



## What to Get the Man Who Has Everything, Including a Nobel Prize? A Day-Long Symposium

Eric Kandel, MD, Nobel Prize Laureate, world-famous neuroscientist, lover of the arts, bow-tie-wearing mentor and mensch, celebrated his 80th birthday with a symposium on Friday, November 20th at Columbia University Medical Center's Alumni Auditorium. A roster of notable researchers in psychiatry, neuroscience, biology and biochemistry showed up to not only celebrate Dr. Kandel's birthday milestone, but to acknowledge his significant contributions to the fields of psychiatry and neuroscience.

In a career that embraced interdisciplinary collaboration, Dr. Kandel brought an enthusiasm and passion for research that earned him the inarguable status as the central figure in neuroscience in the twenty-first century. His keen

intellect and talent for research came to light in the 1970s in a series of papers in the journal *Science* that demonstrated the effectiveness of making use of the humble sea slug in analyzing how we retain and retrieve memories.

Subsequently, Dr. Kandel joined Columbia, where he continued to flourish all the while nurturing the careers of numerous young scientists and inspiring others – most notably Richard Axel, MD, Nobel Laureate – who have become leaders in their own right. John Koester, PhD, Professor of Clinical Neuroscience (in Psychiatry), noted that Dr. Kandel's evolution from a young ambitious medical student with little research experience to world-class scientist has translated into "great dividends for Columbia and the field."

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## New Center Provides a New Outlook for Eating Disorders Patients

The Westchester community joined faculty and staff of Weill Cornell Medical College, NewYork-Presbyterian Hospital and Columbia Psychiatry on December 1, 2009 in welcoming Evelyn Attia, MD, as director of *The Outlook*, the new Eating Disorders Center in White Plains.

*The Outlook*, as its name implies, will, "allow patients to do the hard psychological work of shifting their views" about their diagnosis and taking the necessary steps towards recovery, noted Dr. Attia. The only specialized inpatient eating disorders program in New York State, *The Outlook* will provide treatment for adolescents and adults with anorexia nervosa, bulimia nervosa, as well as binge eating and other eating-related disorders. The eating disorders program is so highly-regarded that it is considered the institution's "crown jewel" said Jack Barchas, MD, Chairman of the Department of Psychiatry at Weill Cornell Medical College.

When the first eating disorders program opened in 1979 at NewYork-Presbyterian's Westchester campus, treatment and research of illnesses like



Left to right: Jack Barchas, MD, Weill Cornell Medical College; Philip Wilner, MD, MBA, NewYork-Presbyterian/Westchester; Katherine Halmi, MD, NewYork-Presbyterian/Westchester; Evelyn Attia, MD; Laura Forese, MD, NewYork-Presbyterian/Westchester. Jeffrey Lieberman, MD, in red tie, is seen behind Dr. Attia

anorexia was considered a bold, new frontier with program founder Katherine Halmi, MD, at the helm. Her pioneering efforts paved the way for experts like Dr. Attia, who after directing eating disorders research at the New York State Psychiatric Institute and assuming directorship of The Eating Disorders Program at Columbia Eastside, was chosen to lead the new center following a national search.

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## Message from the Chairman and Director Jeffrey A. Lieberman, MD

People often ask me “how are things going?” at Columbia Psychiatry and the New York State Psychiatric Institute, to which I reply: “Things are great, except for the economy”. Indeed, 2009 has been an outstanding year for Columbia and PI. Despite the challenge of the economic recession, we have sustained our successful programs and pursued new opportunities to continue our leadership in the field of psychiatric research and mental health care. I am tremendously

proud of the outstanding efforts and accomplishments of our faculty, staff and trainees and all our alumni and friends who continue to provide us with support.

As we noted in our State of the Department annual meeting last June, our academic and clinical enterprise is both broad and deep. No other psychiatric department in the world exceeds that of Columbia and PI in size and scope. Building on our success in 2008 in attracting more research dollars than any other psychiatry department in the nation, we have in 2009 been awarded over \$77 million dollars in 85 new grants that are administered in the Research Foundation alone. We have taken advantage of the stimulus funded ARRA awards and to date have been awarded 30 grants totaling more than \$27.6 million. These include grants for new and continuing research, as well as grants to renovate our facilities, upgrading and increasing our lab and comparative medicine areas. The staunch support we have received from The New York State Office of Mental Health, despite its own budget constraints, is invaluable and enables us to modernize the infrastructure of the Kolb Annex to support the research needs of PI and Columbia Psychiatry in the coming decades.

Numerous publications of our research findings have been reported this year, demonstrating again the quality and scope of our research. Our faculty has been honored with numerous awards. Recently, the Thomas William Salmon Medal was awarded to Myrna Weissman and I was elected as a Fellow to the American Association for the Advancement of Science. We also celebrated the 80th birthday of our esteemed faculty member, Eric Kandel, with a day-long symposium that included his former trainees, collaborators and colleagues followed by a dinner at the Low Library co-hosted by President Bollinger and Dean Goldman, and moderated by Charlie Rose. It was a great day for Columbia Psychiatry and brain-mind-behavior science.

We have benefited from the many promotions in the department as well as the recruitment of new faculty. Along with three newly established professorships, other philanthropic highlights include an exciting new fellowship program by a nationally renowned foundation, as profiled on page 6 of this publication. In addition, *Gray Matters at Columbia* has grown substantially this year and I am grateful to our dedicated donors and volunteers for their support, which is essential to the fulfillment of our mission.

