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# InPsych



## Columbia Scientists Top the List of 2008 NARSAD Young Investigator Awards

Nineteen Columbia Psychiatry scientists have been selected by NARSAD, the world's leading charity dedicated to mental health research, to each receive a 2008 Young Investigator Award. Columbia-affiliated researchers topped this year's list of successful NARSAD Young Investigator grant applicants. Each of the scientists will receive \$60,000 from NARSAD over the next two years to study a variety of topics:



Seated left to right: Amar Sahay, PhD, Robert Merker, PhD, Nancy Bivens, MD, PhD

Standing left to right: Judy Thompson, PhD, Scott Schobel, MD, Christoph Kellendonk, PhD, Jun Mukai, MD, PhD, Bin Xu, PhD

**Nancy M. Bivens, M.D., Ph.D.** plans to perform experiments that will further define the role of Neuregulin 1, a "candidate gene" for schizophrenia,

during brain development, focusing on the structure and function of key circuits involved in the illness.

**Yachi Chen, Ph.D.** will further explore defects in neural connectivity that have been implicated in serious neurological and psychological diseases including schizophrenia. Dr. Chen's work focuses on modifications in synaptic connections important for neurological processes including the development of neuronal circuitry as well as learning and memory.

**Tiziano Colibazzi, M.D.** will investigate structural brain changes in gray and white matter that occur during the phase that precedes the onset of schizophrenia (called "prodrome"). Using multiple imaging modalities, he will compare subjects identified as prodromal, i.e., at "ultra-high risk" for psychosis, with normal controls.

**Deidre Devier, Ph.D.** will apply recent advances in imaging technology to further investigate the validity of evidence suggesting that antidepressant mechanisms are linked to neurogenesis – the generation of new nerve cells – in the hippocampus.

**Marc J. Garneroff, Ph.D.** aims to assess the utility of a rapid self-administered screening instrument for bipolar disorder, the Mood Disorder Questionnaire (MDQ), in primary-care practice. Continued on page 3

## HIV Center Celebrates Its 20th Anniversary With Full-Day Event

When NIMH released its first major call for proposals for research centers on HIV in 1986, AIDS was spiraling into a frightening and poorly understood epidemic. The first clinical cases had been documented only five years earlier, HIV had been identified as the etiologic agent just two years before, and the test for HIV antibodies was barely a year old.

Representing NYSPI, three researchers – Dr. Anke Ehrhardt, Dr. Zena Stein (shown at far left in photo), and Dr. Robert Spitzer – responded to NIMH's call with a proposal for a comprehensive HIV Center for Clinical and Behavioral Studies to document the psychosocial, psychosexual, neurological, and neuropsychiatric manifestations of HIV disease. In 1987, NIMH responded with what was then its largest single grant ever, and has continued to fund the HIV Center at NYSPI and Columbia University.

On March 27, 2008, the HIV Center, sponsored a full-day event at NYSPI reflecting on the Center's first

two decades, as well as on the challenges ahead that will be met with another five year, \$10 million grant from NIMH. Speakers provided both contemporary and historical overviews of the work of the HIV Center, and how its research agenda has evolved to meet the changing demands of an increasingly global epidemic.

The keynote address was given by Dr. Quarraisha Abdool Karim of the University Continued on page 4



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Columbia Department  
of Psychiatry

New York State  
Psychiatric Institute

# Promotions & Appointments



## Message from the Chairman and Director

No department can do everything that is needed or relevant to academic psychiatry and mental health care. Even with the size and scope of our programs at CUMC, NYSPI and NYPH we must be thoughtful and judicious in planning for the future and allocating our limited resources. Over the past 2 years we have developed a strategic plan and carried out a reorganization of the department. In this context we have enacted new programs and begun new initiatives to build upon the strong pre-existing programs at CUMC and PI. Their selection was guided by an evaluation of the most important scientific opportunities in biomedical research and the areas of greatest public mental health importance.

