

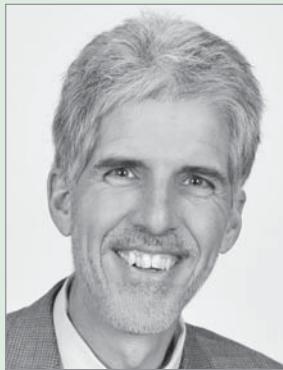


# NEWSLETTER

Winter 2016

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

## President's MESSAGE — *Steve Epstein, MD, FAPM*



I am so pleased to be greeting each and every one of you, our 1200 APM members, the largest number in our history!

And speaking of records, 986 attended our outstanding **2015 Annual Meeting in New Orleans**. Led by 2015 APM President Cathy Crone, MD, FAPM, and Program Chair Phil Bialer, MD, FAPM, the meeting included a stimulating mix of plenaries, paper sessions, poster sessions, workshops, symposia, and SIG meetings. Session tracks in areas including neuropsychiatry, perinatal psychiatry, and pediatric psychiatry brought us scientific knowledge, while other tracks enhanced our competencies in ethics, administration, communication, and career development. The plenaries,

supporting the theme of *The Art and Science of Communication in Psychosomatic Medicine*, were presented by luminaries in the fields of communication and health care reform.

Special thanks to all of our SIGs for their invaluable contributions to the academic presentations, networking, and junior member career development. The Wednesday concurrent Skills and Essentials of PM courses remain invaluable learning opportunities for so many of our members. For anyone who missed out, the sessions are available through our website's Live Learning Center at <http://tinyurl.com/OnlineCME>. Deepest gratitude to all of our volunteers, who make such an outstanding meeting possible, including members of the Annual Meeting Committee, Maintenance of Certification Subcommittee, Fellowship and Awards Subcommittee, SIGs, and Research & Evidence-Based Practice Committee.

Most importantly, thank you to everyone for the wonderful networking and mentoring you provide in the countless informal dialogues that occur at the annual meeting, perhaps the most valuable part of the entire meeting every year.

Planning is already underway for the 2016 Annual Meeting, which will be held November 9-12 in Austin, Texas, at the new JW Marriott. Under the direction of Jeff Huffman, MD, FAPM, the theme is *Brain, Mind and Body: Why Every PM Psychiatrist Should Care About Neuroscience*. In this era of explosions in knowledge of brain science, the practicing PM psychiatrist nonetheless can practice without understanding the workings of our target organ. The chosen theme is meant to teach us about brain, mind, and body interactions and, perhaps most important, why we need to understand how the brain works now and as our careers evolve in the coming years. Our plenary speakers include such eminent leaders in the field as: Andrew Miller, MD, Professor at Emory, who is an international expert on brain-immune system interactions; Mark Hallett, MD, Chief of the Human Motor Control Section of the National Institute of Neurologic Disorders and Stroke of the NIH, who will speak on brain dysfunction in conversion disorders; and Stuart Yudofsky, MD, Chair at Baylor and one of the world's leading neuropsychiatrists.

(continued on page 2)

## Annual Meeting NEWS

**APM 63rd Annual Meeting in  
Austin, Texas**

**"The Art and Science of Communication  
in Psychosomatic Medicine"**

—*Jeff Huffman, MD, FAPM*  
*2016 Scientific Program Chair*

Kudos to Phil Bialer, MD, FAPM, and the whole 2015 APM Annual Meeting Committee for an amazing meeting in New Orleans this past November. With a record number of attendees, excellent plenary talks on the theme of the art and science of communication, and a rich and varied set of posters, papers, and sessions, it was an incredibly vibrant and energizing event. Highlights also included award presentations from Mary Ann Cohen, MD, FAPM (Hackett Award), Michael Sharpe, MD, FAPM (Lipsitt Award), Kim Yonkers, MD (Research Award), and Eliza Park, MD, FAPM (Dlin/Fischer Award).

(continued on page 3)

## Issue HIGHLIGHTS:

- 2015 Meeting Highlights & Awards
- 2016 Meeting in Austin, TX and Call for Awards & Abstracts
- Educational Resources on the Website
- SIG and Committee Updates
- EAPM Guest Column



view this issue on the web at  
[www.apm.org/newsletter](http://www.apm.org/newsletter)

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

We encourage members and trainees to submit a poster, paper, workshop, or symposium proposal for this meeting; our submission deadline is April 1. We particularly encourage our SIG members to generate dynamic submissions.

Over the past two years, the APM has been working to **enhance membership value** and will continue this emphasis in the coming year. With this in mind, we have made a significant investment in our communications efforts, which will include a redesign of the APM website due this spring. The revamped website will improve members' access to important topics and current information in our field.

We have also enhanced our visibility and national networking with organizations such as the American Psychiatric Association. Soon to be released is the comprehensive and important APA-APM joint monograph on the dissemination of integrated care, thanks to lead authors James Rundell MD, FAPM, and Erik Vanderlip, MD, MPH, who were joined by workgroup participants Carol Alter, MD, FAPM; Mark Avery, MD; John Fortney, PhD; Mark Williams, MD; Chuck Engel, MD; and David Liu, MD. See page 3 for more on this.

We also continue our partnership with the Foundation of the APM, which enjoyed a very successful fund-raising event at the annual meeting, while making substantial inroads to funding more Webb Fellowships and trainee travel awards. See page 18 for an update on the Foundation from Board Chair Carol Alter, MD, FAPM.

I hope that the Academy is your home base for all that is Psychosomatic Medicine. Your new or continued participation in our organization is vital and has enabled us to be what we are today, a thriving and growing organization that is dedicated to meeting your career needs, from your trainee years to becoming a senior PM psychiatrist.

All my best for a wonderful 2016.

## NEW ONLINE EDUCATION SUBCOMMITTEE

— *Mary Jo Fitz-Gerald, MD, FAPM, Chair*

skills of psychosomatic medicine and integrated care to health systems and employers.

In the Library (under the Education menu) are additional resources.

- PM/C-L Bibliography of article and books categorized under 31 psychosomatic medicine topics ranging from general principles and acute agitation to women's health.
- Annotated Abstracts of Journal Articles of Interest, updated quarterly, categorized in 8 to 12 PM subspecialties each quarter.
- Monographs on delirium, traumatic stress disorder, aggression and violence, catatonia in the medically ill, HIV psychiatry, and collaborative care.
- Links to *Psychosomatics* and allied organizations.

The website offers a variety of information to members for CME, MOC, or even a quick refresher. For those who train, material on the website can be a source of inspiration/education for lectures.

Contact Mary Jo Fitz-Gerald, [mfitzg@lsuhsc.edu](mailto:mfitzg@lsuhsc.edu), if you have ideas for additional offerings.

We are well into planning the 2016 Annual Meeting, to be held November 9–12, in Austin, Texas. We think this is going to be another great meeting! APM President Steve Epstein has chosen the theme *Brain, Mind and Body: Why Every PM Psychiatrist Should Care About Neuroscience*. We plan to use the meeting as a platform to highlight up-to-date, expert knowledge and research in neuroscience in a way that will serve clinicians to provide practical bedside diagnosis and care to the complex patients we see.

We are thrilled to have three distinguished plenary speakers on cutting-edge topics in neuroscience. Andrew Miller, MD, Professor and Research Director at Emory University, will speak on the latest research and clinical aspects of neuroinflammation in depression. Stuart Yudofsky, MD, Chair of Psychiatry at Baylor College of Medicine, will speak on advanced clinical management of patients with neuropsychiatric disorders. Mark Hallett, MD, from the National Institutes of Health will speak about his innovative work related to neuroimaging in patients with functional movement disorders.

In addition to these plenary talks, we plan to offer several new experiences for attendees. We will focus on innovative teaching and learning methods including shorter talks, interactive audience response systems, flipped classroom approaches, and debates on controversial topics to provide a more stimulating and engaging meeting. We also plan to accept a larger number of posters and presentations this year to allow more options for attendees and greater participation in the meeting. Finally, we are adding in a longer break time between some sessions to allow for more networking with colleagues, which we know is an important part of the meeting.

The success of the annual meeting comes down to the work and expertise of the annual meeting's subcommittees, and you remain in very good hands this year. Once again, Lisa Rosenthal, MD, FAPM, and Maryland Pao, MD, FAPM, will be leading the pre-conference courses. Because 2017 will be another initial certification-exam year

for Psychosomatic Medicine, we will be offering, in addition to several half-day courses, a full-day updates course similar in format to the very popular updates courses in past years. Sandra Rackley, MD, FAPM, and Christopher Sola, DO, FAPM, will lead our Sessions Subcommittee, and Christina Wichman, DO, FAPM, and Jon Levenson, MD, FAPM, will be leading the Posters and Papers Subcommittee. We are also paying special attention to our trainees and early career psychiatrists through our Early Career Subcommittee, led by John Taylor, MD, and Kristen Somers, MD, FAPM, who already have some ideas to help with networking and career advice for our early career attendees.

Finally, we are very excited about having Austin as the backdrop for our meeting. The newly constructed JW Marriott Austin will serve as the meeting hotel and should be a great venue. Austin—known as the “Live Music Capital of the World,” one of the country’s best cities for foodies, and with attractions that range from parks and great outdoor recreation, to the arts and cultural events—has tons to offer outside of the meeting as well! Our Local Arrangements Subcommittee (led by Laura Kent, MD, FAPM, and Anne Gross, MD, FAPM) always does a great job developing fantastic planned activities and great tips on attractions, events, and restaurants, and this year will be no different.

Start working on your submissions now! Abstract submissions have a firm deadline of April 1.

This meeting will be one to remember. I look forward to seeing you in Austin!



