

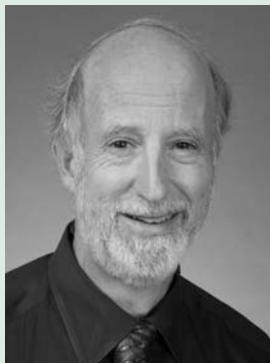


# NEWSLETTER

Summer 2013

APM — Psychiatrists Providing Collaborative Care for Physical and Mental Health

## President's MESSAGE — *Wayne J. Katon, MD, FAPM*



I am pleased to describe the remarkable progress the Academy of Psychosomatic Medicine has achieved over the last five years. Our membership has increased to approximately 1,000 members. Our net financial reserves have almost doubled over this same period of time and this has enabled the Council to invest in many initiatives that are described in this newsletter that have added value to members such as our new Learning Center. Our APM journal, *Psychosomatics*, has improved markedly under the superb direction and leadership of our journal editor, Ted Stern, MD, FAPM. The partnership between the journal and Elsevier publishing company has also been very successful, both financially and in terms of improving the quality and reach of the journal. Under the leadership of Phil Muskin, MD, FAPM, an APM Foundation has been established and is already providing travel funds to our APM meeting for multiple young members.

I also want to highlight that preparations for another exciting APM Annual Meeting are in full swing which will be held in Tucson, Arizona, and the theme is ***Psychosomatic Medicine Models in the Era of Health Reform***. This meeting will begin with a Presidential Symposium, "Bench to Clinic and Beyond: Dissemination of Evidence-Based Integrated Care Models," which will include national leaders in integrating mental health and medical care who will describe their successful efforts to disseminate evidence-based models such as collaborative care into large health-care systems in multiple states.

Jim Rundell, MD, FAPM, and the small volunteer army of APM members that constitutes our Annual Meeting Committee have constructed an exciting in-depth meeting that will include cutting-edge research, workshops, and clinical information that is relevant to everyday practice. The above Presidential Symposium will include world-class speakers such as Jürgen Unützer, MD, MPH, Benjamin Druss, MD, MPH, and David Katzelnick, MD. Kurt Kroenke, MD, MACP, will also present a plenary lecture, "Somatic Symptoms as a Bridge between Brain and Body," describing his two decades of somatic symptom research. The APM Research Award will be presented at our annual meeting to Dr. Brett Thombs who will provide a lecture on "Improving Depression Care in Medical Settings: Is Screening the Answer?" Michael Sharpe, MD, FAPM, and Jim Levenson, MD, FAPM, will co-direct a symposium on the DSM-5 changes to the somatization diagnoses. Please see Jim Rundell's description of the Annual Meeting to the right for more information.

In May, the APM leadership met in San Francisco for a very productive mid-year Council meeting. This meeting highlighted the progress on many of our strategic objectives that the Council has developed, including an interactive IT platform that facilitates APM CME programs and online learning (see the description by Robert Boland, MD, FAPM, on page 6), the development of a communications plan so that the APM can clearly and effectively message who we are and what we do, including a new "tag line" for the Academy:

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## Annual Meeting NEWS

### APM 60th Annual Meeting in Tucson

"Psychosomatic Medicine Models in the Era of Health Reform"

—*James R. Rundell, MD, FAPM*  
2013 Scientific Program Chair

The 2013 APM Annual Meeting is taking shape and promises to be both outstanding and record-breaking. Popular program elements from past meetings are being brought back, and new meeting offerings are being added. There were a record number of abstracts submitted this year, especially submissions for symposia and workshops. Despite adding tracks and sessions to the program, there were three times the number of submissions than meeting slots available. We anticipate a record attendance again this year and we will have the entire resort to ourselves for the meeting. I have just returned from a site visit to the Westin La Paloma Resort ([www.westin.com/lapaloma](http://www.westin.com/lapaloma)) and am excited about what this spacious and beautiful facility has to

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## Issue HIGHLIGHTS:

- Program Schedule for the 2013 Annual Meeting in Tucson
- New tagline for the Academy
- NRMP Match for PM fellowships
- Update on SIGs



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[www.apm.org/newsletter](http://www.apm.org/newsletter)

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## President's Message (cont. from page 1)

"Psychiatrists providing collaborative care for physical and mental health" (see a fuller explanation on this by Carol Alter, MD, FAPM, on page 7), the growth in financial reserves of the APM Foundation (see report by Phil Muskin on the back page), and progress on health reform initiatives. Such initiatives include developing an annotated bibliography of evidence-based mental health integration models and developing three executive summaries and PowerPoint presentations for our members to help negotiate psychosomatic medicine services with hospitals, primary care systems, and health insurers and employers.

Academy members have an exciting opportunity to help shape health reform efforts to integrate evidence-based mental health models into medical care. We have the skills to help "bend the cost curve" and our Academy leaders have developed ways to facilitate APM members becoming active voices in health reform including the many presentations on integrated care at the Annual Meeting, development of our website, and development of a communications plan to empower our membership to describe their unique skill set. In addition, a pre-conference course at the Annual Meeting, "Integration of Behavioral Health and Primary Care," will help teach new skills for psychiatrists who are interested in collaborative care approaches.

Please join us at the 2013 Annual Meeting in Tucson, Arizona, in November to learn more about these initiatives, gain new skills and knowledge, and network with colleagues in a magnificent southwest setting. I look forward to seeing you there.

## Annual Meeting Chair's Message (cont. from page 1)

offer. We will have ample meeting space for our concurrent sessions, plenary sessions, lunches, and other events. There is a terrific spa, beautiful swimming pools, and a number of on-site activities, including tennis, golf, running, and wonderful dining.

Tucson is an area with bountiful local activities, including the nearby La Encantada Shopping Center ([www.laencantadashoppingcenter.com](http://www.laencantadashoppingcenter.com)), Sabino Canyon, the Tucson Botanical Garden, and Plaza Colonial. The Local Arrangements Subcommittee, co-chaired by Nehama Dresner, MD, FAPM, and Ann Schwartz, MD, has arranged several exciting events attendees and their families can participate in, including:

- ★ APM Foundation Tennis Event
- ★ New APM Members reception
- ★ Early Career and Trainee cocktail party
- ★ Early morning runs
- ★ Early morning meditations
- ★ Trainee "lunch with the experts"
- ★ An organized outing to tour the Arizona Sonora Desert Museum
- ★ Friday evening APM Foundation Stargazing Event and auction
- ★ A reception hosted by the University of Arizona Department of Psychiatry
- ★ APM Foundation Golf Event

Particularly exciting is the tour to the award-winning Arizona Sonora Desert Museum ([www.desertmuseum.org](http://www.desertmuseum.org)), famous for connecting visitors with the wonders of nature, art, and culture in the Sonoran Desert. This excursion will be 1:30–5:30pm on Friday November 14. Estimated cost is only \$45 per person. There will be more information about this wonderful opportunity as the meeting approaches.

[desertmuseum.org](http://www.desertmuseum.org)), famous for connecting visitors with the wonders of nature, art, and culture in the Sonoran Desert. This excursion will be 1:30–5:30pm on Friday November 14. Estimated cost is only \$45 per person. There will be more information about this wonderful opportunity as the meeting approaches.

Meeting opportunities for trainees and early career psychiatrists (ECPs) within five years of training have been very popular in recent years and there will be many offerings in the annual meeting for them. Led by co-chairs Divy Ravindranath, MD, and Kristen Somers, MD, the Early Career Tracks Subcommittee has developed an exciting program for our ECPs. There will be an early career/trainee mixer on Wednesday and an early career track throughout the entire program. There will be structured opportunities for trainee and ECP mentoring and consultation with senior Academy members throughout the meeting.

