

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
AUGUST 2022

REMEMBER

Please send me your accomplishments and personal updates for the September 2022 Kudos

SAVE THE DATES

FACULTY DEVELOPMENT SEMINARS

Upcoming faculty development seminars, which will be held from 9:00-10:30a, [Zoom](#) link:

- Wednesday October 12, 2022 – Crucial Conversations Part 2 – This seminar will focus on navigating crucial conversations with supervisors and senior leaders.

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am. The next meeting is Wednesday September 7, 2022 and will be on [Zoom](#).

SPOTLIGHTS

FACULTY SPOTLIGHT: Amanda Platner, PsyD, ABPP

Amanda Platner is the Director of Adult Intervention Services at the Emory Autism Center. In this role she runs EAC's myLIFE program (social engagement program for autistic adults) and counseling clinic where they provide individual, family and couple counseling for autistic individuals and their loved ones. She is also active in the assessment core where she provides neuropsychological and diagnostic assessments and participate in several studies on early identification and diagnosis of ASD and other neurodevelopmental disorders. She supervises masters and doctoral level trainees, as well as graduate, undergrad and community volunteers. She is on the faculty development committee and recently joined the Atlanta behavioral health advocates workgroup.

Outside of Emory, Amanda serves on the Board of Directors for the Atlanta Autism Consortium and on the committee for the Jewish Abilities Alliance. She teaches a Melton class for students of all abilities and a yearly CE course on neurodevelopmental disabilities.

Amanda loves helping individuals, families and other professionals understand what it means to have a neurodevelopmental disorder and how to leverage their strengths to learn and grow in a way that helps them achieve their desired quality of life. She also enjoys the work her and her team do to empower adults to advocate for themselves and have a voice in issues impacting them as adults from relationships and sexuality to politics and finances. Amanda has been so thrilled by opportunities to work with students, colleagues and community volunteers to build strong, supportive and vibrant neurodiverse communities within and beyond the Emory community.

Key highlights of Amanda's career trajectory include putting on a COVID vaccine clinic for people with neurodevelopmental disabilities and their families, establishing a program to keep Emory student volunteers connected to the EAC after graduation and becoming certified as a neurodiverse couples counselor this year.

Amanda's goals/plans for the future include establishing a more formal psychology training program at the EAC with colleagues, continuing efforts (through program evaluation research and dissemination at conferences etc) to make the myLIFE program a replicable program at other universities, collaborate with colleagues working to understand autistic adults lived experiences as they relate to relationships, sexuality and gender identity, as well as expanding the EAC counseling clinic.

Amanda is very close with her family, including her two sisters who live in the Atlanta area and her adorable nieces and nephew. She loves dance (ballet, jazz and contemporary), music, art (she is currently into making mosaic pieces) and cooking. Since moving to Atlanta in 2020 Amanda has enjoyed taking trips nearby and exploring the outdoors.

ADJUNCT FACULTY SPOTLIGHT: Charles Zapf, MD

Charles Zapf initially trained in Internal Medicine with Dr. Willis Hurst and Dr. Ken Walker. They had high standards and provided him with the foundational principles as a physician, especially patient responsibility. He went on to work as an Emergency Physician at DeKalb General and also did short term missionary work in Haiti. Charles has always known he would end up in Psychiatry, and after seven years in medicine, he began a Psychiatry residency at Emory. He surprised myself by how much he enjoyed the child rotation and added an extra year for the Fellowship. In 1988, he started a private practice in Child and Adolescent Psychiatry and consulted with DeKalb County schools, Northside MHC and also travelled to Ghana, West Africa for a short-term post. After about 20 years, Charles felt he would answer most of his questions about Child and Family work and began Psychoanalytic Training where he was influenced by Dr. Mickey Nardo and Dr. Gail Anderson. His practice has transitioned to adults and primarily psychoanalytic psychotherapy. He feels very gratified by the path of his career. Really, he has had several careers, and it has been an immensely enriching experience.

After Charles' Child Fellowship, he became an adjunct faculty member. He has consistently provided supervision for a Child Fellow in outpatient psychotherapy, and occasionally been asked to lecture in the child and adult programs.