*Jeff Huffman, MD, FAPM*  
2016 Annual Meeting Chair

## APA-APM REPORT ON DISSEMINATION OF INTEGRATED CARE: THE COLLABORATIVE CARE MODEL

The APA Board of Trustees and APM Council recently approved a comprehensive report on dissemination of integrated care, produced through a combined effort of the APA Council on Psychosomatic Medicine and the Academy of Psychosomatic Medicine. The 88-page review highlights core principles of effective collaborative care: a model of integrated care with more than 80 randomized controlled trials supporting its effectiveness in improving outcomes in primary care and specialty medical settings. The review also details the benefits of having a psychiatrist as an integral member of collaborative care teams, and goes on to describe large-scale collaborative care implementations across five public, private, and governmental systems.

Co-authors of the report, James Rundell MD, FAPM, and Erik Vanderlip, MD, MPH, worked tirelessly over a year in preparation with workgroup participants, including: Carol Alter, MD, FAPM; Mark Avery, MD; John Fortney, PhD; Mark Williams, MD; Chuck Engel, MD; and David Liu, MD. The key findings of the report will move towards formal publication in early 2016 and be available for download in its entirety. The document will help to strengthen communications among evidence-based integrated care models and assist health care delivery systems actively moving toward integrating behavioral health services into ambulatory medical settings.

# ANNUAL MEETING TASK FORCE Looks to Change Meeting Format

—Linda Worley, MD, FAPM, Chair

The Academy's growth, with an exciting influx of talent and new energy, is fueling forward-thinking innovators to nudge our annual meeting to ever-higher levels. Our traditional lecture format, chock full of fascinating data and information, hasn't kept pace with what is known about the most effective means to acquire new knowledge and skills. This format hasn't changed in more than 10 years and is limiting our ability to facilitate interaction, active learning, and greater participation and involvement of members.

## What We're Doing

The Task Force has been charged with making strategic recommendations to achieve state-of-the-art, highly interactive, innovative annual meetings that will prepare attendees to provide exceptional clinical care, further their research, expand their ability as educators in the field, and develop into effective leaders in health care.

## Long-term Implications

The overall health and vitality of our field will be further strengthened by providing cutting-edge educational experiences preparing enthusiastic ambassadors for their work in the world.

## Vision for Future

We will be known for hosting innovative, highly interactive and valuable annual meetings, creating such a buzz that no one will ever want to miss! In the words of a wise and courageous consultant, "Our hope is to completely turn CME as we have known it on its head!"

## Steps Being Taken

Our initial groundwork has been completed. We queried many sister organizations to identify those that were implementing cutting-edge innovations, hoping to learn from them. What we learned, however, is that these groups are holding traditional meetings, similar to our own. To think beyond anything we'd experienced ourselves, we also considered other professional groups around the world and discovered that some had worked with experts in meeting redesign and were extremely pleased with the results.

To prepare to reach out to one of these meeting consultants, we decided that future changes to our annual meeting must be built upon the following four essential pillars:

**1) Venue:** We need to sustain our current culture of inclusivity, and we must have Internet accessibility. We want each person attending our meeting to feel welcomed, connected, and completely at home amongst their tribe.

**2) Cost/Finances:** It is important to balance the value we provide to members with sustaining fiscal viability for the APM.

**3) Content:** Our annual meeting must include cutting-edge knowledge, research, technology, and effective teaching methodologies.

**4) Audience:** Our annual meeting should be the home for psychiatrists working in the field.

We have obtained the names of several highly recommended consultants, and several consultants have approached us directly. We will be reviewing the options, narrowing our search, and interviewing the finalists to decide whom to partner with as we think out of the box and into the future!

If you have ideas or suggestions or know of cutting-edge innovators, we would love to hear from you!

**TASK FORCE MEMBERS:** Jim Rundell, MD, FAPM; Sandy Rackley, MD, FAPM; Sejal Shah, MD; Rebecca Brendel, MD, FAPM; Leeza Parks, MD, FAPM; J. Michael Bostwick, MD, FAPM; Robert Bolland, MD, FAPM; Lisa Seyfried, MD; Michael Sharpe, MD, FAPM; Jeff Huffman, MD, FAPM; Christina Wichman, DO, FAPM; John Taylor, MD; with consultant, James Vrac, CAE.



Linda Worley, MD, FAPM

## APM BYLAWS ARE UPDATED

The following bylaws changes were adopted at the Annual Business Meeting, held on Saturday, November 14 at APM 2015 in New Orleans:

- Amends the Fellowship qualification criteria, extending the period of Academy membership from three to six years before attaining eligibility to apply.
- Restricts proxy holder rights to only Academy members in good standing.
- Introduces a new standing committee, the Journal Committee, which will oversee the journal and the journal's editor. Several ed-

its throughout the bylaws coalesce the responsibilities of this new standing committee, formerly scattered in several places, into a new section under Chapter VIII: Standing Committees.

- Modifies the management of subcommittees and task forces to return the authority for appointing chairs to the Council.

The Bylaws Subcommittee of the Governance Committee, the full Governance Committee, and APM Council all reviewed and approved these amendments prior to them being placed before the membership for adoption.

# Psychosomatics JOURNAL EDITOR'S UPDATE

— **Theodore Stern, MD, FAPM**

**Editor-in Chief, Psychosomatics**

As we enter the 57th year of publication, *Psychosomatics: The Journal of Consultation and Liaison Psychiatry*, remains the official journal of the Academy of Psychosomatic Medicine (APM). The journal's goals remain steadfast: to serve the APM and its membership and to further the mission of the Academy—to advance medical science, education, and health care for persons with comorbid psychiatric and general medical conditions, and to provide national and international leadership in the furtherance of those goals.

*Psychosomatics* remains vibrant in large part due to the increased productivity and creativity of APM's membership. Over the past decade, the number of submissions to *Psychosomatics* has nearly doubled. This has required the assistance of an increasing number of reviewers who help to evaluate the quality of the science as well as the relevance, practicality, and readability of manuscripts. We could not flourish without the yeoman's efforts of our reviewers, as well as those of our editorial board members; know that your efforts in this regard are much appreciated.

Despite the increase in volume, our efficiency in reviewing and making a decision about publication has improved; the time from submission to a decision about acceptance is now only 6.3 days! Once accepted, the manuscript goes online within a matter of days, and the article is typically printed in one of the next two issues. Increasingly, our published works are being viewed and downloaded electronically more than 15,000 times each month. This ease of access

continues to increase, with a variety of apps. These efforts have reduced our acceptance rate of manuscripts from 26% to 15% over the past five years, ensuring that only the best submissions will make it through the review process, and that publication of an accepted manuscript will follow within four months.

Below are lists of 2015's most cited and most downloaded articles. In addition, we published our first open access article:

Robinson RL, Stephenson JJ, Dennehy, EB: The importance of unresolved fatigue in depression: Costs and comorbidities. *Psychosomatics* 2015; 56(3): 274-285.

Moreover, we upgraded our journal platform to improve searchability (via [PsychosomaticsJournal.org](http://PsychosomaticsJournal.org)), and it has been optimized for mobile devices. There are now apps for researchers in institutions via ScienceDirect.

Thank you for your contributions and your support of *Psychosomatics* and its mission. Together we will keep our journal strong and help move the field of Psychosomatic Medicine forward.



*Theodore Stern, MD, FAPM*

## Most Cited *Psychosomatics* Articles in 2015

Beach SR, Celano CM, Noseworthy PA, Januzzi JL, Huffman JC: QTc prolongation, torsades de pointes, and psychotropic medications. *Psychosomatics* 2013; 54(1):1-13.

Teslyar P, Stock VM, Wilk CM, Camsari U, Ehrenreich MJ, Himelhoch S: Prophylaxis with antipsychotic medication reduces the risk of post-operative delirium in elderly patients. *Psychosomatics* 2013; 54(2):124-131.

Isenberg-Grzeda E, Kutner HE, Nicolson SE: Wernicke-Korsakoff syndrome: Under-recognized and under-treated. *Psychosomatics* 2012; 53(6):507-516.

Nicolson SE, Denysenko L, Mulcare JL, Vito JP, Chabon B: Cannabinoid hyperemesis syndrome: A case series and review of previous reports. *Psychosomatics* 2012; 53(3):212-219.

Maldonado JR, Dubois HC, David EE, Sher Y, Lolak S, Dyal J, Witten D: The Stanford Integrated Psychosocial Assessment for Transplantation (SIPAT): A new tool for the psychosocial evaluation of pre-transplant candidates. *Psychosomatics* 2012; 53(2):123-132.

Chang G, Pomahac B: Psychosocial changes 6 months after face transplantation. *Psychosomatics* 2013; 54(4):367-371.

## Most Downloaded Articles in 2015

Beach SR, Celano CM, Noseworthy PA, Januzzi JL, Huffman JC: QTc prolongation, torsades de pointes, and psychotropic medications. *Psychosomatics* 2013; 54(1):1-13.

Pope HG, Gruber AJ, Choi P, Olivardia R, Phillips KA: Muscle dysmorphia: An under-recognized form of body dysmorphic disorder. *Psychosomatics* 2012; 38(6):548-557.

Aben I, Verhey F, Lousberg R, Lodder J, Honig A: Validity of the Beck Depression Inventory, Hospital Anxiety and Depression Scale, SCL-90, and Hamilton Depression Rating Scale as screening instruments for depression in stroke patients. *Psychosomatics* 2002; 43(5):386-393.

Isenberg-Grzeda E, Kutner HE, Nicolson SE: Wernicke-Korsakoff syndrome: Under-recognized and under-treated. *Psychosomatics* 2012; 53(6):507-516.

Dubovsky AN, Arvikar S, Stern TA, Axelrod L: The neuropsychiatric complications of glucocorticoid use: Steroid psychosis revisited. *Psychosomatics* 2012; 53(2):103-115.

# FELLOWSHIP EDUCATION SUBCOMMITTEE NEWS

— *Madeleine Becker, MD, FAPM, Chair, APM Fellowship Education Subcommittee*

*Paul Desan, MD, PhD, FAPM, Chair, APM Education Committee*

The mission of the Fellowship Education Subcommittee is to support the development of fellowship education in Psychosomatic Medicine (PM). We would like to bring to your attention some notable events this year.

