



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

Faculty Leaders of the Penn Adult ADHD Treatment and Research Program Are Spreading the Word



Founded in 1999, the **Penn Adult ADHD Treatment and Research Program** in the Department of Psychiatry specializes in assessing and treating older adolescents and adults (generally age 18 and older) who have difficulties related to attention deficit/hyperactivity disorders (ADHD). The Program has a demonstrated commitment to excellence in both research and clinical service.

Anthony L. Rostain, MD, MA, Professor of Psychiatry and Pediatrics, and **J. Russell Ramsay, PhD**, Associate Professor of Clinical Psychology in Psychiatry, are the Program's Co-Founders and Co-Directors and are recognized internationally for their expertise. Both lecture to professional and lay audiences around the world on the topic of ADHD and have written extensively on the subject. Their recent activities highlight the global recognition that they and the Penn ADHD Treatment and Research Program have achieved in the adult developmental disorders field.

Drs. Rostain and Ramsay have published their approach to treating ADHD in adults in the book, *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach* (2015, Routledge), with publication of the revised, updated, and expanded second edition of the volume in September 2014. This book describes the treatment approaches used in the Program and provides valuable guidance for clinicians in treating patients in an effective and time-efficient manner. The book is a useful resource for patients who would like a better understanding of ADHD and its treatment. The book also outlines the components of the diagnostic assessment conducted in Penn's Program.

As a companion to the second edition of their professional treatment guidebook, Drs. Ramsay and Rostain have written a coping guidebook designed specifically for adults with ADHD, *The Adult ADHD Tool Kit Using CBT to Facilitate Coping Inside and Out* (2015, Routledge). This coping resource focuses not only on the strategies for managing the effects of ADHD but also on specific tactics for following through on the use of these strategies and overcoming various barriers. This is a patient-oriented guidebook, which one endorser said is the best resource he has come across in his 35 years of treating ADHD.

Both Drs. Rostain and Ramsay have also been in demand on the national and international lecture circuit.

Departmental Goings On

Faculty Leaders of the Penn Adult ADHD Treatment and Research Program are Spreading the Word

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- Both spoke at the UK Adult ADHD Network Conference in London, England on September 10 -12, 2014. Dr. Ramsay delivered a talk on "Motivational Enhancement and CBT for Adult ADHD" and both presented on several topics at a session chaired by Dr. Rostain ("ADHD as RDS [Reward Deficiency Syndrome]" – "Review of Reward Deficiency Syndrome and Adult ADHD," "Pharmacotherapy," and "Adult ADHD as a Reward Deficiency Syndrome: Conceptualization and Treatment.")
- Dr. Ramsay was the Keynote Speaker at the 14th Annual Michael Golds Memorial ADHD Conference in Farmington Hills, Michigan on September 19, where he delivered a talk titled "'I Know What I Need to Do, But I Just Don't Do It!!' Using Cognitive Behavioral Therapy (CBT) for AD/HD in Adolescents and Adults," and also led a breakout session ("True Grit: A Cognitive Behavioral Therapy [CBT] Approach for AD/HD-Marital Therapy").
- Dr. Ramsay gave Grand Rounds sponsored by the Department of Psychiatry at the SUNY Downstate Medical Center in Brooklyn, New York on October 8. He spoke on "CBT for Adult ADHD: Motivational Enhancement Strategies."
- Drs. Rostain and Ramsay presented a pre-conference workshop ("ADHD as a Reward Deficiency Syndrome: Conceptualization and Treatment") on November 13 at the annual international convention of CHADD (Children and Adults with ADHD) conference in Chicago. Dr. Ramsay also led a separate breakout session on November 14 ("The Invisible Fences of Adult ADHD: How Negative Thinking Affects Coping with ADHD").
- Dr. Ramsay was also invited to Prague in the Czech Republic, along with several colleagues from Harvard University, to train European psychologists and school psychologists in the diagnosis and treatment of ADHD in young adults. He began his trip with two presentations at an ADHD conference ("ADHD: Personal and Social Challenge") - a morning Keynote address on November 21 ("ADHD in Young Adults and Adults") and a follow-up workshop on November 22 with Craig Surman, MD of Harvard ("Non-medication Interventions in ADHD in Practice"). Following the conference, Dr. Ramsay contributed to the training sessions by delivering a full day of lectures on November 24.

