

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
September 2019

REMEMBER

Please send me your accomplishments and personal updates for the October 2019 Kudos

SAVE THE DATES

LEADERSHIP CONSULTATIONS

The next leadership consultation will be held Wednesday October 23 from 10:00-11:00am in EP12. These peer consultations are valuable to any faculty member in a leadership role or aspiring to such roles.

FACULTY DEVELOPMENT SEMINARS

We have scheduled all of the 2019 seminars so that people can save the dates. These all will be held at EP12 in the 1st floor training room, Room 2.

- December 4, 2019, 9:00-10:30am - How to seek and engage in consultation (beyond supervision) as a faculty member – EP 12 1st floor Training Room 2

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am at EP12 in Room 554. However, the next Writing Group is October 9 at EP12 in Room 357 (instead of 554).

The Writing Group, spearheaded by Erica Lee, has created a blog entitled Overcoming Academic Writers Block - <https://www.overcomingacademicwritersblock.org/>. Check it out and blog with us.

SPOTLIGHTS

FACULTY SPOTLIGHT: Walid Nassif, MD

Walid Nassif, an Assistant Professor, teaches all levels of learners, and provides recurrent lectures to residents, fellows (Geriatric, CL, Addiction), and medical students. He also gives occasional grand rounds. He believes he is the most active/prolific VA-based teacher for Emory trainees. Walid serves on the following committees: PEC, Progress and Promotion, Consult-Liaison Fellowship, and Geropsychiatry Fellowship. He actively participates annually in recruitment for the two fellowship programs, and occasionally participates in residency recruitment interviews.

Outside of Emory, Walid's roles at the VA include giving recurrent lectures to medical students, residents, fellows, and psychology trainees; teaching medicine residents noon conferences on CL topics; offering recurrent quarterly psychiatry faculty conferences, lecturing annually for VA nurse practitioners and at the dementia conference, supervising and teaching psychology interns on his service, geropsychiatry and consult-liaison fellows. His administrative responsibilities include serving as lead psychiatrist

over a very large psychiatrist group (about 80 psychiatrists), which entails overseeing recruitment, retention, promotion, job assignments, ratings, salary revisions and problem-solving and overseeing and leading a quarterly VA psychiatry half-day meeting with administrative and educational components. He has recruited over 35 psychiatrists to the VA since 2013. Walid also provides direct supervision and recruitment assistance over NP's and PA's and supports actively the VA MH service line leadership in strategic planning and daily problem-solving tasks, while participating in multiple committees (Peer Review, Executive Committee for the Medical Staff and Physician Advisory board).

At the VA, Walid directs the Consultation-Liaison service (50% time) and sees patients daily while supervising trainees at various levels. He provides bedside teaching on daily rounds, second opinion evaluations on challenging patients on the inpatient unit, and coverage in the ER or urgent care clinic when there is an attending shortage.

Walid loves psychiatry and would do it all over again if the clock was reset! He enjoys clinical challenges and thrives when he can share this passion with trainees. He has enjoyed teaching since medical school (he used to teach English to grade school students as a side job!) and continues to be strongly motivated by it. It gives meaning to his life as a psychiatrist.

Directing CL services at the VA and the University of Rochester, and being repeatedly recognized for his devotion to teaching and clinical skills have been the highlight of his career, especially recognition from med students or residents. Being selected as Lead Psychiatrist at the VA and often experiencing and hearing the appreciation, gratitude and support of the psychiatrists at the VA in the midst of very challenging times also gives Walid great motivation and encouragement.

Outside of the workplace, Walid enjoys hunting (controversial he agrees but he believe he is very ethical in his practices, and he processes, cooks and feeds many through this!), fast cars and motorcycles, frequent travel, and most of all music. An avid listener, he has a multitude of tastes and attends more concerts than one can imagine, from classical chamber music to alternative music to jazz. His true passion...he speaks four languages fluently and loves travel.

Walid is proud of being involved in the Clarkston refugee clinic, and has seen many patients there and taught many med students. He finds it rewarding to give back in this way. He feels grateful for having received much in my life, and happy to be at a point in his life where he can give back to family, friends and people in need.