## Program Directors' Forum 2015

The Fellowship Education Subcommittee again convened the Program Directors' Forum at the APM Annual Meeting in New Orleans this fall. We reviewed trends in the number, size, and distribution of fellowship programs in the U.S. Over the last decade, there has been a steady rise in the number of PM fellows (see Figure 1). There has also been a steady rise in the number of PM fellowship slots. The increase in fellows entering training in PM continues this year, as described in the section below on the Match. We also reviewed the results of last year's Match and rules of conduct for the Match. We reviewed the new ACGME requirements for PM fellowship programs, which include some changes in eligibility requirements relating to graduates of non-ACGME accredited programs such as osteopathic physicians.

This year, programs are required to begin reporting Milestone levels for their trainees. We reviewed three new assessment forms developed by the Fellowship Education Subcommittee (see next column). Finally, results of a new survey of current and recent fellows were presented (see next column).

The Directors' Forum is held every Wednesday evening each year at the annual meeting, and we strongly encourage all program directors to attend. The Forum is intended to provide updates to program directors, to permit discussion of challenges facing fellowship programs, and to identify critical issues for subcommittee work in the ensuing year.

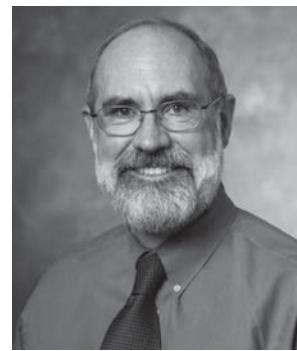
## Annual Meeting Workshop: Providing Feedback to Fellows in Training

Each year, the Fellowship Education Subcommittee provides resources for program directors and presents a workshop at the annual meeting. This year, "Difficult Dialogs: Communicating Educational Assessments to Trainees in C-L Psychiatry" focused on providing feedback to fellows, and featured subcommittee members Madeleine Becker, MD, Rebecca Brendel, MD, JD, Paul Desan, MD, PhD, Mark Ehrenreich, MD, Daniel E. Elswick, MD, Steve Epstein, MD, Terry Rabinowitz, MD, DDS, Lisa J. Rosenthal, MD, Sejal B. Shah, MD, and Marie Tobin, MD.

Principles of providing effective feedback were presented and modeled in role-playing dialogs. Pitfalls and problems were identified. The special case of the impaired trainee was discussed, as were strategies for remediation and discipline. Lastly, legal and ethical principles governing training situations were summarized. An electronic audience response system was used to provide data on the experience of participant educators in these areas.



*Madeleine Becker, MD, FAPM*



*Paul Desan, MD, PhD, FAPM*

## Survey of Current and Recent Fellows in PM Training

The results of a survey conducted by the subcommittee of 101 current and recent fellows regarding their motivation for selecting psychosomatic medicine training were also presented at the Program Directors' Forum. The most striking finding was the level of interest in academic careers. For example, 78% felt that desire for a career in an academic medical center was an important or very important motivation for pursuing fellowship training. Also notable was the importance of financial concerns about salary and loans as deterring fellowship training. For example, 73% believed loan repayment obligations were important or very important in discouraging residents from pursuing fellowship training. We found that 66% felt that "Psychosomatic Medicine" was not an appropriate name for the specialty, and 84% of respondents reported having to explain the name often or very often. "Consultation Liaison Psychiatry" was the most preferred alternative. While most fellows became interested in the career as a resident, 18% developed that interest as a medical student, which emphasizes the importance of PM experience in medical school in the recruitment of PM psychiatrists. We suspect a strong PM experience in medical school is also important in the recruitment of psychiatrists in general. The full results of the survey will be submitted to *Psychosomatics*.

## New Assessment Forms for Fellowship Programs

The ACGME has asked the professional societies of medical subspecialties to provide consensus assessment instruments for the evaluation of trainee performance in graduate medical education. Accordingly, in the last year the subcommittee considered assessment approaches and scales used by a number of different fellowship programs. The subcommittee developed and released three assessment forms for PM training. These forms are available on the MedHub and New Innovations systems used by many programs. An Overall Assessment form is based closely on the milestones. Given that program directors must now report milestone levels semi-annually, the subcommittee felt that an instrument using the milestone language would map efficiently onto these axes. The subcommittee also developed a 360 Degree Assessment form for use by colleagues and other

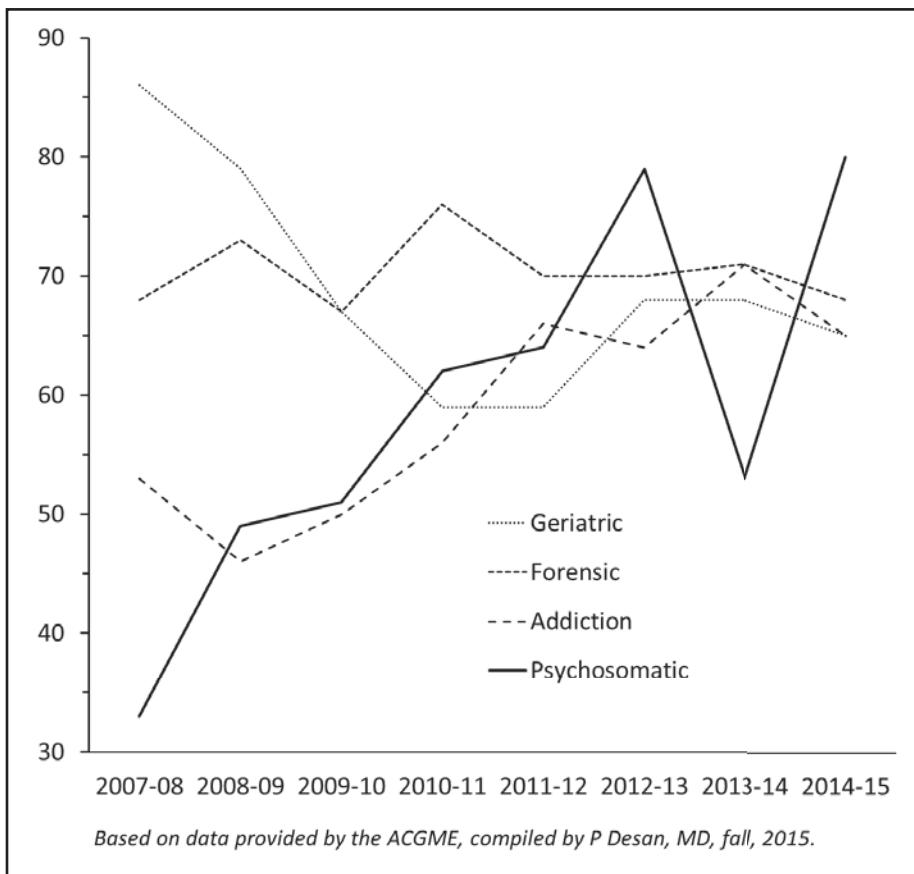


Figure 1. Graduating fellows by year, 2007 to 2015

professionals. Finally, the subcommittee developed an Observed Consultation Assessment for rating performance of individual consults. This form is available in a cell phone app format for use in real-time by educators. The subcommittee will be collecting feedback from program directors regarding these forms this spring, and we are considering additional new assessment instruments.

### The Match

This marks the third year that applications to PM training programs have been handled through the NRMP Match system. The results of the Match were announced on January 6, 2016: 101 positions from 51 programs were offered, and 73 positions were filled. This represents an increase of 14% compared to last year, when 64 positions were filled through the Match. Six applicants went unmatched. We are grateful for all of your work in adapting to the Match process, as this is an essential part of our success as a subspecialty.

As a reminder, the Academy of Psychosomatic Medicine supported the introduction of the Match system to serve the best interest of our applicants. We want all our applicants to have an opportunity to interview at all programs they wish to consider, without undue pressure to accept a position before they have an opportunity to complete their interviews. The Match system offers all applicants a fair chance to visit and apply at their choice of programs. Prior to the Match, there were multiple complaints from applicants as well as program directors about the process. The Academy strongly encourages all programs to participate fully in the Match.

We note that in our survey of fellows one year ago, 90% of respondents favored the Match as the means for entry to fellowship training. Applicants are our future, and we owe them a fair and unpressured process.

## QUARTERLY UPDATES IN PSYCHOSOMATIC MEDICINE

— Oliver Freudenreich, MD, FAPM,  
Chair, Guidelines & Evidence-Based Medicine Subcommittee

The Guidelines & Evidence-Based Medicine Subcommittee would like to make you aware of an educational initiative that APM, in collaboration with EAPM, started more than two years ago: the Quarterly Updates in Psychosomatic Medicine, which can be accessed from APM's homepage or the menu bar under Education > PM Library > Annotated Journal Abstracts.

Each quarter we compile and post a selection of recent journal articles relevant to several subspecialty areas of Psychosomatic Medicine. Articles are selected by experts in the respective subspecialties, who also annotate the articles to make them more accessible for readers by highlighting the findings in their own words and putting them in a larger context. In most cases, several experts collaborate to select and annotate the articles. In that way, we believe that the Quarterly Updates are a valuable service to C-L psychiatrists who want to broadly keep up with the literature in psychosomatic medicine.

When we started, we had only a handful of topics, like HIV psychiatry, cardiac psychiatry, psychonephrology, and surgery, trauma, and critical care. We are pleased to report that we have now grown to cover 18 topic areas. In 2015, we added Emergency Psychiatry and Chronic Pain.

Check out this APM educational member benefit on the APM website under the Education > PM Library menu.



@APM\_Psychiatry

## **Need CME for MOC?**

## **Want to Find Out What You Missed at the Annual Meeting?**

## **VISIT THE LIVE LEARNING CENTER (LLC)**

Did you know that recordings are available on the APM website for the annual meeting plenary sessions, Updates courses, and Skills courses? Are you preparing for Boards? We have the Updates course available online. Did you want to hear what Kimberly Yonkers had to say about antidepressants and birth outcomes? You can hear it online. What about listening to Louise Aronson's presentation on "Medicine as Stories, Stories as Medicine" in 2014? Yep, it's also online.

