

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
JANUARY 2022

REMEMBER

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

SAVE THE DATES

FACULTY DEVELOPMENT SEMINARS

Next month we will provide information on the faculty development seminars for 2022. Seminars will be held quarterly on Wednesdays from 9:00-10:30am and will continue to be virtual. We welcome input with regard to topics.

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am. The next meeting is Wednesday February 2, 2022 and will be on Zoom -

<https://zoom.us/j/6213030759?pwd=T0hpY056a0N1RFdvWjFIQ3d4UU1vZz09>

CE WORKSHOP SCHEDULE

Psychology CE Workshop on February 25, 2022 (9am – 12pm)

Title: *Gun Violence in Communities of Color: Prevention and Treatment Approaches for Families*

Presenters:

Marianne Celano, Marietta Collins and Ann Hazzard (*psychologists and authors of the New York Times best-selling children's book, "Something Happened in Our Town: A Child's Story about Racial Injustice," and "Something Happened in Our Park: Standing Together after Gun Violence"*)

Janikqua Cutno and Aaron Johnson (*CHRIS 180*)

Nina Mena (*Morehouse School of Medicine*)

*A portion of the proceeds from this CE Workshop will be donated to the non-profit CHRIS 180, to support their gun violence prevention programming in Atlanta. Please register here – <https://form.jotform.com/220247225119145> and get the Zoom link – and contact Rachel Ammirati for additional information.

SPOTLIGHTS

FACULTY SPOTLIGHT: Jocelyn Cox, MD

Jocelyn Cox is an Associate Director of the Emory University Addiction Psychiatry Fellowship, teaching fellows, residents and medical students from Emory. She is also a staff physician at the Atlanta VA in the Substance Abuse Treatment Program (SATP). In that role, she does assessments and medication management for people referred to and enrolled in SATP. Jocelyn also does a group for patients in SATP on the neurobiology of addiction, while leading a group on pharmacological interventions for tobacco use disorders. She also does e-consults for clinicians with questions about managing medications for tobacco use disorders.

Jocelyn loves the mission of the work in addictions treatment. She believes working in addictions is deeply connected with her purpose. She has been interested in working in addictions treatment since she was a medical student. Over the years, Jocelyn has learned so much from coworkers from a variety of disciplines. She enjoys working on a team that comes together to help people on the road to recovery. It a privilege for her to work with patients as they do the work necessary to address their substance use disorders. It is an incredibly rewarding experience to help people as they make changes that often have such a positive impact on their lives. It is akin to watching a miracle. She is honored to be a part of that process.

Jocelyn recalls being told being a chief resident at Grady would be one of the best jobs she would ever have. That was an invaluable experience. It made her grow as both a physician and a teacher. She enjoys teaching and would probably teach school if she was not a physician. Being recognized for teaching has been both an honor and one of her greatest professional joys.

So many illnesses that plague us are connected with our diet. Jocelyn is interested in the similarities between substance use disorders and binge eating disorder. She is also interested in nutrition. She is in the process of trying to figure out how to merge those interests in a meaningful way to help people make changes to either stave off certain diet related illnesses or minimize the impact of those illnesses.

Outside of work, Jocelyn serves on the Health and Wellness Committee for the Atlanta Chapter of the National Alumnae Association of Spelman College. She enjoys reading and started a book club which includes some friends she has known since the seventh grade. One of the ladies in the book club knew the author of one of the books the group read, and he came to the book club. It was an amazingly unforgettable experience.

ADJUNCT FACULTY SPOTLIGHT: Hasani Baharanyi, MD

Hasani Baharanyi trained in general psychiatry at the Massachusetts General Hospital and in child and adolescent psychiatry at Emory. After graduating from the Emory Child and Adolescent Psychiatry Fellowship Program, he began working in a private practice and community mental health clinic. While working, he sought out opportunities to continue learning, so he enrolled in the Emory University Psychoanalytic Institute (EUPI). Hasani wrote a chapter on ADHD for the book *Pediatric Mental Health for Primary Care Providers: A Clinician's Guide* and published an article in *The American Psychoanalyst*. He has continued to develop a holistic approach to care by learning and incorporating different treatment modalities in her work with patients. He is in the process of expanding his role as an educator by co-teaching a child psychodynamic course at the Morehouse School of Medicine and taking advanced courses at the EUPI.