We were extremely gratified to have seven of our 2009 residency graduates assume positions here at PI and the Columbia University Medical Center. In Residency Training and Medical Student Education our gifted faculty and trainees garnered 20 awards during the year.

Our clinical programs and treatment studies helped thousands of people this year, improving the quality of care in psychiatry and the quality of life for our patients. New programs included psychiatric care for women across the reproductive cycle in The Women's Mental Health Program, the new Transcranial Magnetic Stimulation program for depression, and a brand new inpatient eating disorders clinic *The Outlook* on the Westchester Campus of New York Presbyterian Hospital. The doctors and staff on our inpatient units and the Washington Heights Community Service outpatient clinics have done an extraordinary job of caring for the many severely ill people who have come to us for help this year.

The Herbert Pades Building was dedicated on May 15th of this year to honor Dr. Pades' vision and achievement. The building itself literally shines from the quality care provided by our superb support staff – the environmental care team, maintenance crew and engineers in our facilities department. A glow is also produced by satisfaction from work well done by our business, human resource and support offices, and by our safety officers who watch out for us all: patients, staff, trainees, volunteers, alumni, donors, faculty and guests.

I am very grateful to all of you for your contributions and support of our shared mission, and I wish you all a healthy, happy and prosperous holiday and New Year!

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## Columbia Psychiatry Offers Latest Treatment for Medication-Resistant Depression

For the more than 50% of patients diagnosed with major depression who do not respond to antidepressant treatment, Transcranial Magnetic Stimulation (TMS) may be a life-saving option. Upon its approval last year, Sarah Lisanby, MD who led the only New York-based program to investigate the safety and efficacy of the NeuroStar device, noted: “This is an exciting time in psychiatry.”

Unlike other non-medication treatments, TMS does not require surgery. The patient remains awake and alert throughout the procedure, which involves a form of neuromodulation that stimulates nerve cells in an area of the brain that is linked to depression. By delivering highly focused MRI-strength magnetic pulses to the left dorsolateral prefrontal cortex, an area on the left side of the

forehead, neurons become more active. The treatment, which is typically done daily for 4-6 weeks, is a

40-minute outpatient procedure that is prescribed by a psychiatrist and performed in a psychiatrist's office.



After receiving TMS, Steve M., a retired researcher who said his depression was a lifelong struggle, reports his depression is in remission. Now engaging in activities he enjoys, he says that his improved mood has not gone unnoticed by his family and physician.

A pioneer in brain stimulation, Dr. Lisanby continues to conduct research in the emerging electromagnetic techniques of modulating brain function, which informs her clinical work. Therefore, patients benefit from both clinical expertise as well as new research knowledge, a considerable advantage of obtaining clinical care at Columbia Psychiatry.

Dr. Lisanby and colleagues recently completed an NIH-sponsored multicenter trial that replicates the findings that led to FDA approval. The data will be presented at the December 2009 annual meeting of the American College of Neuropsychopharmacology. Researchers in the Division of Brain Stimulation and Therapeutic Modulation at Columbia Psychiatry are exploring the use of TMS for other disorders, including bipolar disorder, schizophrenia and panic.

For more information about TMS treatment, patients should call 212-543-5767 or log on to [brainstimulation.columbia.edu](http://brainstimulation.columbia.edu).



## National Patterns in Antidepressant Medication Treatment, *Archives of General Psychiatry*, August 2009



Psychiatric epidemiologist **Mark Olfson's** study of increased antidepressant use and greater frequency of prescriptions in the United States over a ten-year period engendered worldwide coverage following its publication in the August issue of the *Archives of General Psychiatry*.

According to Dr. Olfson and his co-author Steven Marcus, "Between 1996 and 2005 in the United States, the percentage of persons aged 6 years and older treated with an antidepressant medication during the course of 1 year increased from 5.8% to 10.1%, or from approximately 13.3 to 27 million persons."

Possible explanations of the upward trend include reduced stigma and growing acceptance of a biological cause of depression, rising rates of depression, and increased marketing of antidepressants.

The study received coverage in the *NY Times*, *Wall Street Journal*, *Reuters*, *USA Today*, *ABC World News Tonight*, *WebMD*, *MSNBC*, *US News & World Report*.

## Minor Depression during Adolescence and Mental Health Outcomes during Adulthood, *British Journal of Psychiatry*, September 2009

The September issue of the *British Journal of Psychiatry* reported on a study of major depression risk by **Jeffrey Johnson, PhD**,

**Patricia Cohen, PhD** and **Stephanie Kasen, PhD**.

The research showed that teenagers with minor depression were significantly more likely to have major depression when they reached their 20s and 30s than those who did not show signs



of depression in their teens. Dr. Johnson and colleagues have called for further studies to investigate if minor depression in adolescence contributes to the development of more serious problems in later life, or if it is a "prodromal" or early phase of major depressive disorder.

The study findings are based on the Children in the Community Study, a longitudinal epidemiological project that includes a random sample of families in two counties in New York State.

Of the 755 teenagers interviewed, 62 (8.2%) had minor depression. Minor depression is a mood disorder lasting at least two weeks, with similar but milder symptoms than clinical depression. Symptoms may include feeling down, losing interest in activities (anhedonia), sleeping problems, and poor concentration. BBC.com and CBS network radio both covered the findings.