Certain presentations from past annual meetings are available through the Live Learning Center (<http://tinyurl.com/OnlineCME>). Only meeting attendees have access to these recordings. If you registered for an Updates or a Skills course, you can access a recording of your session for free; there is a charge if you did not register for the course. Available presentations include:

### **Annual Meeting Events**

- Collaborative Care Forum: Joint APM/APA Efforts to Define and Optimize the Roles of Psychiatrists (James Rundell, MD, FAPM, and Lori Raney, MD)
- Don R. Lipsitt Award Workshop: Collaborative Care—Challenges and Controversies (Michael Sharpe, MD, FAPM)
- Dlin/Fischer Lecture: End-of-Life Experiences of Mothers with Advanced Cancer: Perspectives of Widowed Fathers (Eliza Park, MD, Allison Deal, MS, Justin Yopp, PhD, Teresa Edwards, MA, and Donald Rosenstein, MD, FAPM)
- Eleanor and Thomas P. Hackett Memorial Award: "Quiet, I Can't Hear You While I'm Listening." Communication, Humanism, and HIV Psychiatry – A Paradigm for Psychosomatic Medicine (Mary Ann Cohen, MD, FAPM)
- President's Symposium, Part 1: Patient-Centered Communication: From Bedside to the Written Page
  - APM 2015 Welcome Address (Catherine Crone, MD, FAPM)
  - Mobilizing Hope in the Face of Despair: Applying Social Neuroscience at the Bedside (James Griffith, MD)
  - Writing One's Mind in the EHR: A Promise of Truth and Not a Sink of Time (Rita Charon, MD, PhD)
- President's Symposium, Part 2: An Educational and Research Approach to Patient-Centered Communication
  - Improving Clinical Communication Through a Patient-Centered Approach (Grayson Norquist, MD, MSPH)
  - Psychosomatic Medicine, Communication and Professional Formation: Educational Imperatives for Medical Education (Dennis Novack, MD)
- Wayne Katon Research Award Lecture: Affective Disorders, Antidepressant Treatment and Birth Outcomes (Kimberly Yonkers, MD)

### **Updates Courses**

- Essentials of Psychosomatic Medicine, Part 1
  - Delirium Update (Jose Maldonado, MD, FAPM, FACP)
  - Updates in Women's Mental Health (Christina Wichman, DO, FAPM)
  - The Difficult Patient (Philip Muskin, MD, MA, FAPM)
  - Updates in Pediatric Psychosomatic Medicine (Maryland Pao, MD, FAPM)
  - Catatonia and Its Subtypes, Including Neuroleptic Malignant Syndrome and Serotonin Syndrome (Scott Beach, MD)
- Essentials of Psychosomatic Medicine, Part 2
  - Psychiatric Issues in Dermatology (James Levenson, MD, FAPM)
  - Managing Eating Disorders: An Update for Consultation Psychiatrists (Sanjeev Sockalingam, MD, FAPM)
  - Selected Legal Issues in Psychosomatic Medicine (Rebecca Brendel, MD, JD, FAPM)
  - Hospice and Palliative Care (John Shuster Jr., MD, FAPM)
  - Bedside Neurocognitive Testing (Stephen Nicolson, MD, FAPM)

### **Skills Courses**

- Psychopharmacology: A Focused Review of Drug-Drug-Drug Interactions
  - Clinical Relevance in Drug-Drug Interactions (Steven Nicholson, MD)
  - Drug-Drug Interactions with Non-psychotropic Medications (Daniel Elswick, MD)
  - Drug-Drug Interactions with Dopamine Antagonists (Jose Maldonado, MD, FAPM)
  - Drug-Drug Interactions with Mood Stabilizers and Antidepressants (Yelizaveta Sher, MD)
- Update in Internal Medicine for the Consultation-Liaison Psychiatrist (Thomas Heinrich, MD, FAPM, Joseph Rasimas, MD, PhD, FAPM, Sarah Rivelli, MD, FACP, Xavier Preud'homme, MD, Robert McCarron, DO)

### **Presentations from Prior Years**

In addition to the above sessions from the 2015 Annual Meeting, selected presentations from 2011-2014 are available. These include the Updates Courses from these four years and several skills courses from 2014, including:

- Legal Issues in Psychosomatic Medicine
- Psychopharmacology

*(continued next page)*

# New Members

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The Academy welcomes these new members who joined during the period July 1 – December 31, 2015.

## FULL MEMBERS

Tushar Advani, MD, PhD  
Joseph Austerman, DO  
Lily Awad, MD  
Chandrika Balgobin, DO  
Rebecca Berghorst, MD  
Emilie Bhe, MD  
Tracy Binius, MD  
Shaghayegh Bozorg, MD  
Jennifer Braden, MD, MPH  
Lisa Burback, MD  
Scott Carroll, MD  
Marie-Pierre Cote, MD  
Diana Cozma, MD  
Danielle Dahle, MD  
Catherine Daniels-Brady, MD  
Itai Danovitch, MD  
Danica Denton, DO  
Marie DiDario, DO  
Jennifer Ford, MD  
Ariela Frieder, MD  
Peter Garcia, MD  
Khanh Ha, MD  
Margaret Haglund, MD  
Nicolas Hernandez-Sanabria, MD  
Seth Himelhoch, MD  
John Hutchings, MD  
Asma Iqbal, MD  
Kingsley Iyamu, MD  
Julienne Jacobson, MD  
Neeta Jain, MD  
Monique James, MD  
Milind Kale, MD  
Inder Kalra, MD  
Ubaid Khokhar, MD  
Walter Kilpatrick, DO  
Joanna Kowalik, MD, MPH  
Stephen Kramer, MD  
Joseph Kugler, MD  
Christian Lachner, MD  
Vanessa Lauzon, MD  
Timothy Lee, MD  
Andrew Lee, MD  
Thomas Lian, MD  
Cliff Lin, MD  
Russell Loeber, MD, PhD

## ASSOCIATE MEMBERS

Sarah Lytle, MD  
Rebecca Marshall, MD, MPH  
Nicholas Mitchell, MD  
Andrea Mitchell, MD  
Mohammad Asim Nisar, MD  
Mauricio Orellana Folgar, MD  
Auralyd Padilla, MD  
Diana Paez, MD  
Alice Papsun, MD  
Richa Pathak, MBBS  
Robin Pedowitz, MD  
Nyota Pieh, MD  
Rheanna Platt, MD, MPH  
Laurel Ralston, DO  
Vani Rao, MD  
Bala Rao, MD  
Mark Rapp, MD  
Erica Rapp, MD  
Manoj Regmi, MD  
Annemarie Riether, MD  
Xiomara Rocha-Cadman, MD  
Annaheta Salajegheh, MD  
Ronald Salomon, MD  
Tom Salter, MD  
Naomi Schmelzer, MD  
Azim Shahsavar, MD  
Akhil Shenoy, MD  
David Sheski, MD  
Hugo Solari, MD  
Kiran Taylor, MD  
Ketty Thertus, MD  
Pablo Toro, MD  
Vanessa Torres Llenza, MD  
Julia Triggs, MD  
Jennifer Trihoulis, MD  
Aghaebulam Uga, MD  
Emiliano Valles, MD  
Amanda Williams, MD  
Arvind Yekanath, MD  
Joseph Yuen, MD

## TRAINEE MEMBERS

Mohsina Ahmed, MD  
Nahida Ahmed  
Yadira Alonso, MD  
Elyssa Barron, MD  
Frederick Boyer, DO  
Katrina Burns, MD  
Jennifer Cannon, DO  
Tiffany Chan, MD  
Ann Chandy, MD  
Anita Chang, DO  
Raymond Chiong, DO  
Stephanie Cho, MD  
Kelley-Anne Cyzeski, MD  
David Daniels, MD  
Shivan Desai, MD  
Kevin Donnelly-Boylen, MD  
Catalina Dumitrascu, MS  
Ammar El Sara, MD  
Laura Erickson-Schroth, MD  
Tanuja Gandhi, MD  
Liliya Gershengoren, MD, MPH  
Margaret Goracy, MD  
Dorothy Gotlib, MD  
Sasidhar Gunturu, MBBS, MD  
Clare Herickhoff  
James Jenkins, MD  
Heather Joseph, DO  
Emily Ketterer, MD  
Dilara Khoshknabi, MD  
Jungjin Kim, MD  
Tessa Kleyn, MD  
Julia Knight, MD  
Barbara Kocsis, MD  
Alvaro La Rosa, BS  
Elizabeth Leimbach, MD  
Justin Lewin, MD  
Jerome Lewis, BS  
Erik Loraas, MD  
Wynne Lundblad, MD  
Yamanda Mack Edwards, MD  
Kai-Hong Mao, MD  
Laura Katie Maxwell, MD  
Thomas McCoy, MD  
Brandon Michel, MD  
Kanwal Mohan, MD

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Live Learning Center (*cont'd from previous page*)

- A Focused Review of Drug-Drug-Drug Interactions
- Assessment and Manage of the Opioid-dependent Chronic Pain Patient
- Acute Brain Failure: Neurobiology, Prevention, and Treatment of Delirium

Remember: <http://tinyurl.com/OnlineCME>

Your APM website login will include the courses/meetings that you attended in the past. Go ahead and check it out!

# 2015 Annual Meeting

## AWARDS

### HACKETT AWARD

The Eleanor and Thomas P. Hackett Memorial Award is the Academy's highest honor, given in recognition of outstanding achievement across an entire career in psychosomatic medicine in training, research, clinical practice, and leadership. **Mary Ann Cohen, MD, FAPM**, received the 2015 award, speaking on "Quiet, I Can't Hear You While I'm Listening." Communication, Humanism, and HIV Psychiatry—A Paradigm for Psychosomatic Medicine."