Once again, the annual meeting will be preceded by a carefully considered group of pre-conference courses on Wednesday, November 13. The Pre-conference Courses Subcommittee is co-chaired by Philip Bialer, MD, FAPM, and Maryland Pao, MD, FAPM. Seven half-day skills courses and a half-day *Updates in Psychosomatic Medicine* course are being offered. The morning and afternoon skills courses will cover a number of important topics:

- A Focused Review of Suicide for the Consultation-Liaison Psychiatrist

- Mindfulness Meditation: Foundational Skills for the PM Psychiatrist
- The Integration of Behavioral Health and Primary Care: Practical Skills
- Assessment and Management of the Opioid-Dependent Chronic Pain Patient
- Negotiating the Value of Your Service
- Updates in Internal Medicine
- Updates in Neuropsychiatry

The morning *Updates in Psychosomatic Medicine* course will include the following topics:

- Psychotropic Medications and QT Prolongation
- Psychopharmacology during the Perinatal Period
- Encephalopathies
- Non-benzodiazepine Management of Alcohol Withdrawal

The Workshops and Symposia Subcommittee, led by J. Michael Bostwick, MD, FAPM, and Christopher Sola, MD, FAPM, had a very difficult assignment this year. The record number of workshop and symposia submissions created a highly competitive grading exercise. The bad news is that fewer than a third of the submissions could be accepted. The good news is that the program promises to be the most scientifically rigorous and informative in the annual meeting's history. There are eight tracks for this year's offerings, which will be color-coded in the meeting schedule to permit attendees interested in focusing on particular tracks to easily navigate the meeting site and construct a customized schedule. The eight tracks are:

- Child/Adolescent Psychosomatic Medicine and Women's Health
- Collaborative care in primary care and community mental health settings
- Collaborative care in specialty care settings
- Early career psychiatrists
- Ethics
- Neuropsychiatry
- Psychosomatic Medicine subspecialties
- Psychosomatic Medicine's future

The Oral Papers and Posters Subcommittee, co-chaired by Jon Levenson MD, FAPM,

and Christina Wichman, DO, had a similarly daunting challenge grading the record number of paper and poster submissions. The result of their hard work is an exciting set of oral presentations for the concurrent paper sessions on Friday morning, November 15. There will be an impressive array of quality and variety of posters at this year's poster session and reception on the evening of Thursday, November 14.

The president's theme for the 2013 Annual Meeting is ***Psychosomatic Medicine Models in the Era of Health Reform***. The meeting's plenary sessions are linked to this theme and promise to be highlights of the annual meeting.

For the second time in Academy history, there will be a Presidential Symposium. The symposium will be on Thursday morning, November 14, and will be entitled "Bench to Clinic and Beyond: Dissemination of Evidence-based Integrated Care Models." The symposium will include invited presentations by Wayne Katon, MD, FAPM ("The TEAMcare Multi-Condition Intervention"), Jürgen Unützer, MD, MPH ("Taking Consultation Psychiatry to Scale"), David Kat-

zelnick, MD ("Large-Scale Dissemination of Collaborative Care"), and Benjamin Druss, MD, MPH ("Improving Health and Health Care for People with Serious Mental Illnesses").

The Friday morning plenary is a major presentation by Kurt Kroenke, MD, MACP ("Somatic Symptoms as a Bridge between the Brain and the Body"). There will be a plenary "meet the experts" question-and-answer panel on DSM-5 somatic symptoms disorders, featuring Joel Dimsdale, MD, James Levenson, MD, FAPM, Michael Sharpe, MD, FAPM, and Lawson Wulsin, MD, FAPM. There will also be plenary addresses by major Academy award winners, including the Research Award and Hackett Award lectures. Finally, I want to personally thank each of the members of the Program Committee's subcommittees. Their missions are labors of love and the annual meeting's success depends on their dedication, tenacity, hard work, and talents. The meeting wouldn't happen without them. On behalf of the entire Annual Meeting Program Committee, I look forward to welcoming you to Tucson.

## BECOME INVOLVED IN COMMITTEES AND SIGS

— Donald Rosenstein, MD, FAPM

learn about opportunities for involvement. See the list of current SIGs and their chairs on page 14.

Our previous system for committee membership turnover and new assignments had become increasingly complex and quite challenging for the incoming president and committee chairs. By having committee membership turn over each year at the time of the annual meeting, we had both incoming and outgoing committee members who would attend the committee meetings. This created confusion about committee membership (and in some cases, leadership) as well as inefficiency for these working groups that traditionally only met face-to-face once a year. Our longstanding practice of soliciting interest in serving on committees through sign-up sheets at the annual meeting only

(continued on page 7)

# FELLOWSHIP RECRUITMENT AND THE NRMP MATCH

—*Philip Bialer, MD, FAPM and David Gitlin, MD, FAPM*

For the past several years, fellowship recruitment has been a major topic of discussion at the annual Fellowship Directors' Forum as well as on the training directors' listserv. While there are many factors that may have an effect on promoting psychosomatic fellowship training to prospective psychiatry residents, many felt that the applicant acceptance process was often confusing and unstructured for both the training programs and the applicants. Recruitment guidelines were developed in 2008 in an effort to add some structure and uniformity to this process. While there were mixed results with the guidelines, we gained some experience with a "match-like" process and it kept us talking as a group. At the past annual meeting we decided to go forward and take the next step of participating with the National Residents Matching Program (NRMP) Specialties Match Service.

The APM has signed a formal agreement with the NRMP and we are now on-board to use the Specialties Match for the current recruitment season. Many program directors have had experience with the Match through general residency programs, and as residents themselves. Candidates should be quite comfortable with the process, as they all will have used the Match four years earlier for their own residencies. While this may feel like a major cultural change, with some likely growing pains during the first year, we feel strongly that the benefits greatly outweigh the risks for large and small programs alike.

Following are some key informational points about the Match:

- To join the NRMP Match, at least 75% of ACGME-accredited programs (nationally) must agree to participate. In addition, at least 75% of the total available positions (nationally) must be offered through the Match. Currently, the number of programs that have agreed to participate puts us well above that threshold. The final tally will be assessed once that match has actually been completed.
- "Available positions" means those positions which have usually been filled, typically those for which a program has funding. This is not necessarily the same as the number of ACGME-accredited positions unless a program typically fills all of those slots.
- NRMP rules require that subspecialty programs in the same discipline participate in a single fellowship match. For example, all Internal Medicine subspecialty programs (Cardiology, Nephrology, Endocrinology, etc.) are run together. For Psychosomatic Medicine, this means we will be coupled with Child/Adolescent Psychiatry, currently the only Psychiatry fellowship in the Match. This is primarily for organizational purposes and will not complicate our matching process.
- Programs may continue to use the same application process currently in place, either the APM common application or individual institutional application. ERAS (Electronic Residency Application Service) is not required.
- Although NRMP registration opens Sep-



tember 11, programs may begin the recruitment process prior to that date, e.g., responding to requests for applications and setting up interviews.

- Programs which do not fill will be provided a list of candidates who did not match to any program.
- Candidates will be informed by NRMP which programs continue to have openings.

For the July 2014 start date, the following dates and additional information also apply:

- Sep. 11, 2013: opening date for NRMP registration of programs and candidates
- Dec. 4, 2013: final date for submission of position quotas, i.e., number of positions each program will make available
- Dec. 18, 2013: final date for submission of rank-order lists from programs and candidates
- Jan. 8, 2014: Match Day

Individual program costs are:

- Institutions: \$200 per institution (paid once for any participation with NRMP)
- Programs: \$35 per program track
- Matched Applicant: \$35 per applicant matched to the program
- Applicants: \$60 registration fee

The NRMP has provided much support and one of their representatives will attend our Fellowship Directors' Forum at this year's meeting in Tucson to speak to us directly and answer any questions we may have. We are hopeful that our participation in the Match will enhance the recruitment process and establish a uniform schedule for applicants and programs to select without pressure.

For further information about the Specialties Match, please visit the NRMP website at [www.nrmp.org](http://www.nrmp.org)

# Pre-Conference Courses

2013

— Philip Bialer, MD, FAPM and Maryland Pao, MD, FAPM

The Pre-conference Courses Subcommittee has put together an exciting slate of courses that will take place on Wednesday, November 13, the day before the opening of our annual meeting. These special courses have proven to be highly popular and well-received in the past few years and we expect the same for the upcoming meeting.

Since there is no subspecialty certification exam in 2014, our *Updates in Psychosomatic Medicine* will be a half-day course that will look at some common topics in psychosomatic medicine in a more focused way. These topics include "Psychotropic Medications and QT Prolongation" presented by Jeff Huffman, MD, FAPM; "Psychopharmacology during the Perinatal Period" presented by Christina Wichman, DO; "Encephalopathies" presented by Jason Caplan, MD, FAPM; and "Non-Benzodiazepine Treatment of Alcohol Withdrawal" presented by Joshua Strauss, MD, FAPM. The selection of *Updates* topics was based on suggestions made by past attendees and promises to be a stimulating course.

In addition to the *Updates* course, there will be seven advanced skills courses that were chosen through a competitive submission process. The four-hour morning sessions will include "A Focused Review of Suicide for the Consultation-Liaison Psychiatrist." The course, chaired by Donald Rosenstein, MD, FAPM, will take an innovative approach

by presenting 12 narrowly focused talks on various aspects of caring for the medically ill patient at risk for suicide. The morning session will be rounded out with a course on "Mindfulness Meditation" chaired by Susan Abbey, MD, FAPM, and in keeping with the meeting theme, "Integration of Behavioral Health and Primary Care" chaired by Lori Raney, MD.