## After a Death, the Pain That Doesn't Go Away



The September 28, 2009 issue of the *NY Times* featured an interview with **Katherine Shear, MD** and a patient diagnosed with complicated grief, for which Dr. Shear, a noted grief researcher, developed a novel treatment. The disorder is under consideration for inclusion in *DSM-V*. Complicated grief is defined as a protracted period of acute grief, lasting longer than 6 months after the death. Intense feelings of yearning and longing, preoccupation with the deceased loved one, painful rumination about the death and avoidance of reminders of the loss stand in the way of satisfying relationships and meaningful activities.

Prior to joining Columbia Psychiatry, Dr. Shear and colleagues at Western Psychiatric Institute and Clinic in Pittsburgh, conducted the first randomized controlled treatment study of complicated grief, showing efficacy of a targeted psychosocial treatment, based on an attachment model. She is currently studying the efficacy of this treatment for older adults and will shortly begin a study to investigate the effectiveness of medication treatment when delivered with and without complicated grief treatment. This study will include a subgroup of people bereaved by suicide.

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## New Center Provides a New Outlook on Life for Eating Disorders Patients

*(Continued from cover)*

An estimated 5 to 7 percent of US females will suffer from an eating disorder during their lifetimes and the disorder typically starts in adolescence, interrupting young lives at a critical developmental period when social pressures are more keenly felt. This disorder puts a tremendous strain on families, which is exacerbated by the fact that for many, effective treatment is neither easily accessible nor inexpensive, noted Dr. Attia. *The Outlook* is uniquely equipped to offer patients and their families the attention and care that is unavailable elsewhere.

"Anorexia has the highest lethality of any psychiatric disorder," said Jeffrey Lieberman, MD, Chairman of the Department of Psychiatry at Columbia University and Director of the New York State Psychiatric Institute, who remarked on the significant public health concern eating disorders pose. He applauded NewYork-Presbyterian Hospital for its role in leading the initiative to make *The Outlook* a reality.

For more information about *The Outlook* or to make a referral, please call 888-694-5700 or 914-997-5700.



## Dialogues in Science



Pictured left to right: Mrs. Kitty Dukakis, Dr. Jeffrey A. Lieberman and Dr. Sarah H. Lisanby

On Wednesday, November 11, 2009, Columbia Psychiatry held its annual *Dialogues in Science* reception, *Shock: The Healing Power of Electroconvulsive Therapy*, at Arader Gallery on Madison Avenue. Chairman Jeffrey A. Lieberman, MD was joined by Sarah H. Lisanby, MD, Professor and Division Chief at Columbia Psychiatry, and special guest speaker Mrs. Kitty Dukakis. Mrs. Dukakis - author, activist, philanthropist and former First Lady of Massachusetts - spoke candidly about her personal battle with depression and the crucial role electroconvulsive therapy, or ECT, has played in her recovery. Dr. Lisanby spoke about the medical advances made in ECT treatment, how the procedure works and its proven efficacy. Mrs. Dukakis, Drs. Lieberman and Lisanby answered questions from the guests and the evening concluded with a book signing by Mrs. Dukakis.

## Gray Matters at Columbia: New Fellows Reception

On October 15, 2009, at an afternoon reception hosted by Mrs. Frank Perdue at her home in Manhattan, Jeffrey Lieberman, MD presented the 2009 *Gray Matters at Columbia* Fellows. This year's recipients of *Gray Matters at Columbia* Fellowships are Suzanne Goh, MD and Scott Schobel, MD, who are working with, respectively, senior faculty members Bradley Peterson, MD and Scott Small, MD. Dr. Goh is researching identification of neurobiological markers of Autism Spectrum Disorders using anatomical and functional brain imaging. The goal of her research is to identify structural and physiological differences in the brain in those with Autism Spectrum Disorders and to draw correlations between neurobiological markers and phenotypic measures. Dr. Schobel's research has shown that the CA-1 subfield of the hippocampal formation predicts clinical conversion to psychosis from an high-risk state and characterizes schizophrenia itself.

*Gray Matters at Columbia* is a research fellowship fund at Columbia Psychiatry under the leadership of Dr. Lieberman. The *Gray Matters at Columbia* Spring Benefit Luncheon is put together by a dedicated volunteer committee, and the fund is a memorial to those who have

been lost and a sign of hope to all who struggle with brain disorders. The next annual *Gray Matters at Columbia* Spring Benefit Luncheon will take place in May 2010 at Cipriani 42nd Street. For more information on this event please contact Emily Carey, Director of Development, at 212-543-5942 or [eac2149@columbia.edu](mailto:eac2149@columbia.edu).



Pictured left to right: Drs. Jeffrey A. Lieberman, Scott Schobel, Suzanne Goh & Bradley Peterson

Lyme and Tick-Borne Diseases Research Center  
Solutions through science

## A Night of Broadway

The *Columbia Lyme and Tick-Borne Diseases Research Center*, under the direction of Brian A. Fallon, MD, and the Lyme Center Advisory Committee, chaired by Mrs. Jennifer Weis Monsky, hosted an evening of dinner and theater on Thursday, November 19, 2009. The evening began with a family style Italian dinner at Carmine's and was followed by the Broadway show smash 'Memphis', an exciting and joyful rock and roll musical, at the Shubert Theater. Funds raised from the evening will be used to support the research activities of the *Columbia Lyme and Tick-Borne Diseases Research Center*, the development of better diagnostic tests for Lyme patients at all stages of the illness, identification of biological markers in patients, who are likely to have persistent symptoms, and evaluation of treatment protocols.

