

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS  
December 2019

**REMEMBER**

**Please send me your accomplishments and personal updates for the January 2020 Kudos**

**SAVE THE DATES**

**LEADERSHIP CONSULTATIONS**

The next leadership consultation will be held Wednesday, March 18 from 9:00 – 10:00 am in EP12. These peer consultations are valuable to any faculty member in a leadership role or aspiring to such roles.

**FACULTY DEVELOPMENT SEMINARS**

Below is the information on the faculty development seminars for 2020. We are sending all the information in advance in hopes that people can clear their schedules.

- March 4, 2020 Grady Faculty Office Building, Room 101 – Wellness – Wendy Baer, Chanda Graves
- June 10, 2020 EP 12 1<sup>st</sup> floor training room - Harmful Supervision – Nadine Kaslow, Rachel Ammirati, Nori Lim, Andrea Crowell
- September 30, 2020 EP12 first floor training room – Erotic Transference – Stefanie Speanburg, Lauren Schmidt, Patrick Amar, Negar Fani
- December 9, 2020 EP12 first floor training room – How to Get Promoted: Service Portfolio

**WRITING GROUPS: UPCOMING**

The Writing Group is the 1<sup>st</sup> Wednesday of every month from 8:00-9:00am at EP12 in Room 554. The next meeting is Wednesday February 5, 2020.

See the Writing Group's latest blog post by Allison LoPilato titled [Overcoming Perfectionism: Creating Space for Influence](#).

**SPOTLIGHTS**

**FACULTY SPOTLIGHT: Negar Fani, PhD**

Negar Fani, PhD is a clinical neuropsychologist and Assistant Professor in the Department of Psychiatry and in the Neuroscience Graduate Program at Emory. She directs the Fani Affective Neuroscience Laboratory and works in collaboration with the Grady Trauma Project, which she is proud to have been a part of for the past 12 years. She is co-chair of the Racial, Ethnic and Cultural Minority Faculty Development Subcommittee and an active member of other committees in psychiatry and neuroscience. Outside of Emory she serves as a member of the American Psychological Association's Society for Clinical Neuropsychology Scientific Advisory

Committee, associate editor for PLoS One, and consultant for the Atlanta Police Department. Negar's research characterizes heterogeneous manifestations of PTSD and investigates PTSD risk factors using multimodal data (neuroimaging, affective paradigms, cognitive and genetic data) and mechanistically-targeted interventions for trauma-related problems. She looks for new ways to approach treatment in difficult-to-treat traumatized populations. Among her active projects is a physiologically-augmented breath-focused mindfulness clinical trial for dissociative traumatized people. She plans to continue using new technology to support innovative PTSD interventions and applying advanced neuroimaging analytic methods to explore diverse PTSD phenomena.

Negar completed her PhD in Clinical Neuropsychology at Georgia State University (GSU) in 2011. Prior to this, she completed a Master's in Counseling and spent two years in the Counseling Psychology Program at GSU (while working as a research assistant in our department). She completed a post-doctoral fellowship in the department and subsequently joined the department as a faculty member. As a clinician, Negar has worked with veteran and civilian traumatized populations, and is currently a provider at the Emory Clinic. She finds all aspects of her job rewarding--clinical work, service, teaching and scholarship--but major highlights are mentoring trainees and watching them flourish and exploring data and seeing where the findings guide new directions in her research.

Negar enjoys art in every form. Going to art openings, reading and writing prose and poetry are among her favorite activities. She finds great joy in doing just about anything with her fiancé (an artist and photographer) and 5-year old son. They often find themselves making drawings together and creating stories about the pictures as they unfold.

### **STAFF SPOTLIGHT: Brittni Williams, Med, BCBA**

Brittni Williams, Med, BCBA currently works as a Clinical Behavior Interventionist III and Program Manager of the Pre-K classroom at the Early Emory Center for Child Development and Enrichment (Early Emory) at the Emory Autism Center. She started working at Early Emory as an assistant teacher in 2011. Over the past decade, she served in several leadership positions: g Aftercare Lead Teacher, Assistant Classroom Coordinator for the 2-3-year-old classroom, Early Emory Lottery Pre-K Lead Teacher, Pre-K Classroom Coordinator, and Program Manager of Family Engagement and Kindergarten Transition. In her current position, she oversees the development and monitoring of individualized treatment plans for children with autism spectrum disorder (ASD) and coaches their family members on how to embed applied behavior analysis (ABA) treatment into ongoing family activities at home and the community. In this role, she also trains staff and trainees to mastery on implementing ABA within ongoing general education pre-k activities to target the social communication and interaction, pre-academic, and school readiness skills to enable all children enrolled in the Pre-K classroom to be successful in kindergarten and beyond.

