD, PhD**, Director) achieved a major advance by reporting the first controlled trial demonstrating that a combination of an antidepressant and an anticraving medication was significantly better than either treatment alone or placebo for treating depression and excessive drinking in a very common comorbidity, i.e., depression in alcoholics [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* 2010 Mar 15]. This finding was also presented at the 2010 Annual Meeting of the American Psychiatric Association in New Orleans in a symposium featuring innovative and relevant psychiatric study results that

were given publication priority in the *American Journal of Psychiatry*.

**David B. Sarwer, PhD, Thomas A. Wadden, PhD**, and Noel N. Williams, MD (Department of Surgery) were awarded a Challenge Grant from the NIH/National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) titled "Lifestyle Modification Versus Bariatric Surgery for Type 2 Diabetes." The study is designed to determine if bariatric surgery, either gastric bypass or adjustable gastric banding surgery, is more effective than lifestyle modification to reduce weight and ultimately treat Type 2 diabetes. People interested in learning more about this new study to find out if they qualify can contact Jacque Spitzer, MS, at (215) 746-1281, or email her at [jspitzer@mail.med.upenn.edu](mailto:jspitzer@mail.med.upenn.edu).

**Steven L. Sayers, PhD** is the Principal Investigator on a \$0.9 million grant

from the Department of Veterans Affairs titled "Complicated Family Reintegration of OEF-OIF Veterans." It began in June 2010 and will run through May 2014.



The book titled *Psychodynamic Therapy: A Guide to Evidence Based Practice*, co-authored by **Richard F. Summers MD** and **Jacques P. Barber, PhD, ABPP**, was published by Guilford Press in 2010.

**George E. Woody, MD** received renewed funding for a third five-year term for his Clinical Trials Network from the National Institute on Drug Abuse. A noteworthy accomplishment of this project was the discovery of the benefits of Suboxone for opioid addicted youth. The results of this study were published in the *Journal of the American Medical Association* [300(17): 2002-2011, 2008]. ❖

## RESEARCH GRANTS

The following sponsored research funding was received by the Department during the period September 1, 2009 through April 30, 2010

\* Sponsored research funding during the period 12/01/08 through 8/31/09; awards were received after publication of last newsletter.

\*\* Stimulus funding

| New NIH Awards (includes New and Competing Renewals) |                                |                                                                                                              |
|------------------------------------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------|
| Name                                                 | Sponsor                        | Project Title                                                                                                |
| AMSTERDAM, JAY                                       | NIH                            | LONG-TERM CHAMOMILE THERAPY OF GENERALIZED ANXIETY DISORDER                                                  |
| ARNOLD, STEVEN                                       | NIH/MAYO CLINIC (ROCHESTER)    | KL2 MENTORED CAREER DEVELOPMENT AWARD. CLINICAL AND TRANSLATIONAL SCIENCE AWARD                              |
| BLUME, JOSHUA                                        | NIH/AMERICAN PSYCHIATRIC ASSOC | JANSSEN RESIDENT PSYCHIATRIC RESEARCH SCHOLAR                                                                |
| BRODKIN, EDWARD                                      | NIH                            | NEUROBIOLOGY OF SOCIABILITY IN A MOUSE MODEL SYSTEM RELEVANT TO AUTISM**                                     |
| CHEATLE, MARTIN                                      | NIH/CARON TREATMENT CENTERS    | ADDICTION VERSUS INADEQUATE PAIN CONTROL IN CHRONIC PAIN PATIENTS REFERRED FOR CHEMICAL DEPENDENCY TREATMENT |
| CRITS-CHRISTOPH, PAUL                                | NIH/BOSTON UNIV                | INFLUENCES ON THE SUSTAINABILITY OF EVIDENCE-BASED PSYCHIATRY                                                |
| CRITS-CHRISTOPH, PAUL                                | NIH/UNIV ROCHESTER             | ANALYSIS OF COUNT DATA WITH STRUCTURAL ZEROS: CTN0018 AND CNT0019*                                           |
| COYNE, JAMES                                         | NIH/YALE                       | THEORY-DRIVEN MIXED-METHODS EVALUATION OF PTSD TREATMENT IMPLEMENTATION IN VA RESIDENTIAL SETTINGS**         |
| EPPERSON, C. NEILL                                   | NIH                            | INTERACTION OF ESTROGEN AND SEROTONIN IN MODULATING BRAIN ACTIVATION IN MENOPAUSE**                          |
| EPPERSON, C. NEILL                                   | NIH                            | SEX, GABA AND NICOTINE: A 1H-MRS STUDY                                                                       |
| EVANS, DWIGHT                                        | NIH/CHOP                       | NEUROKININ 1 RECEPTOR (NK1R) ANTAGONISTS - HIV AND NEUROIMMUNOMODULATORY THERAPY*                            |
| FERRARO, THOMAS                                      | NIH                            | QUANTITATIVE GENETIC STUDY OF SEIZURES**                                                                     |
| FERRARO, THOMAS                                      | NIH/CHOP                       | GENETIC STUDY OF COMMON FORMS OF EPILEPSY                                                                    |
| FOA, EDNA                                            | NIH/UNIV WASHINGTON            | FACILITATION OF PROLONGED EXPOSURE (PE) TREATMENT FOR PTSD USING METHYLENE BLUE                              |

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| New NIH Awards (Includes New and Competing Renewals) [continued] |                                |                                                                                               |
|------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------------|
| Name                                                             | Sponsor                        | Project Title                                                                                 |
| GIBBONS, MARY                                                    | AHRQ/NIH                       | A COMPARISON OF COGNITIVE AND DYNAMIC THERAPY FOR MDD IN COMMUNITY SETTINGS                   |
| GIBBONS, MARY                                                    | NIH                            | THE DEVELOPMENT OF A THERAPIST FEEDBACK SYSTEM FOR MDD IN COMMUNITY MENTAL HEALTH             |
| GLENN, ANDREA                                                    | NIH                            | ENDOCRINE CORRELATES OF PSYCHOPATHIC TRAITS IN CHILDREN: A MULTI-SYSTEM APPROACH              |
| GUR, RAQUEL                                                      | NIH                            | NEURODEVELOPMENTAL GENOMICS: TRAJECTORIES OF COMPLEX PHENOTYPES**                             |
| GUR, RAQUEL                                                      | NIH                            | FAMILY-BASED GENOME-WIDE METHYLATION SCAN IN NEUROCOGNITION AND SCHIZOPHRENIA**               |
| GUR, RAQUEL                                                      | NIH                            | THE GENETICS OF ENDOPHENOTYPES AND SCHIZOPHRENIA                                              |
| JEMMOTT, JOHN                                                    | NIH                            | HELP US! SAVE US! HIV/STI PREVENTION INTERVENTION FOR HIGH-RISK BLACK MEN**                   |
| JEMMOTT, JOHN                                                    | NIH                            | REDUCING RISK OF HIV/STD INFECTION AMONG AFRICAN AMERICAN MEN                                 |
| KIM, SANGWON                                                     | NIH/CHOP                       | THYROID HORMONE INDUCIBLE SMALL GTPase, RHES-MEDIATED IRON TRAFFICKING AND NEURONAL FUNCTION* |
| LERMAN, CARYN                                                    | NIH                            | NICOTINE ABSTINENCE-INDUCED COGNITIVE ALTERATIONS BY COMT GENOTYPE                            |
| LERMAN, CARYN                                                    | NIH                            | FUNCTIONAL CHARACTERIZATION OF OPRM1 A118G IN NICOTINE DEPENDENCE                             |
| LERMAN, CARYN                                                    | NIH/UNIV PITTSBURGH            | BEHAVIORAL GENETICS OF MOOD-INDUCED SMOKING                                                   |
| LUCKI, IRWIN                                                     | NIH                            | REGULATION OF HIPPOCAMPAL NEUROGENESIS BY ANTIDEPRESSANTS                                     |
| LYNCH, KEVIN                                                     | NIH                            | STATISTICAL METHODS FOR SEQUENTIAL TREATMENT DECISIONS IN ALCOHOLISM**                        |
| MANDELL, DAVID                                                   | NIH/CHOP                       | DEVELOPING A COMMUNITY BASED ASD RESEARCH REGISTRY**                                          |
| MCKAY, JAMES                                                     | NIH                            | EFFECTIVENESS OF AN ENHANCED ADAPTIVE CONTINUING CARE MODEL FOR COCAINE DEPENDENCE**          |
| MCKAY, JAMES                                                     | NIH                            | EFFECTIVENESS OF EXTENDED TREATMENTS FOR DRUG DEPENDENCE**                                    |
| MOBERG, PAUL                                                     | NIH                            | OLFACTORY FUNCTION IN SCHIZOPHRENIA: A LIFESPAN ANALYSIS**                                    |
| PERLIS, MICHAEL                                                  | NIH                            | ATTENTION BIAS AS AN ETIOLOGIC FACTOR IN PRIMARY AND SECONDARY INSOMNIA*                      |
| PERLIS, MICHAEL                                                  | NIH                            | THE ROLE OF PARTIAL REINFORCEMENT IN THE LONG TERM MANAGEMENT OF INSOMNIA                     |
| PLEBANI, JENNIFER                                                | NIH                            | PHARMACOTHERAPY IMPACT ON COCAINE AND ALCOHOL-DERIVED REINFORCEMENT                           |
| ROSTAIN, ANTHONY                                                 | NIH/CHOP                       | LEADERSHIP EDUCATION IN DEVELOPMENTAL-BEHAVIORAL PEDIATRICS*                                  |
| SALZER, MARK                                                     | NIH/ILLINOIS INST TECH         | DEVELOPING CENTERS FOR INTERVENTION AND/OR SERVICES RESEARCH (DCISR)                          |
| SARWER, DAVID                                                    | NIH                            | LIFESTYLE MODIFICATION VERSUS BARIATRIC SURGERY FOR TYPE 2 DIABETES**                         |
| SATTERTHWAITE, THEODORE                                          | NIH/AMERICAN PSYCHIATRIC ASSOC | JANSSSEN RESIDENT PSYCHIATRIC RESEARCH SCHOLAR                                                |
| SCHNOLL, ROBERT                                                  | NIH                            | EFFICACY OF VARENICLINE FOR SMOKELESS TOBACCO USE IN INDIA                                    |
| SIEGEL, STEVEN                                                   | NIH                            | AN IMPLANTABLE SEMIANNUAL ANTIPSYCHOTIC DELIVERY SYSTEM                                       |
| WADDEN, THOMAS                                                   | NIH                            | LOOK AHEAD: ACTION FOR HEALTH IN DIABETES**                                                   |