## COLUMBIA PSYCHIATRY GIVING

The *Frontier Fund* is the annual campaign of Columbia Psychiatry, and we are proud to recognize this dedicated group of donors whose support is vital to our mission. Contributions can be directed to one of four essential areas: Clinical Research and Treatment, Chairman's Initiative, Young Investigators, or Education and Community Outreach. To make a charitable donation online please visit us at <http://www.columbiapsychiatry.org/help/index.html> or contact Emily Carey, Director of Development, at 212-543-5942 or [eac2149@columbia.edu](mailto:eac2149@columbia.edu). Thank you for your support!



## New Professorship Reception

On Monday, July 13, 2009, Jeffrey Lieberman, MD, the Lawrence C. Kolb Professor and Chairman of the Columbia University Department of Psychiatry and Director of the New York State Psychiatric Institute, hosted a reception at The Donald F. Tapley Faculty Club to announce the appointment of Susan Essock, PhD as the first Edna L. Edison Professor of Psychiatry. The program included speakers (from left) Lloyd Sederer, MD, Medical Director of the New York State Office of Mental Health; Roger MacKinnon, MD, Professor Emeritus of Clinical Psychiatry at the Columbia University College of Physicians and Surgeons and former Director of the Columbia University Center for Psychoanalytic Training and Research; Ronald Stein, Esq., Partner, Stroock & Stroock & Lavan and Executor of Ms. Edison's estate; Dr. Susan Essock, Director, Division of Mental Health Services & Policy Research, Columbia University Department of Psychiatry; Lee Goldman, MD, Executive Vice President for Health and Biomedical Sciences and Dean of the Faculties of Health Sciences and Medicine at Columbia University Medical Center; and Dr. Lieberman.



### Ezra Susser, MD, DrPH, Addresses *Autism Speaks'* Global Autism Public Health Initiative

Ezra Susser, MD, DrPH addressed an audience of First Spouses and foreign dignitaries from around the world at *Autism Speaks'* Second Annual World Focus on Autism which took place in late September in New York City. Dr. Susser was among those on a panel of autism service, research, and public health experts speaking about autism challenges around the world and discussing *Autism Speaks'* Global Autism Public Health Initiative (GAPH) as a solution to those challenges. The most recent studies indicate that autism spectrum disorders are now diagnosed in approximately one in 100 children in the U.S. This is about tenfold higher than 20 years ago.

The symposium was opened with a moving talk by Mrs. Ban Soon-Taek, wife of the United Nations Secretary General. Dr. Susser, who

was the symposium's closing speaker, described his international experience as a psychiatric epidemiologist and offered his perspective on how the autism public health landscape has moved forward. Dr. Susser expressed how awareness and understanding of autism is at an all time high, "with the number of dignitaries in attendance exemplifying how the call for action is being answered." Dr. Susser emphasized that attention focused on autism will also open the door to improving global public health for all developmental disabilities and other health issues of childhood development.

Dr. Susser is professor of Epidemiology at the Mailman School of Public Health, and Professor of Psychiatry at Columbia Psychiatry and the New York State Psychiatric Institute, as well as a member of *Autism Speaks'* Scientific Advisory Committee. At the Mailman School of Public Health, Dr. Susser focuses on examining the role of early life experience in health and disease throughout the life course. He heads the Imprints Center for Genetic and Environmental Lifecourse Studies, which fosters collaborative research and intellectual exchange among investigators studying developmental origins in birth cohorts across the globe.

*Autism Speaks*, the world's largest autism research and advocacy organization, was co-founded in 2005 by Suzanne Wright, event host, and her husband Bob Wright, former Vice Chairman, General Electric, and Chief Executive Officer of NBC and NBC Universal. Members of the international coalition attending the event included Mrs. Ban Soon-taek, wife of the United Nations Secretary General, Ms. Thérèse Rein, wife of the Prime Minister of Australia and Ms. Maria Kaczynska, first lady of Poland. Among the other speakers were Atty. Jose Miguel T. Arroyo, first gentleman of the Philippines; Dr. Helia Molina Milman, chief of Public Health Policy and promotion, Ministry of Health, Republic of Chile; Dr. Liri Berisha, president of the Albanian Children's Foundation and wife of the Albanian Prime Minister, and Dr. Andy Shih, vice president of Scientific Affairs at *Autism Speaks*, who provided an overview of GAPH and the importance of improving autism awareness, increasing research, and enhancing access to services around the world.





**Appa Hungund, PhD**, who has appointments at PI and Nathan Kline, was invited to be a guest editor for an open online journal, "The Open Neuropsychopharmacology". This issue addresses an important role played by a recently discovered neoromodulatory system namely, "Endocannabinoid Signaling" in addiction and neuropsychiatric disorders.



**Jeffrey A. Lieberman, MD**, Lawrence C. Kolb Professor and Chairman, Department of Psychiatry was elected a Fellow of the American Association for the Advancement of Science (AAAS) in December. Dr. Lieberman was selected for contributions to the field of clinical psychiatry, particularly for demonstrating the importance of early detection and intervention in limiting morbidity of schizophrenia and for clarifying the comparative effectiveness of different treatments.



The Hetrick-Martin Institute, home of the Harvey Milk School, honored **Joyce Hunter, DSW** of the HIV Center with its 2009 Emery Award on November 10, 2009. The Emery Awards honor individuals and corporations that mirror Hetrick-Martin's mission and have shown a dedication to LGBTQ youth. Dr. Hunter is also a co-founder of the Harvey Milk High School named in honor of gay-rights activist and politician Harvey Milk.