To learn more about the Penn Adult ADHD Treatment and Research Program, please visit the Program's website (<http://www.med.upenn.edu/add/adhd.html>) or call with questions or to make an appointment (215 746-4100).

News and Announcements

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>.

Why Men's and Women's Brains Work Differently: Continuing Coverage

Ruben C. Gur, PhD and **Raquel E. Gur, MD, PhD** continued to receive media attention for the conclusions coming from their landmark paper published December 2, 2013 online in the *Proceedings of the National Academy of Sciences*. The study revealed striking differences in the neural wiring of men and women (see January 2014 issue of *Penn Psychiatry Perspective*).

In a September 24, 2014 BBC Horizon documentary, Dr. Ruben Gur commented on the differences between the male and female brain. He noted that the research found a stronger connection between the front and back of the brain in males, suggesting that

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News and Announcements

In the News

Why Men's and Women's Brains Work Differently: Continuing Coverage

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men "are better able to connect what they see with what they do, which is what you need to be able to do if you are a hunter. You see something, you need to respond right away." Women, on the other hand, had more wiring between the left and

right hemispheres of the brain, stated senior co-author Ragini Verma, PhD in the Department of Radiology at Penn, suggesting that they "ought to be good at multi-tasking and... better at emotional tasks."

Dr. Raquel Gur, in an interview with *O, The Oprah Magazine*, succinctly summarized the essential findings of their research: "We saw far more connections across the brain's two hemispheres in women than in men, indicating that women tend to adopt a more global approach to processing information. They take it all in, ping thoughts between areas associated with

intuition and verbal reasoning, and then make a decision. Men, on the other hand, show strong connections from the visual and perception centers in the back of the brain to the executive, action-oriented center in the frontal lobe. As a result, they are more likely to respond impulsively. I have to caution that these results reflect the average response – of course there were exceptions."

Dr. Ruben Gur is Professor of Psychology in Psychiatry and Director of the Center for Neuroimaging in Psychiatry in the Department of Psychiatry. Dr. Raquel Gur is Professor of Psychiatry, Neurology and Radiology, as well as the Karl and Linda Rickels Professor in Psychiatry and Director of the Department of Psychiatry's Neuropsychiatry Section.

View the story from the September 24, 2014 BBC Horizon documentary at - <http://www.bbc.com/news/science-environment-29405467>

View the transcript of the interview with *O, The Oprah Magazine* at - http://images.burlesluce.com/image/6270KC/6270KC_2885



Eating Right

Andrea Spivack, MA, RD, LDN, registered dietician and licensed dietitian-nutritionist at the Albert J. Stunkard Weight Management Program in the Department of Psychiatry, was quoted in an October 13, 2014 delawareonline story about choosing the best foods to eat. "I think it's important to look at the big picture of one's eating habits and to be realistic about aiming to eat right most of the time; have boundaries, but also a permission-slip to eat the food that one loves," said Ms. Spivack. "When making the choice whether to go low-carb or low-fat," she added that "it is important to not completely knock-out an entire food group." The goal is a safe dietary regimen. For example, "If someone has diabetes, we don't want to be too dramatic with restricting carbs," she explained.

View the October 13, 2014 delawareonline story at - <http://www.delawareonline.com/story/news/health/2014/10/13/good-food-bad-food-read-label/17208395/>



Former NFL Player Speaks on Concussion Settlement

Mahendra T. Bhati, MD, Assistant Professor of Clinical Psychiatry, commented in an October 15, 2014 6ABC (Philadelphia) segment about a prospective settlement of concussion litigation between the National Football League (NFL) and former NFL players. There are concerns that the multi-million dollar NFL concussion settlement may not cover the neurological illnesses that affect many players due to head trauma from repeated hits. Former NFL player Chad Levitt suffers from debilitating depression, mood swings, memory loss, and difficulty concentrating, possibly resulting from hits taken during his four years in the NFL. Dr. Bhati, who has been treating Mr. Levitt for the past year, told 6ABC, "These are things we often see with people who have sustained a lot of frontal lobe injury or injury to the front of their head."