The new programs established in the department's reorganization and their directors are; Division of Integrative Neuroscience, Rene Hen; Division of Cellular and Molecular Therapeutics, Jonathan Javitch; Division of Cognitive Neuroscience, Ed Smith; the Division of Geriatric Psychiatry, Dev Devanand; the Division of Mental Health Services and Policy Research, Susan Essock; and the Division of Law, Ethics and Psychiatry, Paul Appelbaum.

This coming year we are pursuing initiatives in the following areas: Psychiatric Genetics, Women's Mental Health, Autism, and Psychotherapy Research and Training. In addition, with Brad Peterson's appointment as Director of Child Psychiatry we will be pursuing new leadership for the MR imaging unit at PI.

In this context we will, in a thoughtful and deliberate fashion, continue to position ourselves at the leading edge of academic psychiatry and mental health care.



**Brad Peterson**

Bradley Peterson, MD, assumed the role of Chief of the Division of Child Psychiatry on May 1, 2008. He replaced world-renowned child psychiatrist David Shaffer, MD, FRCP, (London) who led the Division for 30 years.

"The Division of Child and Adolescent Psychiatry that Dr. Shaffer has passed on to the next generation of leadership is the strongest in the world," said Dr. Peterson. "We are profoundly grateful for all that he has done for us over his extraordinary tenure. In the future, we will seek to maintain the present strengths of the Division while continuing to encourage greater interactions among, and stronger synergies between, our individual faculty members and our clinical, research, and training activities – thus ensuring that the whole is truly greater than the sum of its individual parts."

Dr. Peterson was recruited to CUMC in 2001 as the Suzanne Murphy Professor of Child Psychiatry and Deputy Director of the Division. In 2003 he was appointed as the founding director of the MRI Unit of NYSPI and currently serves in that capacity. In 2005 he was promoted to the rank of Professor with Tenure at Columbia University. He has published more than 170 peer-reviewed papers and 25 book chapters or invited review papers. He has been the primary mentor for a dozen graduate and medical students and 40 postdoctoral fellows and junior research faculty members.

The neuroscience of pediatric neuropsychiatric disorders has been Dr. Peterson's primary research focus. In the course of his career, he has earned a reputation as one of the leading researchers using applications of neuroimaging in the field of child psychiatry. In addition, he distinguished himself as an outstanding clinician and a gifted teacher. His expertise and vision will serve him well in his new role and will enhance this historically great division, which is the leading child psychiatry program in the United States.

Dr. Peterson received his bachelor's degree summa cum laude and Phi Beta Kappa from Tulane University and his medical degree from the University of Wisconsin. He did a medical internship at the University of Wisconsin-Madison School of Medicine, trained in General Psychiatry at Massachusetts General Hospital and Harvard University, and in Child Psychiatry at the Child Study Center of Yale University. He also received analytic training at the Western New England Institute for Psychoanalysis and the Columbia University Psychoanalytic Center for Training and Research.



**Edward (Ned) Nunes**

Edward (Ned) Nunes, MD, was appointed vice-chair of the Institutional Review Board (IRB) of the NYS Psychiatric Institute and the Columbia University Department of Psychiatry in April. In this capacity, Dr. Nunes will share responsibility for the oversight of principal investigators' human subjects protection programs, help run IRB and subcommittee meetings, and assist in the delegated review of new research, study modifications, and investigator responses to IRB communications. He will also assist in the implementation of a series of planned modifications and innovations in IRB review procedures.

Following study at Dartmouth College, where he earned an A.B. in Psychology and Chemistry, and the University of Connecticut School of Medicine, he completed his residency and a research fellowship in clinical psychopharmacology at the New York State Psychiatric Institute. Dr. Nunes has authored over 100 book chapters and articles in peer-reviewed journals and currently serves as principal investigator and mentor/consultant on multiple NIH-funded studies that examine a variety of treatments for substance dependence and related psychiatric disorders. His ongoing studies examine treatment of cocaine dependence, heroin and other opioid dependence, and substance dependence co-occurring with psychiatric disorders, including depression and post-traumatic stress disorder. He is a Principal Investigator in the National Institute on Drug Abuse (NIDA) Clinical Trials Network. Dr. Nunes serves as Chair of the Treatment Research Review Committee at NIDA and on the Board of Directors of the College on Problems of Drug Dependence. Dr. Nunes has been a member of the IRB since 2002.