The four-hour afternoon advanced skills courses should prove to be equally enticing. Thomas Heinrich, MD, FAPM, and the Medicine and Psychiatry SIG have developed an "Updates in Internal Medicine" course with a new schedule of timely topics for the psychosomatic medicine psychiatrist. Lawson Wulsin, MD, FAPM, and the Business of Psychosomatic Medicine SIG will present on "Negotiating the Value of Your Service." The afternoon will be rounded out by two courses on topics that were felt to be very much needed by our membership: "Assessment and Management of the Opioid Dependent Patient" chaired by Jon Strelitzer, MD, FAPM, and "Updates in Neuropsychiatry" chaired by Yonas Geda, MD, MSc.

Full information about course registration is provided on the 2013 Registration Form on the inside back cover of this Newsletter. Please make your reservations and sign up now to attend what we expect will be a very worthwhile and educational day.

## NEW EXECUTIVE DIRECTOR

Mr. James Vrac has assumed the role of APM executive director effective April 1, taking over from Dr. Norman Wallis, who has served as APM executive director for the last eight years.



James Vrac, new APM executive director

James previously worked with Dr. Wallis at PAI Management for seven years in the 1990s managing a number of medical societies before his career led him to executive director positions with a national federation of medical state licensing boards, followed by a regional medical association headquartered in Atlanta with a major annual conference of 7,000 attendees. For the past eight years he was executive director of an association of professional accounting firms operating in 86 countries and headquartered in London, UK.

Dr. Wallis will be in attendance at this year's Annual Meeting to say farewell and accept a meritorious service award from APM.

### 2014 Annual Meeting

November 12-15  
Marriott Harbor Beach Resort  
Ft. Lauderdale, FL

### 2015 Annual Meeting

November 11-14  
Hilton Riverside Hotel  
New Orleans, LA

## APM HAPPY HOURS 5:00-7:00PM EVERY DAY!

Present your APM badge in the hotel's AZUL Lounge any time between 5:00 and 7:00 on Wednesday, Thursday, Friday, and Saturday for drink discounts and discussions about the day with colleagues.

### Important Deadlines...

- Aug. 31 Last day to register for the meeting at the Early discount rate
- Sep. 23 Last day to register for the meeting at the Standard rate
- Oct. 13 Last day to cancel meeting registration for full refund minus \$50 service fee
- Oct. 15 Last day to switch pre-conference skills courses
- Oct. 21 Last day to make hotel reservations for APM discounted rate
- Oct. 31 Last day to register for the meeting in advance
- Nov. 1 Last day to cancel meeting registration for 50% refund
- Nov. 13 PRE-CONFERENCE COURSES
- Nov. 14 ANNUAL MEETING BEGINS, 9:00am

# Introducing THE LIVE LEARNING CENTER

Our academy has always striven to be a primary source of high quality and accessible information about psychosomatic medicine. In that regard, we have gradually increased the content and availability of PM information to our members.

Clearly, our primary informational assets have been our journal and our scientific meeting. *Psychosomatics* continues to be the premier journal for innovative content about psychosomatic medicine. Moreover, our meeting continues to be the organization's major venue for presenting and discussing such information.

In trying to remain creative and to be as useful as possible to our members, we have been working on creating enduring materials for our website. For example, along the top menu there is a heading titled "Education." Mousing over this, you will find a growing wealth of content. For example, there is a suggested reading list for PM fellowship trainees (under "C-L/PM Bibliography") and Jeff Huffman's annotated bibliographies. Several committees, including our Guidelines and Evidenced-Based Medicine Subcommittee and the Clinical Practice Committee, have prepared authoritative monographs on Delirium and Traumatic Stress Disorder, as well as an Integrated Care Bibliography; these all can be found under "Clinical Monographs." You can also find position papers produced by our organization, and some interviews available as videos or podcasts. The latter represent a nice series of interviews conducted by the APM's Public Relations Task Force

during our 2007 meeting and hopefully this will become a growing area for content.

I wanted to draw your attention to our newest educational addition: the Live Learning Center (LLC). We all know that one of our organization's greatest assets is the collection of excellent presentations and seminars that make up the annual meeting and the accompanying pre-meeting courses. We frequently get feedback to the effect that it is a shame that these are not recorded to preserve them, either for those unable to make a particular meeting, or for people like myself, who become overwhelmed and can only retain a fraction of the excellent information.

There have been some attempts in the past to record a few lectures and sync them with the slide content; however, archiving an entire meeting is a full-time job that requires expensive equipment. Therefore, we formed a small task force to look into the possibility of having this professionally done. We eventually chose MultiView, a company that records meetings for various organizations. We based this decision on the quality of their work as well as their reasonable price.

This all was arranged in time for MultiView to attend our 2012 meeting, and if you have been looking at our site, you will notice that under "Education" is a new heading at the top called "LIVE LEARNING CENTER." Clicking on this you will find the Center. Currently, it contains presentations from the last two annual meetings (the 2011 ones being recorded by us in anticipation of such a site). It also contains all of the content from the last two *Updates* courses and, for nearly

all courses, handouts and slides. We will be charging for these recordings in the hopes that the income will help defray the cost of professionally producing these recordings. In addition, the good news is that the content is free for sessions for which you have registered. Thus, if you registered for and attended the 2012 *Updates* course, you will already have access to this content and will not have to pay again.

Each packaged set offered through the LLC is only \$79 for members, \$69 for trainees, and \$99 for non-members. A "set" can include, for example, all of the content from the 2012 *Updates* course, or all of the plenary session content delivered at the 2012 annual meeting. For archived material from 2004, 2005 and 2007, the prices are less.

How should this content be used? For myself, I see this as a great way to prepare for my upcoming recertification examination. In addition, if there is a desire from members, there may be ways to tie in this content with the current Maintenance of Certification requirements (for more on Maintenance of Certification, see the Summer 2012 Newsletter). For example, several of the pre-meeting courses had self-assessment tests associated with them, and there may still be a way to use them to provide self-assessment CMEs, which as we know we all need for recertification.

This is all a work in progress, and there will be bugs along the way in getting this site running properly. As always, I welcome all feedback as to how we can make this site as useful as possible for our members and trainees.



## THE FOUNDATION OF THE APM INVITES YOU TO REACH FOR THE STARS

The Tucson night sky is one of the best in the world for studying stars and planets. A special fAPM reception from 6:00–8:00pm on Friday will begin with a unique margarita tasting and continue with entertainment, an auction and raffle, and the opportunity to view the night sky with high-powered telescopes under the guidance of experienced astronomers. Attendees of the Foundation's stargazing event at the 2006 Annual Meeting in Tucson came away in awe and wonder.

The cost of the 2013 stargazing event is \$75 per person. Proceeds benefit the fAPM. For more about the Foundation, see Philip Muskin's article on the back page.

# New Tagline for the Academy of Psychosomatic Medicine: *“Psychiatrists Providing Collaborative Care for Physical and Mental Health”*

— Carol Alter, MD, FAPM  
External Branding Task Force

As a result of the APM strategic planning work in 2010, a task force was formed to focus on developing strategies the Academy should take aimed at external organizations. The task force worked with GYMR, a public relations firm, to both understand what those external objectives should be and how we might be able to best communicate them. The first phase of the project was completed in November 2012 and highlighted our need to take advantage of a number of new opportunities related to the integration of mental and physical health, in both primary and specialty medical settings. Also, it was clear that our ability to communicate what PM psychiatrists and the Academy do often didn't meet the mark or help us meet those objectives.

GYMR worked with our members to collect and understand our current “messages” and then interviewed a number of primary and specialty care physicians and insurance industry executives to understand whether

people understood the work we do and the value we bring. While none of the physicians interviewed were familiar with PM as a specialty or the APM (this was intentional), all understood the need for the service and felt it brought value and also expressed interest in working with PM specialists. Key findings included:

- All physicians agreed that comorbid mental and physical disorders were prevalent among their patients.
- None of the primary care physicians were familiar with the Collaborative Care model, but all agreed it would be helpful.
- Most physicians were concerned about payment, pointing to the recognition that behavioral health funding is inadequate and fragmented.
- Insurance executives unanimously agreed with the value that psychosomatic medicine psychiatrists could provide.