News and Announcements

Awards and Honors

Clinical Recognition

Twenty-nine (29) Department of Psychiatry physicians were recognized as 2013-2014 "Best Doctors in America." Seventeen (17) of the physicians are Full-Time or Emeritus faculty and twelve (12) are Associated Faculty. The list, compiled by Best Doctors, Inc., is composed of physicians who have been selected by a consensus of their peers, and is published every two years.

Regional, National, and International Honors



Dr. Beck Honored Internationally and Regionally

Aaron T. Beck, MD recently received major honors from around the region and world. He was awarded an Honorary Doctor of Science (honoris causa) from La Trobe University in Melbourne, Australia in November 2014. The citation for the honorary degree reads in part: "Dr Beck's research into Cognitive Therapy has fundamentally changed the way that mental health disorders are viewed and the way psychological treatment is conducted. Dr Beck is today recognised as one of the world's leading researchers in psychopathology and has been cited as one of the most influential therapists of all time (part of a list that includes Dr Sigmund Freud)..."

Dr. Beck was also honored with the Changing Minds Award, presented to him in October 2014 at Minding Your Mind's (MYM) 5th Annual Blue Gene Gala in Philadelphia. MYM's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers, and school administrators in an effort to reduce the stigma and destructive behaviors often associated with mental health issues and illnesses. The Changing Minds Award honors an individual who has had a dramatic impact on the field of mental health and whose work has consistently advanced the philosophy that those with mental health disorders can live happy and productive lives through treatment. Dr. Beck was cited for "his lifetime achievement in psychiatry."

Dr. Beck also received the Impact Award from the Montgomery County, PA chapter of the National Alliance on Mental Illness (NAMI) in November 2014 in Philadelphia. This award, begun in 2013, recognizes outstanding work done in the recovery of persons with mental illness, and is part of NAMI's Annual Benefit for the Brain. Dr. Beck was honored for his development of Cognitive Behavioral Therapy.

Dr. Beck is Emeritus University Professor of Psychiatry at Penn and Director of the Aaron T. Beck Psychopathology Research Center in the Department of Psychiatry.



Dr. Foa Honored for Research on PTSD

Edna B. Foa, PhD received the Scientific Research Award from the Montgomery County, PA chapter of the National Alliance on Mental Illness (NAMI) in November 2014 in Philadelphia. She was cited "for her research on Post Traumatic Stress Disorder." Dr. Foa is Professor of Clinical Psychology in Psychiatry at Penn and Director of the Center for the Treatment and Study of Anxiety (CTSA) in the Department of Psychiatry.



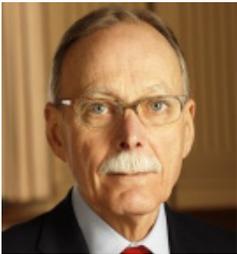
Dr. Thase Delivers Glassman Lecture

Michael E. Thase, MD gave the annual Alexander Glassman Memorial Lecture at the Department of Psychiatry at Columbia University/New York State Psychiatric Institute on October 1, 2014. The title of the talk was "Do Antidepressants Really Work? A Review of the Current Controversy." Dr. Thase is Professor of Psychiatry and Director of the Mood and Anxiety Disorders Treatment and Research Program in the Department of Psychiatry at Penn.