As an adjunct faculty member in the Emory Department of Psychiatry and Behavioral Sciences, Hasani has given lectures on typical child and adolescent development to the Emory psychiatry residents. He also provides weekly psychotherapy supervision to an Emory child psychiatry fellow.

Of the many benefits of being an adjunct member, Hasani most enjoys teaching and supervising trainees. In addition, he appreciates connecting with her fellow adjunct faculty members and community. He is motivated by their dedicated work. He publishes, teaches, leads and mentors while providing exceptional care to his patients. They are truly a dynamic and inspiring group of people.

Hasani thinks people would be surprised to discover he was a Reggaetón dancer in his past life and he continues to exercise by running regularly and doing high intensity interval training.

STAFF SPOTLIGHT: Holli Abernathy

Holli Abernathy is currently a counselor at the Emory Autism Center. Within this role, she holds 1:1 counseling sessions with adults diagnosed with Autism Spectrum Disorder (ASD) to support them in their mental wellness journey, as well as achieve a higher level of independence. She also facilitates clinical groups for autistic adults through the Emory Autism Center's myLIFE program. These groups both teach and reinforce numerous areas of skill building at various levels, as well as support with overall mental wellbeing. Another role she fulfills within the Emory Autism Center is with the Individualized Transition to Adulthood Plan (ITAP) team. Within this role, she helps complete transition assessments for young adults diagnosed with autism spectrum disorder. Additionally, she has developed several ASD-specific curricula, including a healthcare transition curriculum for transition aged youth and a self-awareness guide for counselors.

Holli's degree is in clinical counseling psychology, so it is important to her to spend the bulk of her time providing direct client care in both an individual counseling setting and a group counseling setting. She is really grateful for the opportunities and the variety of work she has been able to engage in while at the Emory Autism Center, from working in a clinical setting with clients to supporting teachers in various school systems. She works with a great team who is both supportive and a key factor to her professional growth.

Key highlights of Holli's career trajectory to date include developing various ASD-specific curricula. Being able to take her knowledge and create various curricula provides a great opportunity for her to support a larger group of autistic adults, families, teachers and/or counselors. It also involves a creative aspect that provides a great change of pace for her.

This year, Holli's license will transition from Associate Professional Counselor (APC) to Licensed Professional Counselor (LPC). She hopes to continue to build her clinical skills and continue providing direct client care.

Outside of work, Holli enjoys hiking with her dog, exploring new restaurants in Atlanta, and visiting with family in the North Georgia mountains.

TRAINEE SPOTLIGHT: Shujing Zhang, PhD

Shujing Zhang is currently completing her postdoctoral residency in health service psychology at Emory University School of Medicine. Half of her postdoctoral residency is with the Nia Project, which entails both research and clinical responsibilities. Her research responsibilities at Nia include the oversight of managing, training and building research databases on REDCap, analyzing research databases, drafting research grant applications, obtaining IRBs for research projects and co-authoring in research articles and conference submissions. Shujing's clinical responsibilities at Nia mainly include providing weekly individual and group therapy sessions to high-risk low-income patients with suicidality and a history of complex trauma, as well as providing weekly supervisions to graduate practicum student clinicians and an experiential-based creative therapy group at Nia, which she also develops the group content. The other half of her postdoctoral residency is conducting global health research projects directed by Dr. Nadine Kaslow. One of the current research projects is investigating the psychological and physical wellbeing of healthcare workers during the acute and chronic phase of the global pandemic at multiple major cities in China. One of Shujing's roles last year as a trauma-track psychology predoctoral intern was to provide psychological support and interventions to healthcare workers at Grady who were exposed to bodily fluid at work.

Shujing enjoys working with the faculty and staff at Emory and Nia and supporting high-risk patients with complex trauma and severe mental illnesses. She is also very grateful of the opportunities at Nia which affords her to engage in a wide range of social justice and advocacy events and outreach activities for patients.

One key highlight of Shujing's career trajectory includes engaging in the clinical and research work at the Nia Project for more than three consecutive years to date. This experience gives her the unique opportunity to provide consistent psychological care to her patients in individual therapy and group therapy throughout the years. This opportunity has also helped Shujing gain substantial clinical knowledge and skills regarding supporting the patient population at Nia, the majority of whom are African American women with a history of suicidal attempts, intimate interpersonal violence and childhood trauma. She looks forward to continuing to serve patients at Nia while completing her postdoctoral training.