Dr. Cohen is in private practice, specializing in psychodynamic psychotherapy, psychosomatic medicine, HIV psychiatry, addiction psychiatry, and geriatric psychiatry utilizing individual, couple, and family therapy. She is on the voluntary faculty of the Icahn School of Medicine at Mount Sinai. Board certified in adult psychiatry, addiction psychiatry, geriatric psychiatry, and psychosomatic medicine, Dr. Cohen is an award-winning psychiatrist and a leader



*Mary Ann Cohen, MD, FAPM, received the 2015 Hackett Award, introduced by J. Michael Bostwick, MD, FAPM.*

in the fields of psychosomatic medicine and AIDS psychiatry. She is the chair of the APM Bioethics SIG, chair and founder of the APM HIV/AIDS Psychiatry SIG, and chair and co-founder of the WPA Section on HIV/AIDS Psychiatry.

Dr. Cohen served on or directed psychosomatic medicine services at two municipal hospitals for 23 years, and AIDS

psychiatry services at an AIDS nursing home and at the Mount Sinai Medical Center for 12 years. In each of these settings, she created health care environments to meet the needs of patients and their communities and innovative programs to identify and diminish disparities and discrimination in health care settings. She has integrated psychoanalytic principles into patient care, medical board governance, and bioethics committees. Dr. Cohen has demonstrated her dedication to teaching clinical excellence and compassionate care and her devotion to persons who have been socially deprived, culturally oppressed, and victims of discrimination and stigma. She has devoted her professional life to caring for persons with AIDS and other severe illness and does this with empathy, energy, and enthusiasm.

Dr. Cohen was introduced by J. Michael Bostwick, MD, FAPM, Professor of Psychiatry at the Mayo Clinic College of Medicine.

### WAYNE KATON RESEARCH AWARD

This award was renamed this year to honor Wayne Katon, MD, FAPM, APM President 2012-13, and international leader in Psychosomatic Medicine. He lost his battle with lymphoma on March 1, 2015. The award is given to honor the accomplishments and stature of a currently active researcher in the field of Psychosomatic Medicine. This year's award was presented to **Kimberly Yonkers, MD**, who spoke on "Affective Disorders, Antidepressant Treatment and Birth Outcomes."

Dr. Yonkers is a psychiatrist and a professor at the Yale University School of Medicine. She is Director of the Center for the Wellbeing of Women and Mothers, and Director of Research for the Psychological Medicine service at Yale New Haven Hospital. Dr. Yonkers has more than 25 years experience as a researcher

with a focus on women's mental health. She was an early contributor to the treatment of women with severe premenstrual syndrome, now known as premenstrual dysphoric disorder (PMDD). She published some of the pivotal work showing that treatment with a serotonin reuptake inhibitor is an effective treatment strategy, including research showing that intermittent during the luteal phase of the cycle is effective. She has been active in the American Psychiatric Society, the North American Society for Psychosocial Obstetrics and Gynecology, and the International Society for Women's Mental Health. She served on the Task Force for DSM-5 and on multiple NIH study sections. She has been a consultant for the Federal Healthy Start Initiative, the Secretary's Advisor Commis-

sion on Infant Mortality, Surgeon General's Workshop on Women's Mental Health, and the CDC's Treating for Two Initiative.



*Michael Sharpe MD, FAPM, co-chair of the Research & Evidence-Based Practice Committee, presented the Wayne Katon Research Award to Kimberly Yonkers, MD.*

## DLIN/FISCHER AWARD

The Dlin/Fischer Clinical Research Award is presented for significant achievement in clinical research and the best paper submitted for presentation at the Annual Meeting. The award is named for Barney “Ben” Dlin, MD, FAPM, President of APM 1983-84, and H. Keith Fischer, MD, FAPM, President, 1975-76.

**Eliza Park, MD, FAPM**, received the 2015 award and spoke on “End-of-Life Experiences of Mothers with Advanced Cancer: Perspectives of Widowed Fathers.”

Dr. Park (“Leeza”) is an assistant professor of psychiatry at the University of North Carolina at Chapel Hill. Her clinical care and research focuses on the intersection of psychiatry, palliative medicine, and oncology, and specifically, how advanced cancer in patients with dependent children influences parental end-of-life outcomes and bereavement in their families. She has conducted research examining psychological distress in parents with advanced cancer, depression in bereaved caregivers, and pharmacologic treatment of depression in patients with cancer. She is supported by a KL2 Career Development Award to study the treatment decision-making and psychological distress of parents with advanced cancer.



*Eliza Park, MD, was presented the 2015 Dlin/Fischer Clinical Research Award by Jeff Huffman, MD, FAPM.*

## DON R. LIPSITT AWARD for Achievement in Integrated and Collaborative Care

The Don R. Lipsitt Award recognizes an individual who has demonstrated excellence and innovation in the integration of mental health with other medical care through collaborative care, as demonstrated by success in one or more of the following activities:

- Research and scholarship
- Clinical care
- Clinical systems development
- Education
- Health care policy

The winner of the 2015 award is **Michael Sharpe, MD, FAPM**, Professor of Psychological Medicine at the University of Oxford and a Fellow of Saint Cross College Oxford. As part of the award, Dr. Sharpe presented a workshop on “Collaborative Care—Challenges and Controversies.”



*2015 Lipsitt awardee Michael Sharpe, MD, FAPM (center), with Don Lipsitt (right) and the 2014 Lipsitt winner, Jeff Huffman, MD, FAPM (left).*

## AWARD OF SPECIAL RECOGNITION

The Award of Special Recognition is conferred on individuals for outstanding service to the field of psychosomatic medicine on a local or national level.

**Adel Zaraa, MD**, received the 2015 award in recognition of pioneering the first psychosomatic medicine training program in the Middle East and being a bridge between the APM and psychosomatic medicine specialists in Qatar.

Dr. Zaraa is Clinical Professor of Psychiatry at Ohio University Heritage College of Osteopathic Medicine, Ohio, and a Senior Consultant at Hamad Medical Corporation/Weill Cornell Medical College in Qatar. He heads the Consult-Liaison Team (psychosomatic) at HMC and served as Director of the Undergraduate Medical Education at Northeastern Ohio Universities College of Medicine. He also served as Chairman of the Psychiatry Council, Northeast Ohio College of Medicine. Dr. Zaraa has taught at Cleveland Clinic and Kent State University; practiced medicine and psychiatry in five countries on three continents; and is fluent in English, French, Arabic, and Hungarian.



**Adel Zaraa, MD** (left), received the Award of Special Recognition from **Hochang Benjamin Lee, MD, FAPM**, chair of the Fellowship & Awards Subcommittee.

## DISTINGUISHED SERVICE AWARD

The Distinguished Service Award is presented to Academy members for invaluable assistance to the organization. It is not awarded annually.

**Philip Muskin, MD, FAPM**, received the Distinguished Service Award for his instrumental contribution to the founding of the Foundation of the Academy of Psychosomatic Medicine.

Dr. Muskin is Chief of C-L and Professor of psychiatry at Columbia University Medical Center. He chaired the APM meeting in 1999 and chaired the APA meeting in 2001, 2002, 2014, and 2015. He has received numerous awards for teaching including Teacher of the Year three times, and is a past recipient of the Academy's Stoudemire Award.



**Outgoing president Catherine Crone, MD, FAPM**, presented the Distinguished Service Award to **Philip Muskin, MD, FAPM**.

## WEBB FELLOWSHIPS

The William L. Webb Fellowship Program fosters the career development and leadership potential of advanced residents and fellows in PM/C-L psychiatry. The fellowship is named in honor of the late William L. Webb, Jr., MD, FAPM, president of the Academy 1986-87.

The winners of this year's awards are:

- **Amritha Bhat, MD**, University of Washington, Seattle, Washington
- **Julia Knight, MD**, University of Vermont, Burlington, Vermont
- **Thomas McCoy, MD**, Massachusetts General Hospital, Boston, Massachusetts
- **Andrew Siegel, MD**, Hospital of the University of Pennsylvania, Philadelphia, Pennsylvania

Each Webb Fellow will present an oral paper at a special session at the 2016 annual meeting in Austin, Texas.



**E. Sherwood Brown, MD, PhD, FAPM** (left) presented 2015 William L. Webb Fellowship awards to, from left: **Andrew Siegel, MD**; **Julia Knight, MD**; **Amritha Bhat, MD**; and **Thomas McCoy, MD**.

## DORFMAN JOURNAL PAPER AWARDS

for the best papers published the past year in *Psychosomatics*  
Wilfred "Bill" Dorfman, MD, FAPM was a founding member of APM in 1953, served as Academy president 1959-60, and was the first editor-in-chief of the Academy's journal, *Psychosomatics*, serving from 1960 through 1986. The Dorfman award is named in his honor, for the best papers published each year in *Psychosomatics*.

### BEST CASE REPORT

Natasha Cunningham, MD; Nora Dennis, MD, MSPH; Wilbur Dattilo, MD; Marcia Hunt, PhD; and Daniel W. Bradford, MD, MPH, for "Continuation of Clozapine during Chemotherapy: A Case Report and Review of Literature." *Psychosomatics* 2014; 55(6):673-679.



Brian Iacoviello, PhD (left), received the Dorfman Best Article for Original Research award from Theodore Stern, MD, FAPM.

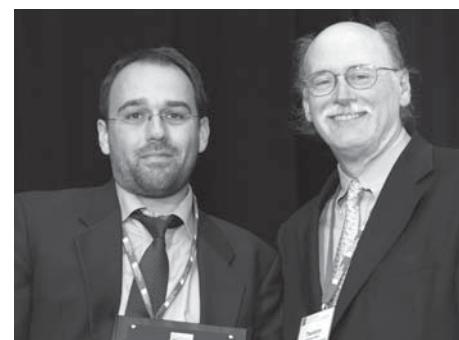
### BEST ARTICLE for Original Research

Brian Iacoviello, PhD; Akhil Shenoy, MD; Jenna Braoude, CSW; Tiane Jennings, CSW; Swapna Vaidya, MD; Julianna Brouwer, MPH; Brandy Haydel, CCRC; Hansel Arroyo, MD; Devendra Thakur, MD; Joseph Leinwand, MA; and Dianne LaPointe Rudow, DNP, for "The Live Donor Assessment Tool: A Psychosocial Assessment Tool for Live Organ Donors." *Psychosomatics* 2015; 56(2):254-261.