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**New NIH Awards (Includes New and Competing Renewals) [continued]**

| Name              | Sponsor           | Project Title                                                                   |
|-------------------|-------------------|---------------------------------------------------------------------------------|
| WADDEN, THOMAS    | NIH               | CHANGES IN NEURAL RESPONSE TO EATING AFTER BARIATRIC SURGERY: MRI RESULTS       |
| WEINTRAUB, DANIEL | NIH/JOHNS HOPKINS | CITALOPRAM TREATMENT FOR AGITATION IN ALZHEIMER DEMENTIA**                      |
| WOODY, GEORGE     | NIH               | SUBOXONE AND METHADONE FOR HIV RISK REDUCTION IN SUBUTEX INJECTORS*             |
| WOODY, GEORGE     | NIH               | ADHERENCE TO HIV THERAPY IN HEROIN ADDICTS: ORAL VS EXTENDED RELEASE NALTREXONE |

**Other Federal Agencies**

| Name          | Sponsor                                      | Project Title                                                      |
|---------------|----------------------------------------------|--------------------------------------------------------------------|
| DINGES, DAVID | NATIONAL SPACE BIOMEDICAL RESEARCH INSTITUTE | OBJECTIVE MONITORING OF CREW NEUROBEHAVIORAL FUNCTIONS IN MARS 520 |

**Other Agencies and Organizations**

| Name                 | Sponsor                                            | Project Title                                                                                                                                                            |
|----------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BERRETTINI, WADE     | PRICE FOUNDATION                                   | SNP ANALYSIS AND FUNCTIONAL STUDIES OF CANDIDATE GENES IN ANOREXIA NERVOSA                                                                                               |
| EPPERSON, C. NEILL   | MARCH OF DIMES BIRTH DEFECTS FOUNDATION            | EFFECT OF COGNITIVE PROCESSING THERAPY IN REDUCING POST-TRAUMATIC SYMPTOMS AND ENHANCING BIRTH OUTCOMES IN PREGNANT WOMEN WITH A PREVIOUS PREGNANCY LOSS OR COMPLICATION |
| FABRICATORE, ANTHONY | AMERICAN DIABETES ASSOCIATION                      | CONTINUOUS GLUCOSE MONITORING TO IMPROVE GLYCEMIC STABILITY AND REDUCE OXIDATIVE STRESS IN LIFESTYLE-TREATED PATIENTS WITH TYPE 2 DIABETES                               |
| KIM, SANGWON         | CHOP/THE PHILADELPHIA FOUNDATION                   | ENHANCING AND EXPANDING RESEARCH PROJECTS IN MENTAL RETARDATION*                                                                                                         |
| WEINTRAUB, DANIEL    | MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH | NALTREXONE FOR IMPULSE CONTROL DISORDERS (ICDs) IN PARKINSON'S DISEASE                                                                                                   |

**Clinical Trials**

| Name             | Sponsor                                         | Project Title                                                                                                                                                                                                    |
|------------------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ALLISON, KELLY   | FOREST LABORATORIES, INC.                       | BRAIN IMAGING AND TREATMENT STUDIES OF THE NIGHT EATING SYNDROME STUDY                                                                                                                                           |
| ARNOLD, STEVEN   | AMER COLLEGE OF RADIOLOGY                       | ACRIN 4003 PI*                                                                                                                                                                                                   |
| ARNOLD, STEVEN   | ELI LILLY AND COMPANY                           | EFFECT OF LY2062430, AN ANTI-AMYLOID BETA MONOCLONAL ANTIBODY, ON THE PROGRESSION OF ALZHEIMER'S DISEASE AS COMPARED WITH PLACEBO                                                                                |
| ARNOLD, STEVEN   | PFIZER, INC.                                    | THE EFFECTS OF DONEPEZIL ON REGIONAL CEREBRAL BLOOD FLOW IN EARLY ALZHEIMER'S DISEASE                                                                                                                            |
| GUR, RAQUEL      | ASTRAZENECA LP                                  | AZD8529 IN SCHIZOPHRENIA: EARLY SIGNAL OF EFFICACY FOR COGNITION AND NEGATIVE SYMPTOMS                                                                                                                           |
| HUEGE, STEVEN    | PREMIER RESEARCH INTERNATIONAL                  | A RANDOMIZED CONTROLLED TRIAL TO ASSESS THE EFFICACY OF MEDICAL FOOD IN PATIENTS WITH MILD TO MODERATE ALZHEIMER'S DISEASE USING ALZHEIMER'S DISEASE MEDICATION Alz.1.C/C                                        |
| PETTINATI, HELEN | FAST-TRACK DRUGS & BIOLOGICS, LIC (through NIH) | A PHASE 2, DOUBLE-BLIND, PLACEBO CONTROLLED TRIAL TO ASSESS THE EFFICACY OF LEVETRIACETAM EXTENDED RELEASE IN VERY HEAVY DRINKERS                                                                                |
| PETTINATI, HELEN | MERCK & CO., INC.                               | A PHASE II MULTICENTER, RANDOMIZED, DOUBLE-BLIND, TWO STAGE CLINICAL TRIAL TO EVALUATE THE EFFICACY AND SAFETY OF MK-0594 IN PATIENTS WITH ALCOHOL DEPENDENCE*                                                   |
| ROSTAIN, ANTHONY | ORTHO-MCNEIL JANSSEN SCIENTIFIC AFFAIRS, INC    | A PLACEBO-CONTROLLED, DOUBLE-BLIND, PARALLEL-GROUP, INDIVIDUALIZED DOSING STUDY OPTIMIZING TREATMENT OF ADULTS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER TO AN EFFECTIVE RESPONSE WITH OROS® METHYLPHENIDATE |

## 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](http://www.med.upenn.edu/psych/news.html)]

**Kelly Allison, PhD** was interviewed about night eating on November 17, 2009 for CBS 2 (New York)\* and on December 8, 2009 for CBS 3 (Philadelphia)\*. She noted that Penn's Center for Weight and Eating Disorders is conducting a study to test whether a drug can help regulate serotonin levels and correct Night Eating Syndrome.



A study in the January 6, 2010 *Journal of the American Medical Association* from a team of mental health researchers, including

Robert J. DeRubeis, PhD (Psychology) and **Jay D. Amsterdam, MD**, found that patients with severe depression benefit most from antidepressant medications, while those with less-severe symptoms see little or no benefit. Coverage appeared in more than 35 outlets, including the *Wall Street Journal*, CNN, *New York Times*, *USA Today*, *LA Times*, *Good Morning America*, Reuters, *Forbes*, Bloomberg, and television stations across the country. A January 15, 2010 *Psychiatric News* story\* looked into research on complementary and alternative medicines for mental health-related issues, including a study conducted by Dr. Amsterdam and colleagues at Penn that appeared in the August 2009 *Journal of Clinical Psychopharmacology*. This study found that chamomile extract may be effective in reducing the symptoms of anxiety.

In a November 8, 2009 *Philadelphia Inquirer* article\* about a missing local woman who suffers from bipolar disorder, **Christos Ballas, MD** spoke of the possible effects of her medications.

The work of **Aaron T. Beck, MD** and Martin E. P. Seligman, PhD (Psychology) was referenced in a June 17, 2010 opinion piece in *The Australian* about whether Britain's recently released report on the 1972 Bloody Sunday shootings in Northern Ireland could produce reconciliation between the parties in the conflict.

**Steven J. Berkowitz, MD** was a guest on WHYY's (Philadelphia) *Voices in the Family*\* with Dr. Dan Gottlieb on February 10, 2010, discussing the pro-

found psychological impact of natural disasters, as it affects not only those who experienced the disaster, but relief workers, media professionals, and family members.

In a story\* that aired on the CBS Evening News on April 28, 2010, Donald Silberberg, MD (Neurology) and **Wade Berrettini, MD, PhD** participated on an NIH panel looking at research about tactics to prevent Alzheimer's disease, such as exercise, cognitive games, diet and nutritional supplements. The panel concluded, according to the CBS report, that "there is no proven way to prevent or even slow down the onset of Alzheimer's."

**Gregory K. Brown, PhD** was quoted in a May 3, 2010 *Philadelphia Inquirer* article\* regarding the risk of suicide among college students.

**Anna Rose Childress, PhD** was quoted in an October 6, 2009 article\* that ran in a dozen McClatchy newspapers, looking at the effects of dopamine, a natural brain chemical that is linked to pleasure, addiction, and disease.



**James C. Coyne, PhD** was quoted in a December 8, 2009 article\* in *Psychology Today*'s "In the Trenches" blog. The article discussed how the field of neuropsychology has advanced our understanding of the brain and its neuroplastic ability to change structurally by interactions, thoughts, and actions. He was also quoted in a December 30, 2009 *New York Times* article,\* titled "Seeking a Cure for Optimism," which discussed the suggested health benefits of an optimistic attitude. The article was also posted by the *AARP Bulletin*. Dr. Coyne was also quoted in a January 2, 2010 *UK Guardian* article, titled "Smile You've Got Cancer," in connection with a review of studies of whether psychotherapy promotes the survival of cancer patients.

In a March 1, 2010 interview\* with WHYY Radio (Philadelphia), **Guy S. Diamond, PhD** discussed the important role communication plays in teen

suicide prevention.

**David F. Dinges, PhD** was quoted in an October 19, 2009 article\* on Forbes.com, regarding the role of genes in sleep regulation and duration. He and lab technician **Christopher Jones** were highlighted in an October 24, 2009 *Science News* article, "Dying to Sleep," which looked at new data about sleep's benefits, suggesting that losing sleep might increase mortality risk and compromise health. The article, by Tina Hesman Saey, PhD, won the Endocrine Society Award for Excellence in Science and Medical Journalism. Dr. Dinges was also quoted in a November 26, 2009 article\* in the *New Scientist* regarding the relationship between sleep and memory, and in a December 28, 2009 *Boston Globe* article\* examining why some people can function with little sleep, while others require eight or more hours. He discussed sleep debt recovery in a January 14, 2010 article\* in *USA Today*, which reported research showing that although chronically sleep-deprived individuals may seem near-normal when they awake, their ability to function deteriorates markedly as night falls. Dr. Dinges was also featured in a January 2010 *Men's Health* article,\* which looked at the impact sleep deficit has on productivity and health, and was quoted in an article\* on Oprah.com, discussing mid-afternoon drowsiness and how best to combat the sluggishness. His research on the consequences of sleep deprivation was featured prominently in the February 12, 2010 issue of *CQ Researcher* and his work was also highlighted in an April 20, 2010 *New Scientist* article\* looking at concentration, fatigue, and how long can we push ourselves mentally before our brain needs a break.

**C. Neill Epperson, MD** was interviewed\* on November 16, 2009 by 6 ABC (Philadelphia) reporter and new mom Erin O'Hearn about some of the challenges associated with the maternal adjustment during the transition of returning to work after childbirth. On December 22, 2009, she was interviewed on WHYY (Philadelphia) in a segment titled "Digest This: Pregnancy

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and Medications." She was also quoted in a January 5, 2010 MSNBC.com article,\* which reported that more American women are starting families at older ages. Dr. Epperson was also quoted in a March 2010 *MORE Magazine* article\* which noted that some hospitals are offering programs specifically tailored to the health issues of women over 40, after decades of ignoring the differences between men and women.

