



PENN PSYCHIATRY PERSPECTIVE



Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

*Dwight L. Evans, MD
Ruth Meltzer Professor and Chair*

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Departmental Goings On

New Directions for the Center for Couples and Adult Families



Pictured left to right: Ellen M. Berman, MD, Elizabeth Ann Hembree, PhD, Jacqueline Hudak, MEd, PhD, LMFT

Since 2009, the Department of Psychiatry's Center for Couples and Adult Families (CCAF) has been helping couples and adults improve their intra-familial relationships, resolve conflicts, and cope with the consequences of illness within the family. The CCAF was founded by Clinical Professor of Psychiatry, long-time Department member, and family therapist **Ellen M. Berman, MD** in partnership with **Elizabeth Ann Hembree, PhD**, Associate

Professor of Psychology in Psychiatry. This past fall, **Jacqueline Hudak, MEd, PhD, LMFT** joined the staff as Clinical Director.

The goal of the CCAF is to help couples experiencing inter-personal difficulties with a variety of treatment options, including couples therapy, sex therapy, and couples consultation for opposite sex or same sex partners. In addition, adult families faced with adult child-parent issues (such as slowed adult development, sibling conflicts, or difficulties with ill elder adults) are seen in family of origin consultation or therapy and individual coaching. CCAF professionals offer families dealing with a loved one's psychiatric illness a similarly broad range of treatment approaches, such as psychoeducation, communication enhancement, problem-solving training, family therapy, and consultation and coordination with professionals treating the family member. CCAF staff also offer more specialized services. For example, Dr. Hembree is an expert on couples and trauma, and **Steven L. Sayers, PhD**, Associate Professor of Psychology in Psychiatry, is an expert on couples work with returning war veterans. The CCAF collaborates with the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP), whose mandate is to see children under the age of 18 with psychiatric difficulties and their families.

The recent arrival of Dr. Hudak has enabled the CCAF to expand its clinical offerings. An acknowledged couples and family authority, Dr. Hudak's clinical specialties include addressing issues of culture and diversity in couples and families, working with a variety of family structures, and providing systemic family treatment of addiction. Dr. Hudak adds yet another specialty to the team. "I consult with family-owned businesses as well as assist families with issues pertaining to wealth," she indicates. "The work of therapy is often to help the family construct a cohesive narrative of their history, and many families with wealth are seeking consultation to assist and plan for transmission to future generations."

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Departmental Goings On

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New Directions for the Center for Couples and Adult Families

Dr. Hudak and Dr. Berman envision the CCAF as the connector for family-related work within the Department. Many of the Department's clinical programs have family inclusion already embedded in their treatment programs, such as the Adult Developmental Disorders Program, and plans are to expand these collaborations to ensure that patients coming to the Department of Psychiatry have the fullest access to family-sensitive care. As just one example, Dr. Hudak notes that family support is a significant factor in the management of bipolar disorder. CCAF staff are collaborating with bipolar disorder specialist **Claudia Baldassano, MD**, Assistant Professor of Clinical Psychiatry, in the General Ambulatory Practice (GAP) clinic on setting up family psychoeducation groups that will be running each Monday evening in March. "This is a beginning," says Dr. Hudak, "and we are looking forward to training the residents to facilitate such groups, as well as expand the family psychoeducation opportunities for other programs within the Department."



The CCAF is a center of housestaff education, and is planning to expand the couple and family training program. Dr. Berman has run the resident training program over the last 12 years, with the participation of an extraordinary faculty who teach and supervise in all four years of the Psychiatry residency. From this solid foundation, the CCAF will now offer live and group supervision for residents, and further develop the family psychoeducation program. Dr. Hudak says, "We are thrilled to offer this variety of training and supervision opportunities so as to prepare the next generation of psychiatrists and those interested in couple and family therapy."

Expanding CCAF's training program has significant benefits for patients. Beginning in February, CCAF will offer advanced training in couple and family therapy to graduate (PhD) students in Psychology, who will supplement the capacity of CCAF's three senior faculty to provide clinical services. This new clinical center will allow the CCAF to offer low cost services for

families of members currently being treated in the Department and for interested people in the community. Psychiatry residents will also staff the clinic.

The CCAF also plans to increase research in selected areas. Visitors to the CCAF website will be introduced to research findings relevant to couple and family relationships, as well as opportunities to get involved as participants at Penn.