**Honorable mention:** Jennifer Kruse, MD; Maria Lapid, MD; Vanda Lennon, MD, PhD; Christopher Klein, MD; Orna O'Toole, MD; Sean Pittock, MD; Edythe Strand, PhD; Mark Frye, MD; and Andrew McKeon, MD, for "Psychiatric Autoimmunity: N-Methyl-D-Aspartate Receptor IgG and Beyond." *Psychosomatics* 2015; 56(3):227-241.

### BEST REVIEW ARTICLE:

Livia De Picker, MD; Filip Van Den Eede, MD, PhD; Glenn Dumont, PhD; Greta Moorkens, MD, PhD; and Bernard Sabbe, MD, PhD, for "Antidepressants and the Risk of Hyponatremia: A Class-by-Class Review of Literature." *Psychosomatics* 2014; 55(6):536-547.



Filip Van Den Eede, MD, PhD (left), was presented the Dorfman award for Best Review Article by Theodore Stern, MD, FAPM.

## VISITING PROFESSORSHIPS

Visiting Professorship Awards are used to support the travel expenses, lodging, meals, and honorarium for an APM member to serve as a visiting professor to a host university, hospital, or medical facility. This year's Visiting Professorship Awards were presented to:



**Andrea DiMartini, MD, FAPM**, from the University of Pittsburgh, visiting Loyola University Medical Center. Nominated by Murali Rao, MD, FAPM, DLFAPA, Chair, Psychiatry & Behavioral Neurosciences; Professor, Psychiatry & Behavioral Neurosciences.



**Jeff Huffman, MD, FAPM**, from Massachusetts General Hospital, visiting Baylor College of Medicine. Nominated by Mauro Garcia-Altieri, MD, Assistant Professor, Psychiatry & Behavioral Sciences.



**Christina Wichman, DO, FAPM**, from the Medical College of Wisconsin, visiting Oxford Women's Centre, Oxford, UK. Nominated by Michael Sharpe, MD, FAPM, Professor, Psychological Medicine.

## CALL FOR AWARDS 2016

The Academy is pleased to announce that nominations for its 2016 awards are now being accepted online at [www.apm.org/awards](http://www.apm.org/awards)

### Submission deadline: April 1, 2016

- Eleanor & Thomas P. Hackett Memorial Award
- Wayne Katon Research Award
- Don R. Lipsitt Award for Achievement in Integrated and Collaborative Care
- Alan Stoudemire Award for Innovation & Excellence in PM/C-L Education
- Award of Special Recognition
- Distinguished Service Award
- Visiting Professorship Program

### Submission deadline: July 1, 2016

- Webb Fellowship Program
- Academy Fellowship
- Trainee Travel Award

## APM FELLOWSHIPS

Due to the new FAPM requirements, the committee received 17 applications this year, a decrease from last year's 43. Three 2014-approved FAPM members who could not attend the meeting in Florida were included at this year's meeting. A total of 13 were elected to Fellowship at the meeting.

### 2015 Academy Fellows

Amy Bauer, MD	Michael Peterson, MD, PhD
Scott Beach, MD	Sandra Rackley, MD
Christopher Celano, MD	Jaroslava Salman, MD
Kathleen Franco, MD	Jeffrey Staab, MD, MS
Emily Davies Gastelum, MD	Adrienne Tan, MD
Janna Gordon-Elliott, MD	Swapna Vaidya, MD
Eliza Park, MD	



Back row: Adrienne Tan, Jeffrey Staab, Jaroslava Salman, Sandra Rackley, Michael Peterson, Eliza Park, Swapna Vaidya

Front row: Emily Davies Gastelum, Kathleen Franco, Christopher Celano, Scott Beach, Amy Bauer, Janna Gordon-Elliott

## BEST POSTER AWARDS

Jon Levenson, MD, FAPM, and Christina Wichman, DO, FAPM, co-chairs of the Oral & Poster Papers Subcommittee, presented the following awards at the 2015 Annual Meeting:

**First Place:** "Immunologic Correlates of PTSD in HIV-infected Adults Receiving ART"

Presenting Author: Suad Kapetanovic;  
Co-Authors: Kelly Yang, Peter Siyahhan Julnes, Sally Steinbach, Avindra Nath, Bryan Smith, Caryn Morse, Rebecca Krakora

**Second Place:** "Strapped to Safety: A Quality Improvement Project Evaluating Delirium and Restraints"

Presenting Author: Jessica Samples;  
Co-Authors: Benjamin Kalivas, Douglas Glenn, Jeffrey Korte, Robert Malcolm, Kelly Barth

**Third Place:** "The HOPE Study: A Randomized Trial of a Six-week Positive Psychological Intervention for Suicidal Medical-psychiatry Patients"

Presenting Author: Jeff Huffman;  
Co-Authors: Eleanor Beale, Christopher Celano, Carol Mastromarco, Rachel Millstein

## BEST TRAINEE POSTERS

**First Place:** "Investigating Bariatric Surgery Outcomes in Patients with Severe Mental Illness"

Presenting Author: Lauren Thomson;  
Co-Authors: Sanjeev Sockalingam, Raed Hawa, Kathleen Sheehan, Christopher Meaney, Susan Wnuk

**Second Place:** "Analysis of Patients with Postural Orthostatic Tachycardia Syndrome and Severe Sleep Complaints: How the Polysomnogram Improves Patient Care"

Presenting Author: Robert Bahnson;  
Co-Authors: Xavier Preud'homme, Steven Szabo, Andrew Krystal

**Third Place:** "Exploring Actigraph-measured Sleep-wake Patterns Associated with Confusion Status in Intensive Care Unit Patients"

Presenting Author: Jessica McGovern;  
Co-Authors: L. Lee Tynes, Glenn Jones

## MARK YOUR CALENDARS: FUTURE APM ANNUAL MEETINGS

**November 8–11, 2017**  
64th Annual Meeting  
La Quinta Resort & Club  
Palm Springs, CA

**November 14–17, 2018**  
65th Annual Meeting  
Caribe Royale Orlando  
Orlando, FL

**November 13–16, 2019**  
66th Annual Meeting  
Sheraton San Diego  
Hotel & Marina  
San Diego, CA

## TRAINEE TRAVEL AWARDS

To encourage residents and PM/C-L fellows to join APM, attend the annual meeting, and eventually become new leaders of the Academy, awards of \$750 each are presented to top candidates to help offset the cost of attending the meeting. The Academy received 66 applications (68 in 2014). The following award winners attended APM 2015:

Andrea Ament, MD  
Stanford University  
Richard Carlson, MD  
Vanderbilt University Medical Center  
Ann Chandy, MD  
Thomas Jefferson University Hospital  
Kaleena Chilcote, MD  
Brigham and Women's Hospital  
Tanuja Gandhi  
Albert Einstein Healthcare Network

Julia Edwards MD, MPH  
University of Washington  
Laura Erickson-Schroth, MD, MA  
Mount Sinai  
Emily Holmes, MD, MPH  
University of North Carolina  
Sarah Homitsky, MD  
University of Pittsburgh  
Wynne Lundblad, MD  
Western Psychiatric Institute and Clinic

Rachel Ross, MD, PhD  
Beth Israel Deaconess Medical Center  
Kamalika Roy, MD  
Wayne State University  
Neeta Shenai, MD  
Western Psychiatric Institute and Clinic  
Erin Smith, MD UPMC  
Western Psychiatric Institute and Clinic  
James Wilkins, MD, DPhil  
Massachusetts General Hospital

## APM 2015-2016 COUNCIL

Retiring from the APM Council at the 2015 Annual Meeting were Donna Greenberg, MD, FAPM, after three years of service, and Linda Ganzini, MD, FAPM, after eight years. Ted Stern, MD, FAPM, also stepped down as an ex officio member as a result of amendments to the bylaws that created a new Journal Committee.

Re-elected to the Council were: J. Michael Bostwick, MD, FAPM; Paul Desan, MD, PhD, FAPM; and Jeff Huffman, MD, FAPM. New to the Council are: Madeleine Becker, MA, MD, FAPM; Robert Joseph, MD, MS, FAPM (completing the unfinished term of Rebecca Brendel, MD, JD, FAPM, upon her election as Treasurer); and Maryland Pao, MD, FAPM (completing the unfinished term of Michael Sharpe, MD, FAPM, upon his election as Secretary).



Back row (left to right): Drs. Robert Boland, J. Michael Bostwick, Philip Bialer, Michael Sharpe, Jeff Huffman, Christina Wichman, Rebecca Brendel, Maria Tiamson-Kassab, Robert Joseph

Front row (left to right): Drs. Linda Worley, Maryland Pao, James Rundell, Catherine Crone, Steve Epstein, Madeleine Becker, Carol Alter, Paul Desan

# SIG News

Want to join a SIG? Log into the Members' Corner at [tinyurl.com/APMCorner](http://tinyurl.com/APMCorner), click "View or update your profile," and you will find subscription options for all SIGs.

## Bioethics

Co-Chairs: Mary Ann Cohen, MD, FAPM, and Rebecca Weintraub Brendel, JD, MD, FAPM

Rotating Co-Chairs: Monika Chaudhry, MD (trainee), Xavier Jimenez, MD, Maria Theresa Mariano, MD, and David Sheski, MD (early career psychiatrists)

Interest in bioethical issues has increased markedly over the last year, with 46 SIG members and high attendance at our SIG symposia. In keeping with our effort to attract new psychosomatic medicine psychiatrists to the field of bioethics, we are pleased to report that one resident and three early career psychiatrists are rotating co-chairs of the SIG, each for a period of three years.

The Academy's highest honor, The Eleanor & Thomas P. Hackett Memorial Award, was presented to Bioethics SIG chair Mary Ann Cohen, MD, FAPM, at the 2015 APM Annual Meeting. The Society for Liaison Psychiatry (SLP) selected Bioethics SIG member Maria Tiamson-Kassab, MD, FAPM, as recipient of its 2015 Lifetime Scientific Achievement Award.