## Maria Oquendo

Maria Oquendo, MD, was appointed Director of Residency Training in April several months after her promotion to Vice Chair for Education of the Department of Psychiatry was announced. In her role as Director of Residency Training, she will direct the post-graduate training program in adult psychiatry in addition to her general oversight of other training programs.

Dr. Oquendo is nationally and internationally known as a researcher and leader in the neurobiology and psychopharmacology of mood disorders. She serves on various committees of national professional organizations, including the American Board of Psychiatry and Neurology, and the NIMH and has had a highly productive research career. Currently, she is the principal investigator of a study of neurobiological, genetic and clinical

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## Columbia Scientists Top the List of 2008 NARSAD Young Investigator Awards

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**Jacqueline Gottlieb, Ph.D.** will explore little-understood interactions between the prefrontal and parietal cortexes that lead from thought to action. The ability to adapt to changing environments, a critical component of higher-order intelligence, is impaired in neuropsychiatric disorders, most notably in schizophrenia.

**Christoph Kellendonk, Ph.D.** aims to shed new light on molecular alterations found within specific neural circuitry of the brain. His work will focus on how the integrity of a circuit in the forebrain called thalamo-frontocortical projections relates to cognitive processes in mice. There is substantial evidence that the number of thalamo-prefrontocortical projections is decreased in people with schizophrenia and that this decrease may be a factor in the development of cognitive deficits.

**Christina V. Mangurian, M.D.** will test the effect of a modified behavioral therapy in reducing metabolic risk in Hispanic patients with major mental disorders such as schizophrenia. There is limited data to guide clinicians in this matter, especially on patients facing multiple sources of risk, including lower-income Hispanic patients.

**Robert J. Merker, Ph.D.** will use mouse models to identify specific molecular and intracellular networks in the brain that are disrupted when exposed to methylazoxymethanol acetate (MAM) at a particular time known as embryonic day 17. MAM has been shown to disrupt the normal neurodevelopmental trajectory in such a way that leads to consistent and specific patterns relevant to schizophrenia in the adult brain.

**Jun Mukai, M.D., Ph.D.** will use a mouse model to determine genetic risk factors for schizophrenia. Previous studies have identified three genes that represent the highest risk for schizophrenia: PRODH, COMT and ZDHHC8. Dr. Mukai will investigate whether similar global changes occur in the assembly of synapse and neurite outgrowth in response to long-range deletion of a specific genetic locus in mice, and whether such changes are fully or partially rescued by ZDHHC8.

**Malcolm W. Nason, Jr., Ph.D.** will investigate the impact caused by the removal of the Neuregulin-1 gene in mice models relating to schizophrenia. As the disorder involves connection problems between different information processing areas of the brain, the ultimate goal of this experiment is to determine how these dysfunctional circuits can be repaired or treated in patients with schizophrenia

**Amar Sahay, Ph.D.** seeks to identify a novel pathway to developing faster-acting and more efficacious treatments for depression; with fewer side effects. Dr. Sahay will study selective serotonin reuptake inhibitors (SSRIs) to test whether Kruppel-like factor-9 (Klf-9) is both necessary and sufficient to mediate the behavioral effects within this class of antidepressant medications. Since Dr. Sahay's studies are informed by an understanding of the mechanism by which Klf-9 regulates circuit maturation, they hold potential for better treatments.

**Scott A. Schobel, M.D.** will use magnetic resonance imaging (MRI) to investigate molecular abnormalities behind the dysfunction of CA-1, a class of helper cells to neurons. Dr. Schobel's findings may provide insight into functional changes in environmental and genetic mouse models of schizophrenia.

**Daphna Shohamy, Ph.D.** will use functional magnetic resonance imaging (fMRI) to investigate how midbrain dopamine modulates different learning circuits: namely, goal-directed explicit learning supported by the hippocampus, and feedback-driven, stimulus-response learning supported by the striatum. The results will be pertinent to the study of schizophrenia.