**Anthony Fabricatore, PhD** discussed dietary techniques to help put diabetics on track in a multi-story supplement\* on diabetes that appeared in the *Philadelphia Inquirer* and *Daily News* in November 2009. He was also quoted in a January 27, 2010 AOL.com *That's Fit* article\* looking at the Biggest Losers' formula of intense exercise and calorie restriction within an isolated setting, which ends abruptly.

**Edna B. Foa, PhD** was quoted in a March 15, 2010 *Wall Street Journal* article,\* which looked into new techniques for altering memories, like exposure treatment, that are raising possibilities of one day treating people who suffer from phobias, post-traumatic stress disorder, and other anxiety-related conditions.

**Philip Gehrman, PhD** and **Michael Perlis, PhD** were quoted in a May 11, 2010 article\* on ABCNews.com, which looked at 10 common sleep myths.



**Raquel Gur, MD, PhD** was interviewed by WHYY News (Philadelphia)\* on January 21, 2010 regarding a new research project she is leading, which aims to find genetic markers for different mental disorders and ways to detect problems early on. The project uses a genetic database compiled at the Children's Hospital of Philadelphia. She was interviewed on March 8 on WHYY Radio\* regarding the changes being made to the new edition of the DSM – the *Diagnostic and Statistical Manual of Mental Disorders* – which is due to be published in 2013. An April 9 WHYY Radio segment\* noted a public education forum at Penn moderated by Dr. Gur, "Healthy Minds Across America 2010: Discovering Hope Through Science." This was

one in a series of sessions sponsored by NARSAD and held at more than 40 institutions in the U.S. and Canada during April and May. Each program highlighted the latest breakthroughs in mental health research.

**Trevor R. Hadley, PhD** was featured in a September 9, 2009 WHYY Radio segment\* discussing how the passing of the Mental Health Parity Act in 2008 fits into the health care reform discussions.

**John B. Jemmott III, PhD** led a study of middle-school students that found for the first time that abstinence-only education helped to delay their sexual initiation. These findings, published in the *Archives of Pediatric and Adolescent Medicine* and first reported in the national media on February 2, 2010, are shaking up the longstanding debate over how best to prevent teenage pregnancy and sexually transmitted diseases. Coverage first appeared on ABC World News Tonight\*, CNN Headline News, Reuters, WHYY (Philadelphia)\* WebMD, NPR, Fox News, Associated Press, *Washington Post*,\* *HealthDay*, *LA Times*, *New York Times*, and TV and radio stations across the country. Continuing coverage was found on CBS3 Talk Philly (February 3),\* NBC's Today Show,\* WHYY's Radio Times (February 9), *Boston Globe* (February 15), *Philadelphia Inquirer* (February 16),\* and on Michael Smerconish's show on WPHT Radio in Philadelphia. An editorial commenting on the article was published in the *New York Times* (February 7). In addition, a March 31, 2010 article\* in the *Salt Lake Tribune* reported that Utah Sen. Orrin Hatch used the results of this study to win approval for an amendment in the Democratic health reform legislation. Sen. Hatch used the study as evidence of the need for government-funded abstinence programs.

**Deborah Kim, MD** was quoted in a December 12, 2009 *Fort Worth Star-Telegram* article\* reporting on transcranial magnetic stimulation therapy (TMS), one of psychiatry's newest tools in the treatment of severe depression that is unresponsive to medication. Also, Dr. Kim and C. **Neill Epperson, MD** were interviewed in a December 21, 2009 WHYY (Philadelphia) report\* and December 22 Webchat,\* respectively, looking at

the challenges that pregnant women with medical conditions face in efforts to balance their own health needs with those of the fetus. They discussed the impact of mood disorders and medications on pregnant women and their fetuses.



An October 27, 2009 article\* in *USA Today* highlighted research by **Tanja V.E. Kral, PhD** presented at the Annual Meeting of the Obesity Society. The

findings show that if you double the amount of a fruit side dish served at a meal, children will eat 43 percent more of the side dish and less of the more calorically-dense main entree.

**Daniel D. Langleben, MD** was quoted in a December 23, 2009 *Washington Times* article\* regarding recent studies performed by scientists from the University of Zurich which used functional magnetic resonance imaging (fMRI) to tell whether someone intends to keep a promise.

**Caryn Lerman, PhD** was quoted in an October 2, 2009 *Globe and Mail* (Toronto) article\* about whether stress can cause cancer, or even hasten a patient's death. New clues in this complicated puzzle emerged when researchers revealed a study, published in *Cancer Prevention Research*, that showed mice living in stressful conditions developed much larger cancerous tumors than those living in relatively stable conditions. Dr. Lerman and **Robert Schnoll, PhD** were quoted in several news stories in January 2010 about their *Annals of Internal Medicine* study showing that smokers who wore a nicotine patch for 24 weeks instead of the standard 8 weeks recommended for the therapy had more success trying to kick the habit and were less likely to relapse into smoking after small smoking slip-ups. The study was covered by Reuters,\* *BusinessWeek* (via Bloomberg News), the *Daily Pennsylvanian*,\* and *Health Magazine's* web site. Drs. Lerman and Schnoll were also quoted in a March 23, 2010 *Daily Pennsylvanian* article\* about stimulus grant funds aimed at decreasing smoking and obesity rates in Philadelphia and around the nation. Dr. Lerman was quoted in an April 1, 2010 WHYY Radio story\* that aired during NPR's Morning Edition

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about why nicotine addiction is so difficult to kick. She was also among the authors of an April 2, 2010 op-ed\* in the *Chicago Tribune* about how President Obama's ongoing battle with cigarettes provides an opportunity to do something to reduce the 400,000 American lives lost every year to smoking. An article appearing on US News & World Report.com and MSN.com (via *HealthDay News*\*) on April 20, 2010 describes her new research, which suggests that a

were quoted in the "Science in Court" News Feature column ("Head Case") in the March 18 issue of *Nature* on the same topic. Dr. Morse was interviewed on the May 18 Radio Health Journal show about the use of brain imaging in the courtroom.

Research conducted by **Charles P. O'Brien, MD, PhD**, former Department of Psychiatry faculty member Joseph Volpicelli, MD, PhD, and Penn colleagues at the Philadelphia VA Medical Center which led to the discovery, FDA approvals, and widespread use of naltrexone to treat alcoholism was highlighted in *TIME* magazine's "The Year in Health, A-Z."\* Dr. O'Brien and **Kyle Kampman, MD** were quoted in articles from the *New York Times* (October 5, 2009)\* and Associated Press, reporting that the vaccine-like shots developed to keep cocaine abusers from getting

**A Stunkard Weight Management Program** patient was among the 100 guests who had lost more than 100 pounds on The Dr. Oz Show's 100th episode\* on February 15, 2010. The patient, Randy, had lost an incredible 144 pounds since starting at the Stunkard Center in September 2009. The "Oz 100" guests provided their tips for losing weight and keeping it off, learned how their bodies changed for the better without the extra weight, and exercised with Richard Simmons.

set length of time for using the nicotine patch may not work for all smokers trying to kick the habit. The study was reported at the Annual Meeting of the American Association of Cancer Research in Washington DC.

**David S. Metzger, PhD** was quoted in a March 20, 2010 *Philadelphia Inquirer* article\* that reported on a spike in syphilis cases and sharp cuts in state funding to Philadelphia for HIV/AIDS. These funding reductions are presenting a challenge to public-health workers tasked with preventing the spread of sexually transmitted diseases.



**Stephen J. Morse, JD, PhD** was quoted in a December 4, 2009 *New York Times* article\* regarding the mental competence to stand trial of the man charged with

the kidnapping of Elizabeth Smart. He was also quoted in a February 23, 2010 story ("A Mind of Crime") in *Miller-McCune* magazine, which examined whether functional magnetic resonance imaging (fMRI) is appropriate for use in court proceedings, specifically to assess the legal culpability of convicted murderers. Dr. Morse and **Ruben Gur, PhD**

high also helped them fight their addiction in the first successful rigorous study of this approach to treating illicit drug use. Dr. O'Brien was also quoted in a November 9, 2009 *Inside Science News* article\* which discussed why failed dieters may be pushed to over-eat, not by their stomachs, but by their brains. In February 2010, he discussed updates to the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* with *USA Today* (February 9)\*, *HealthDay News* (February 10)\* (via *US News & World Report* and *BusinessWeek*), and ABC News (February 10)\*. One proposed change is to replace substance abuse and dependence with "addiction and related disorders." Dr. O'Brien is chair of the *DSM-V* working committee for substance-related disorders. On March 1, Dr. O'Brien was quoted in a *Philadelphia Inquirer* article,\* which looked into the controversial subject of sex addiction, in light of Tiger Woods' recent public apology.

**John P. O'Reardon, MD** was interviewed in a September 14, 2009 WHYY (Philadelphia) Radio segment\* regarding a nationwide study which used brain imaging to test patients' responses to an anti-depressant one week after they started taking it.

A January 15, 2010 article\* in *Psychiatric News* reported on several addiction research studies presented at the December 2009 American Academy of Addiction Psychiatry Annual Meeting. **David W. Oslin, MD** discussed the effect of a single genetic mutation on large differences in patients' responses to naltrexone treatment. He was also interviewed in an April 12, 2010 *New York Times* article\* regarding the effect that alcohol has on aging drinkers.



**Michael Perlis, PhD** was quoted in an October 24, 2009 *Science News* article\*, "Sleep Gone Awry," which looked at causes and cures of sleep disorders. Also, the research of Dr. Perlis, Allan Pack, MD, PhD, Amita Sehgal, PhD, Susan Harbison, PhD, and Marcos Frank, PhD was highlighted in an October 24, 2009 *Science News* article,\* "The Why of Sleep." The piece talks about how studies in humans and animal models reveal the multi-purposes of sleep. Dr. Perlis is also quoted in an Associated Press article discussing the placebo effect and its relationship with conditioning.

**Helen M. Pettinati, PhD** and other researchers at the Center for Studies of Addiction reported in the March 15, 2010 issue of the *American Journal of Psychiatry* that combining sertraline (Zoloft) and the opioid antagonist naltrexone keeps depressed alcoholics sober better than either drug alone or placebo. Coverage appeared in *HealthDay*\* (March 15), *MedPage Today*\* (March 15), and various broadcast TV outlets.

According to a study by **Adrian Raine, DPhil** and Yu Gao, PhD published in the *American Journal of Psychiatry* (November 16, 2009 on-line), poor fear conditioning at the early age of 3 can predispose that person to break the law as an adult. Coverage appeared in the *New Scientist*, *Psychiatric News*,\* *Reuters*,\* *HealthDay*,\* *Los Angeles Times* blog, and CBS television stations in Philadelphia and New York, among others. Dr. Raine was also quoted in a November 30, 2009 *Wall Street Journal* article\* discussing biological traits of psychopathic killers.