As the Program Manager of Kindergarten Transitions, Brittni leads the transition of children with ASD from Early Emory into their kindergarten classrooms by providing families with knowledge and skills required to obtain the supports needed for successful inclusion in general education kindergarten classrooms. She also collaborates with staff

of future classroom placements about successfully supporting children to be meaningful members of their kindergarten classrooms by assisting in individualized education plan meetings and works with the teachers and support staff on teaching strategies both at Early Emory and in the general education classroom.

Brittini obtained an Associate's degree from Oxford College in 2009 and a Bachelor's degree from Emory University in 2011. While working full-time at Early Emory, she graduated from Arizona State University in 2017 with a Masters in Education, focusing on ABA. In February 2018, Brittini passed the national certification exam to become a Board Certified Behavior Analyst.

An avid Atlanta Falcons fan, she enjoys traveling. In January 2020, Brittini will temporarily relocate to Philadelphia, PA, where she will continue to consult to Early Emory using telehealth in order to continue to assist training staff and coaching families.

### **TRAINEE SPOTLIGHT: Mandy Bekhbat, PhD**

Mandakh (Mandy) Bekhbat, PhD is a Postdoctoral Fellow in the Emory Behavioral Immunology Program under the mentorship of Jennifer Felger, PhD in the Department of Psychiatry and Behavioral Sciences. She investigates neuroimmune and metabolic mechanisms of depression and anxiety via bioinformatic and neuroimaging approaches. A key element of her work is evaluating how anti-inflammatory treatment impacts the neurocircuitry that underlies fear, anxiety, and emotion regulation along with gene expression profiles in depressed patients.

Prior to her current appointment, Mandy obtained her PhD in Neuroscience at Emory where she researched mechanisms of chronic stress-related neuroinflammation in rodent models. To supplement her background in basic neuroscience, Mandy recently received a TL1 fellowship from Georgia Clinical and Translational Science Alliance (CTSA) to obtain her Master's degree in Clinical Research (Emory MSCR program), and completed her first semester of coursework in Fall 2019.

Mandy's favorite part of her work is getting excited about big ideas, working toward developing her niche skillset, and answering highly impactful research questions with the help of a prolific team of mentors and colleagues. Mandy is grateful for several highlights in her research experience to date, including her training spanning both basic science and clinical research and the cumulative guidance of her scientific mentors over the years that recently culminated in a well-scored federal fellowship application.

Outside of the workplace, Mandy enjoys playing with her two insta-worthy cats (a stunning tuxedo and an exquisite calico) who have trained her to feed them at 3am, exploring all kinds of music, and traveling around the world including back to her hometown of Ulaanbaatar, Mongolia with her husband Don.

In the future, Mandy plans to run her own research laboratory to contribute an enhanced understanding of inflammatory and endocrine mechanisms in mood disorders with a focus on novel treatment strategies.

## **FACULTY COMINGS AND GOINGS**

### **WELCOME NEW FACULTY**

None reported

## **THANK YOU TO FACULTY WHO ARE LEAVING**

Loren Post is very excited to be advancing her career by accepting the position of Clinical Director of the Rogers Behavioral Health - Atlanta clinic. Loren first joined Emory in 2013 as a postdoctoral fellow in the Trauma and Anxiety Recovery Program. She became faculty in 2016 working as a clinical psychologist and the Associate Research Director in the Emory Healthcare Veterans Program.

## **FACULTY DEVELOPMENT COMMITTEE UPDATES**

### **Ambassador Program – New Initiative**

In order to help all new faculty members to feel welcome and prepared to thrive in the Department of Psychiatry and Behavioral Sciences, we have created the Ambassador Program to assist with their transition to the Department and Emory University. By pairing more experienced faculty with new faculty based at the same site, we aim to begin immediately the process of promoting each individual's personal and professional development and wellbeing. Nadine Kaslow will introduce new faculty to their Ambassadors via email. Existing faculty interested in serving as an Ambassador can contact Rachel Ammirati at [rammira@emory.edu](mailto:rammira@emory.edu). For more information, please see our new [Ambassador Program webpage](#).

### **Women Faculty Subcommittee**

The Women Faculty Subcommittee of the Faculty Development Committee would like to invite you to join them for **A Conversation with Carol Henderson, PhD, on Monday, January 13, 2020** in the **School of Medicine Auditorium 110** from **5:30-6:30 PM**. Dr Henderson is Emory University's inaugural **Vice Provost for Diversity and Inclusion and Chief Diversity Officer**. This is an event for faculty and staff sponsored by the Emory Alliance for Women in Medicine and Science. We will plan to meet at Kaldi's Coffee outside of the auditorium immediately prior to the event so that we can connect with others in the department, so feel free to come meet up with us! If you have questions, please contact Jennifer Holton at [jholton@emory.edu](mailto:jholton@emory.edu) or 404-727-3953. You can register for the event [here](#).