Shujing's career goal is to attain a faculty position in a university or academic health center such as Emory that affords her the opportunity to teach and supervise, provide direct patient care to adults from diverse backgrounds and conduct culturally-relevant, clinical-research nationally and globally.

On the weekends, Shujing enjoys going out in nature. She also loves traveling and thinks it's a great way to explore other countries and places while being open to and learning different cultures and people. Additionally, she considers herself a foodie and loves trying different types of food.

FACULTY DEVELOPMENT COMMITTEE UPDATES

None reported

DISC UPDATES

Martin Luther King Jr Day (Lauren Reba-Harrelson, PhD) - On January 17, 2022, Martin Luther King (MLK) Day marked the 36th anniversary of the U.S. national holiday of the extraordinary civil rights leader who nonviolently and persistently fought for racial equality, despite tremendous opposition and personal threats. Schools and many businesses are also closed on this national holiday—in turn, posing the question, “What am I going to do today?” In recent years, the social discourse has tended to dichotomize the answer, termed a “day on” or the “day off.” (In other words, celebrating Dr. King’s legacy, or [pause for social gasp] not). The “day on” is often socially presented as participation in annual public events -- parades, presentations, ceremonies, and more recently, service opportunities, variously presented across most U.S. communities. Yet decades earlier, Coretta Scott King set to define the holiday as “more than a day of celebration.” She called for “a day of reflection, a day of teaching, a day of teaching nonviolent philosophy and strategy, a day of getting involved in nonviolent action for social and economic progress.” Accordingly, a “day on” (or “*life* on”) more complexly hinges upon one’s personal, mindful “reflection” on social justice issues – including your own thoughts, feelings, and actions, regardless of context.

Tu B’ishvat (Betsy Gard, PhD) – Tu B’ishvat is a Jewish holiday that this year, also falls in this Shmita year of 5782. Tu B’ishvat begins on sundown, January 16th and ends on January 17th at sundown. It is known as the “festival of the trees” which is linked to co-creating and cherishing the land. During Tu B’ishvat, many celebrate with a special meal serving fruits, nuts, and wine. It is considered a “mitzvah” or good deed to donate funds to plant a tree, often in a loved one’s honor to commemorate a birth or in a loved one’s memory. During the Shmita year, which occurs every 7 years is a year, we are commanded to allow the land to “rest,” for a year, meaning certain fields are not planted. In addition, debts are to be forgiven, and food is commanded to be shared with those in need.

International Holocaust Remembrance Day – (Stephanie Freitag, PhD) – The International Holocaust Remembrance Day is an annual memorial for the six million Jews and millions of others who were killed during the Shoah, a Hebrew word for the Holocaust. For me, it has always been more than a day to reflect on the many lives lost. It is a day that I mourn the family that I will never meet, and the many lines of my family tree lost in an instant. My grandparents are both Holocaust survivors. My grandma was a child survivor in Auschwitz and my grandpa was on Schindler's List with his two brothers. From a young age, I heard horrific stories of how they fought to survive and who they lost along the way. Sadly, my grandmother passed away this year at 90 years old. I hope to honor her legacy by confronting social ills, even when it is painful or difficult to do so. I wish that when she died that I could say that we have moved past this loathsome time in history. Yet, with antisemitism and bigotry on the rise again, I wonder --- is it truly "Never again?" Not to mention, the countless genocides going on throughout the world including that of the Uighurs in China or the Rohingya in Myanmar. I hope that eventually humanity will one day learn to be humane, but it seems that we still have much to learn...