**Elizabeth Sublette, MD, PhD**, a researcher in the Division of Molecular Imaging and Neuropathology, received a 2009 ACNP (American College of Neuropsychopharmacology) Travel Award. The award allows young investigators numerous benefits including the opportunity to participate in the best current science being presented in neuropsychopharmacology.



The Center of Excellence for Cultural Competence Director, **Roberto Lewis-Fernandez, MD**, was appointed to the NIMH Council. As a council member, Dr. Lewis-Fernandez's responsibilities will include advising the NIMH director on mental health policy. Past members include Drs. Weissman, Essock and Lieberman.



**Ardesheer Talati, PhD**, the Division of Epidemiology, was awarded the Early Career Investigator Award from World Congress of Psychiatric Genetics. The Early Career Investigator Track is designed to help those new to the field of Psychiatric Genetics learn the field, meet established investigators and potential mentors and get practical advice on starting their careers.

## Columbia Psychiatry Announces Gift From The Leon Levy Foundation

Columbia's Department of Psychiatry received a three-year, \$750,000 gift from the Leon Levy Foundation in support of its Residency and Fellowship Research Training Programs. This significant gift will establish the Leon Levy Resident Fellowships and the Leon Levy Neuroscience Fellowships, to be awarded to individuals with MD/PhD degrees and a research focus in neuroscience. Columbia Psychiatry Chairman Jeffrey Lieberman, MD announced the inaugural recipients of this distinguished honor: Guarav Patel, MD, PhD; Nasir Naqvi, MD, PhD and Christi Weston, MD, PhD have been selected as Leon Levy Resident Fellows, and Edmund Griffin, MD, Ph.D. has been chosen as the first Leon Levy Neuroscience Fellow.

Dr. Lieberman noted that this gift "will foster young and emerging scientists at a critical point as they formally begin their careers, nurturing the most promising young scientists who will continue to elucidate how the brain functions and what underlies mental illness."

Ms. Shelby White, Trustee of The Leon Levy Foundation, remarked that "The Foundation is proud and excited to be of support to Columbia Psychiatry through the establishment of the Leon Levy Fellowships. We are pleased to be a partner in helping to launch the careers of the next generation of leaders in neuroscience."

Philanthropist and businessman, Leon Levy had a passion for expanding knowledge and believed in the power of ideas. The Foundation's Trustees continue to honor Mr. Levy's vision by encouraging and supporting excellence in fields of particular interest to him, one of these being brain research and science. Columbia Psychiatry is extraordinarily proud to be a beneficiary of Mr. Levy's distinguished legacy through the generosity of the Leon Levy Foundation.



In October, **Myrna Weissman, PhD**, Chief of the Division of Epidemiology, was awarded the Thomas William Salmon Award for her contribution to the study of mental illness. The recipient, chosen since 1942, is chosen from the nation's most talented investigators.



## Deborah Cabaniss, MD, Receives Teichner Award

Two years after initiating the Victor J. Teichner Award, the American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP), together with the American Association of Directors of Psychiatric Residency Training (AADPRT), announced that another Columbia Psychiatry clinician was named a Teichner Scholar. This year, Dr. Deborah Cabaniss, the Director of Psychotherapy Training in the Department of Psychiatry and a Training and Supervising Analyst at the Columbia University Center for Psychoanalytic Training and Research, was a Scholar in Residence at the Vanderbilt University Department of Psychiatry.

The Vanderbilt program, which applied for the Award in order to supplement its training in psychodynamic psychotherapy, chose Dr. Cabaniss to help shape its curriculum and provide guidance in implementing changes to enhance their trainees' skills. In October 2009, Dr. Cabaniss spent three intensive days at Vanderbilt, teaching residents, conducting workshops for supervisors, and meeting with faculty. Dr. Cabaniss was able to help the program directors see that in many ways they had underestimated their own capacity to teach psychodynamics and psychotherapy. That notwithstanding, her expertise in running an enviable program, which enjoys continued support from Columbia Psychiatry Chairman Jeffrey Lieberman, MD, affords her the ability to provide an enriching and valuable experience to Vanderbilt University residents and program administrators.

A pre- and post-visit survey, implemented by Jennifer Downey, MD, after her experience as the first Teichner Scholar, has shown so far that Dr. Cabaniss' participation has yielded some very positive results for Vanderbilt trainees.

## Residents Contribute to Drafting State Policy

PGY-2 Psychiatry Residents, **Matthew Erlich, MD** and **Sharat Parameswaran, MD** were among a team of NYSPI clinicians and researchers leading an Office of Mental Health (OMH) Workgroup to address issues intrinsic to antipsychotic medication prescribing. Results of the two-year project project called SHAPE MEDs were presented by Jeffrey Lieberman, MD and Lloyd Sederer, MD at a special OMH Grand Rounds on October 21, 2009.

The Workgroup was created in recognition of the current complexities inherent to prescribing and monitoring antipsychotic medications, which present multiple challenges to OMH clinicians. Drawing from prior conferences and guidelines about antipsychotic prescribing, the OMH Workgroup sought to create a query-based clinical care pathway that would help guide psychiatric clinicians in the NY State OMH system to best address shared decision-making with their consumers, support OMH clinicians in their evidence-based practices when prescribing antipsychotic medications, and help incorporate realistic monitoring into clinical practice.

