**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

AUGUST 5, 2020

## MESSAGE FROM THE CHAIR

Dear Faculty, Trainees and Staff:

I start my message to you with my heartfelt thanks for all of the work that you do every day. The dedication and altruism that I witness in terms of teaching, caring for patients and conducting cutting edge research that will improve the lives of others is inspiring. I am very grateful.

Yesterday was a rough day for many of us with the tropical storm and tornado having terrible effects on our homes, including loss of power and flooding. It was the last thing Philadelphia needed. It is such a challenge, but we must stay as strong as possible and forge ahead. I wish you all the best as you restore things at home but remember, if you need help, there is an oxygen mask on this plane. You can access COBALT, EAP or our own "Oxygen Mask" program. We are here to help and support you.

As always, please take good care of yourself. Remember to keep to your routines. That structure keeps us well and permits a sense of normalcy even if only in a few ways. I urge you to continue to take precautions to protect yourself and our community from COVID-19. In the last days we have seen an uptick in the number of COVID cases coming into our health system, so masks and physical distancing at work and at home are key.

Warmly, m

## CONGRATULATIONS NICHOLAS BALDERSTON

**Non-invasive Brain Stimulation Reduced Fear and Anxiety in a Preliminary Trial**

Researchers have reported success in a preliminary effort to use non-invasive brain stimulation to reduce fear and anxiety. The placebo-controlled trial involved 19 healthy human subjects who were exposed to stimuli designed to activate their "startle" response to an experienced or anticipated threat. The experiments grew out of a project funded by a 2018 BBRF Young Investigator grant to Nicholas Balderston, Ph.D., now at the University of Pennsylvania. Dr. Balderston and colleagues used repetitive transcranial magnetic stimulation (rTMS) to reduce excitation in a part of the brain called the parietal lobe. Specifically, they targeted a section called the IPS (intraparietal sulcus), which their past research had shown to be "hyperexcited" when individuals are experiencing or perceiving a threat. Read more here.

## WELLNESS RESOURCES

Click here to access our Wellness Resources.

## THANK YOU FOR YOUR SERVICE.

**Vision**

Promoting health for the brain and mind to transform lives and the world.

**Mission**

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.