With its broad array of clinical, education, and research programs, the CCAF is a unique resource in the Philadelphia region. Dr. Hudak amplifies why couples and adult families in need of help should consider the CCAF as an option. First, she says, the CCAF is a component of the Department of

Psychiatry at the Penn Perelman School of Medicine, one of the nation's top medical schools. "Other clinical centers do not have this level of expertise dealing with family difficulties arising from psychiatric issues such as depression, ADD, bipolar disorder, trauma, and schizophrenia," she explains. "We can access all of the resources within the Department, depending on the needs of the family. I don't know of any other such program in the area. In fact there are very few family programs located within medical schools."

Second, the CCAF has nationally known and highly experienced faculty in the areas of general couple and adult family therapy. A concentration on adult, three-generation families allows CCAF professionals to focus on a broad range of common family issues and stresses and provide creative solutions.

For additional information about the Center for Couples and Adult Families (CCAF), please visit - [<https://www.med.upenn.edu/ccaf/index.html>]. To learn more about CCAF's services, make a referral, or schedule an appointment, please call Rebecca Goodman at 215-746-4100, 9:00 am - 5:00 pm, Monday through Friday. The CCAF is located on the Mezzanine Level and 4th Floor of 3535 Market Street in Philadelphia.

Departmental Goings On

Prolonged Exposure Therapy Found Beneficial in Treating Adolescent Girls with PTSD



Edna B. Foa, PhD was the lead author of a study published in the December 25, 2013 issue of *JAMA* reporting that a modified form of prolonged exposure therapy (PE) shows greater success than supportive counseling for treating adolescent patients whose PTSD is related to sexual abuse. Despite a high prevalence of post-traumatic stress disorder (PTSD) in adolescents,

evidence-based treatments like PE therapy for PTSD in this age group have never been established. "We hypothesized that prolonged exposure therapy could fill this gap and were eager to test its ability to provide benefit for adolescent patients," said Dr. Foa in a Penn Medicine news release. PE, developed by Dr. Foa at Penn Psychiatry's Center for the Treatment and Study of Anxiety (CTSA), is a form of therapy in which patients revisit and recount aloud their trauma-related thoughts and feelings, and repeatedly approach safe situations that they avoid because they are related to their trauma.

The six-year (2006-2012) study examined the benefit of a PE program called prolonged exposure-A (PE-A), that was modified to meet the developmental stage of adolescents, and compared it with supportive counseling - the treatment most often provided to girls in community clinics - in 61 adolescent

girls, ages 13 to 18, with sexual abuse-related PTSD. During treatment, patients receiving PE-A demonstrated greater decline in PTSD and depression symptom severity, and improvement in overall functioning. These differences were maintained throughout the 12-month follow-up period.

In addition to these important observations, Dr. Foa added, "Another key finding of this research was that prolonged exposure therapy, administered in a community setting by counselors who use supportive counseling routinely but had no prior training in prolonged exposure therapy, can have a more positive impact on this population using prolonged exposure."

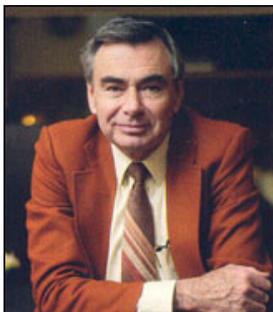
The *JAMA* study was covered in several print and electronic media outlets, including the Associated Press, *Los Angeles Times*, *Washington Post*, *Reuters Health*, *HealthDay News*, *Voice of America*, and KYW Radio (Philadelphia).

Dr. Foa is Professor of Clinical Psychology in Psychiatry at Penn and Director of the CTSA in the Department of Psychiatry. Other co-authors of the study were **Carmen P. McLean, PhD**, **Sandra Capaldi, PsyD**, and David Rosenfield, PhD.

View the Penn Medicine News Release at - http://www.upenn.edu/news/News_Releases/2013/12/foa/

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.