Drs. Erlich and Parameswaran participated in this workgroup when they were PGY-1's as part of a 3-month public psychiatry elective with Dr. Christina Mangurian.

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## What to Get the Man Who Has Everything, Including a Nobel Prize? A Day-Long Symposium

*(Continued from cover)*



*Pictured left to right: Kausik Si, PhD; Mark Mayford, PhD; Jack Byrne, PhD; Eric Kandel, MD; Kelsey Martin, MD, PhD; Thomas Carew, PhD; Cristina Alberini, PhD*

Today, this "spectacular scientist is the epitome of Columbia's greatness," said Lee Goldman, MD, Dean of the Faculties of Health Sciences and Medicine at Columbia University. In addition to that, Dr. Kandel is a cross-over success who has helped educate non-scientists about neuroscience; his memoir, *In Search of Memory*, alludes

not only to his recall of seminal events both intellectual and political

that shaped his career, but also to his groundbreaking research that began with the Aplysia.

After a full day of presentations from speakers that included former students, faculty from other institutions, and his colleagues at Columbia, it was Dr. Kandel's turn to speak:



*Pictured left to right: Bert Sakmann, MD; Eric Kandel, MD; David Anderson, PhD; Roger Nicoll, MD; Cori Bargmann, PhD; Susan Lindquist, PhD; Larry Squire, PhD*



*Pictured left to right: Eric Kandel, MD; Tom Jessell, PhD; Michael Goldberg, MD; C. Daniel Salzman, MD, PhD; Richard Axel, MD; Steven Seigelbaum, PhD*

"It is amazing how far the field has come, so that now instead of being at the margins of biology it [neuroscience] is the central area of biology ... We really define the problems of neuroscience as the key problems that all science wants to attack and we realize that we are just at the beginning of a big

mountain range; we understand relatively little of the biology of the mind. We've got a long way to go, so I hope that my next 50 years are going to be equally enjoyable and I hope that the best is still to come!"



**Alan Brown, MD, MPH**, (Epidemiology) received an R01 from the National Institute of Environmental Health Sciences. The grant in the amount of \$889,535 for two years will support his study, *Prenatal factors and risk of autism in a Finnish national birth cohort*.

**Andrew Dwork, MD** (Molecular Imaging and Neuropathology) has received an R01 grant from NIMH to support his study, *Golgi Studies of Schizophrenia*. The grant totals \$2,671,104 for a period of five years.

**William Fifer, PhD** and **Michael Myers, PhD** (Developmental Neuroscience) received an ARRA Supplement from NIH in the amount of \$1,165,393 (\$937,769 Direct) over two years to study prenatal exposures, including maternal depression and substance use, on fetal and newborn brain development.

NIDA awarded **Herbert Kleber, MD** (Substance Abuse) a competing new grant to fund his study, *Novel Medication Approaches for Substance Abuse*. The grant totals \$13,127,686 for a period of 5 years.

**Robert Klitzman, MD**, Director of Ethics, Policy and Human Rights Core of the HIV Center, received a G13 award from the National Library of Medicine. The award, which totals \$239,675 over three years, will support his study *IRBs: Ethics, Context and Interpretations*.

**Ekaterina Likhtik, PhD** (Integrative Neuroscience) was awarded an NIMH (F32) grant of \$100,897 over two years to support her study titled *Network dynamics of vHip-amygdala-mPFC circuit in innate and learned anxiety*.

An NIH stimulus grant was awarded to **Jeffrey Lieberman, MD** to support his study, PAR04-122 Satellite Animal Facility Construction Project. The year-long grant totals \$2,782,895.

**Amar Sahay, PhD** (Integrative Neuroscience) received a NIMH grant of \$180,000 for two years to support his study, *Harnessing Adult Hippocampal Neurogenesis to Enhance Learning and Modulate Mood*.

**Stanislav Vorel, MD** (Substance Abuse) received a NIDA grant in the amount of \$2,782,895 to support his research, *Glutamatergic Modulation of Exposure Therapy in Cigarette Smoking*. The award covers a period of 5 years.

A team organized by **Ralph Wharton, MD** with **Tor Wager, PhD** at PI won a 2 year Obama Challenge Grant for \$999,000 to study biomarkers for two components of pain. The team includes Drs. JP Mohr (Neurology), Joy Hirsch (Neuroradiology), Sarah Lisanby, and a group of psychologists (from Columbia University). This is a 3-part study integrating data from placebo studies by Dr. Wager, stroke studies by Drs. Mohr, Wharton, and Clark, and TMS/fMRI studies by Drs. Lisanby, Sobel and Lindquist.

**Are you a Columbia Department of Psychiatry alum? We'd like to hear from you. Let us know how you're doing so we can share the news with your fellow classmates.**

Please send your news (including year of graduation) to  
[morrisd@pi.cpmc.columbia.edu](mailto:morrisd@pi.cpmc.columbia.edu).

## 1960s

**David Peretz, MD**, class of 1963 and faculty member in the Columbia Psychoanalytic Center since 1967, recently had his second suspense novel, *The Broderick Curse*, published. His first novel, *The Mosel Legacy*, was published in 2000.

## 1970s

Former director of the Anxiety Disorders Unit at NYSPI and class of 1977 graduate **Michael Liebowitz, MD** sends this update: "Things have gone well since I left PI and its Anxiety Disorders Clinic two years ago. I am seeing private patients part time and also doing clinical trials for pharmaceutical companies. Also, after years of shuttling between several offices I have put all my professional activities together in a single new place - a renovated professional suite at 134 East 93 Street in Manhattan. Anyone in the neighborhood is invited to stop in for a tour. Sharon and I are also enjoying our second round as empty nesters, having sent our grandson, who lived with us for the past five years, to boarding school in Idaho."