- All physicians interviewed associated “psychosomatic” with the disorder and all thought that the specialty name was confusing.
- The phrase “psychiatrists trained in psychosomatic medicine” was preferred to “psychosomatic medicine psychiatrists.”

GYMR also helped us to identify a new tag line: “Psychiatrists Providing Collaborative Care for Physical and Mental Health.”

The task force will now work to make additional recommendations to the Council regarding how we use these new messages to seize opportunities presented through health-care reform. In the short run, the Academy will adopt the new tagline. A copy of the report will be posted on the APM website in the Members’ Corner, and members are encouraged to use the improved messages to help them with their work with primary and specialty care physicians, hospital and insurance administrators, and others.

## Become Involved in Committees & SIGs (cont. from page 3)

added to the problem. In most cases, there was no follow-up, with disappointment for many members who had expressed interest in serving on a committee. Furthermore, sorting through the dozens of requests required countless emails between the president and each committee and subcommittee chair. Under the best of circumstances, this process took several months and thus delayed the work of each committee and subcommittee well into the new year.

In order to address these problems, Council voted to decouple the committee assignment process from the annual meeting cycle. The APM president continues to be responsible for formally appointing all APM committee members; however, these appointments will be made based on the recommendations of each APM committee chair. The president retains final discretion about specific assign-

ments, but in general, this activity is now delegated to committee chairs.

The new process for committee assignments is as follows:

### August 1

The APM membership is notified that committees are accepting volunteers for 2013-2014. Interested members are invited to contact committee/subcommittee chairs directly to be considered.

### September 15

Committee chairs submit recommendations to the president for committee appointments.

### October 15

The president notifies committee chairs of the final composition of committees; thereafter, the executive office will issue notifications to all volunteers regarding their respective committee appointments.

### November 13-16

Regardless of whether the committee chair is the original or new appointee, the chair *prior* to October 15 will chair the committee meeting at the annual meeting. Any chair rotation occurs only *after* the annual meeting concludes. New volunteers will, of course, be invited to attend committee meetings at the annual meeting.

How should members express interest in serving on a committee? No later than **September 10**, review the APM committee structure and leadership on the APM website (About > Organization) and contact the respective leadership to discuss your interests in serving. Committee and subcommittee chairs will then consider new members and consultants and make recommendations to the president by **September 15th**.

We look forward to your active participation on an APM committee!

## HOW — AND WHY — I BECAME AN APM COUNCILOR

I have been asked by APM leadership to discuss how I came to be an APM committee chair and Council member.

I became a member of APM during residency and attended the annual meeting in my PGY-4 year in 2002; the meeting was fantastic, and I looked up to so many APM members who were academically oriented clinicians on the front lines of psychosomatic medicine.

I attended again during my psychosomatic fellowship year (as a Webb Fellow), and I wondered whether there was a way to extend the academic and evidence-based bent of the APM annual meeting to the rest of the year. Specifically, it seemed that the APM website might be an ideal place to convey literature updates regarding psychosomatic medicine. This thought led me to approach the head of the APM Communications Committee, Bob Boland, with my idea and to ask whether I might be able to implement it in some way, with APM's blessing. He was quite welcoming regarding this idea and I was invited to the conference calls of the committee. I began to generate and post literature updates to the website, with their blessing, and through this activity, became a member of the Website Subcommittee. This eventually led to leadership positions on the website/communications committee and membership in other committees. Finally, by being active as a committee member and APM member (e.g., continuing the literature reviews, getting involved with website activities like the

—Jeff Huffman, MD, FAPM

room/ride-sharing sites, and by presenting at the APM meeting), I had the honor of being elected to the APM Council and am now involved in discussions related to the strategy of the organization.

Overall, APM has become my "professional home." I feel strongly about the importance of psychosomatic medicine, and my participation in APM grew very organically—I really like the organization and its members, and wanted to offer ideas that I thought might help fellow members to get more from the organization. I found that committee leaders—even those who had never met me—have been welcoming regarding new ideas (especially when they come with an offer of putting in the legwork of completing the task), and this led to committee membership. Being active on the committees—by continuing to try to find ways to help APM members with whatever expertise or experience or legwork I could lend—then led to more leadership positions.

If you are an APM member and would like to get more involved in the APM committees, I strongly suggest bringing your ideas to the APM leadership—either to committee chairs, as presentations at the annual meeting, or both. If you can devote even 30 minutes/week to some APM activity that excites you, those 26 hours/year can add up to something that can enhance APM members' experience and will certainly help you to be seen as a valued person in the organization!

## FIRST TIME ATTENDING APM?

If this is your first time attending an APM annual meeting, here are some helpful hints to ensure that you get the most out of the event:

- **Always wear your name tag:** People will notice that you're a new member or first-time attendee by the ribbons on your name tag and they will introduce themselves to you. Just being receptive is all it takes to make a lot of new connections!

Also, if you are being photographed, please let your name tag show your name so we can tell who you are later!

- **Get there at the beginning and stay to the end:** Attend everything you can. Not only can you receive a maximum of 28.5 CME credits, you will leave with a wealth of knowledge from experts in the field and great new contacts.

• **Speak up:** This is a very friendly, interactive meeting, so jump right in! If you have an idea or feedback, or if you have an area of expertise that overlaps with what's being discussed, go for it! No matter what your level of training, people will be glad to hear from you.

- **Find new friends, collaborators and mentors:** Everyone at the meeting has an interest in teaching, learning, research, and scholarship, so what better place to find connections! If you find someone with a common interest, they will almost certainly be happy to work with you, advise you, give you feedback, or help you on your next project. Networking opportunities are available throughout the meeting. Make sure you attend the Wednesday mixer, the Thursday and Friday luncheons, the Thursday Welcome Reception, and any other advertised social event.

• **Get Involved:** Once you've gotten a feel for what the APM is all about, get involved! You are welcome to attend special interest group meetings and let committee chairs know you are interested in joining their committee.

- **Have fun:** We know that all work makes Jack and Jill very dull. The Annual Meeting Committee wants to ensure that there is a nice balance between facts and fun and has scheduled morning runs, mindful meditations, happy hours, and the outdoor events listed in the box at left..

### UNDER THE TUCSON SUN (AND STARS)

The Academy is pleased to offer several outdoor social activities that are fun, educational, and healthy!

Wed: 6:00 – 9:00 PM	fAPM Tennis Benefit (\$45)
Fri: 1:30 – 5:30 PM	Arizona Sonora Desert Museum Tour (\$45)
6:30 – 8:00 PM	fAPM Stargazing Event Benefit (\$75)
8:00 – late	Univ. of Arizona, Dept. of Psychiatry Jazz Reception (free)
Sat: Noon – 5:00 PM	fAPM Golf Benefit (\$200 + \$50 for clubs)
3:30 – 4:30 PM	fAPM 5k Run/2k Walk Benefit (\$30)

# RESERVE YOUR RESORT ROOM BY OCTOBER 21

APM has selected the Westin La Paloma Resort & Spa for the 2013 meeting.

The Westin La Paloma Resort & Spa  
3800 East Sunrise Drive  
Tucson, AZ 85718  
[www.westin.com/lapaloma](http://www.westin.com/lapaloma)  
1-888-627-7201

In the midst of a desert setting, it's a lush oasis of activities: a 27-hole Jack Nicklaus Signature golf course in a rolling green landscape, a complex of five refreshing pools with a 177-foot waterslide, and a 9,300-square-foot, world-class spa.

From an upscale, cocktail and dining experience at the AZUL Lounge, to contemporary dining at the fashionable hotel restaurant, to courtside or poolside casual dining, the resort is well-equipped to handle the dining interests for the whole family.

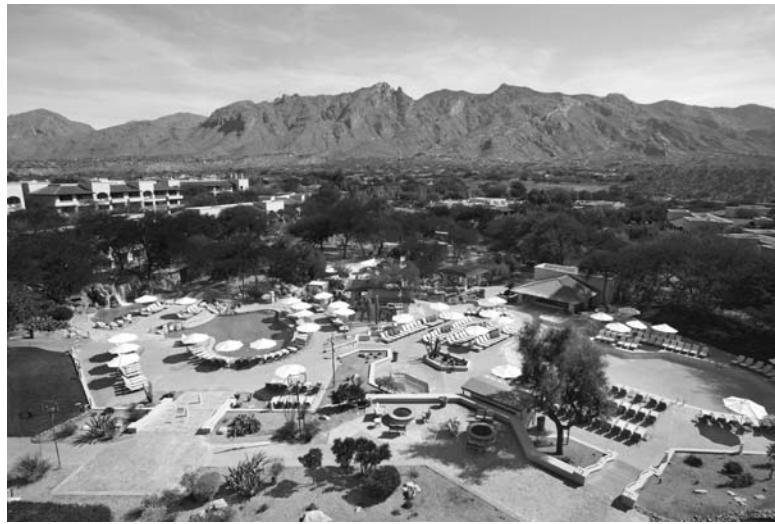
The Westin also features the Westin Kids Club, providing entertainment and activities for kids 12 years and under in a safe, supervised environment that lets parents enjoy the APM meeting free of worries.