**Mark S. Salzer, PhD** was featured on Dr. Dan Gottlieb's "Voices in the Family: Living with Mental Illness"\* on WHYY (Philadelphia) Radio. He highlighted new mental illness initiatives, including

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a program he is involved with at Horizon House, called Education Plus, which provides supports for college students with serious mental illnesses. Dr. Salzer was also interviewed in a December 14, 2009 WHYY radio segment\* about the approach to mental health known as the recovery model, which stresses patient autonomy and quality of life, instead of merely controlling symptoms. He also commented in a January 27, 2010 WHYY Radio story\*, which reported that Pennsylvania lawmakers are considering a novel idea to deal with prison overcrowding. Members of the House Judiciary Committee are looking into the possibility of moving prisoners with mental illnesses into state mental hospitals. On a February 26, 2010 WHYY Radio program\*, Dr. Salzer discussed early enthusiasm in the "Ten by Ten" campaign, which set out to reduce early mortality among the mentally ill by 10 years over the next 10 years, as well as challenges to provide primary health care for people with mental illness.



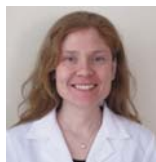
**David B. Sarwer, PhD** was interviewed for a November 2009 *Prevention Magazine* article titled "The 3 Day Diet Recovery Plan" and for a December 11, 2009 *Forbes.com* article\* titled "Is Elective Surgery for You?", which noted that risk-averse, depressed people have worse outcomes after many operations. He was quoted in a January 7, 2010 *USA Today* article\*, titled "Food Allergy Sufferers Find Socializing Tricky," regarding food allergies and complications experienced by allergy sufferers. This article\* also appeared in the *Chicago Sun-Times*.

**Steven L. Sayers, PhD** was interviewed on January 11, 2010 on WHYY's (Philadelphia) Behavioral Health Desk about issues experienced by family members of military veterans returning from Iraq and Afghanistan.

**Andrea Spivack, MA, RD, LDN**, a registered dietitian with the Stunkard Weight Management Program, was quoted in a November 10, 2009 CBS 3 (Philadelphia) segment\* about a new burrito diet, noting that with the right kind of ingredients, the burrito diet can be a sensible plan. Also, Ms. Spivack and **David Sarwer, PhD** com-

mented in a November 2009 *Prevention.com* article\* on what people can do to make up for "last night's dinner." She was also quoted in a December 8, 2009 article\* in the *Delaware News Journal*, which looked at the increased focus on vitamin D, spurred by several medical studies that have found the vitamin may play a more important role in the body than scientists ever thought. Ms. Spivack provided advice on healthy eating in a January 14, 2010 *Philadelphia Inquirer* article\* that discussed food as medicine, and she commented in a March 29, 2010 6 ABC (Philadelphia) story\* about a new fasting diet, which allows dieters to eat for only five consecutive hours each day.

**Annie Steinberg, MD** was quoted in a November 30, 2009 article\* in the *Philadelphia Inquirer*, which looked at a young man's struggle with crime and mental illness.



**Marion Vetter, MD, RD**, medical director of the Center for Weight and Eating Disorders, led a study which reported that obese men and women regained nearly all the weight they had lost three years after going on a low-carbohydrate "Atkins"-type diet, while those on a low-fat, calorie-reduced diet continued to gradually lose weight over time. The study, published in the March 2, 2010 issue of the *Annals of Internal Medicine*, was covered on March 1 by articles in *HealthDay*\* and *WebMD*\* and by an ABC affiliate in Denver. The study also received coverage on March 12 by *msnbc.com*.

A research study led by Penn Professor of Epidemiology Shiriki Kumanyika, PhD, MPH, in conjunction with **Thomas A. Wadden, PhD**, showed that enrolling in a weight loss program with a family member or friend

CBS 3 (Philadelphia) reported\* on March 11, 2010 about a joint study between the Department's **Center for Weight and Eating Disorders** and the Department of Surgery's Bariatric Surgery Program. Investigators are examining three different potential treatment options for Type 2 diabetes – gastric bypass, a lap band, or diet and lifestyle modification – to see which is most effective. Researchers are accepting diabetics with a body mass index between 30 and 39, who are not typically candidates for surgery because they are not heavy enough.

appears to help African Americans shed more pounds, but only if the involved partner attends sessions frequently or also loses weight. The article, published in the *Archives of Internal Medicine*, was mentioned in an October 26, 2009 *HealthDay* article\* and on several Fox and NBC affiliates. Dr. Wadden was also quoted in a March 9, 2010 *Marketplace* story\* on American Public Radio, discussing Jenny Craig's new weight-loss centers in France.

**Daniel Weintraub, MD** and other Penn Medicine researchers have found that Parkinson's drugs can nearly triple the odds that people develop impulse control problems such as gambling, binge eating, shopping sprees, and compulsive sexual behaviors. Coverage appeared on May 10, 2010 in *Reuters*\*, *LA Times Booster Shots* blog, *Medpage Today*, the *UK Press Association*, *HealthDay* via *BusinessWeek*, and *WTOP Radio* in Washington, DC.

**Monnica T. Williams, PhD** was interviewed on *WDAS FM Clear Channel Radio* about "African Americans and Obsessive-Compulsive Disorder" in March 2010.

**Elna Yadin, PhD** provided advice in a September 30, 2009 *Philadelphia Inquirer* story about people coping with hoarding, a type of obsessive compulsive disorder. ❖

## NEW FACULTY



**Steven J. Berkowitz, MD** joined the Department in September 2009 as an Associate Professor of Clinical Psychiatry. He works at the Hall-Mercer Community Mental Health and Mental Retardation Center at Pennsylvania Hospital.

Dr. Berkowitz earned a BA from St. Johns College in 1982 and an MD from the Hahnemann University College of Medicine in 1989. He then completed a residency in Psychiatry at the Yale University School of Medicine, followed by one in Child and Adolescent Psychiatry at Yale's Child Study Center. After two years as an Associate Research Scientist at the Center, he was a faculty member at Yale from 1997 to 2009, earning appointment as Associate Professor in 2008, before coming to Penn.

Dr. Berkowitz' primary focus is Public Sector Child and Adolescent Psychiatry, with an emphasis on the development and evaluation of mental health service interventions for children who have experienced traumatic events and/or chronic stress and adversity. Believing that treatment is best delivered in locations convenient for children and families, he has already developed two intervention programs at Hall-Mercer. The Intensive In-Home Child and Adolescent Service, a model begun at Yale and adopted state-wide in Connecticut, is a home-based psychiatric service for children and adolescents at risk of hospitalization or placement in therapeutic settings. This program provides home, community, and family-based treatment concurrent with outpatient clinic treatment.

The Penn Center for Youth and Family Trauma Response and Recovery, which Dr. Berkowitz directs, offers comprehensive evaluation and treatment services for children ages 2 to 18 who suffer from post-traumatic stress symptoms. Unique to the program is its capacity to provide a secondary prevention model, developed by Dr. Berkowitz, for children who show symptoms after a recent exposure. The Child and Family Traumatic Stress Intervention (CFTSI) has been successfully adopted at four child advocacy centers in New York City, and Dr. Berkowitz is in discussions with several agencies to

adopt it here. In a pilot randomized clinical trial, CFTSI reduced chronic PTSD by 65 percent.

Dr. Berkowitz speaks to national and international audiences on intervention strategies for children with traumatic disorders, and has assumed leadership roles on National Child Traumatic Stress Network work groups and task forces. He also serves as a reviewer for multiple child and adolescent, psychiatry, and psychology journals and is the co-author of three books and multiple articles.

Dr. Berkowitz has written a grant with colleagues at the Children's Hospital of Philadelphia (CHOP) to place therapists from Hall-Mercer at the four CHOP pediatric clinics in the City. He is also discussing the possibility of providing assessment and trauma-focused treatment at CHOP's South Philadelphia site. In addition, he has been collaborating with colleagues at both the St. Christopher's Hospital for Children and CHOP Emergency Departments to provide the CFTSI to children treated and released after incidents of interpersonal violence.



**Philip R. Gehrman, PhD, CBSM** joined the Department in August 2009 as an Assistant Professor of Psychology in Psychiatry, with a secondary appointment as Assistant Professor in the School of Nursing. Dr.

Gehrman is Clinical Director of the Behavioral Sleep Medicine Program, a member of the Penn Sleep Center, and a Clinical Psychologist at the Philadelphia VA Medical Center.

Dr. Gehrman received a BA at Penn in 1994, where he was a student in the University's Biological Basis of Behavior Program. He went on to earn an MA in Psychology from San Diego State University in 1998 and a PhD in Clinical Psychology from the University of California at San Diego in 2003. He completed his graduate training in Clinical Psychology with a pre-doctoral internship at the Durham VA Medical Center (2003) and a post-doctoral fellowship in sleep medicine at Penn (2004). From 2004 to 2008, he was Assistant Professor of Psychology in the Department

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of Social Sciences at the University of the Sciences in Philadelphia, before moving to Penn as an Instructor in the Department of Psychiatry.

Dr. Gehrman's research focuses on uncovering the mechanisms of insomnia, as well as expanding treatment options. He is currently investigating how insomnia may be associated with heightened reactivity of the stress response system. Other projects focus on sleep and nightmares in military veterans and some early work on the genetics of insomnia. He is a recognized author in this important field, and is Principal Investigator on a two-year grant funded by the National Institute of Mental Health titled "Stress Reactivity in Insomnia." As a clinician, his primary emphasis is providing cognitive behavioral interventions for sleep disorders, and he has been a frequent lecturer on therapeutic options for insomnia.

Dr. Gehrman is also an accomplished educator and has been recognized at San Diego State University and the University of the Sciences for his teaching abilities.

Dr. Gehrman is active nationally in the sleep medicine discipline. He is a reviewer for *Sleep*, *Behavioral Sleep Medicine*, and the *Journal of Clinical Sleep Medicine*. He is also a former Chair of the Associated Professional Sleep Societies (APSS) Trainee Program Committee of the Sleep Research Society and currently serves as Chair of the Behavioral Sleep Medicine Task Force of the American Academy of Sleep Medicine's Insomnia Section.

At Penn, Dr. Gehrman is working closely with Michael Perlis, PhD to build the clinical, research, and education and training components of the Department's Behavioral Sleep Medicine Program.



#### **Daniel H. Wolf, MD, PhD**

joined the Department in September 2008 as an Assistant Professor of Psychiatry. He is a member of the Department's Neuropsychiatry Section and Schizophrenia Research Center.

Dr. Wolf earned an AB in Biology from Harvard University in 1992, and obtained a PhD in Neuroscience (2000) and MD (2001) from Yale University. His PhD work, conduct-

ed with the guidance of Eric Nestler, MD, PhD and David Russell, MD, PhD, focused on the effect of chronic morphine administration on neurotrophic factor signaling proteins in the dopaminergic reward system in rats. This work inspired his ongoing fascination with the neural systems that regulate reward and motivation. Dr. Wolf completed his Psychiatry residency at the Massachusetts General Hospital/McLean Adult Psychiatry program, where he was Chief Resident of the Schizophrenia and Bipolar Disorder Program and worked with Stephan Heckers, MD. In 2005, he began a three-year Neuropsychiatry Fellowship at Penn with Raquel Gur, MD, PhD and Ruben Gur, PhD. After completing the Fellowship, he joined the Department faculty.