Chinese New Year (Daphne Liu) - Chinese New Year, also known as Spring Festival or Lunar New Year, marks the beginning of a year according to the lunar calendar. It is widely celebrated around the world, particularly by people from Asian countries such as mainland China, Taiwan, South Korea, Japan, and Vietnam. The celebration of Chinese New Year originated to worship harvest gods for all the harvested crops throughout the year. Another popular belief for the origin of this holiday is the legend of Nian (pronounced the same way as “year” in Chinese), a scary beast that attacks and eats people and crops at the end of the every year. Nian is found to be fearful of loud noises, fire, and the color red. Therefore, people wear red clothes and light up firecrackers to scare Nian away, after which people celebrate the victory with the delicious food they harvested. These traditions have still been remained and practiced for celebrating this holiday in modern days. During the Chinese New Year celebration, people wear red clothes and display red decorations everywhere as red also represents good fortune, happiness, and success in Chinese culture. The Chinese zodiac is a repeating 12-year cycle of animal signs based on the lunar calendar. February 1, 2022 will signal the start of the year of the Tiger, which represents a year of power, strength, courage, and adventure. The Lantern Festival, also known as Yuanxiao Festival, falls the fifteenth day of the first month in lunar calendar, marks the full moon of the new lunar year and the final day of the traditional Chinese New Year celebrations. During the Lantern Festival, people decorate the street and their house with red lanterns and enjoy celebratory activities such as lion and dragon dances, parades, and fireworks. People also get together with family members to enjoy eating glutinous rice balls filled with fruits and nuts named *yuanxiao* during the Lantern Festival. The round shape of yuanxiao symbolizes wholeness and unity within the family, and eating them is thought to bring the family harmony, happiness, and luck in new year. The 2022 Lantern Festival is celebrated on February 15, 2022.

WELLNESS RESOURCES

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

- Benefits: <https://www.hr.emory.edu/eu/benefits/index.html>
- Rewards: <https://www.hr.emory.edu/eu/rewards/index.html>
- Career: <https://www.hr.emory.edu/eu/career/index.html>
- Learning: <https://www.hr.emory.edu/eu/learning/index.html>
- Wellness: <https://www.hr.emory.edu/eu/wellness/index.html>
- Work Life: <https://www.hr.emory.edu/eu/work-life/index.html>
- Employee Assistance: <https://www.fsap.emory.edu> & <https://www.physician-wellbeing-conference.org/>

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Rob Cotes was named a member of the Executive Committee of the American Association for Community Psychiatry and will serve as the organization’s treasurer.

Education

None reported

Research

Burton MS, Rothbaum BO, & Rauch SAM. (2022). The role of depression in the maintenance of gains after a prolonged exposure intensive outpatient program for posttraumatic stress disorder. *Depression and Anxiety*, 1–8. <https://doi.org/10.1002/da.23240>

Cattie JE, Allbaugh LJ, Visser KH, Ander I, & Kaslow NJ. (2021). Tailoring trauma-sensitive yoga to high-risk populations in public-sector settings. *International Journal of Yoga Therapy*, 31 (1), doi: 10.17761/2021-D-20-00035

Dunlop BW, Rakofsky JJ, Mischoulon D, Mayberg HS, Kinkead B, Nierenberg AA, Ziegler TR, Fava M, Rapaport MH. The United States Index of Socioeconomic Deprivation for Individuals (USiDep). *Personalized Medicine in Psychiatry*, 2022; 31-32: 100091.

Han X, Jiang F, Liu Y, Liu T, Liu H, Shen L, Yang Z, Tang YL, Zhu J. Workplace Violence, Workforce Stability, and Well-being in China's Psychiatric Hospitals. *American Journal of Preventive Medicine*, 2021, doi: <https://doi.org/10.1016/j.amepre.2021.09.013>

Han X, Jiang F, Needleman J, Guo M, Chen Y, Zhou H, Liu Y, Yao C, Tang YL. Comorbidity combinations in schizophrenia inpatients and their association with service utilization: A medical record-based analysis using association rule mining. *Asian Journal of Psychiatry*, 2021, <https://doi.org/10.1016/j.ajp.2021.102927>

Hermida AP, Mohsin M, Marques Pinheiro AP, McCord E, Lisko JC, Head LW [The Cardiovascular Side Effects of Electroconvulsive Therapy and Their Management](#). *J ECT*. doi: 10.1097/YCT.0000000000000802. Online ahead of print.PMID: 34699395

Hermida AP, Sterina E, Schwab PP, Browning CM, Chapman HM, Marques Pinheiro AP, Mori N.J [Ultrasound-guided Right Unilateral Electroconvulsive Therapy for the Treatment of the Neuropsychiatric Symptoms of Dementia with Lewy Bodies](#). *J ECT*. doi: 10.1097/YCT.0000000000000809. Online ahead of print.PMID: 34739421