APM room rates are as follows, for single or double occupancy, until October 21:

Regular Room:	\$169
Master Suite:	\$209
Grand Suite:	\$239
Resort Suite:	\$259
La Paloma Suite:	\$284

APM has negotiated a waiver of the daily \$20 per day resort fee (ignore references to this charge during the online reservation process), complimentary access to the fitness center, and in-room Internet access. Rates do not include applicable state and local taxes, currently 13.10%.

Book your hotel room directly with the hotel by using APM's online booking site: <http://tinyurl.com/APM2013hotel> or call 1-888-627-7201 and ask to make your room reservation under the APM block. Please note that APM rates are only available until **October 21**.



## TRAVELING TO THE MEETING

The hotel is 17 miles from Tucson International Airport (TUS), about 35-40 minutes by car. As the meeting facility is a resort and specifically situated to take advantage of scenery and quiet locale, there is no public transportation to the hotel.

### Hotel-direct shuttle

APM has made arrangements with Destination & Conference Services (DCS), the Westin's in-house transportation team, who are able to offer direct shuttle transportation between Tucson International Airport and the Westin La Paloma for \$37 per person, one way. The service includes:

- Uniformed meet-and-greet staff (dressed in sea-blue polo shirt with DCS logo) with APM signage
- Late model vehicles; driver gratuities (tips)
- Help line at 1-520-631-2013 if you have problems locating your driver

To book your transportation, please visit [www.dcseventplanning.com/APM.htm](http://www.dcseventplanning.com/APM.htm)

DCS also offers VIP private car transfers. Please contact Bobby Retz at [bobby.retz@westin.com](mailto:bobby.retz@westin.com) directly for details and pricing.

### Alternatives

Your alternatives to the shuttle service might include:

- **Car rental:** Tucson airport has a full range of car rental companies from which to choose and the hotel has plenty of free parking (valet parking has a charge).
- **Metered taxi:** About \$45-50 one way, not including tip

For more information about rental cars and taxis, click the "Parking and Transportation" link on the airport's website at [www.flytucson.com](http://www.flytucson.com).

# 2013 Annual Meeting

## PRELIMINARY PROGRAM SCHEDULE

This preliminary schedule is subject to modification. For the most current schedule, please visit the APM website.

### 2013 Annual Meeting Learning Objectives:

At the end of this meeting participants should be able to:

- Apply psychosomatic medicine research findings to clinical care scenarios for persons with comorbid psychiatric and general medical conditions.
- Describe the roles, strengths, and challenges of psychosomatic medicine clinical models in a changing health-care environment.
- Delineate evidence-based methods of delivering psychosomatic medicine clinical care when integrated into primary care and specialty care settings.
- Improve and expand knowledge about improving the medical outcomes of chronically and persistently mentally ill patients.
- Define workforce and graduate medical education training needs for psychosomatic medicine in the era of health-care reform..

NOTE: Workshops and symposia are tagged with their program tracks and, where applicable, with the APM SIGs which would find the sessions of particular interest.

### Program Tracks

CAW	Child, Adolescent, Women's Health
PCS	Collaborative Care in Primary Care Settings
SCS	Collaborative Care in Specialty Care Settings
ECP	Early Career
ETH	Ethics
NEP	Neuropsychiatry
SUB	PM Subspecialties
FUT	PM's Future

### Special Interest Group Tags

ETH	Bioethics
CAR	Cardiovascular Psychiatry
COM	Community-Based Psychosomatic Physician Practice Issues
CRI	Critical Care
ECP	Early Career Psychiatry
EMP	Emergency Psychiatry
HIV	HIV/AIDS
INT	International Relations
MED	Medicine and Psychiatry
NEP	Neuropsychiatry
PAL	Palliative Care
PED	Pediatric Psychosomatic Medicine
PSY	Psychotherapeutic Approaches to the Medically Ill
TEL	Telepsychiatry
TRA	Transplant Psychiatry
WOM	Women's Health

### Tuesday, November 12

7:00–9:00pm Registration Desk open

1:00–5:00pm

First APM Council Meeting (Council members and invited guests)

Afternoon Pre-conference Courses:

- *Assessment and Management of the Opioid-Dependent Chronic Pain Patient*
- *Negotiating the Value of Your Service*
- *Updates in Internal Medicine*
- *Updates in Neuropsychiatry*

*Psychosomatics* Editorial Board meeting (by invitation)

### Wednesday, November 13

7:00am–7:00pm Registration Desk open

1:00–5:00pm

Afternoon Pre-conference Courses:

8:00am–Noon Morning Pre-conference Courses:

- *Updates in Psychosomatic Medicine*
- *A Focused Review of Suicide for the C-L Psychiatrist*
- *Mindfulness Meditation: Foundational Skills for the PM Psychiatrist*
- *Integration of Behavioral Health and Primary Care: Practical Skills*

5:00–6:00pm

*Psychosomatics* Editorial Board meeting (by invitation)

Noon–1:00pm Lunch on your own (optional \$25 buffet lunch)

5:00–6:00pm

Trainee & Early Career Mixer (trainee and early career registrants only)

6:00–7:00pm

APM Happy Hour

6:00–9:00pm

New Member Reception (by invitation)

fAPM Tennis Benefit (\$45)

7:00–9:00pm C-L/PM Fellowship Directors' Forum (fellowship program directors and fellowship trainees)

### Thursday, November 14

6:15–7:00am Neighborhood Run  
 6:15–7:00am Mindfulness Meditation  
 6:30am–7:00pm Registration Desk open  
 7:00–8:30am Exhibitor setup  
 7:00–9:00am APM Committee Meetings (and continental breakfast)  
 8:30am–5:00pm Exhibits open  
 9:00–10:00am Light refreshments  
 9:10–9:30am Annual Meeting Opening & Announcements  
 9:30–11:30am PLENARY: PRESIDENTIAL SYMPOSIUM: "Bench to Clinic and Beyond: Dissemination of Evidence-Based Integrated Care Models"  
 11:30–11:40am Break  
 11:40am–1:10pm ANNUAL RESEARCH AWARD Lunch, Presentation, and Lecture  
 Noon–3:30pm Poster setup (for poster presenters)  
 1:10–1:20pm Break  
 1:20–3:20pm Concurrent Symposia (S) and Workshop (W) (see "SW Session #1" at right)  
 3:20–3:30pm Break  
 3:30–5:30pm Concurrent Symposia (S) and Workshops (W) (see "SW Session #2" at right)  
 5:00–7:00pm APM Happy Hour  
 5:30–7:30pm Poster Session  
 6:30–8:30pm Opening Welcome Reception

### Friday, November 15

6:15–7:00am Neighborhood Run  
 6:15–7:00am Mindfulness Meditation  
 6:30am–7:00pm Registration Desk open  
 7:00–8:00am APM Committee Meetings (and continental breakfast)  
 8:00–9:00am APM Special Interest Group Meetings (and continental breakfast)  
 8:30am–5:00pm Exhibits open  
 9:00am–9:15am Light refreshments

#### SW SESSION #1

1:20–3:20PM - THURSDAY, 11/14

	TRACK	SIGs
S01: Psychiatric Management of Obstetrical Complications	CAW	WOM
S02: Understanding the Clinical, Ethical, Legal, and Business Models of Accountable Care Organizations	PCS	COM
S03: Treating Both Heart and Mind: Toward Integrated Care for Cardiac Patients with Psychiatric Comorbidities	SCS	COM, CAR, CRI
S04: From Decisional to Dispositional Capacity: When is the Patient Really "The Boss of His/Her Body?" - A Bioethics SIG-sponsored Symposium	ETH	ETH, PAL, PSY
S05: Psychiatric Issues in Traumatic Brain Injury: Implications for Quality Health-Care Delivery	NEP	CRI, NEP
S06: Assessment and Management of Suicide Risk in Nonpsychiatric Settings	SUB	PSY, MED
S07: Maintenance of Certification: Everything You Need to Know to Stay Board Certified	FUT	ECP
W01: From the Ground Up: Perspectives from Early Career Psychiatrists on Integrated Care Program Development and Implementation	ECP	ECP, COM