During his residency, Dr. Wolf developed a strong research interest in functional neuroimaging (fMRI) and emotional deficits in schizophrenia, which he carried into his Penn Fellowship. He is now developing a translational research program to study the neural mechanisms of emotional and motivational deficits in schizophrenia. By utilizing pharmacological challenges during fMRI neuroimaging, together with detailed clinical and behavioral assessments, Dr. Wolf hopes to relate specific negative symptoms of schizophrenia to dysfunction in distinct emotion-processing circuits, and develop better methods for assessing novel therapeutic interventions. He is developing active collaborations with geneticists, animal researchers, and pharmaceutical industry scientists in order to facilitate clinical translation of basic neuroscientific discoveries.

Dr. Wolf has been the recipient of numerous research awards and honors, including, 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. He is currently Principal Investigator on a career development grant from the National Institute of Mental Health titled "Functional Neuroimaging of Reward and Motivation Deficits in Schizophrenia."

Dr. Wolf also provides longitudinal outpatient care to individuals with schizophrenia and other neuropsychiatric disorders. As an Attending in the Neuropsychiatry outpatient clinic, he combines clinical care with teaching and supervision of Psychiatry residents and other staff. He also presents lectures on schizophrenia and brain imaging to Psychiatry residents, medical students, and nursing students. In the Fall of 2009, he was one of the speakers in the Department of Psychiatry's Grand Rounds program. ❖

## Cornerstones

### Recognizing the significant achievements of our faculty and staff

According to the Centers for Disease Control and Prevention, about one in five American adults smoke, and over 440,000 die each year as a result. The National Institute on Drug Abuse reports that smoking costs the nation \$96 billion in health care expenses annually, with an additional \$97 billion in lost productivity.

The proportion of American adults who smoke is unacceptably high, but the good news is that this number is *half* of the 42.4 percent of American adults who smoked in 1965, the year after the Surgeon General's report linking smoking and disease. Research on nicotine addiction, new smoking cessation treatments, and public awareness campaigns stressing the dangers of tobacco use have all played important roles in reducing the proportion of smokers in the population.

Caryn Lerman, PhD, Mary W. Calkins Professor in the Department of Psychiatry and the Annenberg Public Policy Center and Deputy Director of the Abramson Cancer Center, is an international leader in nicotine addiction research and has been contributing to this progress in each of these areas. Her interest in nicotine addiction developed over time, but her attraction to psychology emerged rather early.

"I have always been interested in the complexities of human behavior, particularly the intersection of biology and behavior," Dr. Lerman says. A Philadelphia native, she chose Penn State University for her undergraduate education because, she says jokingly, it "was rated as a top 'party school' in 1976, a very well deserved ranking." But she is also quick to add that she received "a terrific, and well-rounded, education" there, with much help from her first mentor, psychologist Thomas Borkovec, PhD.

"I had the opportunity to be part of a team conducting sleep research," she recalls. "Despite being rather spooked by being alone in the psychology lab overnight while our subjects slept, I was intrigued by the work on EEGs." Dr. Borkovec proved to be "an amazing advisor

and friend" and encouraged her to pursue a doctoral degree in clinical psychology. In 1981, after graduating from Penn State with a BS in Psychology, Dr. Lerman drove cross-country to the University of Southern California, where she began her professional journey.

At USC, Dr. Lerman teamed up with another outstanding mentor and

leading cognitive-behavioral psychologist, Gerald Davison, PhD. In the early 1980's, Dr. Davison was pioneering a novel paradigm to assess stream-of-consciousness – Articulated Thoughts in Simulated Situations (ATSS). Given her interest in behavioral medicine – and perhaps inspired by her own personality, she says – Dr. Lerman applied the ATSS paradigm to study Type A Behavior Pattern.

Dr. Lerman's experience at USC was "transformative," as she describes it. She left USC in 1984 with a Doctorate in Clinical Psychology, but as important with a deepened appreciation for research and for "the importance of mentorship." After a one-year internship in clinical and medical psychology at the Boston VA Medical Center, she was appointed Assistant Professor of Psychiatry at the Medical College of Pennsylvania in 1985 where, she remembers, "I discovered my love for research, and felt it was best to focus my energy there."

Dr. Lerman's continuing interest in behavioral medicine prompted her to accept a position at Fox Chase Cancer Center in 1988. "Once again," she points out, "I had the most wonderful mentor, Barbara Rimer, DrPH." There she learned to write grants and decided to focus on the psychological issues surrounding hereditary cancer, specifically on how high-risk family members decide to have genetic testing and how they cope with the knowledge of increased genetic risk.

Her interest in cancer genetics evolved into an interest in behavioral genetics, specifically in the genetics of nicotine addiction, during her faculty appointment at Georgetown University Medical Center in Washington,

## FACULTY SPOTLIGHT

### Caryn Lerman, PhD



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DC from 1993 to 2001. "Georgetown turned out to be a terrific place for me to spread my wings," she says, "and further develop my interests in genetics."

At Georgetown, Dr. Lerman's interests in cancer genetics led to a U01 grant for a Cancer Genetics Research Network and several R01s. One of these grants explored whether genetic testing for susceptibility to lung cancer would increase a smoker's motivation to quit. "This was 1993," she says, "and less was known about lung cancer genetics; however, we utilized a model of genetic testing for variation in enzymes involved in the activation of carcinogens in tobacco." The study showed that the motivation to quit and the number of quit attempts could be increased by genetic feedback, but not successful quitting. "At that time," she adds, "tobacco control research models suggested that knowledge, attitude, and belief change would lead to behavior change. Not so. It was obvious that this was a biological addiction, with a behavioral component."

With this insight, Dr. Lerman began her ongoing search to discern the genetic bases of nicotine addiction. Along with Peter Shields, MD and Neil Caporaso, MD at the National Cancer Institute (NCI) and Janet Audrain-McGovern, PhD, now in Penn's Department of Psychiatry, she obtained a P50 grant to fund the Transdisciplinary Tobacco Use Research Center (TTURC) to study the molecular genetics of smoking initiation, nicotine dependence, and smoking cessation. The five-year grant was awarded in 1999, supported by the NCI and the National Institute on Drug Abuse (NIDA).

Dr. Lerman's time at Georgetown established her current research focus, earned her promotion to Professor of Medicine and Psychiatry,

and gained her valuable administrative experience through leadership positions at the Georgetown's Lombardi Cancer Center. Her work brought her a high-level of national and international visibility, with multiple committee assignments at the

**Dr. Lerman's interest in cancer genetics evolved into an interest in behavioral genetics, specifically in the genetics of nicotine addiction, during her faculty appointment at Georgetown University Medical Center in Washington, DC from 1993 to 2001. "Georgetown turned out to be a terrific place for me to spread my wings," she says, "and further develop my interests in genetics."**

NCI and the NIH, editorial board memberships, and numerous speaking engagements.

Penn's academic community also took notice and, in 2001, she was lured from Georgetown by a coordinated recruiting effort. Simultaneously, she joined the School of Medicine's Department of Psychiatry and the Annenberg School for Communication's Public Policy Center as Professor and Director of the Tobacco Use Research Center. She was also recruited as the Abramson Cancer Center's Associate Director for Cancer Control and Population Sciences. She says enthusiastically that her connection with each of these entities over the last decade has been a "wonderful opportunity for professional and personal growth."

Penn's recruitment package was supplemented two years later with an additional honor. In 2003, Dr. Lerman was appointed to the first endowed professorship created as part of a \$100 million gift to the

Annenberg School from the family of Walter Annenberg. Appointment to a named chair is common in academia, but the Annenberg School's tradition is to allow the recipient to name the professorship. Dr. Lerman chose to name her professorship after Mary

Whiton Calkins, the first female president of the American Psychological Association in 1905 and president of the American Philosophical Association in 1918. Professor Calkins attended Harvard University in the late 1800s, and was a student of William James, but Harvard's President Charles Eliot denied her status as a registered student and, ultimately, entrance into a PhD program in psychology because she was a woman. In a University of Pennsylvania *Almanac* article in April 2003, Dr. Lerman said that "one reason I chose to honor her was to rectify that old injustice, as well as to call attention to the contributions she made to the field of psychology."

Dr. Lerman brought the NIH P50 grant, the TTURC, with her to Penn. It operated as a joint center with Georgetown until 2004 when it was renewed for five years as a Penn entity under her leadership, with the University of Pittsburgh and Temple University as collaborating institutions. When the NIH discontinued the competitive RFA mechanism that had funded the TTURC, Dr. Lerman and Julie Blendy, PhD in the Department of Pharmacology obtained a \$9.3 million P50 grant through the NIH's standing Center review mechanism to support the Center for Interdisciplinary Research on Nicotine Addiction (CIRNA), in effect replacing the TTURC. This new NCI grant runs through 2014.

CIRNA focuses on nicotine addiction, medication development, and pharmacogenetics, aiming to translate research in neuroscience, pharmacology, and genetics to novel clinical research applications. "The

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co-leadership of the Center from both a clinical and basic science department highlights its translational focus and underscores the importance of combining preclinical and clinical research approaches to better understand nicotine dependence and its treatment," Dr. Lerman emphasizes.

Dr. Lerman and her team attack nicotine addiction from multiple directions. Using a pharmacogenetic approach, this work is validating genetically-targeted therapies for nicotine addiction, seeking "personalized" smoking cessation treatments. In addition, Dr. Lerman has made several key contributions through work on the clinical neuroscience of nicotine addiction, achieved in close collaboration with colleagues at Penn, specifically James Loughead, PhD, Ruben Gur, PhD, and Ze Wang, PhD in the Department of Psychiatry and John Detre, MD in the Department of Neurology. This team has characterized the genetic and neural substrates of abstinence-induced cravings to smoke<sup>1</sup> and of abstinence-induced cognitive deficits that promote smoking relapse.<sup>2,3</sup> In addition, with Robert Schnoll, PhD and Paul Wileyto, PhD in the Department of Psychiatry, David Asch MD in Medicine, and Dan Heitjan PhD in Epidemiology and Biostatistics, she has established the value of extended duration therapy for nicotine dependence treatment, and the pharmacogenetics of the efficacy of treatment duration.<sup>4</sup> This work challenges current practices for the acute treatment of nicotine dependence in suggesting that extended, or even maintenance therapy, may be needed to help smokers stay abstinent.

Dr. Lerman's close connection with the Annenberg School nourishes another of her primary research interests. As part of the Center of Excellence in Cancer Communication Research, led by Robert Hornik

PhD, she collaborates with Andrew Strasser, PhD in the Department of Psychiatry and Joseph Cappella, PhD in the Annenberg School to evaluate anti-tobacco advertisements to improve message content and format. The goal is to design more effective media campaigns to motivate smokers to quit.