Charles' supervision of Child Fellows has been an activity that has become increasingly meaningful to him. At this point in his career, he finds himself very focused on the development of those Fellows he sees in Supervision. He wants to provide the tools and support that will enable them to become successful in their work and be able to understand and help their patients. Just as he was influenced by important teachers, he would like to provide the same to his Fellows. After all, they are the future.

Charles grew up near the Chesapeake Bay and has always enjoyed sailing. Last June he got to check off one of his Bucket List projects and sailed a 40-foot boat with four others from Bermuda to Norfolk, crossing the Gulf Stream. It was a wild ride at times, but more than that, it provided an awe-inspiring view of the ocean and a reminder of how precious the environment is.

STAFF SPOTLIGHT: Rebecca Hinrichs

Rebecca (Becky) Hinrichs is currently the Program Director for the Grady Trauma Project, where she facilitates the operations of the team with six core faculty and more than five affiliate faculty who are conducting 5 R01, 2 U54, 2K and multiple other smaller foundation grant studies. There is a group of 14 staff who she works closely with on the research mission, as well as eight graduate students, three Post-Doctoral fellows and many other medical, resident and undergraduate learners. She also sits on the executive committee of the Atlanta Trauma Alliance and is a member of the Clinical Research Advisory Council through the Office of Clinical Research.

Outside of Emory, Becky is a mom of four ranging in age from 10 to 17 with LOTS of busy family responsibilities (drama, gymnastics, soccer!). They are constantly on the move and volunteering at the various school and sporting team events. They enjoy being able to help care for and visit regularly with her parents and mother-in-law.

Becky absolutely loves the team she gets to work with each and every day. The group of faculty, staff and students affiliated with GTP are amazing, kind humans who challenge and stretch her every single day. The group she gets to work with is exceptionally intelligent and kind and genuinely interested in the best ways to reach outside of routines to make their very small corner of the world an easier place to exist. There is a collegiality and culture making even the most chaotic and challenging days rewarding and genuinely fulfilling.

Some key highlights of Becky's career trajectory to date include being at Emory and with GTP for over seven years, and getting to watch the evolution of the project over that time has been a highlight for her. She was pleased to be certified as a Certified Clinical Research Professional in 2019 and expand her knowledge of the processes of clinical research. She also truly enjoys serving on the CRCAC and helping shape the clinical research landscape at Emory for the future. Lastly, one of the biggest highlights for Becky was setting up the Community Advisory Board for GTP, and forging new community and participant connections to truly guide the group in the direction the community needs most.

Outside of the workplace, Becky's family enjoys being on the water in pretty much any form – boating, kayaking, paddle boarding or just going to the beach/pool. She and her husband are both certified sailboat captains and enjoy being out on the water any chance they get, as well as volunteering with local sailing clubs to help spread the joy of sailing to others.

Becky plans to continue working with the amazing team at GTP to continue growing the program and expanding into the community, while training the next generation of researchers and clinicians. Eventually, once her kiddos are grown-up, Becky and her husband would like to travel the world via sailboat and visit all the smaller and lesser known islands and ports – it's a really big world!

TRAINEE SPOTLIGHT: Christyn Hosking

Christyn Hosking is the Trauma Track intern for the Psychology department. She works most of her time at the Nia project, co-leading/facilitating group therapy, individual therapy, completing risk assessments and crisis management, consultation on medical units when appropriate, supervise medical students and certified peer specialists and assisting with administration tasks. She also participates in the needlestick consultation to provide support for employees who have had a bodily fluid exposure. In addition, Christyn is an active member of Atlanta Behavioral Health Advocates and DISC and currently working on projects/blogs/presentations related to accessible healthcare in the face of the overturning of roe v. wade, anti-racism in therapy and exploring future projects related to gun violence/community violence. Outside of Emory, she is finishing her PsyD in Clinical Psychology from Adler University and completing her dissertation on vicarious resilience and vicarious trauma in clinicians who work with trauma survivors.