## **DIVERSITY CORNER**

### **Pronoun Inclusion in Signature Lines**

To make our community more affirming and welcoming of individuals of all gender identities, the Department of Psychiatry and Behavioral Sciences' Diversity and Inclusion Subcommittee (DISC) encourages everyone associated with the department to add an additional line to their signature that includes their pronouns (e.g., he/him/his; she/her/hers; they/them/theirs). A separate communication will be shared about the rationale for doing so and the pragmatics of doing so.

## **WELLNESS CORNER**

### **Emotional Wellness**

- Healthy emotional responses
- Engaged with activities that bring joy and help to cultivate an optimistic attitude
- Responsible and safe coping practices

- Empowered abilities and confidence in taking ownership of one's feelings, understanding the types of things that bring joy or cause frustration, and sharing one's feelings with others

**NIH:**

<https://www.nih.gov/health-information/emotional-wellness-toolkit-more-resources>  
<https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf>

**Emory:**

<https://www.hr.emory.edu/eu/wellness/stress-emotional-health/index.html>  
<http://play.emory.edu/intramurals/index.html>  
[http://play.emory.edu/fitness\\_emory/group\\_classes2/index.html](http://play.emory.edu/fitness_emory/group_classes2/index.html)  
<https://compassion.emory.edu/>

Healthy Emory Wellness Expo 2020

January 9, 2020 – 10:00am – 2:00pm

<https://www.hr.emory.edu/eu/includes/documents/sections/wellness/healthy-expo-main.pdf>

## **FACULTY KUDOS**

### **Major Leadership Appointments, Activities and Achievements**

Jessica Maples-Keller is the new associate director of research for the Emory Healthcare Veterans Program (EHVP) and the Trauma and Anxiety Recovery Program (TARP).

Jeffrey Rakofsky was invited to join the Association for Directors in Medical Student Education in Psychiatry.

Liza Zwiebach was named Clinical Director for the Emory Healthcare Veterans Program (EHVP).

### **Education**

Boazak, M., Cotes, R.O., Ward, M.C., & Schwartz, A.C. (2019). Explorations with a residency-wide online, anonymous suggestion box: A roller coaster ride. *Academic Psychiatry*, 43, 627-630. DOI: 10.1007/s40596-019-01084-0

Vacha-Haase, T., Elman, N.S., Forrest, L., Kallaugher, J., Lease, S.H., Veilleux, J.C., & Kaslow, N.J. (2019). Remediation plans for trainees with problems of professional competence. *Training and Education in Professional Psychology*, 13, 239-246. DOI: 10.1037/tep0000221

### **Research**

Han, X., Jiang, F., Zhou, H., Needleman, J., Guo, M., Chen, Y., Liu, Y., & Tang, Y.L. (2019). Hospitalization pattern, inpatient service utilization and quality of care in patients with alcohol use disorder: A sequence analysis of discharge medical records. *Alcohol and Alcoholism*, *agz081*, DOI: 10.1093/alcalc/agz081

Hyatt, C., Maples-Keller, J.L., Crowe, M.L., Sleep, C.E., Carter, S.T., Michopoulos, V., Stevens, J.S., Jovanovic, T., Bradley, B., Miller, J.D., & Powers, A. (in press). Psychometric properties of the Personality Inventory for DSM-5-Brief Form in a community sample with high rates of trauma exposure. *Journal of Personality Assessment*.

Mukamuyango, J., Ingabire, R., Parker, R., Nyombayire, J., Easter, S.R., Wall, K.M., Tichacek, A., Nyirazinyoye, L., Kaslow, N., Allen, S., & Karita, E. (Epub ahead of print, 2019 December 20). Motivational interviewing to promote long acting reversible contraception among Rwandan couples wishing to prevent or delay pregnancy. *American Journal of Obstetrics and Gynecology*. DOI: 10.1016/j.ajog.2019.11.1280

Pencea, I., Munoz, A., Maples-Keller, J., Fiorillo, D., Schultebrucks, K., Galatzer-Levy, I., Rothbaum, B.O., Ressler, K.J., Stevens, J.S., Michopoulos, V.\*, & Powers, A.\* (2020). Emotion dysregulation is associated with increased prospective risk for chronic PTSD development. *Journal of Psychiatric Research*, *121*, 222-228. DOI: 10.1016/j.jpsychires.2019.12.008 (\*Joint senior author)