**Dr. Lerman and her team attack nicotine addiction from multiple directions. Using a pharmacogenetic approach, this work is validating genetically-targeted therapies for nicotine addiction, seeking "personalized" smoking cessation treatments.**

One of Dr. Lerman's important contributions has been to validate a specific genetically-informed biomarker as a useful diagnostic tool to help physicians custom-tailor drug therapies for nicotine dependence.<sup>5</sup> Research had previously shown that the polymorphic enzyme CYP2A6 metabolizes between 70 to 80 percent of nicotine in humans and that it also activates some of the carcinogens in tobacco smoke. Inhibiting this enzyme reduces craving for nicotine. The critical findings by Dr. Lerman and her team that the nicotine metabolite ratio (NMR: 3'-hydroxycotinine/cotinine) influences an individual's success with different smoking cessation medications may lead to customized therapies to surmount genetic barriers in smokers who wish to stop.

This potential genetic connection

was learned in studies conducted since 2005 with both Penn scientists, Drs. Schnoll and Wileyto, and non-Penn researchers Rachel Tyndale, PhD at the University of Toronto and Neal Benowitz, MD at the University of California at San Francisco. It is of such potential importance that the NIH is funding Dr. Lerman and this team to conduct a large multi-site translational clinical trial involving 1350 smokers to further test its validity by comparing alternative therapies for smoking cessation. Funding, as part of the NIH Pharmacogenetics Research Network, is provided by the NIDA, NCI, and National Institute of General Medical Sciences.

This national clinical study, set to begin July 1, 2010, is called the Pharmacogenetics of Nicotine Addiction Treatment (PNAT) research program and will be led by Dr. Lerman and Dr. Tyndale. Penn will be the prime institution for this program, which includes collaborations with seven major medical centers in the U.S. and Canada. Additional Penn faculty participating in the trial include Dr. Schnoll in the Department of Psychiatry; Dan Heitjan, PhD, Richard Landis, PhD, and Robert Curley, MS in the Department of Biostatistics and Epidemiology; Frank Leone, MD in the Department of Medicine (Pulmonary Medicine); and Daniel Polsky, PhD and Henry Glick, PhD in the Department of Medicine and the Leonard Davis Institute for Health Economics. In addition to studying the role of variation in genes involved in nicotine pharmacokinetics, Dr. Lerman and her colleagues will study the contributions of genetic variation in neuronal nicotinic receptors and genes in other neurochemical pathways important in nicotine's rewarding effects.

Dr. Lerman's research contributions have gained her substantial and international recognition and visi-

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bility. She has been a recipient of the Society of Behavioral Medicine New Investigator Award (1989), which was presented to her by Penn Psychiatry's Albert Stunkard, MD, as well as the American Psychological Association Early Career Award for Outstanding Contributions to Health Psychology (1995), the Joseph Cullen Award for Tobacco Research from the American Society of Preventive Oncology (2004), the American Cancer Society Cancer Control Award (2007), and the Alton Ochsner Award for Research Relating Tobacco and Health from the American College of Chest Physicians (2007). She has served on the NCI Board of Scientific Advisors and the National Advisory Council for Human Genome Research, and currently serves on the National Advisory Council for NIDA. Dr. Lerman is the President of the Society for Research on Nicotine and Tobacco and will serve through 2011.

Complementing Dr. Lerman's extensive research attainments is her deep commitment to teaching. "My experiences have taught me about the importance of mentorship," she says. "Therefore, I focus my educational efforts on one-to-one mentoring of graduate students, post-doctoral fellows, and junior faculty. Seeing young people develop and succeed in their careers is highly rewarding." In recognition of her work as a mentor, Dr. Lerman received the 2009 Arthur Asbury Award for Outstanding Faculty Mentor from the School of Medicine.

At Penn, Dr. Lerman plays an important role in the Abramson Cancer Center, where she has served as Scientific Director and Deputy Director since 2006. Her main responsibilities have been to facilitate transdisciplinary research by leading a scientific strategic planning effort and working with other Cancer Center leaders to facilitate cancer-related research across basic,

clinical, and population science.

Although she has been at Penn for less than a decade, Dr. Lerman's career has blossomed here, in part due to the welcoming environment. "The Psychiatry Department, School of Medicine, Abramson Cancer Center, and the Annenberg School," she says, "have provided amazing opportunities for collaborative research. I have learned an enormous amount from my colleagues, and being at Penn has provided opportunities for me to develop research in new areas, such as neuroscience and communication. The collegial environment and the team science at Penn are most important to me."

Dr. Lerman also finds time to fit in activities outside of work. "I love to travel, typically on hiking trips and trips to explore ancient archeological sites," she says. "My husband and I live on a small farm in Chadds Ford with our 13-year old Golden Retriever Hillary, named after Hillary Clinton, where we grow organic asparagus, among other things."

Recharging the batteries is a good thing, because the task before Dr. Lerman and others in her field is formidable. Forty-six million American adults yet smoke, a stubborn statistic despite decades of improvement. "People still smoke because nicotine is highly addictive," says Dr. Lerman. "Our hope is that through research to develop new medications and to improve strategies for delivery, perhaps through personalized medicine, we can improve treatment and reduce the burden of tobacco use in the U.S. and abroad." Those goals aptly describe Dr. Lerman's most worthy lifelong quest. ❖

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<sup>2</sup>Loughead J, Wileyto EP, Valdez JN, Sanborn P, Tang K, Strasser AA, Ruparel K, Ray R, Gur RC, Lerman C. Effect of abstinence challenge on brain function and cognition in smokers differs by COMT genotype. *Molecular Psychiatry*, 2009; 14(8): 820-826 (PMID19065145).

<sup>3</sup>Loughead J, Ray R, Wileyto EP, Ruparel K, Sanborn P, Siegel S, Gur RC, Lerman, C. Effects of the  $\alpha 4\beta 2$  partial agonist varenicline on brain activity and working memory in abstinent smokers. *Biological Psychiatry*, in press.

<sup>4</sup>Schnoll RA, Patterson F, Wileyto EP, Heitjan D, Shields AE, Asch D, Lerman C. Efficacy of extended duration transdermal nicotine therapy: a randomized trial. *Annals of Internal Medicine*, 2010; 152 (3): 144-151, (PMID: 20124230); Lerman C, Jepsen C, Wileyto EP, Patterson F, Schnoll R, Mroziewicz M, Benowitz N, Tyndale RF. Genetic variation in nicotine metabolism predicts the efficacy of extended duration transdermal nicotine therapy. *Clinical Pharmacology & Therapeutics*, in press.

<sup>5</sup>Lerman C, Tyndale R, Patterson F, Wileyto EP, Shields PG, Pinto A, Benowitz N. Nicotine metabolite ratio predicts efficacy of transdermal nicotine for smoking cessation. *Clinical Pharmacology & Therapeutics*, 2006; 79(6):600-608; Patterson F, Schnoll RA, Wileyto EP, Pinto A, Epstein LH, Shields PG, Hawk LW, Tyndale RF, Benowitz N, Lerman, C. Toward personalized therapy for smoking cessation: a randomized placebo-controlled trial of bupropion. *Clinical Pharmacology & Therapeutics*, 2008; 84, 320-325 (PMID18388868); Schnoll RA, Patterson F, Wileyto EP, Tyndale RF, Benowitz N, Lerman C. Nicotine metabolic rate predicts successful smoking cessation with transdermal nicotine: a validation study. *Pharmacology, Biochemistry and Behavior*, 2009; 92(1):6-11 (PMID19000709; PMC2657225; NIHMS96728).

"I am a humanist," says Perry Ottenberg, MD, Clinical Professor in Penn's Department of Psychiatry. "I've spent sixty years as a therapist. It permeates my being. It's awfully hard to summarize it."

Appending labels like scholar, educator, social critic, political activist, family man, indefatigable reader, and art collector partially completes the portrait. Attaching other descriptors – outspoken, intense, passionate, independent, loyal, and disarmingly sincere – brings us closer to the mark.

Filling out that elusive summary might begin with the first moniker that applied before any other – Philadelphian. Born and raised in the Oak Lane section of the city, Dr. Ottenberg went to Philadelphia public and private schools, graduated from Central High, and attended Temple University for a year. After three years in the U.S. Army during World War II and seven at Harvard University, where he earned an AB in 1948 and an MD in 1952, Dr. Ottenberg returned home. Since then, he has lived, worked, and raised his family in his native city.

Leaving Harvard was not easy. "The longer I was there, the better I did. I had never lived in a system that was so meritorious." Then, why reconnect with Philadelphia? "I was loyal," Dr. Ottenberg remembers. That loyalty first extended to his family – his parents and siblings and later his wife June of 58 years (and counting), his four children, and nine grandchildren.

Soon, his loyalty embraced Penn and its Department of Psychiatry, beginning in 1952 when he did his rotating internship at the Hospital of the University of Pennsylvania (HUP). He continued his training with a psychiatry residency at the Institute of Pennsylvania Hospital and HUP – institutions offering "the best psychiatric training and faculty from my point of view," he says. Dr. Ottenberg also completed a four-year course of study at the Philadelphia Association of Psychoanalysis and his personal psychoanalytic therapy. In 1956, he joined the faculty of Penn's Psychiatry Department as a Research Fellow and Instructor and proceeded to climb the faculty ranks, earning appointment as Clinical Professor in 1970.

Dr. Ottenberg continues to prize his relationship with Penn. "I'll do what the Department wants me to do," he says with

a touch of humor. "I want to get off and they won't let me. I'm still on committees, all kinds of things."

Dr. Ottenberg is proud of being a physician. "Perhaps I became a doctor because, at an early age, my family life, my education, and the Depression made me sensi-

Columbia psychiatrist with a special concern for society's poor and disadvantaged, introduced him to "social psychiatry to expand my horizon into the world of need," he says.

"When you get one mentor who helps you, but then you get three!" Dr. Ottenberg exclaims with reverence and appreciation. "I had great preceptors. You put people in that circumstance, everything is serious."

## VOLUNTARY FACULTY PROFILE

### Perry Ottenberg, MD



tive to the suffering of others," he said to writer Jane Biberman for a 1984 *Pennsylvania Gazette* story. "I would add now that I loved education," he says today. "I loved the schools and the time I spent in school with faculty, with mentors. The process itself was meritorious. I love a system where you are judged by your own achievement. When you work hard, you should get some reward for what you do and recognition, and medicine had that in it for me."

Psychiatry and internal medicine vied for selection as his life's work, a choice he made during his residency. "I felt more comfortable in psychiatry," he recalls. "Psychiatry was open-ended, where with some of the other specialties you were really caught in a much tighter training system. You get directed into your sub-specialty."

Mentors were integral to Dr. Ottenberg's education. "Mentors have played a major, major psychological role in my specialization," he says, and three stand out. At Harvard, world-acclaimed sociologist Talcott Parsons, PhD taught "me how to think about generalizations in society and the collectivity," he recalls. Marvin Stein, MD, his tutor and mentor at Penn, schooled him in methodology. Viola Bernard, MD, a

His beneficial relationships with his own mentors inspired his own path to teaching. In a 1988 interview given to Mike Mallowe for *Philadelphia Magazine*, he said, "I'm willing to teach for nothing, to supervise for nothing. I'm the old style." Fittingly, in 2005, he was the first recipient of the Department of Psychiatry's Annual Award for Clinical Faculty, given "in gratitude for his long commitment to the growth and development of residents and students."