#### SW SESSION #2

3:30–5:30PM - THURSDAY, 11/14

	TRACK	SIGs
S08: HIV Through the Life Cycle: A Joint HIV/AIDS and Pediatric SIG-sponsored Symposium	CAW	HIV, PED
S09: Overcoming "Real-World" Funding Barriers When Developing Integrated Models of Care	PCS	COM, TEL
S10: Bioethical Aspects of Older Adult Health-Care Reform: The Future or Back to the Future? - A Bioethics SIG-sponsored Symposium	ETH	ETH, COM
S11: Neuropsychiatric Issues in Solid Organ Transplantation	NEP	TRA, MED, NEP
S12: Psycho-Oncology Research and Practice: A Research Committee Symposium	SUB	MED
S13: What Hath DSM-5 Wrought? Changes in Adjustment Disorders, Somatic Symptom Disorders, and Sexual Disorder Important for the Practice and Research in Psychosomatic Medicine	FUT	COM, MED, NEP, PSY
W02: Integrated Care across the Spectrum of Psychiatric Practice: Four Perspectives	SCS	COM
W03: How to Choose Your First Job: Career Advice for Early Career Psychosomatic Medicine Psychiatrists	ECP	ECP

9:15–9:30am	Announcements
9:30–10:30am	PLENARY SESSION 2 “Somatic Symptoms as a Bridge between the Brain and the Body”
10:30–10:40am	Break
10:40am–12:40pm	Concurrent Oral Paper Sessions
12:40–12:55pm	Break
12:55–2:25pm	Awards/Fellowship Luncheon & Convocation
1:30–5:30pm	Arizona Sonora Desert Museum Tour (\$45)
2:25–3:25pm	ELEANOR & THOMAS P. HACKETT MEMORIAL AWARD Presentation, Introduction, and Lecture
3:25–3:35pm	Break
3:35–5:35pm	Concurrent Symposia (S) and Workshops (W) (see “SW Session #3” at right)
5:00–7:00pm	APM Happy Hour
5:00–8:00pm	Exhibits breakdown
5:40–6:30pm	Meet the Experts Q&A: DSM-5 Somatic Symptom Disorders
6:30–8:00pm	fAPM Stargazing Event Benefit, with margarita-tasting reception, entertainment, auction, & raffle
8:00–Late	University of Arizona, Department of Psychiatry Jazz Reception

### Saturday, November 16

6:15–7:00am	Neighborhood Run
6:15–7:00am	Mindfulness Meditation
6:30am–7:00pm	Registration Desk open
7:00–8:00am	<i>General Hospital Psychiatry</i> Editorial Board meeting (by invitation)
7:00–8:00am	APM Special Interest Group meetings (with continental breakfast)
8:00–9:00am	APM committee meetings (with continental breakfast)
9:00–9:15am	Light refreshments
9:15–9:30am	Announcements
9:30–10:30am	DLIN/FISCHER CLINICAL RESEARCH AWARD LECTURE [winner announced in September]
10:30–10:45am	Break
10:45am–12:45pm	Concurrent Symposia (S) and Workshops (W) (see “SW Session #4” at right)
12:00–5:00pm	fAPM Golf Benefit (\$200 + \$50 for clubs)
12:45–1:45pm	Lunch on your own
12:45–2:15pm	SIG Chairs’ Lunch (with Council representatives)

SW SESSION #3		
3:35–5:35 PM - FRIDAY, 11/15		TRACK SIGs
S14: Advances in Medical Care for Patients with Serious Mental Illness	PCS	COM
S15: Collusions of Silence and Bioethical Dilemmas Unique to HIV Psychiatry - A Joint APM Bioethics and HIV/AIDS SIGs Invited Symposium	ETH	HIV
S16: Is Playing NICE Enough? Lessons Learned in Implementing a Delirium Identification and Prevention in an Academic and Community Hospital System	NEP	INT, CRI, MED, NEP
S17: Insights into Mood and Obesity: Psychosomatic Perspectives on the Metabolic Continuum	SUB	MED
S18: Preparing for the “Silver Tsunami”	FUT	MED, COM
W04: When the Bough Breaks: Identifying and Treating Women Coping with Infertility and Perinatal Loss	CAW	WOM
W05: Improving Revenue in C-L Psychiatry by Accurate CPT Coding	SCS	COM
W06: Clinical Challenges for the Early Career Consultation Psychiatrist: When Your Peers Are the Obstacle	ECP	ECP

SW SESSION #4		
10:45am–12:45pm - SATURDAY, 11/16		TRACK SIGs
S19: Child Psychiatric Emergencies: What Brings Children with Acute Mental Illness to Emergency Rooms, and What Should We Do with Them Once They Get There	CAW	PED
S20: International Approaches to HIV Psychiatric Care in the Ambulatory Setting - An HIV/AIDS SIG-sponsored Symposium	SCS	HIV, COM, MED, INT
S21: Effective Communication within the Psychiatry Consult-Liaison (C-L) Team and Among C-L Psychiatrists and Medical and Surgical Services	ECP	ECP
S22: Updates in Neuropsychiatry 2013	NEP	MED, NEP
W07: Using Telepsychiatry to Deliver Psychiatric Consultation and Treatment as Part of an Integrated Care Model	PCS	COM, TEL
W08: Good Grief: The Role of Psychosomatic Medicine Supporting Death and Dying in Different Settings	ETH	PAL
W09: Risk of Torsades de Pointes in Patients with Pacemakers and ICDs: “Don’t worry about it”?	SUB	CAR, CRI
W10: A Critical Review of Recent Research Findings Relevant to Your Practice: A Research Committee Workshop	FUT	MED, ECP, NEP, COM

12:45–2:15pm	Optional Trainee & Early Career Lunch (\$10) (trainee and early career registrants only)
2:15–2:30pm	Break
2:30–4:30pm	Concurrent Symposia (S) and Workshop (W) (see “SW Session #5” on the next page)

**SW SESSION #5**  
2:30–4:30pm - SATURDAY, 11/16

	TRACK	SIGs
S23: New Models for Consultation-Liaison Psychiatry in the Era of Health-Care Reform: The Embedded Psychiatrist	PCS	COM
S24: Agitation, Delirium & Other Things That “Go Bump in the Night in the Medicine Ward”	NEP	MED, NEP
S25: Psychonephrology: Challenges and Opportunities When Caring for Patients with Chronic Kidney Disease	SUB	TRA, MED
W11: Where Health-Care Reform & Consultation Collide: The Emergency Department. – A joint workshop of the Emergency Psychiatry SIG and the American Association for Emergency Psychiatry	SCS	COM, EMP

3:30–4:30pm	5P.M. 5K Run / 2K Walk Benefit (\$30)
4:30–4:45pm	Break
4:45–5:30pm	APM Annual Business Meeting (APM members only)
5:30–6:30pm	APM Annual Meeting Committee Wrap-up meeting (members only)
5:00–7:00pm	APM Happy Hour

**Sunday, November 17**

7:00–10:00am	Registration Desk open
7:30–10:30am	Second APM Council Meeting (Council members and invited guests)

## Annual Members' BUSINESS MEETING

The 2013 Annual Members' Business Meeting is scheduled for Saturday, November 16, 2013, from 4:45 to 5:30 pm at the Westin La Paloma Resort & Spa, Tucson, Arizona.

Agenda items include the election of officers and councilors, and By-Laws changes (which will be circulated to the membership shortly).

### Election of Officers and Councilors:

The APM Nominating Committee (**Drs. Worley** [chair], **Currier, Johnson, Rosenstein, and Sharpe**) respectfully submits the following slate of officers and councilors for consideration at the Annual Members' Business Meeting in Tucson, AZ in November.