What Christyn enjoys most out of her work is seeing the resilience and strength in people who have survived unspeakable things. She is often in awe of the ability for individuals to persevere and find ways to survive and nothing makes her happier than when she can assist them in finding ways for them to thrive as well. It is a gift to be able to see into the eyes of another person, sit with them and connect with them. The highlights of Christyn's career so far are the thanks she has gotten from patients telling her that she helped them to keep living, helped them navigate a stressful experience like a psychological assessment and the kind words she gets from patients and colleagues that remind her why she does this work. Another highlight was getting the internship at Emory to be able to work with the population she is passionate about serving and learn from the great minds here.

Christyn is still exploring her future goals and plans, but know she would like to continue working with trauma survivors and diverse populations. She thinks one of the great things about psychology is there are so many options and roles so she would like to teach, supervise, continue research on vicarious resilience and well-being and continue advocacy work in addition to her direct patient care work.

Outside of work, Christyn is a dog mom and a wife. She thoroughly enjoys exploring as much as possible and seeing new things. She is a creator, so painting, drawing, art projects, etc. are what she spends a lot of her free time enjoying. She also is a TV show enthusiast and enjoys sharing that hobby with her brother.

WELCOME NEW FACULTY

None reported

DISC UPDATES

Women' Equality Day- Erica D Marshall – Lee, PhD, Assistant Professor - In 1973, August 26th was designated Women's Equality Day by the United States Congress. The bill was championed in 1971 by Representative Bella Abzug and the day was intended to commemorate the passage of the 19th Amendment to the Constitution, which granted women the right to vote. This amendment was the result of civil rights movements by women dating back to 1848 in Seneca Falls, New York with the inaugural women's rights convention. The ratification of the 19th Amendment enabled millions of women to make their voices heard in elections. However, despite their tireless efforts leading the universal suffrage movement, many women of color were denied this right until the passage of the Voting Rights Act 45 years afterward. This day not only observes the 1920, August 18th certification of the 19th Amendment, it also highlights the continuing work toward full equality for women and protecting women's rights. With the Supreme Court decision to overturn *Roe v. Wade* and eliminate a woman's constitutional right to choose this day and commitment is more important to me than ever.

Ganesh Chaturthi- Sobha Fritz, PhD, Assistant Professor – This festival marks the birth of the elephant-headed God, Ganesha, who is the son of Lord Shiva and the Goddess Parvathi. Ganesha is the lord of prosperity and wisdom and is known as the removal of obstacles. Therefore, prayers and rituals often start with offerings to Lord Ganesha.

WOMEN FACULTY SUBCOMMITTEE

Wisdom from Women

The Women Faculty Subcommittee's tips for ensuring equity at Emory.

TIP #3: *Before taking action, ask yourself, "What barriers might this person be up against."* This question is an example of perspective-taking, which is taking a mental walk in someone else's shoes. In one experiment, participants wrote a few sentences imagining specific challenges a person with a marginalized identity might face. This increased their internal motivation to respond without prejudice toward the marginalized group and pro-diversity attitudes that persisted eight months later.

Reference: Lindsey A, King E, Hebl M, & Levine N. (2015). The impact of method, motivation, and empathy on diversity training effectiveness. *Journal of Business and Psychology*, 30(3), 605-617.

WELLNESS RESOURCES

Healthy Emory is bringing back the [Eat Smart, Move More, Weigh Less](#) program in September.

Challenges with Healthy Emory are ongoing - the Sharecare app is the platform and incentive dollars are available!

[Operation Eat Right](#) encourages you to improve your nutrition and boost your well-being using Healthy Emory Connect!

Resources from Healthy Emory and a link below to the ACPH.