Walid's goals for the future are to continue enjoying clinical work and teaching, while devoting more time to family and travel. He misses Europe dearly.

STAFF SPOTLIGHT: Carolyn Knight

Carolyn Knight, Administrator for the Medical Student Clerkship and PA Students Rotations for Psychiatry training, works closely with Jeff Rakofsky. She is also

Administrator for the psychiatry portion of the Neuroscience Course for second year med students, working with Rickey Gillespie, as well as Administrator for the eight psychiatry electives for the fourth-year medical students, working with the various elective directors.

What Carolyn most enjoys about her work is meeting and working with all of the “doctors of the future,” in whatever specialty they land. She has met and worked with well over 2,000 medical students, PA students and residents over the course of her time at Emory. She hopes she won’t need their services any time soon, but knows she will be able to locate well trained doctors across the country, if she needs them!

Carolyn spent 30 years at SunTrust Bank, before taking “early retirement” 12 years ago. She then found, as she calls it, “my fun next career” at Emory. Out on a walk one fall day, she ran into Amy Cromwell, the former Program Coordinator for the Addiction and Geriatric Fellowship programs. A neighbor and friend, she knew Carolyn was enjoying her first retirement, but keeping feelers out for another job, and that the department was looking to hire a new administrator in the med education spot. Amy told Carolyn about the position, Carolyn applied, had an interview with Bill McDonald and others and “the rest is history” as the ole saying goes!

Ray Kotwicki was Clerkship Director when Carolyn arrived and through the first few years working together, they navigated the School of Medicine (SOM) “curriculum change” when they modified the medical school work to the current three blocks over a four-year period. During the transition of curriculum, there was “overlap” with the medical student classes that increased the rotation sizes from 17–20 students to almost 30 for several rotation! That was quite the challenge, to say the least! They couldn’t overcrowd the current sites, so they got creative to find additional training spots. New sites were developed, some of which remain in place today. When the transition was over, the SOM asked the department to train PA Students during their clinical training year. With having already expanded the sites, PA students were able to begin to be included into the training rotation with relative ease. The rotations began with a shortened duration, just to provide a quick overview to psychiatry. When Jeff Rakofsky took over the role of Clerkship Director, the PA rotation expanded to five-weeks and fully integrated the PA students into the rotations, having them assigned to the same clinical sites, attend all lectures and participate in the same experiences that the med students do.

Carolyn has been honored by several of the graduating classes of medical students and also received one special recognition from the PA graduates with the “Clerkship Coordinator of the Year” award. While the award was presented to her and her name is on the award, Carolyn believes it’s really a DEPARTMENT award! She says, each faculty, resident and staff person who helps make the clerkship as successful as it is plays a part in each of these awards. In 2016, Carolyn received the Above and Beyond Award from the SOM for the new experience for the medical and PA students having exposure to the Fulton County Behavioral Health Court during their rotations.

During her time as Clerkship Administrator, she has had the opportunity to be a part of ADMSEP (Association of Directors of Medical Student Education in Psychiatry) and attended their annual conferences with both Ray Kotwicki and Jeff Rakofsky, meeting and learning from directors and administrators from psychiatry clerkship programs across the country. They have shared the department's best practices with other programs and tweaked the processes or introduced new training methods as a result.

Carolyn and her husband Steve live in the Emory area. Their 25-year-old daughter just moved back to Atlanta from Richmond and is enjoying a new job, also at Emory, in the Department of Vascular Surgery. She is a long-time member of Glenn Memorial United Methodist Church, which is on Emory's campus, and active in a great Sunday morning class, a Women's evening Circle and has served on Finance and Music Committees in the past and now on the Staff Parish Committee. Carolyn and Steve love to travel and recently had the opportunity to cruise through the Panama Canal; visit some of the country's great National Parks; experience Italy, Spain and Portugal; and hike along the Incan trail in Peru that ended at Machu Picchu. Many who know Carolyn were surprised by this trip, since she's not much of a hiker! While they did hike every day, they stayed at really nice four- and five-star hotels and had wonderful chef-prepared food! She enjoys being creative and loves to needlepoint and do other handwork. She has participated in several needlepoint projects at Glenn, completing kneelers for the sanctuary and Little Chapel and Christmas ornaments for the Christmas season. She also loves decorating children's tee shirts for her family and friends' children and grandchildren. Carolyn began playing tennis "late in life" in her mid/late 50s. She enjoys tennis year-round on both ALTA and USTA teams. Somehow, she got talked into being the team captain! They team is all still beginners, but it's a great social outlet and the exercise is a plus. The USTA 2.5 team (LOWEST POSSIBLE LEVEL!!) did win City Finals last month and the ALTA season is off to a solid start!