**Judy L. Thompson, Ph.D.** is conducting clinical research involving patients with schizophrenia to study how stress contributes to initial

psychosis onset among vulnerable individuals, with particular attention to biological mechanisms through which stress might contribute to psychosis onset and/or re-emergence.

**Nehal P. Vadhan, Ph.D.** will examine the acute subjective and neurocognitive effects of smoked marijuana on individuals in the prodromal phase of a psychotic disorder. Dr. Vadhan aims to provide experimental data to inform the debate over marijuana's role in the precipitation of psychotic disorders.

**Noelia Victoria Weisstaub, Ph.D.** will use genetically modified mice to study the interaction of 5-HT<sub>2A</sub> and mGlu<sub>2</sub> receptors in psychosis. Understanding this interaction is of clear importance for schizophrenia if it can shed new light on the relevance of receptor heterodimerization across two different systems.

**Yi Wen, Ph.D.** will examine the effects of p25/cdk5 activation in cellular, electrophysiological, and behavioral studies to support the hypothesis that deregulated cdk5 can enhance neuregulin (NRG-1) signaling activity. Molecular genetics studies implicate neuregulin 1 (NRG1) and its receptor in the pathophysiology of schizophrenia.

**Bin Xu, Ph.D.** will explore abnormalities in microRNA biogenesis contributing to the psychiatric symptoms associated with 22q11 deletion syndrome (22q11.2DS), a well-defined genetic lesion associated with very high risk of developing schizophrenia.

As exemplified by the research topics of the 19 Columbia University scientists, recipients of NARSAD's 2008 Young Investigator grants are involved in many novel research projects, ranging from the genetics of mental illness to the assessment of novel treatments to sophisticated epidemiological research. Their work should bring new scientific insight to such conditions as depression, bipolar disorder, schizophrenia, anxiety disorders, childhood mental disorders and other serious conditions affecting tens of millions of adults and children worldwide.

### Gray Matters Inaugural Luncheon



TV journalist Jane Pauley (second from left) joined New York philanthropist Farah Moinian (far right) at the inaugural luncheon on June 5 celebrating Gray Matters at Columbia, the research fellowship launched last year by Ms. Moinian. Luncheon guests included, Rosemarie Lieberman, Laura Slatkin, one of the featured speakers, Charlotte Ford, Anne Ford and Dr. Jeffrey Lieberman.

## HIV Center Celebrates Its 20th Anniversary With Full-Day Event

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of KwaZulu-Natal in South Africa and the Columbia University Mailman School of Public Health, who spoke on the theme of "HIV Prevention in 2008: At a Crossroads?" The other speaker was Dr. Ellen Stover, who has been the HIV Center's main liaison with NIMH since 1987, and today is Director of the Division of AIDS and Health and Behavioral Research. Following the keynote address, remarks were offered by Dr. Ehrhardt, who has continued to lead the Center as its Director, and Dr. Stein who is now Co-Director Emerita. Other presentations were made by longtime NYSPI researchers Drs. Heino Meyer-Bahlburg, Claude Ann Mellins, Theresa Exner, Robert Remien, and Alex Carballo-Diequez.

Collectively, the HIV Center speakers sketched a history of the HIV Center's inquiries into the causes and consequences of HIV infection over the course of two tumultuous decades of the AIDS epidemic. Several signature accomplishments were noted, including that the HIV Center:

- took the lead nationally and internationally in raising awareness about women's vulnerability to HIV infection and promoting the inclusion of women in HIV research studies;
- acted as a global advocate for research and development of female-controlled methods of HIV prevention including the female condom and microbicides;
- applied perspectives from the study of gender and sexuality to help women, men who have sex with men, adolescents, and other vulnerable populations to protect themselves from HIV;
- conducted the first major studies to document the risk of HIV infection among the seriously mentally ill, and advanced early prevention efforts for them;
- identified the hardships facing families with HIV-positive parents or children, and established some of the first programs to support them;
- promoted psychological coping, medication adherence, safer sex, and other health-affirming behaviors among people living with HIV;
- promoted sexual and reproductive health among both HIV-negative and, especially, HIV-positive individuals, many of whom are living longer, healthier lives.