- [Benefits](#)
- [Rewards](#)
- [Career](#)
- [Learning](#)
- [Wellness](#)
- [Work Life](#)
- [Employee Assistance](#)
- [Employee Assistance – Physician Wellbeing Conference](#)

Healthy Emory resources including the Sharecare platform for Move More, Refresh from Stress and more! Open to University and Healthcare Employees

[Healthy Emory Connect | Emory University | Atlanta GA](#)

Wellbeing and mental health support for Emory University Employees [Faculty Staff Assistance Program](#) and for [Emory Healthcare Employees](#) username EHC (800 327 2251)

Graduate Medical Education Well-being [Resident Well Being | Emory School of Medicine](#)

International Conference on Physician Health (alternates years with American Conference) [International Conference on Physician Health™ | American Medical Association \(ama-assn.org\)](#)

[Dr. Lorna Breen Heroes Foundation | Dedicated to Protecting the Well-Being of Physicians and Health Care Professionals \(drlornabreen.org\)](#)

Office of Well- Being established for Woodruff Health Sciences
[Emory's Woodruff Health Sciences Center establishes Office of Well-Being | Emory University | Atlanta GA](#)

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

None reported

Research

Chatham AN, Shafi H, Hermida AP. The Use of ECT in the Elderly-Looking Beyond Depression. Curr Psychiatry Rep 2022 doi: 10.1007/s11920-022-01353-0. Epub ahead of print. PMID: 35829850.

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Compton MT, Ku BS. Prevalence of Food Insecurity and Living in a Food Desert among Individuals with Serious Mental Illnesses in Public Mental Health Clinics. *Community Ment Health J*. 2022 Aug 13. doi: 10.1007/s10597-022-01013-w. Epub ahead of print. PMID: 35963919.

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Fani N, Eghbalzad L, Harnett NG, Carter SE, Price M, Stevens JS, Ressler KJ, van Rooij SJH, Bradley B. (in press, *Neuropsychopharmacology*). Racial discrimination associates with lower cingulate cortex thickness in trauma-exposed Black women.

Fani N, Khalsa S. (2022). The role of racial discrimination in dissociation and interoceptive dysfunction. *Neuropsychopharmacology*. doi: 10.1038/s41386-022-01402-5.

Marshall-Lee ED, Graves CC, Hampton-Anderson JN. (August 2022). Psychological Support for the Workforce: Coping, Communication, and Resources. (Oral). 17th Centers for Disease Control and Prevention (CDC) International Symposium on Biosafety, Atlanta, GA

McManus KR, Lapid MI, Forester BP, Mueller M, Hermida AP, Nykamp L, Harper DG, Seiner SJ, Sanghani S, Patrick R, Gentry MT, Kung S, Leal JC, Johnson EK, Petrides G. Simulated Electroconvulsive Therapy: A Novel Approach to a Control Group in Clinical Trials. *J ECT* 2022 doi: 10.1097/YCT.0000000000000832. Epub ahead of print. PMID: 35220356.

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Okeke O, Elbasheir A, Carter SE, Powers A, Mekawi Y, Gillespie CF, Schwartz A, Bradley B, Fani N. (in press, *Biological Psychiatry, Cognitive Neuroscience and Neuroimaging*). Indirect effects of racial discrimination on health outcomes through prefrontal cortical white matter integrity.

Rothbaum BO, Maples-Keller JL. [The promise of 3,4-methylenedioxymethamphetamine \(MDMA\) in combination with prolonged](#)

[exposure therapy for posttraumatic stress disorder](#). *Neuropsychopharmacol.* (2022).

Wang D, Zhu XQ, Wu H, Liu ZJ, Jin WQ, Wang W, Wang X, Wang W, Tang YL, E CR, Jiang W, Ren YP, Ma Xin, McDonald WM. [Electroconvulsive therapy on the Roof of the World: The Safety and Efficacy of 2 ECT in Tibetans Living in High Altitude Climates](#). *Brain Stimulation*, July 05, 2022; DOI: <https://doi.org/10.1016/j.brs.2022.06.011>

Watkins LE, Patton SC, Drexler K, Rauch SAM, Rothbaum BO. [Clinical Effectiveness of an Intensive Outpatient Program for Integrated Treatment of Comorbid Substance Abuse and Mental Health Disorders](#). *Cognitive and Behavioral Practice*, 2022.

Wen Y, Bo Q, Hou W, Mao Z, Li F, He F, Dong F, Ma X, Tang Y, Li X, Wang C. [The effects of childhood trauma on personality in unaffected first-degree relatives of major depressive disorder](#). *BMC Psychiatry*, 2022, 22, 312.