Dr. Ottenberg cherishes his ties to the organizations that have shaped his career. "I'm at Penn because Penn was so damn good to me, and Harvard was good to me, and my training in analysis was good to me." He adds, with distinct emphasis, "I've had such nice experiences with institutions."

Yet, those institutional ties have never dulled his independent streak. That trait surfaced at age 12 when he dropped his given first name (Bernard) to adopt his middle name – Perry – as his new first name. "I was having an identity problem," he says. "I wanted to get liberated from my family. In a funny way, I spent years being independent. I didn't want to be a burden on anybody. I put independence, self-reliance, making a living high on my list."

His desire to make a living propelled him into opening a private practice as soon as he completed his residency in 1956. "When I started in 1952 as an intern, it was the first year they ever paid an intern," Dr. Ottenberg remembers. "So we got \$24 a month. I used to wear the blue scrub suits because I didn't want to spend money on laundry. I used to eat in the hospital dining room – we couldn't afford to go out to eat every meal."

A Freudian psychiatrist by training and choice, Dr. Ottenberg endorses the psychoanalytic approach over alternative approaches to therapy. "I think that when you get into a dynamic frame of reference – and Freud really opened up that avenue

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of imagination, thought, work, therapy – that without that, you hardly know what’s going on,” he says.

He has made his living as a distinguished therapist for almost six decades, and he loves it. “I do my own testing about whether somebody wants to get well, who wants to change,” he says. “I’m not afraid of a psychotic. I’m not afraid of a severe neurotic or a chronic problem. I don’t care about how long it’s been there – I care about how the person wants to work. Are they willing to work on it? It’s a kind of new experience with each case. It’s wonderful. You meet another human being in an office, privately, with no-holds barred. It’s amazing.”

Dr. Ottenberg recognizes the importance of treating patients from different backgrounds equally. “You always have to be aware of the double standard,” he reminds us. “When you go from one setting to another, you cannot change your standards. You would rip yourself apart. I can’t do that. You can’t be second-rate in one setting and call it first-rate.”

The practicing therapist faces other challenges, too. “Sometimes, seeing a patient stops the clock,” Dr. Ottenberg advises. “You just can’t just say to someone, I’ll see you in two weeks, I’ll see you in a month. If you have a suicidal patient, or an agitated patient, or a patient in a psychosis, or a patient who’s acting out, how in the hell do we stop the clock? I live with it all the time. The reason I haven’t aged is I’m still living with the issues. You can’t age – there’s no time to say I’m getting older.”

In his eighties, he still maintains a private practice, though it “has lightened up and diminished over the last ten years,” he admits. “I’m seeing an older practice, people I’ve known from the past mostly.”

A dedicated psychiatrist for over a half century, Dr. Ottenberg has spent that long pushing his profession to address society’s ills. In the 1984 *Pennsylvania Gazette* article, he succinctly defined his involvement in social psychiatry, “I’ve spent my whole life trying to articulate the bridges between dynamic psychiatry and emerging social issues and problems.”

In 1956, he joined the Group for the

Advancement of Psychiatry (GAP). Since its founding in 1947, GAP has applied a psychiatric perspective to important societal issues, ranging from school desegregation, changes in sexual mores, death and euthanasia, the nuclear arms race, and wife and child abuse, among many others.

**“I love a system where you are judged by your own achievement. When you work hard, you should get some reward for what you do and recognition, and medicine had that in it for me.”**

Through his leadership role in GAP and other organizations, such as the American Friends Services Committee and the Viola W. Bernard Foundation, Dr. Ottenberg encouraged psychiatrists and



the lay public to focus on the problems that imperil mankind.

High on his list is dehumanization, “a defense against painful or overwhelming emotions,”<sup>1</sup> which Dr. Ottenberg has long viewed as a world-wide threat. The capacity of individuals to interact with other humans without emotion or outward sympathy is necessary in selected circumstances. For example, it allows law enforcement officials, military personnel, and health care professionals to carry out their responsibilities to protect society. But because dehumanization induces “a decrease in a person’s sense of his own individuality and in his perception of the humanness of other people,” it has the potential to sow the seeds for terrorism, nuclear war, and other acts of mass cruelty. “The concept of dehumanization,” Dr. Ottenberg says, “is that it’s self-directed and object-directed. It’s both externalized and internalized. The complexity is what makes psychiatry and analysis and social involvement so valuable for us.”

Today, Dr. Ottenberg says that competition and conflict among ethnic, racial, and socio-economic groups pose particularly thorny global challenges. “There is so much more communalism, and that has a

good and bad side,” he posits. “The orthodoxies have grown, the radicals have grown in many ways, so that it’s more complicated than ever, and yet it’s so much richer than ever.”

Are the problems intractable? “I don’t think you ever solve the problems of ethnicity, racism, genderism, economic and social class issues, which are very, very powerful,” he adds. “I just think you keep your sensitivity, you keep your balance.”

His days as an aggressive social activist may be past, but his passion for addressing social issues remains. “I don’t sign petitions anymore,” Dr. Ottenberg acknowledges. “I haven’t been on a street corner for decades and decades. I want my approach to social psychiatry, social issues, to be much more refined. But there are times when you got to get up in Congress, you got to raise hell, you got to stop the system. That’s very hard. You have got to have real judgment for this.”

Ever the passionate social critic, Dr. Ottenberg assesses carefully when and where to make his stand. “You can’t argue with somebody who is polarized,” he admits. “You don’t waste your time there. You deal with the middle ground, the malleable, the moveable, the fixable. You have to know when the opposition is past you.” He adds, “I don’t invite battles where you are going to get beaten up.”

But he does not shy away from the just contest. “I’d rather fight social fights, not personal fights,” Dr. Ottenberg contends. “It’s easier for me to be a social combatant. I would do much more fighting in a political-social job, working on a committee, than I would do privately for myself. That’s how I was raised. Those are my values. I think it’s important that we encourage people to do that and understand when people are doing it.”

A frequent social commentator, Dr. Ottenberg has lectured widely and has given many media interviews. He has been a prolific writer, with over 100 publications in the professional and lay press on topics as diverse as “odors and personality,” the “psychological and allergic aspects of asthma,” “social psychiatry,” dehumanization, sex and violence, and the psychological dimensions of terrorism, among many others.

As it was back in 1952 when he chose Philadelphia over Boston, family is still first. “Without a good personal life,” he told the *Pennsylvania Gazette* in 1984, “you’re nothing. I’m devoted to my family.” Coming in somewhat behind has been his

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Several years ago, Kathy Cassidy and a friend were hiking the Appalachian Trail near the Delaware Water Gap when a mother bear and her cub appeared about 50 yards away, a potentially hazardous situation. Ms. Cassidy calmly kept out of range and took enough photos to prove the encounter to her skeptical friends.

It was a problem mastered, or maybe a possible problem deftly avoided, but either way it illustrated Ms. Cassidy's role as a problem-solver extraordinaire, a part she has played throughout her professional career.

Ms. Cassidy, Grants Coordinator in the Department, is very much a local product. She was born and went to high school in Collingdale in Delaware County, and lived in Philadelphia for 15 years before moving back out to Delaware County about seven years ago. She has spent her entire professional career at Penn.

Straight out of high school, Ms. Cassidy came to Penn's medical school in September 1981 to begin work as an Administrative Assistant in the Harrison Department of Surgical Research (HDSR). "I had heard Penn was a good place to work," she remembers. Her four years in the HDSR introduced her to life at Penn, and also to financial matters. "My financial interest started there," Ms. Cassidy says, and she nourished her new interest by taking accounting and management classes at night at Delaware County Community College for four years, beginning in 1984.

The job experience and formal courses helped her obtain a Fiscal Coordinator position in the School of Engineering and Applied Science when she transferred there in 1985. Ms. Cassidy worked for two departments – Bioengineering and Chemical Engineering – where she handled purchasing, accounts payable, reimbursements, and reconciliations. Straddling two departments was not a problem, but she only stayed a year. "I wasn't challenged and I wasn't learning anything new," she explains.

In October 1986, Ms. Cassidy moved to the Department of Physical Plant, where she worked for eleven years. In addition to new challenges, she also sought more financial responsibilities, which she found in her initial three-year stint as Office Coordinator. In this position, she handled purchasing, created spreadsheets, and made payments for small renovation projects ranging from \$15,000 to several million dollars. In 1989, she was re-classified as Accountant, and took on expanded financial responsibilities to include supervising the daily operations of the accounting area, monitoring the processing of utility bills, and establishing and maintaining spreadsheets detailing the inspec-

tions and licenses of the department's vehicles and equipment. She also supervised Drexel co-op students who, at the time, handled Purchasing Order invoices. She oversaw those payments, dealt with vendors, and handled any problems that arose. "I liked this job," she says. "It was

challenging in the beginning, but then like anything after time, you get bored and restless."

## EMPLOYEE SNAPSHOT

# Kathleen Cassidy

Prospects for new challenges set the stage for her move to

a Financial Coordinator position in the Department of Environmental Health and Radiation Safety in 1997. Her decision to leave Physical Plant was fortuitous.

Her interview with Environmental Health occurred the day before the University announcement that Physical Plant functions were to be outsourced. "I didn't leave because Trammell Crow came in," she emphasizes. "It just was very good timing for me."

Ms. Cassidy was in Environmental Health for nine years, first as a Financial Coordinator, then as a Business Administrator.

In the latter position, she had heavy financial responsibilities, including managing and preparing three service center budgets, keeping up an internal invoicing and receivables system, and maintaining significant telephone contact with vendors and other University departments. "I was doing more and was involved in more," she remembers.

In September 2006, Ms. Cassidy moved to her current position as Grants Coordinator in Psychiatry. Her job title hardly describes the multitude of her many duties. Currently, she handles the daily operations of the business office, prepares financial reports, reviews travel reimbursements for higher-level approval, creates invoices for malpractice billing, reviews post-doctoral new appointment applications, processes and reconciles purchasing card transactions, maintains the proposal and awards database, processes budget journals, purchase requests, and travel reimbursements, audits the Department's thirty-one petty cash funds, monitors and enforces compliance with University and sponsor guidelines, and supports the Department's business administrators.

One function does not appear on Ms. Cassidy's official list of responsibilities, and it may be the one that distinguishes her. "I was a problem-solver before I came to Psychiatry," she recounts. "It started in Physical Plant. No particular episode started it. It comes when people tell me, 'I need this or I don't know what to do – I have this issue', and I was able to resolve it."

Last year, Ms. Cassidy's problem-solving abilities took centerstage in Psychiatry. Kristin Tederstrom, the Manager for Administration and Finance for the Center for Interdisciplinary Research on Nicotine Addiction, contacted

*Continued on page 37*



*Continued from page 36*

her for help. One of the Center's nicotine addiction research studies, led by Andrew Strasser, PhD, required a specific cigarette brand (Qwest), but the manufacturer, Liggett, had just announced that it was discontinuing production of the brand and no longer shipping it to retail outlets. The trial was largely through the recruitment phase, and losing the precise cigarette stipulated for the study would have threatened the entire project.