The day's events continued with an Open House at the HIV Center's offices, during which conference rooms were dedicated to key supporters of the HIV Center who have passed away. These included investigators Drs. Rafael Tavares and Jacob Cohen, administrative staff member Joseph O'Reilly, and NYSPI Administrator Steve Papp. Another conference room had previously been dedicated to Dr. Ehrhardt's former assistant Charles Armstrong.

In addition, the Open House featured an exhibition of global images of AIDS activism. These striking photographs include the New York City AIDS Walk and demonstrations on Capitol Hill and at the White House, as well as protests in Indonesia, South Africa, and India. A permanent "parallel timeline" of the AIDS epidemic and the work of the HIV Center was unveiled. The photo exhibition and a large-scale version of the timeline may be viewed in the HIV Center offices on the third floor of the Rosenfield Building of the Columbia University Mailman School of Public Health. Additional information about the HIV Center and its anniversary, including a smaller version of the timeline, can be found at [www.hivcenternyc.org](http://www.hivcenternyc.org).

## Youngsters Raise \$1000 for Research



On Friday, May 30th, students at PS 114 in the Bronx presented a check for \$1000 to Dr. Jonathan Stewart, co-director of the Depression Evaluation Service, and Dr. Myrna Weissman, Director of the Division of Epidemiology, to support research in depression. The donation stemmed from the school's participation in Penny Harvest, a national educational program that encourages community service.

## DSM-V Work Group Members Announced

On May 1, the American Psychiatric Association (APA) announced the members of the DSM (Diagnostic and Statistical Manual) - V Work Group, which comprises world-renowned researchers and clinicians. Research developments that have emerged since the publication of the DSM-IV in 1994 will be reviewed by each of the 13 work groups, which will then decide to what extent current diagnostic criteria should be modified, if at all.

The DSM was developed, in large part, as a result of efforts by Dr. Robert Spitzer and other researchers at the Psychiatric Institute and Columbia. Since 1980, research scientists in the department have played key roles in updating the manual to reflect changing views and increased understanding of psychiatric disorders. Columbia Psychiatry experts appointed to work groups are:

### ***Anxiety, Obsessive-Compulsive Spectrum, Posttraumatic, and Dissociative Disorders Work Group***

Roberto Lewis-Fernandez

### ***Disorders in Childhood and Adolescence Work Group***

David Shaffer

### ***Eating Disorders Work Group***

Evelyn Attia

### ***Sexual and Gender Identity Disorders Work Group***

Richard Krueger

Heino Meyer-Bahlburg

### ***Substance-Related Disorders Work Group***

Deborah Hasin

**Dr. Timothy Walsh** will oversee the development of the manual as part of the DSM Task Force and act as chairperson of the Eating Disorders work group.

# Awards & Recognitions



**Janis Cutler, Michael Devlin and Todd Odgen** were appointed as new Fellows for the Glenda Garvey Teaching Academy, which rewards and improves teaching by identifying faculty who will maintain the highest standards in teaching skills, dedication, and commitment and study and identify ways to improve our educational mission.

On March 7, **Bruce Dohrenwend** received the Joseph Zubin Award from the American Psychopathological Association (APPA) at its annual meeting in New York City. The overall topic of the meeting is "Causality and Psychopathology: Finding the Determinants of Disorders and their Cures." "The Joseph Zubin award is given to an individual who has been a seminal figure in psychopathology research generally in a field related to the meeting topic. It honors a person who has contributed to the knowledge base and has stimulated others."

**Ellen Goldstein** was one of the winners of this year's Barbara Liskin Memorial Award in Psychiatry. The award is presented to a student with the empathy, scholarship and excellence exhibited by Barbara Liskin.

**Carl Hart** was awarded the Columbia Presidential Teaching Award; he was one of only 5 winners selected from over 250 nominations. This award was established in 1996 to honor the best of Columbia's teachers for the influence they have on the development of their students and their part in maintaining the University's longstanding reputation for educational excellence. The award ceremony was incorporated into Commencement, during which time each recipient will receive a plaque and an award of \$5,000.