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Wu Y, Kundu S, Stevens JS, Fani N, Srivastava A. (accepted, *Frontiers in Neuroscience*). Elastic shape analysis of brain structures for predictive modeling of PTSD.

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Van Hale C, Gluck R, Tang YL. Laboratory Monitoring for Patients on Buprenorphine: 10 questions. *Current Psychiatry*, 2022, doi: 10.12788/cp.0282

Zhang L, Li M, Yang Y, Xia L, Min K, Liu T, Liu Y, Kaslow NJ, Liu DY, TY-L, Jiang F, Liu H. (2022). [Gender differences in the experience of burnout and its correlates among Chinese psychiatric nurses during the COVID-19 pandemic: A large-sample nationwide survey](#). *International Journal of Mental Health Nursing*.

Education

After devoting nine years as program director and associate director for Emory University School of Medicine's Addiction Psychiatry Program, Dr. Jocelyn Cox will be transitioning out of this role. She will remain a core faculty member to the fellowship program and continue to provide teaching and supervision for the Addiction Psychiatry fellows. The new Associate Director is Dr. Christopher Rashad Smith, who currently works as a double board-certified staff physician primarily through the VA Substance Abuse Treatment Program. He has been actively involved in the teaching and supervision of trainees, and comes with experience serving as former Co-Chair for the Addiction Medicine Division of Doctors for America.

Honors, Awards, Rankings

Wendy Baer has been appointed to the EmWell Advisory Board for Woodruff Health Sciences.

Abby Lott was recently awarded an R01 from the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development to study mechanistic links between maternal PTSD and early infant emotional development. Jennifer Stevens, David O'Banion, Jim Rilling, and Patty Brennan are Co-investigators on this project.

Vasiliki Michopoulos and Maria Alvarado received the NoA for an R01 for research based out of the field station titled "The role of stress exposure on estradiol-induced changes in neuroinflammation and cognition."

Justin Palanci was selected to participate in the 2022-2023 health equity advocacy course.

Andrew Sherrill has been named ABCT Military and Veteran SIG Chair.

Peter Topping formally retired from Emory at the end of August, moving into Emeritus status.

Presentations

Jeffrey Rakofsky gave a grand rounds presentation to the department of psychiatry at Eastern Virginia Medical School, "Bipolar Depression Psychopharmacology: Updates, Dated, and More."

Media

Wendy Baer (1) Cure Today – [Patients with Cancer Should Speak Up About Mental Health Struggles if They Don't Feel Heard, Expert Says](#)

Boadie Dunlop (1) Fox 5 Atlanta – [Study Finds Depression is not Likely Caused by a Chemical Imbalance or Low Serotonin Levels](#)

Negar Fani (1) Medical New Today – [Exposure to racism linked to brain changes that may affect health](#) (2) Psychology Today – [How Racism Affects the Brain](#)

Toby Goldsmith (1) Simply Buckhead – [Find Calm to Carry On](#)

Nadine Kaslow (1) Dance Magazine – [5 Keys to Building an Emotionally Healthy Relationship with Competing](#)

Brandon Kitay (1) AAMC – [A Growing Psychiatrist Shortage and an Enormous Demand for Mental Health Services](#)

Andrew Miller (1) Daily Mail – [Is a fast-acting pill for depression the Holy Grail that patients have been waiting for?](#)

Sanne van Rooij (1) Intersting Engineering – [This Brain Surgery Shows Potential to Treat Epilepsy, PTSD and Even Fear?](#)

ADJUNCT KUDOS

None reported

TRAINEE KUDOS

Phillip Bowers was selected as a 2023 Laughlin Fellow of the American College of Psychiatrists.

Aziz Elbasheir received an NIH diversity supplement (R01AT011267 to N. Fani) for his project, "Associations of Racial Discrimination with Response in Attentional Control and Interoceptive Neural Networks in Dissociative Trauma-exposed Individuals."

PERSONAL KUDOS

None reported