Carolyn has let Jeff Rakofsky and others know that her plans for the future include a second retirement. While a date has not yet been firmed up, she plans on retiring Spring 2020. She won't sit and do nothing when she retires. Carolyn will find meaningful volunteer activities, play some weekday tennis, and spend more time traveling and at her family's lake house in North Carolina. Working at Emory has brought Carolyn "full circle." She graduated from Emory in 1976 and has lived in the Emory area all her adult life. She and her husband got engaged in Lullwater Park and we were married at Glenn. It only seems right that her working career will end with the wonderful experience that she has had working for the Department of Psychiatry! BUT... she has not retired yet! There is still work to do and students to train!

TRAINEE SPOTLIGHT: Jennifer Grant, MD, PhD

Jennifer Grant is a PGY-2 resident in the Department of Psychiatry and Behavioral Sciences. She is on the research track, as well as a member of the Diversity and Inclusion Subcommittee (DISC), residency program diversity representative, coordinator for the diversity consultation service and resident mentor.

What Jennifer most enjoys about her work is being able to use various avenues – clinical work, research and advocacy to ensure society’s most helpless and vulnerable - those suffering from serious mental illness, are being cared for kindly and effectively. She also values learning the art of psychiatry from people she greatly admires, while being part of a residency program that supports autonomy and exploration.

Key highlights to Jennifer’s career thus far include completing her PhD, becoming a wife and mother while in medical school and starting her career in academic medicine by joining the residency research track

For her goals and future plans, Jennifer’s short-term goal includes wanting to maximize the opportunity to train in diverse and challenging training sites with world-class attendings. She also looks forward to continuing her exciting research projects with mentors, Ben Druss and Erica Duncan. She hopes to apply her passion for teaching through curriculum development projects within the residency program and plans to pursue the Medical Education residency track.

Long term, Jennifer hopes to have a successful career in academic medicine, combining public health research and clinical work in CL or emergency psychiatry. Broadly, she considers it her life’s work to create systems of care for individuals suffering from SMI that are sustainable, effective and appropriately address social determinants vital to recovery but have, thus far, been largely excluded from the scope of mental health care service delivery.

Jennifer’s interests and involvements outside of the workplace include sleep!...then knitting to calm her mind so she can sleep some more. When she is half rested she enjoys spending time with my family, art collecting, discovering new independent music artists, spending time outdoors, classic films, learning about the forgotten history of old Hollywood and researching the history of psychiatry

Jennifer is mother to a two-year-old daughter who makes her mother count the days until she’s outsmarting her and wife to a CDC epidemiologist and active-duty (oft deployed) officer in US Public Health Service. Beyond that she spends her free time as a freelance event planner, Uber driver and concierge chef to a diva toddler.

FACULY COMINGS AND GOINGS

WELCOME NEW FACULTY

None reported

THANK YOU TO FACULTY WHO ARE LEAVING

None reported

DIVERSITY CORNER

Cultural Identity Celebrations continuing/coming up:

- **Hispanic Heritage Month: September 15 – October 15** - National Hispanic Heritage Month is the in the United States, when people recognize the contributions of members of the Latinx community to the country's history, heritage and culture. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.
- **Rosh Hashanah: September 29 – October 1** – Rosh Hashanah commemorates the start of the Jewish New Year. The origin of the Hebrew New Year is connected to the beginning of the economic year in the agricultural societies of the ancient Near East. The New Year was the beginning of the cycle of sowing, growth, and harvest; the harvest was marked by its own set of major agricultural festivals. The common Hebrew greeting on Rosh Hashanah is *Shanah Tovah*, which translated from Hebrew means “[have a] good year”. As Barbara Rothbaum shared with the department, Rosh Hashanah is a time of renewal and reflection and taking responsibility for actions that might have been hurtful. One of the prominent messages is Tikkun Olam, literally, healing the world. She went on to say she thinks these messages can resonate with us all, particularly at this point in the world’s history.