The March/April issue of Science Watch listed **Jeffrey Lieberman** among the 10 hottest researchers, that is, those with the highest number of highly cited papers published over the last two years, as recorded during 2007.

**Sarah H. Lisanby** was selected for the 2008-2009 Class of the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Program for Women. The program prepares senior women faculty at schools of medicine, dentistry and public health to move into positions of institutional leadership where they can effect positive change.

The American Journal of Psychiatry editorial board revealed in March that a paper on depression and suicide authored by **John Mann**, Robert Gibbons of the University of Illinois and colleagues, was the highest impact factor article of the year.



**Catherine Monk** has been named Irving Scholar. The award covers a three-year period, beginning July 1, 2008, with a contribution towards salary and fringe benefits (and/or support of research activities) of \$60,000 per year. The award was created by Herbert and Florence Irving to support clinical research at the Columbia-Presbyterian Medical Center.



**Carolyn Rodriguez** has been selected as a mini-fellow by the American Psychiatric Institute for Research and Education (APIRE) Program for Minority Research Training in Psychiatry, funded by the NIMH. The program provides medical students and psychiatric residents with funding for stipends, travel expenses, and tuition for an elective or summer experience in a research environment. Dr. Rodriguez, a resident, was also a winner of this year's Barbara Liskin Award.

**Dan Salzman** is being awarded the Harold and Golden Lamport Award for Excellence in Clinical Science Research by the Advisory Committee to the Dean on Honors and Awards. This award was initiated in 1983 and recognizes outstanding young researchers and carries a \$2,500 honorarium.



**Margaret Spinelli** (in photo on right with former first lady of New Jersey, Mary Jo Cody) was given the Lilly Welcome Back Award on May 2 in recognition of her work with mothers diagnosed with postpartum depression and psychosis. Dr. Spinelli received \$10,000, which she will donate to the Helen Keller Institute for the Blind: Early Intervention Program and to Postpartum Support International.

**Scott Wilson** received the Young Investigator Award from Association for Research on Personality Disorders for his study entitled, "Tryptophan Hydroxylase 1 A218C Polymorphism is associated with diagnosis, but not suicidal behavior in borderline personality disorder." Barbara Stanley and John Mann are his mentors. His award was presented at the APA meeting in May.

## Anissa Abi-Dargham Receives Prestigious "Distinguished Investigator" Award from NARSAD



Anissa Abi-Dargham, M.D. has been selected by NARSAD to receive its prestigious Distinguished Investigator Award. NARSAD, the world's leading charity dedicated to funding research on psychiatric disorders, will provide Dr. Abi-Dargham a one-year grant of \$100,000 to advance her research on schizophrenia.

Dr. Abi-Dargham, Director of the Division of Translational Imaging, is one of 15 outstanding scientists receiving NARSAD's 2008 Distinguished Investigator Award. This highly competitive grant program is designed for investigators of brain and psychiatric disorders who have established themselves as leaders in

their fields. Dr. Abi-Dargham will apply imaging technology to determine the value of treating patients who show symptoms of being potentially at high risk for schizophrenia before illness actually appears. Evidence from imaging studies indicates the presence in schizophrenia of excess transmission of the neurotransmitter dopamine in subcortical areas of the brain. Currently, it is unknown whether such excess dopamine function is already present at the preliminary, or prodromal stage, in patients who will go on to develop schizophrenia, thus warranting antipsychotic treatment at that preliminary stage. If Dr. Abi-Dargham can ascertain this through PET imaging, a technology that is becoming widely available, it could develop into a clinically useful test for early detection and treatment and thus offer better prevention against severe psychosis.