## 1980s

Class of 1982 graduate **John Markowitz, MD**, reports that "I have finally succeeded in switching my primary affiliation from Cornell to Columbia, where my title is now Professor of Clinical Psychiatry at the Columbia University College of Physicians & Surgeons. Our NIMH-funded randomized controlled trial of psychotherapies for PTSD is continuing."

**Rosalie Greenberg, MD**, a graduate of the general psychiatry program in 1980 and the child and adolescent psychiatry program in 1981, recently co-produced with Veronica Bird a new educational DVD for the public and professionals titled *Rescuing Childhood: Understanding Bipolar Disorders in Children and Adolescents*. Dr. Greenberg also served as Chief Medical Consultant for the film. The video had its world debut at the 5th Annual La Femme Film Festival in Los Angeles, California on October 16, 2009. It was also shown at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry in Hawaii at the end of October 2009. This film is an excellent addition to Dr. Greenberg's book that was released in paperback in June 2008 by Da Capo press called *Bipolar Kids: Helping Your Child Find Calm in the Mood Storm*. She continues to serve as an Assistant Professor of Clinical Psychiatry in the Division of Child and Adolescent Psychiatry at Columbia.

## 1990s

**Anand Pandya, MD**, who completed his residency in 1990, is Vice-Chair of the Department of Psychiatry at Cedars-Sinai Medical Center in California. He is also on the Board of Directors of the Menninger's Clinic, in addition to serving as NAMI National Board President. "NAMI is an amazing institution that we all should support!"

**Eve Leman, MD**, class of 1991, has set up a private practice on the upper west side after 18 years at the medical center.

Class of 1992 graduate **Tia Powell, MD**, reports that she is now medical director of the Montefiore-Einstein Center for Bioethics.

## 2000s

**Ricardo Rieppi, PhD**, who completed a psychology internship in 2003, married Nica Gutman on September 5, 2009. Dr. Rieppi is in private practice and works for Columbia University Medical Center's Student Mental Health Services and as a consultant for the Puerto Rican Family Institute. He is also a supervisor for the psychology internship program.

Class of 2007 graduate, **Christina Mangurian, MD**, moved to San Francisco and is Assistant Clinical Professor in the Department of Psychiatry at the University of California, San Francisco. She is also the Community Liaison for the San Francisco General Hospital Department of Psychiatry.





## Scott Stroup, MD

In September 2009, Scott Stroup, MD, joined the Division of Mental Health Services and Policy Research as Associate Director for Adult Services. He will also lead a new Program for Intervention Effectiveness Research at Psychiatric Institute and direct the Intervention Effectiveness Network for the New York State Office of Mental Health.

Dr. Stroup received his MD and MPH from the University of North Carolina at Chapel Hill. He did his post-graduate training in psychiatry at the Cambridge Hospital of Harvard Medical School and then completed a National Institute of Mental Health/National Association of State Mental Health Program Directors Fellowship in Mental Health Services Research at the John F. Kennedy School of Government of Harvard University.

Dr. Stroup's research has focused on the effectiveness of interventions and services for people with severe and persistent mental illnesses.



## Janelle Dierkens Greenhill, MPH

Janelle Dierkens Greenhill was appointed Vice Chair for Administration in October 2009. She now serves as the Chief Administrative and Financial Officer and will oversee administrative functions and financial management for both Columbia and the Research Foundation for Mental Hygiene (RFMH) at the New York State Psychiatric Institute (PI). Ms. Greenhill received

her B.S. in Systems Engineering from Boston University, College of Engineering and a Master of Public Health from the Columbia University, Mailman School of Public Health. She previously held positions as an academic advisor and then Assistant Director of Admissions at Boston University. She joined the Columbia University Department of Psychiatry and NYSPI in 1997 and served as the Administrator for the Division of Child and Adolescent Psychiatry until 2006 when she was promoted to the position of Director of the RFMH at PI.



## Scott Yale, MSW

Scott Yale was appointed to the newly established position of Director of the Columbia Department of Psychiatry Business Office in November, 2009. He now oversees its day to day operations including management of the business functions of the central administrative units. He also provides guidance to division administrators on financial

and administrative matters, insures compliance with university policies and procedures, and plans, implements, and monitors departmental operating and capital budgets. He will report to Janelle Greenhill, Vice Chair for Administration.

Mr. Yale received his BS in Animal Behavior from Bucknell University and a Masters of Social Work from SUNY Stony Brook. He has worked in the Department of Psychiatry and at the New York State Psychiatric Institute since 1990.

## Research News *(continued from page 3)*

### Brain Defect Implicated in Early Schizophrenia: Findings May Help Predict Disease Progression and Provide Opportunities for More Targeted Drug Development to Block Mechanisms

In the first functional magnetic resonance imaging (fMRI) study of its kind, neurologists and psychiatrists at Columbia Psychiatry identified an area of the brain involved in the earliest stages of schizophrenia and related psychotic disorders.

Activity in this specific region of the hippocampus may help predict the onset of the disease, offering opportunities for earlier diagnosis and for the development of drugs for schizophrenia prevention. Details of the findings were published in the September 7, 2009 issue of Archives of General Psychiatry.