The investigators needed to stockpile a sufficient number of Qwest cigarettes to complete the trial. "I started making phone calls to convenience stores," Ms. Cassidy explains, but she could not locate a single store to order the cigarettes. She contacted the manufacturer, and "after numerous phone calls, I did end up in the right place," she says. Because of the tax situation, the manufacturer could not sell directly to a Penn unit. A distributor willing to accept the order was located in Delaware, but Ms Cassidy alertly pointed out that she did not want to cross state lines with a carload of cigarettes. Part of solving problems is not creating any.

Eventually, the manufacturer identified Joey Gatta & Sons as a willing distributor and, on September 21, Ms. Cassidy and Ms. Tederstrom drove to South Philadelphia to pick up nine cases of cigarettes – 54,000 in all – at a cost of almost \$15,000. Ms. Cassidy worked the payment mechanism through all the appropriate Penn channels, getting approval for a one-time limit increase on her Department credit card. It was a virtuoso performance, and one that Ms. Tederstrom well understood when she wrote to thank Ms. Cassidy, "The research would have been jeopardized if we hadn't been able to purchase that

particular brand before they went off the market."

Ms. Cassidy counts many other problem-solving successes, but saving an entire clinical trial from possible extinction surely is her biggest. To paraphrase Thomas Edison, problem-solving is part inspiration, added to a great deal of perspiration and persistence, all of which Ms. Cassidy displays in abundance. "You do get some satisfaction from being a problem-solver," she says almost matter-of-factly.

"Psychiatry is a good home," Ms. Cassidy says, after almost four years in the Department. "I enjoy working with the people in the Department and helping the Business Administrators." And she is thankful for the doors opened for her. "The Department gave me the opportunity," she says. "I didn't have the grants background, and I am learning that as time goes on, but I did have the financial background."

Outside of work, Ms. Cassidy likes outdoor activities, such as kayaking, gardening, and hiking, being careful to keep the bears at bay.

Ms. Cassidy sums up her time in Psychiatry quite simply, "I've tried to do everything to the best of my ability and go the extra mile, because if they didn't have confidence in me, I don't know where I would have been." And she adds, with only slight concern, "I try to keep a low profile. I guess I need to try to keep it a little lower now." And, as for the visibility of her problem-solving skills, now opened to a wider group, "I don't want people to know that, because you know how many more things I'll get to resolve!" ❖

#### VOLUNTARY FACULTY PROFILE – PERRY OTTENBERG, MD

*Continued from page 35*

lifelong devotion to reading. "I have always spent two or three hours a day reading," he says. "That's my major recreation in life. That's a long time reading. You put something in front of me with print on it, I read it. I'm not just reading highly selected stuff. I love reading a couple of papers a day. I love reading articles, magazines."

Dr. Ottenberg is a well-known art collector, with a special fondness for paintings from underappreciated Philadelphia artists, such as Arthur B. Carles, Elizabeth Osborne, and Jane Piper. A collector since his teen years, Dr. Ottenberg bought "things because he loved them," and it was a joy that has enabled him to surround himself in his Center City home with the works of the artists he enjoys. Speaking from his home office, he says with unabashed enthusiasm, "I'm looking right now, as I talk to you, at the two Steichen photographs of the first Mrs. Carles, dated 1905. They're beautiful. And then a couple of watercolors, prints, and etchings. The room is full of art." And that's but one room.

Dr. Ottenberg's commitment to art has extended beyond collecting to building institutional structures to encourage the development of new artists and exhibitions of established artists. He served on the Board of the Moore College of Art,

and has also provided leadership to many organizations that foster the arts, including the Pennsylvania Academy of Fine Arts, Philadelphia Museum of Art, The Clay Studio in Philadelphia, and the Evelyn Shapiro Foundation. "I love art museums," he says, without reservation.

Indeed, art may well offer the apt metaphor to summarize Dr. Ottenberg's life and career. Through a long and distinguished career as a psychiatrist, humanist, and social and political agent of change and self-reflection, he has been the master of his own canvas, continuously crafting his self-portrait from a palette of bold colors, applied firmly and relentlessly.

At each step along the way, Dr. Ottenberg has been what he calls "pro-social," ever anticipating the next wave of social change before it dominates tomorrow's headlines. Staying ahead of that persistent tide for sixty years now, he has helped his students, and his discipline, shape the future before it arrives. ❖

<sup>1</sup>Viola W. Bernard, Perry Ottenberg, and Fritz Redl, "Dehumanization," Chap. 8, Nevitt Sanford and Craig Comstock, eds. *Sanctions for Evil* (Jossey-Bass, Inc., Publishers, 1971), pp. 102-124.

## Educational Highlights

### CORNER

#### RESIDENTS'

Another residency year is coming to a close for the Penn Psychiatry residents. The exceptional PGY-4 class is preparing to head out as newly-minted psychiatrists, with several going directly into clinical work, while others are pursuing research or clinical fellowships. Lori Goldstein, MD will be working at the Renfrew Center for Eating Disorders and Margot O'Donnell, MD will join the staff at the Philadelphia VA Medical Center – both women plan to begin small private practices. Scott Campbell, MD will join the Penn faculty on the inpatient teaching service at Pennsylvania Hospital. Josh Blume, MD, Susan Rushing, MD, JD, and Ted Satterthwaite, MD will all be continuing work begun in the Clinical Research Scholars Program, with Dr. Blume in the lab of Dwight Evans, MD, Dr. Rushing through Penn's Forensic Psychiatry fellowship, and Dr. Satterthwaite as a Neuropsychiatry fellow. Two class members are venturing away from Philadelphia to do clinical fellowships. Julie Chilton, MD is going to the Yale Child Study Center for a Child Psychiatry fellowship and, lastly, Alex Threlfall, MD will be moving to California to complete a clinical fellowship in Geriatric Psychiatry at the University of California, San Francisco.



*by Chief Residents  
from left: Donovan Maust, MD, Lauren Elliott, MD,  
Christopher Tjoa, MD*

The residents continue to garner accolades for the excellence of their clinical, educational, and research efforts. In just the past six months, Scott Campbell, MD was selected for the American Association of Directors of Residency Training (AADPRT)/Ginsberg Fellowship for accomplishments in education and teaching, while Matthew Kayser, MD, PhD and Donovan Maust, MD were selected as American Psychiatric Institute for Research and Education (APIRE) Janssen Resident Psychiatric Research Scholars, and Laurie Gray, MD was awarded the American Psychiatric Association (APA)/Shire Child & Adolescent Psychiatry Fellowship. Drs. Satterthwaite and Blume received APIRE Junior Investigator Colloquium Travel Grants to support attendance at the APA Annual Meeting, and Dr. Satterthwaite also received the APA/Lilly Research Fellowship which provides fellowship salary support. Lastly, the Penn Mind Games team (Dr. Blume, Eleanor Ainslie, MD, and Dr. Gray) placed first at the recent Philadelphia Psychiatric Society meeting in April.

The new chief residents are getting acclimated to their new responsibilities. Lauren Elliott, MD is the outpatient chief and has mapped out the upcoming year for residents in the Outpatient Center, where the rising PGY-3 residents will be joined by the three Peds Portal residents (Alice Li, MD, Aita Susi, MD, and Nancy Warden, MD). Dr. Maust and Christopher Tjoa, MD are the inpatient chiefs for Pennsylvania Hospital and HUP/VA, respectively, and are busily completing the rotation and call schedules for the upcoming year. We would like to express our appreciation on behalf of all the residents for the wonderful job that the outgoing chiefs – Drs. Campbell, O'Donnell, and Threlfall – did. As we begin our new roles, we are aware of the large shoes they have left for us to fill, but are confident the residency and residents will continue to thrive. ❖

## INTRODUCING THE RESIDENT CLASS OF 2014

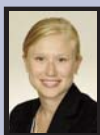
The Department of Psychiatry welcomes the class of 2014 (pictured below) to the residency training program. The current class of interns in Psychiatry was chosen from 700 applicants of whom 92 were actually ranked. These 10 individuals are extremely talented young doctors who were at the top of their 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, 2010. This year's recruitment efforts will begin on September 1st and will continue until January 31, 2011. ❖



Francesco Ferrari, MD, MS  
New York Medical College



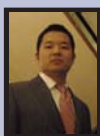
Stacey Hauber, MD  
Temple University



Sara Jeurling, MD  
University of Maryland



Daniel Lache, MD  
New York University



David Lee, MD  
Tufts University



Claudia Makadon, MD  
Temple University



Sean McBride, MD, PhD  
Albert Einstein/Yeshiva Univ



Courtney McMickens, MD, MPH  
Harvard Medical School



Steven Sust, MD  
University of Virginia



Erin Torday, MD, MPH  
Drexel University

## Clinical Faculty and Residency Supervisors Recognition Dinner

June 2, 2010



Recipients of the Annual Award for Clinical Faculty  
*from left: Peter B. Bloom, MD (2008), Kenneth D. Cohen, MD (2007), Marc Lipschutz, MD (2010), Ellen M. Berman, MD (2009), and Joseph DiGiacomo, MD (2006)*  
[Not pictured: Perry Ottenberg, MD (2005)]

## Psychiatry Residents Class of 2010 Graduation Ceremony

June 11, 2010



*Front row, from left: Dwight L. Evans, MD (Chairman), Nadia McFarlane, MD, Lori Goldstein, MD, Anthony L. Rostain, MD, MA (Director of Education), Richard F. Summers, MD (Co-Director of Residency Training); Middle row, from left: Susan Rushing, MD, JD, Margot O'Donnell, MD, Julie Chilton, MD; Back row, from left: Scott Campbell, MD, Theodore Satterthwaite, MD, Alexander Threlfall, MD, Joshua Blume, MD*



Department of Psychiatry  
 Office of the Chairman  
 3 Blockley Hall  
 423 Guardian Drive  
 Philadelphia, PA 19104-6021  
 Telephone: (215) 662-2818  
 Fax: (215) 662-6911  
 URL: [www.med.upenn.edu/psych](http://www.med.upenn.edu/psych)

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*Editor:*

Rosellen Taraborrelli  
 Telephone: (215) 662-2899  
 E-mail: [taraborr@mail.med.upenn.edu](mailto:taraborr@mail.med.upenn.edu)

*Co-Editor:*

Abigail Mason Woodworth  
 Telephone: (215) 898-0602  
 E-mail: [abigail.woodworth@uphs.upenn.edu](mailto:abigail.woodworth@uphs.upenn.edu)

*Writing and Design:*

Williams-Campbell Administrative Services, LLC

*To make a gift to the Department of Psychiatry, please contact:*

Michael L. Balaban  
 Penn Medicine Development & Alumni Relations  
 3535 Market Street, Suite 750  
 Philadelphia, PA 19104-3309  
 Telephone: (215) 573-4028  
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