Maples-Keller JL, Yasinski C, Stojek M, Ravi M, Watkins LE, Patton SC, Rothbaum AO, Unongo M, Dunlop BW, Rauch SAM, Michopoulos V, Rothbaum BO. The relations between C-reactive protein and trauma exposure, PTSD and depression symptoms, and PTSD psychotherapy treatment response in treatment seeking veterans and service members. *Brain Behav Immun*. 2022 Jan 3;101:84-92. doi: 10.1016/j.bbi.2021.12.025. Epub ahead of print. PMID: 34990746.

Michopoulos V, Powers A, Gillespie C, Ressler KJ, Jovanovic T. Inflammation in Fear- and Anxiety-Based Disorders: PTSD, GAD, and

Beyond. *Neuropsychopharmacol* 42, 254–270 (2017).
<https://doi.org/10.1038/npp.2016.146>

Rice CE, Carpenter LA, Morrier MJ, Lord C, DiRienzo M, Boan A, Skowyras C, Fusco A, Baio J, Esler A, Zahorodny W, Hobson N, Mars A, Thurm A, Bishop S, Wiggins LD. Defining in detail and evaluating reliability of *DSM-5* criteria for autism spectrum disorder (ASD) among children. *Journal of Autism and Developmental Disorders*. Advanced online publication. <https://doi.org/10.1007/s10803-021-05377-y>

Yao H, Wang P, Tang YL, Liu Y, Liu T, Liu H, Xia L, Chen Y, Jiang F, Zhu J. Burnout and job satisfaction of psychiatrists in China: A nationwide survey. *BMC Psychiatry*, 2021, 21: 593. DOI: 10.1186/s12888-021-03568-6

Honors, Awards, Rankings

Nadine Kaslow received the Emory at Grady Career Impact Award.

Ishrat Khan was elected a Distinguished Fellow of the American Psychiatric Association by the APA Board of Trustees.

Dorian Lamis is a co-investigator on an HRSA grant entitled "Atlanta's Resiliency Resource for frontline Workers (ARROW)" and was funded \$2,280,665.

Noriel Lim was appointed to serve on the American Psychological Association's Board of Convention Affairs.

Jeffrey Rakofsky accepted an invitation to serve on the editorial board for *Academic Psychiatry*.

DeJuan White received an Emory 2022 MLK Jr Community Service award for his commitment to addressing racism and advancing equity and social justice.

Rebecca Woo received Faculty Development Funds for participation in the Sexual Health Certificate Program (SHCP) Sex Therapy & Sexuality Education at the University of Michigan.

Jennifer Wooten received Faculty Development Funds for participation in the Healthcare Ethics Leadership Academy course offered through the Emory Center for Ethics and the Healthcare Ethics Consortium.

Presentations

Larry Young presented at five conference in Uganda targeting difference audiences and different topics based on the audiences:

- One was targeted to psychiatrists, psychologists, medical students (see pic attached)
- Hospital staff including midwives, councilors, nurses.

- Parents of children with mental health problem including autism. Many believe that ASD children are bewitched! I have so much to tell about that.
- The fourth was for clergy and married couples.

Media

J. Douglas Bremner (1) Heallo – [FDA Grants Breakthrough Designation for Device to Treat PTSD](#).

Nadine Kaslow (1) Dance Magazine – Reeling from Rejection: How to Cope When You Get a “No” from Your Dream Program. (2) Today Show – [9 Signs You Need to Break Up with Your Therapist](#).

Aliza Wingo (1) Medscape – [New Data Support a Casual Role for Depression in Alzheimer's](#).

ADJUNCT KUDOS

Stefanie Speanburg was selected to receive one of the 2021 Edith Sabshin Teaching Awards given by the American Psychoanalytic Association.

TRAINEE KUDOS

John Deppe received funding from the Wellborn Fellowship Committee to support his experience in international health in the Emory Global Health Residency Scholar Program.

Paul Kim received funding from the Wellborn Fellowship Committee to develop a research project on understanding how peripheral inflammation affects the brain and behavior at the interface of the blood brain barrier.

Benson Ku was awarded the Early Career Award from the Schizophrenia International Research Society.