In the study, the researchers scanned the brains of 18 high-risk individuals with "prodromal" symptoms, and followed them for two years. Of those individuals who went on to develop first-episode psychotic disorders such as schizophrenia, 70 percent had unusually high activity in this region of the hippocampus, known as the CA1 subfield.

While previous studies have identified a more general increase in activity in the hippocampus in chronic schizophrenia, this study showed that in the early stages of the illness, before symptoms are fully manifest, this increased activity is evident only in this one subregion and can distinguish who among high-risk individuals will

go on to develop these disorders.

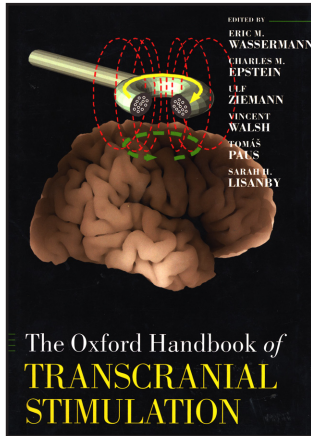
"Our findings could help us improve diagnosis in the preclinical stage, which is most important because it is this stage of the disease that will be most amenable to treatment," said Dr. Scott Small, lead study investigator.

Currently, no tests are available to diagnose schizophrenia. Diagnosis is mostly based on clinical symptoms after tests to rule out other possible causes. "Right now, the odds of knowing who will go on to develop schizophrenia from the prodromal stage is only a little better than a coin toss," said first author Dr. Scott Schobel, assistant professor of clinical psychiatry at Columbia and New York State Psychiatric Institute.

Of a typical prodromal cohort, approximately, 35 percent will go on to develop a full-blown psychotic disorder, usually schizophrenia, at 2.5 years.

Despite the strength of the findings in this small population of patients, imaging of a larger group and replication of the findings are necessary to clarify how accurate and specific this is for diagnosing preclinical schizophrenia.





## Oxford Handbook of Transcranial Stimulation

Editors: Eric Wasserman, Charles Epstein, Ulf Ziemann, Vincent Walsh, Tomas Paus, Sarah Lisanby

Publisher: Oxford University Press

March 2008

Since becoming commercially available in 1985, transcranial magnetic stimulation (TMS) has emerged as an important tool in several areas of neuroscience. Originally envisioned as a way to measure the responsiveness and conduction speed of neurons and synapses in the brain and spinal cord, TMS has also become an important tool for changing the activity of brain neurons and the functions they serve and as an important adjunct to brain imaging and mapping techniques. Along with transcranial electrical stimulation techniques, TMS has diffused far beyond the borders of clinical neurophysiology and into cognitive, perceptual, behavioral, and therapeutic investigation and attracted a highly diverse group of recipients.

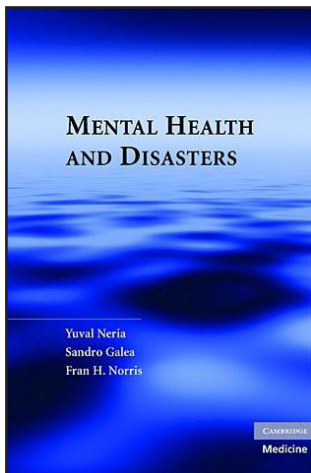
This book provides an authoritative review of the scientific and technical background required to understand transcranial stimulation techniques and a wide-ranging survey of their burgeoning application in neurophysiology, perception, cognition, emotion, and clinical settings. Each of its six sections deals with a major area and is edited by an international authority. It will serve researchers, clinicians, students, and others as the definitive text in this area for years to come.

## Mental Health and Disasters

Editors: Yuval Neria, Sandro Galea, Fran H. Norris

Publisher: Cambridge University Press

July 2009



Since the attacks of September 11, the scientific community and government agencies have grown increasingly sensitive to the collateral effects of disasters on individuals who are exposed directly or indirectly. The literature has shown compelling evidence of the mental health effects on disaster victims.

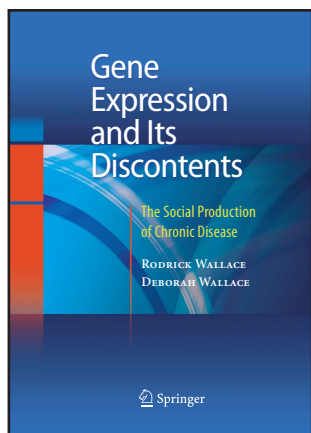
This book is the definitive reference on mental health and disasters, focused on the assessment and treatment of the full spectrum of psychopathologies associated with many different types of individual disasters. The logistics for utilizing pre-existing community-based mental health services, as well as the development of new programs, are covered in depth. Case studies and perspectives for improving care, incorporating lessons from Hurricane Katrina and 9/11, are included in detail.

## Gene Expression and its Discontents: The Social Production of Chronic Disease

Authors: Rodrick Wallace, Deborah Wallace

Publisher: Springer

January 2010



The authors show how environmental stressors, in a large sense, can induce a broad spectrum of developmental dysfunctions, and examine a number of pandemic chronic diseases using US data at different scales on the legacy of slavery compounded by accelerating industrial and urban decay. Developmental disorders, broadly taken, are unlikely to respond to medical interventions in the face of serious, persistent individual and community stress. In particular, drugs powerful enough to affect deleterious epigenetic programming will likely trigger side effects leading to shortened lifespan. The address of pandemic chronic disease requires significant large-scale changes in public policy and resource allocation.