At the 2015 APM Annual Meeting, the Bioethics, HIV/AIDS Psychiatry, and Pediatric PM SIGs presented a well-attended collaborative symposium on "A Case-Based Life Cycle Approach to Education about Palliative Care, Advance Directives, and End-of-Life Issues."

Our Bioethics SIG web presence, edited by Xavier Jimenez, MD, now includes a new Ethics Training Bibliography, thanks to the dedicated work of our Bibliography Task Force, chaired by Dr. Cynthia Geppert. This annotated list of references supplements the ethics bibliography published in *Psychosomatics* in 1999. The new bibliography is online, linked from our section on the APM website at [www.apm.org/sigs/bioethics](http://www.apm.org/sigs/bioethics)

We welcome suggestions for new members and invite you and your colleagues to attend our meetings, submit case presentations to

our Issues in Bioethics Section in *Psychosomatics*, and to join our APM Bioethics SIG!

## Early Career Psychiatrists (ECP)

Co-Chairs: Alan Hsu, MD, and John Taylor, MD

We would like to thank Leeza Park, MD, FAPM, for her service as ECP SIG co-chair the past two years. The ECP SIG is working with the ECP Subcommittee to revamp the Wednesday night "mixer" at the annual meeting. We are still in the planning stages, but we hope to enhance the offerings of the event, including improving connections made between ECPs and senior faculty, mentors and mentees, recruiters and prospective hires, and more. Additionally, we are fostering relationships with other SIGs to strengthen our conference submissions on topics that are widely relevant, such as job hunting and resilience. If you are interested in participating, be in touch with Alan ([alanhsu80@gmail.com](mailto:alanhsu80@gmail.com)) or John ([taylor.john@mgh.harvard.edu](mailto:taylor.john@mgh.harvard.edu)).

## Emergency Psychiatry

Co-Chairs: J.J. Rasimas, MD, PhD, FAPM, and Mary Jo Fitz-Gerald, MD, FAPM

The Emergency Psychiatry SIG continues to expand its membership ranks as it works to build bridges in a unique subspecialty with a variety of challenges and opportunities. The SIG's energetic participants have engaged with the American Association for Emergency Psychiatry (AAEP) resulting in possible future joint efforts; Leslie Zun, MD, AAEP's president, attended the APM Annual Meeting in New Orleans and is collaborating to present and publish in other venues in 2016.

Our pre-conference course in New Orleans was well attended. The focused talks by more than a dozen experienced leaders in the field are being organized for publication of a handbook in emergency psychiatry. Subgroups of speakers and attendees from that course are also collaborating on other writing projects, including outlines of general practice standards and outcome measures, as well as more specific topics like the roles and responsi-

bilities of non-physician ED mental health personnel. For other resources, continue to check out the growing journal article reviews by SIG member Scott Simpson, MD, in the core topic of "Emergency Psychiatry" in the quarterly Annotated Abstracts section of the APM website (Education > PM Library > Annotated Journal Abstracts).

Noting that emergency psychiatry requires clinical skills and knowledge inherent to psychosomatic medicine, but attuned to the rhythms of the ED and the therapeutic principles of inpatient mental health work, we are attempting to cover wide multidisciplinary territory. Upcoming projects range from legal issues in psychiatric emergencies; to violence in the hospital; to vulnerable populations; to the problems of access and follow-up services after an emergency visit. This latter issue drives many ED mental health crises in the first place, with no end in sight to overcrowding and needs outstripping resources. In ongoing preparation for changing models of healthcare delivery, we invite you to join us!

## HIV/AIDS Psychiatry

Co-Chairs: Mary Ann Cohen, MD, FAPM, and Kelly Cozza, MD, FAPM

Rotating Co-Chair: Early Career Psychiatrist Josephine Mokonogho, MD

The HIV/AIDS Psychiatry SIG continues to grow, with an increase in membership from 32 in 2003 to more than 350 members in 2015. The SIG is also the WPA Section on HIV/AIDS Psychiatry. We present at meetings throughout the world, most recently in Madrid, Spain; Bucharest, Romania; and Taipei, Taiwan.

At the 2015 APM Annual Meeting, our SIG presented a collaborative symposium with the Bioethics SIG and the Pediatrics PM SIG on "A Case-Based Life Cycle Approach to Education about Palliative Care, Advance Directives, and End-of-Life Issues in HIV."

The Academy's highest honor, the Eleanor

## APM SPECIAL INTEREST GROUPS

& Thomas P. Hackett Memorial Award, was presented to SIG co-chair Mary Ann Cohen, MD, FAPM. The topic of the award lecture was “Quiet, I Can’t Hear You While I’m Listening.” Communication, Humanism, and HIV Psychiatry—A Paradigm for Psychosomatic Medicine.” It was the first Hackett Award lecture devoted to the topic of HIV psychiatry. The Society for Liaison Psychiatry selected two SIG members—Philip Bialer, MD, FAPM, in 2014, and Maria Tiamson-Kassab, MD, FAPM, in 2015—as recipients of its Lifetime Scientific Achievement Award.

We invite you to explore our webpage at [www.apm.org/sigs/oap](http://www.apm.org/sigs/oap). We welcome new members and invite you and your colleagues to attend our meetings and to join our SIG!

### Medicine & Psychiatry

Chair: Thomas Heinrich, MD, FAPM

The APM’s Medicine & Psychiatry SIG brings together professionals practicing consultation-liaison psychiatry to discuss important topics at the interface of medicine and psychiatry. Topics at past gatherings have included building careers that successfully integrate medicine and psychiatry, challenging clinical cases, research initiatives, and training issues. An important training issue discussed at APM’s 2015 Annual Meeting was the recent lifting of the ABPN’s moratorium on the development of new combined training programs. A lot of work, much of it done by SIG members, went into crafting the resolution to this administrative challenge.

In addition to getting together at the APM meeting for our regular roundtable discussion, the Medical & Psychiatry SIG also presented a pre-conference course on “Update in Internal Medicine for the Consultation-Liaison Psychiatrist.” This course provided pertinent updates for the busy consultation-liaison psychiatrist in four commonly encountered medical conditions. This is the fifth year in which we provided this service to the APM.

The Medicine & Psychiatry SIG also gathered earlier in 2015 in Chicago at the Annual CME Conference of the Association of

Medicine and Psychiatry (AMP). This conference had a wonderful line-up of speakers who taught about integrated care models, internal medicine topics, psychopharmacology, and neuropsychiatry. In addition, there was the ever-popular resident clinical vignette competition, which was won by the UPMC STM/Western Psych Institute’s Family Medicine and Psychiatry Residency Program. The SIG will next get together in Chicago, at the AMP’s 2016 Annual Conference at the Hyatt Hotel at McCormick Place, September 29–October 1, 2016. We look forward to seeing everyone there!

### Research

Chair: Jane Walker, MBChB, MSc, PhD, MRCPsych

The Research SIG celebrated its first birthday at APM’s 2015 Annual Meeting with a fabulous Research for Researchers workshop on qualitative research, led by Linda Ganzini, MD, FAPM. It is fantastic that we already have 94 members after just one year. In 2016, we will be reaching out to APM members who do quality improvement projects, as well as those who are involved in research. We are also working closely with the Research & Evidence-Based Medicine Subcommittee and the APM Foundation on some

exciting new initiatives. We look forward to our second year as a SIG and wish everyone a very happy (and research-active) 2016!

### Transplant Psychiatry

Co-Chairs: Andrea DiMartini, MD, FAPM, and Catherine Crone, MD, FAPM

The Transplant Psychiatry SIG held a Transplant Psychiatry skills course at the 2015 Annual Meeting. Yelizaveta Sher, MD, organized and lectured along with other SIG members, including Drs. Maldonado, Fireman, Ferrando, Zimbrean, and Sotelo, who covered such topics as assessment, mood and cognition, addictions, psychopharmacology, and designing a transplant psychiatry service. In addition to our SIG breakfast at the annual meeting, Paula Zimbrean, MD, FAPM, hosted a two-hour discussion on creating best-practice guidelines or consensus statement. Dr. Zimbrean had participated with international transplant psychiatry colleagues at the recent EAPM meeting, which generated interest in this initiative. She will be the lead author. The evaluation and consideration of altruistic donors was discussed among other topics for this document. This year, the Transplant SIG will also be authoring an invited review article on transplant psychiatry for the *Psychiatric Times*.

## COMMUNICATIONS COMMITTEE UPDATE

— **Rebecca Brendel, MD, JD, FAPM, Chair**

How are you reading this article? On paper? Or have you noticed a big change? Perhaps you are on your computer or your smartphone? For the first time in history, the APM Newsletter is digital. After a year-long communications strategy overhaul, get ready for monthly APM newsletters in your email inbox to keep you up-to-date on all that’s current at APM and in psychosomatic medicine. As APM pilots this monthly e-newsletter, you can still expect to receive your printed newsletter by snail mail. But if you are reading on paper, head to your inbox and try it out digitally. In coming months, the e-newsletter will be introducing enhanced features with direct

links to the new APM website. Stay tuned for the launch.

The Communications Committee has been hard at work to transform members’ access to APM resources, literally at the touch of a finger. By the summer, you’ll see a fully redesigned and reconceptualized website with updated information, members-only features, clearly catalogued content, and streamlined access from the e-newsletter. The website redesign will be the culmination of years of work and will serve as the center of Academy communications going forward. Stay tuned for more updates.



Foundation of the Academy  
of Psychosomatic Medicine

# fAPM NEWS

The Foundation thanks everyone for their amazing generosity and participation over the past year. We are pleased to announce that more than \$40,000 was raised in 2015 from individual gifts and participation in the Creole Queen event at the Annual Meeting. More than 150 people joined us on the cruise down the Mississippi, thanks to the amazing contributions of Nehama Dresner, MD, FAPM, Secretary/Treasurer of the Foundation, and her very active and creative committee, including Linda Ganzini, MD, FAPM, Chris Kogut, MD, FAPM, and Lisa Seyfried, MD. Funds raised will go to funding Trainee Travel Awards and Webb Fellowships.