Are You a Binge Drinker? Your Doctor Likely Doesn't Know

Charles P. O'Brien, MD, PhD was quoted in a January 7, 2014 NBCNews.com article reporting on a new Centers for Disease Prevention and Control study showing that many doctors fail to discuss with their patients how dangerous binge drinking can be. At least 38 million Americans binge drink - regularly downing at least four alcoholic beverages in a single bout. CDC researchers found a number of reasons doctors avoided the subject, including a lack of time and doubts about treatment effectiveness. Also, added Dr. O'Brien, "Doctors tend to abuse alcohol, too, so they're embarrassed to talk about it with patients when they realize their own use might be just as much as the patient they're talking to." It's a very important discussion to have, Dr. O'Brien emphasized. A person doesn't have to give up drinking completely, "just cutting back can make a big difference." Dr. O'Brien is the Kenneth E. Appel Professor of Psychiatry and Founder of the Center for Studies of Addiction in the Department of Psychiatry.

View the January 7, 2014 NBCNews.com article at - <http://www.koaa.com/news/drinking-too-much/>

News and Announcements

News and Announcements

In the News



Are Teen Brains Hyper-Wired for Rewards?

Daniel Wolf, MD, PhD, Assistant Professor of Psychiatry, commented in a January 14, 2014 *HealthDay News* article about a study published online in the *Proceedings of the National Academy of Sciences* indicating that teen brains showed more activity in a specific pleasure center of the brain compared to adults when they were rewarded during gambling games where money was at stake. The fMRI images monitored brain activity during the betting, and the authors reported that the ventral striatum showed greater activity in teenagers compared to adults during the betting. Dr. Wolf, who was not involved with the study, commented that using fMRI to study changes in reward processing between adolescence and adulthood was an extremely interesting goal, and that the current study added an important piece to the jigsaw puzzle

of our understanding. Dr. Wolf cautioned against over-interpreting the study's immediate implications for practical concerns like providing parenting advice, while noting the potential future value of this area of research.

View the January 14, 2014 *HealthDay News* article at - <http://consumer.healthday.com/kids-health-information-23/adolescents-and-teen-health-news-719/are-teen-brains-hyper-wired-for-rewards-683829.html>

Feel Sleep Deprived?

David F. Dinges, PhD was interviewed for a January 9, 2014 CBS3 (Philadelphia) segment on the value – and drawbacks – of napping when tired. Research shows there are clear benefits to some quick shut-eye. "It can help you compensate for a lifestyle of reduced sleep at night, not getting enough sleep at night. Make your alertness better. It can improve your memory," said Dr. Dinges, Professor of Psychology in Psychiatry and Director of the Division of Sleep and Chronobiology in the Department of Psychiatry. He told CBS3 that because naps can also be counterproductive, people should be strategic. "You have to understand that you're taking a dose of sleep. You have to think about it the way you might consume a dose of food, and then you don't want to over eat and you don't want to under eat," said Dr. Dinges. He said that the ideal time for a nap is generally between 1 and 4 pm, because napping later can interfere with nighttime sleep. He added that for a quick boost of alertness, 10 to 20 minute power naps work best.

View the January 9, 2014 CBS3 (Philadelphia) segment at - <http://philadelphia.cbslocal.com/2014/01/09/health-feel-sleep-deprived/>



Check Up: Penn Researchers Back Graphic Antismoking Labels

Daniel D. Langleben, MD, Associate Professor of Psychiatry at Penn, was interviewed in a January 13, 2014 *Philadelphia Inquirer* story about his new study investigating whether placing on cigarette packs graphic and disturbing images depicting the consequences of smoking could reduce the rate of smoking. The study, now "In Press" in the journal *Addiction Biology*, based its conclusions on measurements of smokers' electrical brain activity while they viewed a random sequence of smoking-related images that were preceded by either graphic warning labels or neutral images. The graphic warning labels were among those proposed for use by the U.S. Food and Drug Administration but rejected by a federal court, which questioned whether the public health benefit of these labels justified their potential encroachment on

tobacco companies' First Amendment rights. The Penn study, co-authored by Dr. Langleben and colleagues from Penn's and Harvard's Departments of Psychiatry and the Annenberg Public Policy Center at Penn, suggested that the stronger labels could discourage people from lighting up.

In a press release issued by the Annenberg Public Policy Center, Dr. Langleben summarized the results of the research. "This study suggests that presenting emotionally powerful images depicting the risks of smoking can reduce the brain activity that underlies an urge to smoke," he said. "This study is a great example of how advanced medical research methods can help address a pressing question in tobacco control policy."