Rakocevic, D.B., DeJong, S.M., Saxon, A.J., Renner, J.A., & Schwartz, A.C. (Epub ahead of print, 2019 November 26). A guide for applying to addiction psychiatry fellowship. *Academic Psychiatry*. DOI: 10.1007/s40596-019-01144-5

Yasinski, C., Hayes, A.M., Ready, C.B., Abel, A., Görg, N & Kuyken, W. (2019): Processes of change in cognitive behavioral therapy for treatment resistant depression: psychological flexibility, rumination, avoidance, and emotional processing, *Psychotherapy Research*. DOI: 10.1080/10503307.2019.1699972

### **Honors, Awards, Rankings**

Elisabeth Binder is now a Fellow of the American College of Neuropsychopharmacology.

Boadie Dunlop was selected for the 2019 Best of Atlanta Awards in the category of Psychiatry.

Abby Lott was awarded faculty development funds to present a talk entitled "Intergenerational Transmission of Risk for PTSD Symptoms in Children: The Roles of Maternal and Child Emotion Dysregulation", at the Anxiety and Depression Association of American in March 2020.

Vas Michopoulos is now an Associate Member of the American College of Neuropsychopharmacology.

Mar Sanchez is now a Fellow of the American College of Neuropsychopharmacology.

Alicia Smith is now a Full Member of the American College of Neuropsychopharmacology.

Jennifer Stevens is now an Associate Member of the American College of Neuropsychopharmacology.

David Weinshanker is now a Full Member of the American College of Neuropsychopharmacology.

### **Presentations**

Jordan Cattie presented within the symposium: Bridging Anxiety, OCD and Psychosis to Address Overlapping Symptoms and Provide Evidence-Based Care for Comorbid Presenting Problems.

Toby Goldsmith spoke to the Georgia State Legislature's Maternal Mortality Committee to tell them about Emory's role in the partnership with DPH and Healthy Mother's Healthy Babies and the soon-to-be active teleconsultation program.

Nadine Kaslow presented an all-day workshop on supervision for the San Francisco VA Health Care System. She also presented a workshop on supervision at Queensland University in Brisbane, Australia.

Peterson M, Schwartz AC, Heinrich T. "Violence in the hospital: The role of C-L psychiatrists in identification, prevention, and education." Academy of Consultation-Liaison Psychiatry Annual Meeting, San Diego, CA, 2019 (workshop).

Stern T, Gross A, Boland R, Schwartz AC. "Rounds in the general hospitals: Turning case presentations into publishable papers." Academy of Consultation-Liaison Psychiatry Annual Meeting, San Diego, CA, 2019 (workshop).

### **Quality and Safety Initiatives and Capital Campaign Initiatives**

None reported

### **Community Benefit Programs and Activities**

None reported

### **Facilities**

None reported

### **Emory in the Media**

Boadie Dunlop (1) GPB Radio – [When it Comes to Complex PTSD, Depression, Research Turns to Psychedelics for Treatment.](#)

Toby Goldsmith (1) The Brunswick News – Legislators Examine Mental Health in Maternal Mortality.

Nadine Kaslow (1) Dance Teacher – When a Student Stops Eating. (2) Dance Magazine – Identity Crisis. (3) Dance Magazine – “Ideal” Weight is a Myth.

Sheila Rauch (1) Bustle – Memory is Key to a Strong Relationship, a Study Says, but That’s Not Always Helpful.

### **Other Accomplishments**

None reported

### **ADJUNCT FACULTY KUDOS**

Adriana Flores has been promoted to the rank of Adjunct Associate Professor.

Florez IA, Au J, Morrisette N, & Lamis DA. (2020). Risk factors for suicide attempts among rural youth with a history of suicidal ideation. *Death Studies*. DOI: 10.1080/07481187.2019.1701147

### **TRAINEE KUDOS**

Tryg Dolber presented a poster at the Association of Medicine and Psychiatry conference in October on "The Empower Veterans Program: A Multidisciplinary Functional Rehabilitation Program for Veterans with High-Impact Chronic Pain."

Shan Elahi presented a poster at the Association of Medicine and Psychiatry conference in October on "Viral Impact: The Cognitive and Psychiatry Effects of HIV Viremia in Patients with Underlying Dementia."

Kate Measom presented, and won second place, in the resident vignette competition at the Association of Medicine and Psychiatry conference in October on "Catatonia and mucositis: an unusual initial presentation of SLE."

### **STAFF KUDOS**

None reported

### **PERSONAL UPDATES**

Dorian and Mary-Kate Lamis and their daughter Addison are delighted to welcome Ward into their family.