#### Officers:

*President-Elect:* Catherine C. Crone, MD, FAPM  
(Falls Church, VA)

*Vice President:* Steven Epstein, MD, FAPM  
(Washington, DC)

*Secretary:* Linda Ganzini, MD, FAPM  
(Portland, OR)

#### Councilors:

Rebecca W. Brendel, MD, JD, FAPM (2nd 3-year term)  
(Boston, MA)

Michaell Sharpe, MD, FAPM (2nd 3-year term)  
(Oxford, UK)

Christina Wichman, DO, FAPM (1st 3-year term)  
(Milwaukee, WI)

## Welcome

## NEW ACADEMY MEMBERS

#### FULL MEMBERS:

Kemal Arikan, MD, PhD  
Istanbul, Turkey  
Traci Ann D'Almeida, MD  
Pittsburgh, PA  
Brian Fitch, MD  
Sacramento, CA  
Priya Gopalan, MD  
Pittsburgh, PA  
Heather Huang, MD  
Madison, WI  
Jerry Ignatius, MD  
Houston, TX  
Ana Ivkovic, MD  
Cambridge, MA

Ajita Mathur, MD  
North Wales, PA  
Amy Meadows, MD  
Lexington, KY  
Shamim Nejad, MD  
Boston, MA  
Kajal Patel, MD  
Cherry Hill, NJ  
Maria Perez-Coste, MD  
Bronx, NY  
Anna Ratzliff, MD, PhD  
Seattle, WA  
Anne Rich, MD  
Williston, VT  
Jennifer Schreiber, MD  
Kensington, MD

Jürgen Unützer, MD, MPH  
Seattle, WA  
Steven Wengel, MD  
Omaha, NE  
Michael Zaitzow, MD  
White Rock, BC,  
Canada  
Michael Butterfield, MD  
Halifax, NS, Canada  
Joseph Cerimele, MD  
Seattle, WA  
Kokil Chopra, MD  
Seattle, WA

Hector Colon-Rivera, MD  
Everett, MA  
Yu Dong, MD  
Boyds, MD  
Julius Elefante, MD  
Vancouver, BC, Canada  
Pedro Fernandez, MD  
Cambridge, MA  
Nataliya Gulyayeva, MD  
Apopka, FL  
Justin Johnson, MD  
Boston, MA  
Katy LaLone, MD  
Boston, MA  
Joshua Leo, MD, MPH  
Boston, MA

Ted Liao, MD  
Fort Lee, NJ  
Constanza Martinez  
Pinanez, MD  
Brooklyn, NY  
Rachel O'Connor, MD  
Phoenix, AZ  
William Riccardelli, MD  
Mahopac, NY  
Raymond Serrano, MD  
Boston, MA  
Fawad Taj, MD  
Boston, MA  
Devendra Thakur, MD  
Lebanon, NH

#### RESIDENTS:

# SPECIAL INTEREST GROUPS

— Steven Epstein, MD, FAPM

APM members are innately curious about the various aspects of psychosomatic medicine, and so APM is pleased to sponsor 16 special interest groups (SIGs) which bring together professionals to discuss clinical care, teaching, and research in subspecialty areas. For many years, SIGs have provided vital networking, mentoring, and collaborative support to hundreds of our members. SIGs meet at the annual meeting and also throughout the year via listserv, teleconferencing, and email.

Over the past year our SIGs have been extremely active. Selected examples of SIG accomplishments include:

**Bioethics:** APM symposium, “Coercion vs. Autonomy – Who are the Winners?” (Nov. 17, 2012)

**Cardiovascular:** development of a Left Ventricular Assist Device Psychosocial Research Network

**Critical Care:** survey on management practices for delirium in critically ill patients

**HIV/AIDS:** now a section of the World Psychiatric Association; APM symposium, “Screening, Assessment, and Treatment of Depression and HIV-Associated Neurocognitive Disorders (HAND): A Discussion of the Evidence” (Nov. 15, 2012)

**Medicine and Psychiatry:** multiple member presentations planned for the Association of Medicine and Psychiatry Annual Meeting in 2013

**Pediatric PM:** multiple APM program submissions; development of enhanced networking for child psychiatrists who do PM; expansion of APM pediatric PM resources

**Telepsychiatry:** APM pre-conference course, “Telepsychiatry in Psychosomatic Medicine: New Opportunities for Patient Care, Teaching, and Research” (Nov. 15, 2012)

All APM members are welcome to join individual SIGs or to attend their meetings. To join a SIG, simply contact the chair of the group. Current SIGs and their chairs are listed above to the right. Contact information for the chairs is available in the online member directory.

## APM SPECIAL INTEREST GROUPS & CHAIRS

### Bioethics

Mary Ann Cohen, MD, FAPM  
Rebecca W. Brendel, MD, JD, FAPM

### Cardiovascular Psychiatry

Hochang B. Lee, MD, FAPM

### Community-Based PM Physician Practice

#### Issues

Linda M. Peterson, MD, FAPM

### Critical Care

Dimitry S. Davydow, MD

### Early Career Psychiatrists

Patrick Aquino, MD  
Leeza Park, MD

### Emergency Psychiatry

Seth M. Powsner, MD, FAPM

### HIV/AIDS Psychiatry

Mary Ann Cohen, MD, FAPM  
Kelly L. Cozza, MD, FAPM

### International Relations

Michael C. Sharpe, MD, FAPM

### Medicine & Psychiatry

Thomas W. Heinrich, MD, FAPM

### Neuropsychiatry

Yonas E. Geda, MD

### Palliative Care

Harold W. Goforth, MD, FAPM

### Pediatric Psychosomatic Medicine

Maryland Pao, MD, FAPM  
Susan B. Turkel, MD, FAPM

### Psychotherapeutic Approaches to the Medically Ill

Harold E. Bronheim, MD, FAPM  
Craig Lichtman, MD, MBA

### Telepsychiatry

Terry Rabinowitz, MD, FAPM

### Transplant Psychiatry

Andrea DiMartini, MD, FAPM

### Women's Health

Nehama Dresner, MD, FAPM

## REGISTER EARLY FOR MAXIMUM SAVINGS

Pre-register for the Annual Meeting by August 31 and enjoy a \$130 discount on the meeting registration fee. Registration dates to watch for this year:

Aug 31 Early registration ends  
Sep. 1-23 Standard registration  
Sep 24-Oct 31 Late registration  
Oct. 31 Online registration closes

There are significant cost increases if you wait (see complete fee details on the Registration Form on the opposite page).

You may register online with a credit card, or by mail or fax. We encourage you to use the online system, as this saves considerable staff

time and will assure accuracy of your data in the registration system. The link to the online registration system is on the APM website home page. To register by mail or fax, use the Registration Form at right or the PDF of the form on the website. There will be no admittance without payment, and registration forms will not be processed until payment is received.

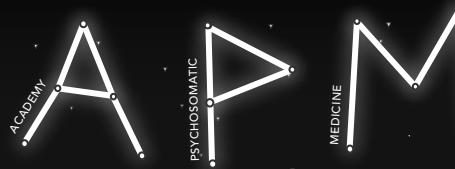
**The online registration system will close October 31.** Registration forms postmarked after October 31 will be treated as on-site registrations. Because some materials for on-site registrants cannot be prepared in advance, delays at the Registration Desk are possible.



**Association of  
Medicine & Psychiatry  
Annual CME Meeting**

**October 4-5, 2013  
Chicago, Illinois  
The Blackstone Renaissance Hotel**

**[www.assocmedpsych.org](http://www.assocmedpsych.org)**



# REGISTRATION FORM

60TH ANNUAL MEETING | TUCSON, ARIZONA | WESTIN LA PALOMA | 13-16, NOVEMBER 2013

## 1. CONTACT INFORMATION

(Type or print only) ►►► Register online. It is quick and secure! Go to [apm.org](http://apm.org) and link to the online registration system.

Name \_\_\_\_\_ Degree(s) \_\_\_\_\_  
 Name for badge (if different from above) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip/Country \_\_\_\_\_  
 Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Email \_\_\_\_\_

First Time Attending  
 Check here if you have special needs (dietary restrictions, disability, etc.) An APM staff member will contact you.  
 Check here if you are traveling from outside the USA and want to know if you are eligible for a discounted non-US conference fee based on the World Bank Categories. An APM staff member will contact you

## 2. PRE-CONFERENCE & MEETING REGISTRATION

Check the boxes in the fee schedule below depending on your membership status, and whether you want to attend any of the pre-conference courses. For more information on the meeting and pre-conference courses, visit [www.apm.org](http://www.apm.org) or call (301) 718-6520.