WELLNESS CORNER

Run for a Cause around Campus

- [Winship 5K October 5th!](#)

Treat yourself to Meal Delivery

- [Garnish and Gather](#)
- [Good Measure Meals](#)

Healthy Emory

- [Refresh from Stress in October](#)

Community Events

- [Meditation at the Fernbank Museum October 2nd!](#)
- [Wellness Festival at the Alliance Theater](#)

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Marsha Stern was named to the Residency Education team as Associate Program Director and Educational Director of the Outpatient Psychotherapy Training Program. In

addition to this position, Marsha will continue her work building a new integrated behavioral health program for the hospital-based primary care centers at Grady, providing consultation to primary care providers in treating patients with depressive and anxiety related disorders.

DeJuan White was appointed by Georgia Governor Brian Kemp to the Georgia Behavioral Health Reform and Innovation Commission.

Education

Ward, MC.* and Lechowicz, MJ. Reaching the Troubled Learner: Faculty Development to Augment the Skill Set of Small Group Advisors. Association for Medical Education in Europe Annual Meeting, Vienna, Austria, 2019 (poster presentation)

Research

The National Science Foundation awarded a \$1,200,000 grant for the project entitled "SCH: INT:Prolonged Exposure Collective Sensing System (PECSS) for PTSD." The project is under the direction of Rosa I. Arriaga, Thomas Ploetz, Mohammed E. Hoque, Andrew M. Sherrill, Barbara O. Rothbaum.

The Emory Healthcare Veterans Program has been funded under the PGC-PTSD NIMH Grant to have all pre-CVB baseline oragene samples genotyped at The Broad Institute. This will provide a genotyping for each patient and subsequent data for no cost. The data will also be contributed to the PGC-PTSD as a condition of funding and will be the largest treatment cohort in the PGC-PTSD.

Frieson-Bonaparte, K.S., Graves, C.C., Majidi, A., Farber, E.W., Thomas-Seaton, L., Gillespie, S., Hussen, S.A., Chakraborty, R., & Camacho-Gonzalez, A.F. (in press). MACARTI: The impact of motivational interviewing and intensive case management on the clinical care outcomes of adolescents and young adults with HIV. *Psychotherapy*.

Katrinli, S., Lori, A., Kilaru, V., Carter, S., Lott, A., Gillespie, C., Wingo, A., Michopoulos, V., Jovanovic, T., Ressler, K., & Smith, A. (2019). Association of HLA locus alleles with posttraumatic stress disorder. *Brain, Behavior, and Immunity*, 81, DOI: 10.1016/j.bbi.2019.07.016

Lott A, Dixon HD, Conneely K, Gluck R, Munoz A, Rochat C, Mendoza H, Hartzell G, Ressler KJ, Bradley B, Pace TWW, Umpierrez GE, Schwartz AC, Michopoulos V, Gillespie CF. (2019). The differential effects of PTSD, MDD, and dissociation on CRP in trauma-exposed women. *Comprehensive Psychiatry*. 93. 10.1016/j.comppsy.2019.06.007.

Michopoulos V, Beurel E, Gould F, Dhabhar F, Schultebrasucks K, Galatzer-Levy I, Rothbaum BO, Ressler J, Nemeroff C. (2019). Association of Prospective Risk for Chronic PTSD Symptoms with Low TNF α and IFN γ Concentrations in the Immediate Aftermath of Trauma Exposure. *American Journal of Psychiatry*. DOI: 10.1176/appi.ajp.2019.19010039.