News and Announcements

Awards and Honors

Regional, National, and International Honors



Dr. Morse Receives Beckman Award

Stephen J. Morse, JD, PhD was one of this year's recipients of the Elizabeth Hurlock Beckman Award, which recognizes a small number of leading scholars each year in the fields of medicine, law, and psychology. He received the award, along with nine other recipients, at a ceremony on November 15, 2014 in Atlanta, Georgia. Dr. Morse was recognized not only for his cross-disciplinary scholarly work focusing on the intersections of the law, psychology, psychiatry, and neuroscience, but for his accomplishments as an educator. The \$25,000 Beckman Award specifically honors scholars who have "inspired their former students to create an organization which has demonstrably conferred a benefit on the community at large." Dr. Morse inspired a former student, James Preis, to found and be Executive Director of Mental

Health Advocacy Services, a public interest law firm in Los Angeles that advocates on behalf of people with mental disabilities and that has helped thousands of clients. Dr. Morse is the Ferdinand Wakeman Hubbell Professor of Law and Professor of Psychology and Law in Psychiatry, and the Associate Director of the Penn Center for Neuroscience & Society.

Penn Honors



Dr. Campbell Honored by Gold Humanism Honor Society

E. Cabrina Campbell, MD was inducted into the Gold Humanism Honor Society (GHHS) Class of 2015 (fourth-year Penn medical students) as one of two faculty inductees in October 2014. The communication to her announcing her induction stated that she was selected "for your embodiment of humanism in medicine, as well as for your role-modeling of patient centered care." The GHHS was established nationwide in 2002 by the Arnold P. Gold Foundation "as a signature program to recognize medical students, residents, and faculty who practice patient-centered care by modeling the qualities of integrity, excellence, compassion, altruism, respect and empathy." Dr. Campbell is Associate Professor of Psychiatry and Associate Director of Inpatient Psychiatry at the Philadelphia VA Medical Center.

Announcements

Final PBHMind Event of 2014 - Psychiatry and Family Therapy: New Collaborations at Penn

PBHMind is offering a one-day symposium on Friday, December 12th, featuring innovative partnerships between healthcare professionals and the families they serve.

Presentation topics will include:

- emerging models being pioneered by the City of Philadelphia
- family inclusion in medical and physical illness in the inpatient hospital and outpatient settings
- how a family's reaction to gender and sexual fluidity can have significant impact upon mental health.

To register or learn more about this event, please visit www.pbhmind.com/couples-symposium-14.



Center for Treatment and Study of Anxiety

The Center for the Treatment and Study of Anxiety (CTSA) is an internationally renowned research and clinical facility that offers state-of-the-art treatment programs specifically designed for Post-Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), Social Anxiety (SAD), Panic Disorder (PD), Agoraphobia, Generalized Anxiety Disorder (GAD), and Specific Phobias. The Center provides treatment to children, adolescents, and adults. To learn more, visit www.med.upenn.edu/ctsa.

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. All Grand Rounds for the 2014-2015 academic year will be held in the BRB Auditorium. The next two lectures are listed below. For more information about Grand Rounds and the 2014-15 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>. To join our email listserv, please send an email to nataliec@upenn.edu.

December 4, 2014

Trauma Module
 Childhood Trauma - Developmental Psychopathology
 Speaker: Steven J. Berkowitz, MD
 Associate Professor of Clinical Psychiatry
 Director, Penn Center for Youth and Family Trauma Response and Recovery
 Department of Psychiatry
 Perelman School of Medicine at the University of Pennsylvania

December 18, 2014

Trauma Module
 Post-Traumatic Stress Disorder (PTSD)
 Speaker: Carmen McLean, PhD
 Assistant Professor of Psychology in Psychiatry
 Center for the Treatment and Study of Anxiety
 Department of Psychiatry
 Perelman School of Medicine at the University of Pennsylvania

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 various topic areas. Visit our website at www.pbhmind.com to learn more about our programs and to view our full course catalog.

December 12, 2014

Psychiatry and Family Therapy: New Collaborations at Penn

7 CE Hours

Speakers: Ellen Berman, MD; Jacqueline Hudak, PhD, LMFT; Claudia Baldassano, MD; Benoit Dube, MD; Robert Garfield, MD; Linda Hawkins, PhD, LPC; Matthew O. Hurford, MD; Robert M. Weinrieb, MD

www.pbhmind.com/couples-symposium-14

H A P P Y
 Thanksgiving