## New Grants:

### American Foundation for AIDS Research

Theodorus Sandfort: *Minority stress, social support, and sexual risk in South African MSM*

### Atlantic Philanthropies

Harold Pincus: *The Atlantic Philanthropies Policy Fellows in Health and Aging*

### Institute for the Study of Aging

Emmanuel Planel: *Effect of Memantine on Alzheimer's disease pathogenesis induced anesthesia in vivo*

### National Institute on Drug Abuse

Anissa Abi-Dargham: *Imaging dopamine transmission in cannabis dependence*

Carlos Blanco: *Bridging efficacy and effectiveness in drug abuse treatment*

Jennifer Wisdom: *Adolescent recovery from drug abuse during transitions in care*

### National Institute of Mental Health

Victoria Arango: *5-HT1A receptor anti-apoptotic transduction pathways in suicide*

Carlos Blanco: *Improving the effectiveness of treatment for depression in Hispanics*

Anke Ehrhardt: *HIV Center for clinical and behavior studies*

Eric Fertuck: *Social neuroscience of borderline personality disorder*

Jay Gingrich: *Serotonin and the modulation of brain development*

H. Blair Simpson: *Building translational research in obsessive-compulsive disorder*

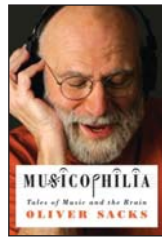
Claudia Schmauss: *Genetic and environmental modulation of RNA editing*

Elizabeth Sublette: *Neuroimaging of fatty acids in major depression*

### Whitehall Foundation

Claudia Schmauss: *Genetic and serotonergic modulation of serotonin 2c receptor editing*

## Noted Researcher and Novelist Oliver Sacks Discusses Latest Book



Celebrated researcher and novelist Dr. Oliver Sacks delivered this year's Herbert G. Cohen Memorial Lecture in Neuroscience on April 8 at the Medical Center's alumni auditorium. Dr. Sacks, who has the distinction of being Columbia's first Artist in Residence, presented excerpts from his most recent book, *Musicophilia: Tales of Music and the Brain*.

The book is an exploration of the brain's malleability and its potential to change in response to music. Having witnessed in patients who had experienced a seemingly irrevocable loss of speech and lucidity an awakening when a piece of music penetrated their fog of illness, Dr. Sacks was struck by the remarkable power of music. Some patients actually sang and danced, able to recapture some dormant part of themselves. How much of the appreciation of music is "hardwired in us?"

He recounted an experiment carried out in the 1990s' at Harvard that compared the brains of musicians with non-musicians and found the musicians had larger basal ganglia, cerebellum and frontal lobes. Whether this difference was evident prior to their pursuing music was not clear. But, one later fMRI study that imaged the brain of a researcher before and after he started music lessons found extraordinary changes suggestive of music's ability to alter the brain.

We've heard stories of musicians with grave neurological or psychiatric disorders who play music to move you to tears, so pure and stirring is their talent and so devoid of the chaos that lies just beneath the surface. Dr. Sacks had encountered this same phenomenon 40 years ago among patients at Beth Abraham Hospital in the Bronx. His experience there with near-catatonic patients is well-chronicled. What may be less so is his own story of falling over a cliff and suffering an injury that left him with little feeling in one leg and unable to walk. He credits music with helping him to regain mobility.

Calling music a "powerful mnemonic," Dr. Sacks noted the ability of Alzheimer's patients to recognize music. Very sick patients exposed to music therapy have been known to demonstrate some normalization.

The presentation left the audience with many questions that, perhaps, will fail to yield satisfying answers as to the enigmatic nature of the brain and its possibilities for healing.

## Dialogues in Science with Jane Pauley



Despite snow, ice and ensuing traffic jams, about 50 guests joined broadcast journalist and author Jane Pauley at our third Dialogues in Science on February 12. Department chair Jeffrey Lieberman moderated a lively exchange between Ms. Pauley and Vice Chair for Clinical Affairs David Kahn, MD (pictured above) on "New Research and Treatments for Bipolar Disorder" at the Arader Gallery.

## CU-Card Offers Expert Treatment for Anxiety

For a child with an anxiety disorder, summer camp may provoke a crippling fear. While other children welcome the onset of summer, those suffering from anxiety recoil in dread at the thought of separating from their parents and being placed in an environment where they have to negotiate a new set of rules and meet new people. Enter CU-CARD (pronounced Cue Card) or the Columbia University Clinic for Anxiety and Related Disorders.