View the January 13, 2014 *Philadelphia Inquirer* article at - http://articles.philly.com/2014-01-13/news/46116473_1_penn-study-labels-images

View the Annenberg Public Policy Center press release at - <http://www.annenbergpublicpolicycenter.org/brain-study-shows-cigarette-warning-labels-need-powerful-images-to-be-effective/>

News and Announcements

Awards and Honors

Clinical Recognition



Department Faculty Among "America's Top Doctors"

Six (6) Department of Psychiatry physicians were recognized in Castle Connolly's 2013 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 2013 include: **Steven E. Arnold, MD, Edward S. Brodtkin, MD, Kyle M. Kampman, MD, Anthony L. Rostain, MD, MA, Joel E. Streim, MD,** and **Michael E. Thase, MD.**



Stunkard Weight Management Program Recognized as One of the Best

Health.com, the website for *Health* magazine, listed the **Albert J. Stunkard Weight Management Program** as one of the top 15 medical weight loss centers in the U.S. According to the website (<http://www.health.com/health/gallery/0,,20765536,00.html>), all of the selected centers met two basic criteria - they offer an evidence-based treatment plan (meaning the methods are backed by solid clinical research), and they are closely medically supervised. Under the leadership of **David B. Sarwer, PhD**, Professor of Psychology in Psychiatry and Surgery, the Stunkard Program treats overweight and obese adults. Program professionals develop a custom plan for physical, nutritional, and

behavioral therapy for each patient following an initial evaluation. Treatment can include individual and group counseling, the use of structured meal-replacement programs, and medication, if appropriate.

Announcements

Register Now: Clinical Workshop on Treating Pediatric Anxiety and OCD

Pediatric anxiety and OCD are very common and often cause significant difficulty in the lives of children and teens. The Child & Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGE) at the University of Pennsylvania is offering 2-day Clinical Workshops for psychologists, social workers, counselors, and other mental health and helping professionals and trainees. These programs will provide a strong foundation in CBT, as it applies to these disorders, as well as practical skills in implementing these evidence-based treatments. To learn more about the program or to register, call 215.746.1230. For more information about COTTAGE, please visit our website at <http://www.med.upenn.edu/cottage/>.

Adult ADHD Research and Treatment Program Course Offering at Two Locations This Spring

The University of Pennsylvania's Adult ADHD Research and Treatment Program is offering a group coaching program for adults with ADHD - *Improve Executive Functions with Mindful Self-Management* - at two locations this spring, University City and the Main Line. In this 12-week small-group program, participants will learn essential organizational, time-management, and planning skills, while exploring self-care, mindfulness, and yoga practices that help manage stress and improve attention and focus. For more information, please visit, http://www.med.upenn.edu/add/adhd_group.html

News and Announcements

Upcoming Events

Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates in the locations indicated. The next lectures are listed below. For more information about Grand Rounds and the 2013-14 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

March 6, 2014

Speaker: Claudia Baldassano, MD, Assistant Professor of Clinical Psychiatry, Department of Psychiatry, Penn Perelman School of Medicine

Location: BRB II/III Auditorium

March 20, 2014

Speaker: Mark S. George, MD, Distinguished University Professor and Layton McCurdy Endowed Chair; Director, Brain Stimulation Laboratory; Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina

Location: BRB II/III Auditorium

PBHMind Symposia Series

The University of Pennsylvania Department of Psychiatry and Penn Behavioral Health invite practitioners in the mental health and wellness arena to earn continuing education credits and Certificates of Advanced Training through PBHMind. Courses are designed to provide varying levels of knowledge for psychologists, social workers, therapists, and other practitioners in 11 different topic areas. Offerings include 1.5 day symposia, live webinar series, and small group consultation with experts. Visit our website at www.pbhmind.com to learn more about our programs and to view our full course catalog.

March 21-22, 2014

Children and Adolescents with ADHD Symposium

"Developmentally & Culturally Effective Psychosocial Interventions for Youth with ADHD"

Speakers: Thomas J. Power, PhD, Stephen L. Soffer, PhD, Jennifer Mautone, PhD, Jenelle Nissley-Tsiopinis, PhD, Stephon N. Proctor, PhD, ABPP, J. Russell Ramsay, PhD, and Peter W. Wiley, PsyD

For additional information or to register, please visit: <http://www.pbhmind.com/symposium-youth-adhd-14>