Schertz E, Watson H, Krishna A, Sherrill A, Evans H, Arriaga RI. (2019). Bridging the Gap: Creating a Clinician-Facing Dashboard for PTSD. In: Lamas D., Loizides F., Nacke L., Petrie H., Winckler M., Zaphiris P. (eds) *Human-Computer Interaction – INTERACT 2019. INTERACT 2019. Lecture Notes in Computer Science*, vol 11746. DOI: 10.1007/978-3-030-29381-9_14

Zhang, H., Watson-Singleton, N.N., Pollard, S.E., Pittman, D.M., Lamis, D.A., Fischer, N.L., Patterson, B., & Kaslow, N.J. (2019). Self-criticism and depressive symptoms: Mediating role of self-compassion. *OMEGA – Journal of Death and Dying*, 80, 202-223. DOI: 10.1177/0030222817729609

Honors, Awards, Rankings

Michelle Casimir was board certified in clinical psychology through the American Board of Professional Psychology.

David Goldsmith was honored on Researcher Appreciation's Day by the Emory School of Medicine.

Beth Hammons received Faculty Development Funds to present at the Association for Behavioral and Cognitive Therapies annual convention.

Becky Kinkead received Faculty Development Funds to chair and present at a research and professional development session entitled '*Applying for F31 predoctoral or F32 postdoctoral fellowship awards*' at the annual convention of the Association for Behavioral and Cognitive Therapies.

Dorian Lamis was honored on Researcher Appreciation's Day by the Emory School of Medicine.

Dorian Lamis received Faculty Development Funds to present your research entitled "Latent class analysis of bipolar disorder symptoms and suicidal ideation and behaviors" and chair and present on a symposium entitled "Advancing youth suicide prevention through comprehensive community-based efforts" at the International Summit on Suicide Research.

Abigail Lott's recently published paper from SAD on the relationship between trauma, dissociation and inflammation that was published in *Comprehensive Psychiatry* was named [Editor's Choice for volume 93](#).

Sheila Rauch was honored on Researcher Appreciation's Day by the Emory School of Medicine.

Alicia Smith was honored on Researcher Appreciation's Day by the Emory School of Medicine.

Jennifer Stevens was honored on Researcher Appreciation's Day by the Emory School of Medicine.

Nancy Thompson has been granted the status of Professor Emeritus. In addition, the Rollins School of Public Health has raised significant funds for the Nancy J. Thompson Legacy Award.

Sanne van Rooij received Faculty Development Funds to present an *Introduction to the Neurobiology of PTSD: Key Findings and Methodologies* and participate in a symposium entitled 'Functional and Structural Brain Correlates of PTSD: Genetic Moderators and Implications for Resilience' at the annual meeting of the International Society of Traumatic Stress Studies.

Presentations

Meghna Patel presented a CE Workshop entitled "The What and How of Effective Dialectical Behavioral Therapy."

Quality and Safety Initiatives and Capital Campaign Initiatives

None reported

Community Benefit Programs and Activities

None reported

Facilities

None reported

Emory in the Media

Nadine Kaslow (1) Good Morning America – [Megachurch Pastor, Mental Health Advocate Jarrid Wilson Dies by Suicide](#).

Barbara Rothbaum (1) US News and World Report – [The Case for a Course of Virtual Reality](#).

Other Accomplishments

None reported

ADJUNCT FACULTY KUDOS

Susan Chance was appointed to Training Analyst/Supervising Analyst by the Emory University Psychoanalytic Institute Executive Committee.

Sarah Vinson was appointed by Georgia Governor Brian Kemp to the Georgia Behavioral Health Reform and Innovation Commission.

TRAINEE KUDOS

Brandi Burke received the department's Resident Recognition Award. The award is given three times per year for residents who demonstrate excellence in leadership,

teaching, and clinical care. Recipients receive a \$100 educational gift certificate and get to have “Siggy” for four months (a large ceramic Sigmund Freud head).

Brittany Friend, Karen Giles and Bridget McNulty joined the GPPA Women’s Committee that is chaired by Jennifer Holton and also includes Heather Greenspan.

Upshaw, N. C., Lewis, D. E., Jr., & Nelson, A. L. (2019). Cultural Humility in Action: Reflective and Process-Oriented Supervision With Black Trainees. Training and Education in Professional Psychology. Advanced online publication:
<http://dx.doi.org/10.1037/tep0000284>

STAFF KUDOS

BHC Executive Administrator Kevin Clark was selected to be part of the Woodruff Leadership Academy class of 2020.

PERSONAL UPDATES

Rachel Hershenberg and her husband Ben welcomed a baby girl, Naomi, to their family.