### 2a. PRE-CONF. COURSES (Wed. Nov. 13)

#### Morning Courses (8:00 AM – 12:00 noon; fees are per course)

Updates in Psychosomatic Medicine half-day course (includes lunch)  
 A Focused Review of Suicide for the Consultation-Liaison Psychiatrist  
 Mindfulness Meditation: Foundational Skills for the PM Psychiatrist  
 The Integration of Behavioral Health and Primary Care: Practical Skills

#### Optional Lunch (see section 4 to purchase; Updates Course includes lunch)

#### Afternoon Courses (1:00 – 5:00 PM; fees are per course)

Assessment and Management of the Opioid-Dependent Chronic Pain Patient  
 Negotiating the Value of Your Service  
 Updates in Internal Medicine  
 Updates in Neuropsychiatry

# of Courses x Fees			
	Early by 8/31/13	Standard by 9/23/13	Late/On-site after 9/23/13
APM Member .....	\$150	\$200	\$250
Non-Member Presenter .....	\$150	\$200	\$250
Non-Member .....	\$200	\$250	\$300
Early Career .....	\$125	\$175	\$200
Trainee .....	\$75	\$125	\$150
Allied Healthcare Prof.....	\$150	\$200	\$250
EAPM Member .....	\$150	\$200	\$250

### 2b. APM ANNUAL MEETING: Nov. 14 - 16

#### ✓ CHECK ONE BOX ONLY

Early  
by 8/31/13      Standard  
by 9/23/13      Late/On-site  
after 9/23/13

APM Member .....	<input type="checkbox"/>	\$495.....	<input type="checkbox"/>	\$625.....	<input type="checkbox"/>	\$675.....
Non-Member Presenter [Listed in program].....	<input type="checkbox"/>	\$495.....	<input type="checkbox"/>	\$625.....	<input type="checkbox"/>	\$675.....
Non-Member .....	<input type="checkbox"/>	\$750.....	<input type="checkbox"/>	\$800.....	<input type="checkbox"/>	\$900.....
Early Career* .....	<input type="checkbox"/>	\$475.....	<input type="checkbox"/>	\$575.....	<input type="checkbox"/>	\$625.....
Trainee** .....	<input type="checkbox"/>	\$180.....	<input type="checkbox"/>	\$230.....	<input type="checkbox"/>	\$280.....
Allied Healthcare Prof .....	<input type="checkbox"/>	\$250.....	<input type="checkbox"/>	\$300.....	<input type="checkbox"/>	\$350.....
EAPM Member (Mbr # _____) .....	<input type="checkbox"/>	\$495.....	<input type="checkbox"/>	\$625.....	<input type="checkbox"/>	\$675.....
One-Day Attendance (Day _____) .....	<input type="checkbox"/>	\$180.....	<input type="checkbox"/>	\$230.....	<input type="checkbox"/>	\$280.....

\* Within 5 years of completing training; provide completion date (MM/YY): \_\_\_\_\_.

\*\* Proof of status at current institution must accompany this registration form.

## 3. GUEST EVENTS

Annual Meeting registrants receive **complimentary** access to the events listed below. Additional tickets may be purchased for non-registered guests for these events.

Thursday Research Award Lecture Lunch:	<input type="checkbox"/>	@ \$35/person	\$ _____
Thursday Evening Welcome Reception:	<input type="checkbox"/>	@ \$35/adult	\$ _____
	<input type="checkbox"/>	children under 5	FREE
Friday Awards & Convocation Lunch:	<input type="checkbox"/>	@ \$35/person	\$ _____
<b>GUEST EVENTS SUB-TOTAL</b>			\$ _____

## 4. OPTIONAL EVENTS

Wed. Nov. 13: Optional Lunch	<input type="checkbox"/>	@ \$25/person	\$ _____
Wed. Nov. 13: fAPM Tennis Benefit	<input type="checkbox"/>	@ \$45/person	\$ _____
Fri. Nov. 15: Sonora Desert Museum Tour	<input type="checkbox"/>	@ \$45/person	\$ _____
Fri. Nov. 15: fAPM Stargazing Event	<input type="checkbox"/>	@ \$75/person	\$ _____
Sat. Nov. 16: fAPM Golf Benefit	<input type="checkbox"/>	@ \$200/person	\$ _____
Clubs	<input type="checkbox"/>	@ \$50/person	\$ _____
Sat. Nov. 16: fAPM 5k Run/2k Walk Benefit	<input type="checkbox"/>	@ \$30/person	\$ _____
Sat. Nov. 16: Early Career/Trainee Lunch	<input type="checkbox"/>	@ \$10/person	\$ _____

## 5. MEMBERSHIP DUES

Current members can pay 2014 membership dues with this meeting registration.

APM Fellow or Full Member .....	<input type="checkbox"/>	\$225	Resident .....	<input type="checkbox"/>	\$55
Associate Member .....	<input type="checkbox"/>	\$175	Life Fellow/Member .....	<input type="checkbox"/>	\$100

**CANCELLATION POLICY:** Full refund, minus a \$50 fee, if notified in writing before **October 14, 2013**. A 50% refund will be allowed if notified in writing between **October 14 and November 1, 2013**. No refund after November 1, 2013. Approved refunds will be distributed approximately 30 days after conclusion of the Annual Meeting.

## 6. PAYMENT

Check or Money Order     Credit Card

Make Checks payable to "APM" and mail with this form to:

APM-Annual Meeting Registration:  
 5272 River Road, Suite 630, Bethesda, MD 20816

#### Fee Calculation:

2a. Pre-Con. Courses	\$ _____	4. Optional Events	\$ _____
2b. Annual Meeting	\$ _____	5. Membership Dues	\$ _____
3. Guest Events	\$ _____		

**TOTAL REMITTANCE (US FUNDS)**    \$ \_\_\_\_\_

If paying by credit card, complete this section:     VISA     MC     AMEX

Card Number \_\_\_\_\_

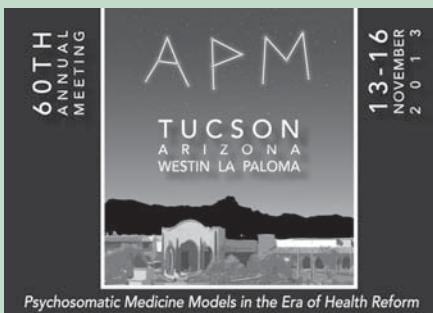
Exp. Date (mm/yy) \_\_\_\_\_ Security Code \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

## Academy of Psychosomatic Medicine

5272 River Road, Suite 630  
Bethesda, Maryland 20816



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Hagerstown, MD

## APM 60TH ANNUAL MEETING REGISTER BY AUGUST 31 FOR THE EARLY DISCOUNT

## fAPM NEWS

In an effort to reach the goal of sustained funding to support research and training in psychosomatic medicine and to provide travel support for trainees to attend the annual meeting, fAPM has retained a professional fundraising consultant. Also, we have reconfigured the fAPM Bylaws to more appropriately reflect the connection between APM and fAPM with these changes to the board:

- The immediate past president of the Academy will serve *ex-officio*—Don Rosenstein, 2011-2012 president, has joined the Board.
- Council will appoint one person to serve as a full member—Bob Boland has been appointed.
- fAPM is now responsible for the nomination of all other members to its board.
- The secretary and treasurer roles have been combined—Carol Alter is now the secretary/treasurer.

As a result of these changes, the board now consists of 7 members instead of 6.

**Tucson 2013.** fAPM is planning fabulous activities for the meeting in Tucson. With the creative guidance of Nehama Dresner, we are planning a Friday night stargazing and margarita party, tennis and golf tournaments (thanks to the help of Jon Levenson and Ted Stern), a raffle with fabulous prizes, and some surprises. More information

— **Philip R. Muskin, MD, FAPM**  
*Chair, Foundation of the Academy of Psychosomatic Medicine*

about fAPM activities will be posted on the Foundation's web page and included in the 2013 meeting schedule.

**100% Campaign.** We are grateful to receive generous support from a number of APM members and others. We continue our work toward 100% participation of donations by the membership. Notable contributors this year include Don Rosenstein, Maurice Steinberg, Dan Winstead, Linda Worley, Philip Muskin (on behalf of all contributors to *DSM-5 Self-Exam Questions: Test Questions for the Diagnostic Criteria and Study Guide to the American Psychiatric Publishing Textbook of Psychiatry, 6th edition*, both published by American Psychiatric Publishing), and Tamber Health, LLC.

The Foundation's web page contains more information and acknowledgements about donations as well as a link to donate online. Should anyone wish to discuss contributions of honoraria from books, speaking, etc., please contact Dan Winstead (winstead@tulane.edu) or myself (prm1@columbia.edu).

**Help Wanted.** We are currently seeking VOLUNTEERS for the work of fAPM. This is a great opportunity to participate in the planning of annual meeting events and, importantly, contributing to the growth and development of our members. Please contact me if you are interested!

fAPM web page: [www.apm.org/foundation](http://www.apm.org/foundation)



ACADEMY OF  
PSYCHOSOMATIC  
MEDICINE

Summer 2013

# NEWSLETTER

**APM — Psychiatrists Providing Collaborative Care for Physical and Mental Health**