The Foundation also wants to congratulate Michael Sharpe, MD, FAPM, recipient of the Lipsitt Award, for his important presentation during the Annual Meeting.

The Foundation is engaged in making sure that we help meet the needs of members and the field of psychosomatic medicine in activities and programs that support and augment the core functions of the Academy. As such, Bobbi Geiger (wife of the late Wayne Katon and a new member of the fAPM Board) has been working with the APM Research Subcommittee to develop a mentorship program for young researchers that will be supported by the Foundation. A leading researcher in psychosomatic medicine will serve as the mentor to this year's program, and members will be able to apply to receive mentorship from the researcher. More details, including an announcement of the researcher and application information for the mentee, will be forthcoming.

Other new members of the Board, including Don Rosenstein, MD, FAPM, and Chris Kogut, MD, FAPM, who is serving as a consultant to the Board, are working closely with Nehama Dresner, MD,

FAPM, on identifying other innovative ways to provide support for the development of members. Stay tuned for more information on these new programs.

The Foundation also thanks Jim Levenson, MD, FAPM, for his many years of service; he has rotated off of the Board and will be missed!

We hope that all APM members will choose to support the Foundation's work by making a donation, helping us reach our goal of having full support of the entire Academy for our activities. Donations can be made at [www.apm.org](http://www.apm.org)!

#### Current Foundation Board:

Carol Alter, MD, FAPM, *Chair*

David Gitlin, MD, FAPM, *Vice Chair*

Nehama Dresner, MD, FAPM, *Secretary/Treasurer*

Philip Muskin, MD, FAPM

Dan Winstead, MD, FAPM

Bobbi Geiger

Donald Rosenstein, MD, FAPM

Bob Boland, MD, FAPM

Linda Worley, MD, FAPM

Cathy Crone, MD, FAPM

Linda Ganzini, MD, FAPM, *Consultant*

Chris Kogut, MD, FAPM, *Consultant*



*fAPM Board Chair, Carol Alter, MD, FAPM*

## CONSULTATION-LIAISON CME in Europe

— **Albert Diefenbacher, MD, FAPM and Thomas Wise, MD, FAPM**

Europe is rapidly establishing Consultation-Liaison (C-L) as a recognized subspecialty within organized Psychiatry. Recently, the European Psychiatric Association (EPA) approved a Consultation-Liaison Section ([www.europsy.net/sections/?id=3](http://www.europsy.net/sections/?id=3)). The Section is chaired by Drs. Albert Diefenbacher (Germany), Antonio Barbosa (Portugal), and Dan Georgescu (Switzerland). Concurrently, the European Association of Psychosomatic Medicine (EAPM) has a long history with the APM and biannually features an APM track at its meetings.

Due to the multiple countries in Europe, it is difficult to have one set of standards. Furthermore, the differences in residency training in Europe have limited the establishment of formal psychosomatic fellowships. To complicate matters, the term "psychosomatic" has a very different denotation in Europe. In German-speaking countries, for example, it is a defined specialty that is separate from Psychiatry with its own faculty and units, both hospital-based and ambulatory. It is often difficult for trainees and those who have completed their

training to obtain skills in Consultation-Liaison Psychiatry. Thus, a C-L training course has been developed.

Dr. Albert Diefenbacher, who is a Fellow of the APM, and his co-worker, Dr. Ronald Burian, have organized a yearly conference, now entering its fourth year, that is held in Berlin under the patronage of the European Psychiatric Association. This program offers European colleagues the opportunity to learn clinical skills in a timely and convenient location. In 2015, 51 participants from 12 countries, from training residents to seasoned clinicians who work in medical settings, met for a three-day course taught by an international faculty. The Berlin conference covers topics similar to the North American curricula, including such topics as models of consultation; management of delirium in the medical setting; pain management; and depression in the medically ill. These attendees will augment the cohort of trained consultation-liaison clinicians in Europe and will further populate the EAPM and enlarge the EPA section. Upcoming events are announced at [www.bioph-berlin.net](http://www.bioph-berlin.net)

## Guest Column:

# EUROPEAN ASSOCIATION OF PSYCHOSOMATIC MEDICINE

By Ursula Werneke, MD, FRCPsych and Wolfgang Söllner, MD, FAPM

After an outstanding joint APM-EAPM conference in Nuremberg, including a Special Lecture in the historic courtyard of the Nuremberg trials, the European Association of Psychosomatic Medicine (EAPM) will head far north this year for its next annual conference. The EAPM 2016 ([www.eapm2016.com](http://www.eapm2016.com)) will take place June 16–18 in Luleå Northern Sweden, right beneath the Arctic Circle; a pre-conference evening meeting will be held on June 15. The theme of the conference, *Transforming Health with Evidence and Empathy*, emphasizes these two pillars of psychosomatic medicine and liaison psychiatry. Throughout the conference, we will use evidence to explore empathy in its various facets: as a capacity allowing us to reach out and emotionally connect to our patients, as a component in the conceptualization of many mental health problems still awaiting neurobiological and evolutionary explanation, and as a concept behind medical ethics.

### What Is New at the EAPM 2016

EAPM 2016 will follow the example of the APM conference and will open itself to clinicians. We offer a research and a clinical track with state-of-the-art skill-focused clinical workshops and master classes. Topics will include palliative care, gender differences, psychopharmacology, cognitive assessment in young and old when Mini-Mental State examination is not enough, management of functional disorders, and medically unexplained symptoms and ECG interpretation for psychiatrists.

Both research and clinical track will be woven into the main conference to increase cohesion of the program and ensure that researchers and clinicians can remain equally engaged throughout the entire conference.

### Travel Awards

The EAPM offers five travel awards to younger researchers, up to 40 years old, who submit an abstract to the conference. The award includes €300 (ca \$US 320), the conference registration fee, and one year EAPM membership.

EAPM 2016 also offers a Rotary Young Health Professionals Travel Award, which covers travel, hotel, and the conference registration fee. Doctors who are in training or within five years after completion of specialist training from low- or middle-income countries are eligible. We are most grateful to Luleå Rotary Club South for its generosity in providing this award. Please let your colleagues in eligible countries know.

### Scientific Awards

We are delighted to announce the winners of the 2016 EAPM scientific awards. Professor James Strain will receive the Fritz Huyse Award for outstanding contributions to the development of consultation-liaison psychiatry and integrated care. Professor Michael Sharpe will receive the Allison Creed Award for lifetime achievement in the field of psychosomatic medicine and consultation liaison psychiatry. The Elsevier Young Investigator Award is pending, and we encourage applications from eligible candidates.

For all travel awards and the Elsevier Young Investigator Award, check our website for the application procedure: [www.eapm2016.com/awards](http://www.eapm2016.com/awards)

### APM- EAPM Symposium

Work is ongoing for a joint APM-EAPM symposium with Rebecca Brendel on ethics in health care. Details will be posted on our website.

### Luleå—Far North, Yet Easy to Reach

We are excited about inviting you to Luleå, the capital of Swedish Lapland. Here we host a cutting-edge scientific and clinical program in our exotic arctic midsummer setting with perpetual daylight. Despite its northern geographical location (65.6°N, 22.6°E), Luleå is surprisingly easy to reach with about 20 flights from Stockholm during weekdays and Sundays, and five flights on Saturdays. The flying time from Stockholm to Luleå is about an hour.

Luleå airport has one of the longest runways in Sweden. Because of this, its unique geographic location, and its reputation as an international center of innovation and technology, Luleå is even tipped to become Sweden's official future space port.

Check out Luleå and the EAPM 2016 on our website — [www.eapm2016.com](http://www.eapm2016.com). Looking forward to seeing you there in June 2016.



Ursula Werneke, MD, FRCPsych



Wolfgang Söllner, MD, FAPM

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### FUTURE APM ANNUAL MEETINGS

#### November 8–11, 2017

64th Annual Meeting  
La Quinta Resort & Club  
Palm Springs, CA

#### November 14–17, 2018

65th Annual Meeting  
Caribe Royale Orlando  
Orlando, FL

#### November 13–16, 2019

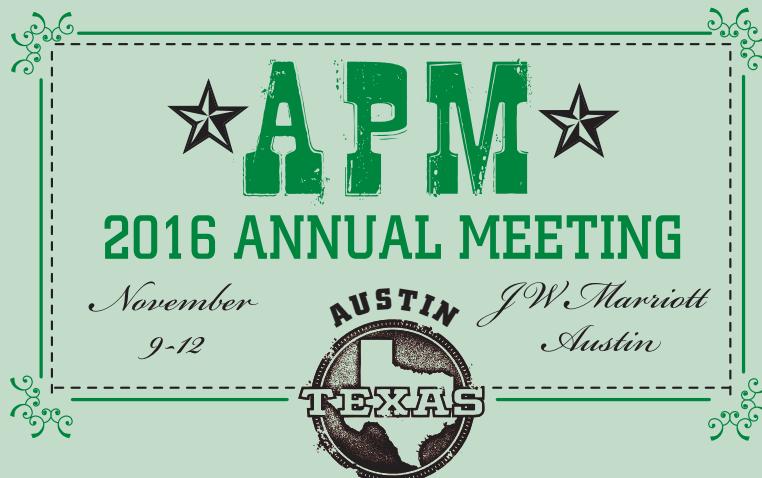
66th Annual Meeting  
Sheraton San Diego Hotel & Marina  
San Diego, CA

### APM 63rd Annual Meeting

“BRAIN, MIND AND BODY:

WHY EVERY PM PSYCHIATRIST SHOULD CARE ABOUT NEUROSCIENCE”

#apmTX2016



### CALL FOR ABSTRACTS



ACADEMY OF  
PSYCHOSOMATIC  
MEDICINE

★ **Submission Deadline: April 1, 11:59 pm EDT**

[Visit tinyurl.com/Abstracts2016](http://tinyurl.com/Abstracts2016)