Launched in September 2007 at Columbia Psychiatry's 1775 Broadway location, CU-CARD provides specialized treatment to children, beginning at age three, adolescents and young adults, who suffer from anxiety disorders. These include social anxiety disorder, generalized anxiety disorder, panic, obsessive-compulsive disorder, post-traumatic stress disorder, mood disorders, specific phobias as well as trichotillomania, an impulse-control disorder characterized by the urge to pull hair from the scalp. Patients and their families have access to experts in interventions like:

- Cognitive behavioral therapy (CBT) - for mood and anxiety disorders, to help create more realistic patterns of coping and thinking. Individual and family CBT are available. The latter helps families learn problem-solving strategies that increase adaptive coping while decreasing maladaptive patterns
- Cognitive and behavioral group therapy - offers the therapeutic effects of CBT to adolescents and young adults while providing the support and encouragement of a group dynamic
- Parent-child interaction therapy - an established treatment for oppositional behavior that has been adapted for separation anxiety.

With parent-child interaction therapy, "parents learn how to shape their child's behavior so that he or she is less fearful," said Dr. Anne Marie Albano, Clinic Director. In addition, it may help facilitate the transition back to school come September. Parent-child interaction therapy also helps to minimize tantrums in pre-school-age children. Dr. Albano developed a CBT program for adolescents with social phobia, which is published by Oxford University Press, and co-authored a treatment manual and parent guide for school refusal behavior.

For older adolescents, who have graduated high school and are braced to begin college in the fall, CU-CARD's College Student Readiness Program is an intensive program for young adults that focuses on assertiveness, managing social anxiety and developing problem-solving skills. With these capabilities, the student can more effectively manage the college environment even though the usual social supports, like family, are not readily available. For parents, the focus is on letting go and to help them do that CU-CARD provides an information program.

CU-CARD's clinicians actively engage parents in the management of childhood stress and anxiety, developing workshops in the conveniently located midtown site that provide expert advice on: identifying symptoms of anxiety and stress in the child, talking to the child about anxiety and stress as well as working with teachers and family members to provide support for the anxious child.

Those interested in learning more about the clinic's services or in participating in some of its research programs, may call (212) 246-5740 or visit its website at [www.anxietytreatmentnyc.org](http://www.anxietytreatmentnyc.org)



*Back row standing left to right: Jennifer Regan, Dr. Jonathan Comer, Dr. Sandra Pimentel, Dr. Catherine McKnight Wolfson*

*Seated left to right: Dr. Sasha Aschenbrand, Dr. Anne Marie Albano (Director), and Dr. Joanna Robin*

## Promotions & Appointments (continued from page 2)

markers of high-risk in offspring of parents with bipolar disorder and is a Core Director and Project PI on the NIMH Silvio Conte Center for the Neurobiology of Suicide at PI. She is also the Co-PI on the NIMH Developing Center for Interventions to Prevent Suicide. She has authored or co-authored over 150 peer-reviewed articles, more than 20 of them with medical students, residents and fellows as coauthors.

Dr. Oquendo joined the Columbia University faculty in 1988 and has had a long and distinguished teaching career. She was an attending and Associate Unit Director caring for patients and teaching on the Washington Heights Community Service Inpatient Unit for eight years. Since 1990, she developed and taught the course for Cross Cultural Psychiatry. In 2006, she was appointed Course Director for Affective Disorders for the PGY 2 residents. She is the founding director of a Fellowship Program for International Psychiatrists at Columbia.

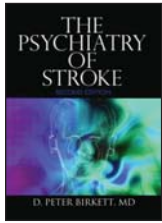
Dr. Oquendo graduated summa cum laude and Phi Beta Kappa from Tufts University and received her medical degree from Columbia University, College of Physicians and Surgeons in 1984. She completed her post-graduate training in psychiatry at Cornell University and New York Hospital where she received the award for Medical Student Education.

### **Melissa Arbuckle**

Melissa Arbuckle, MD, PHD, a 2005 graduate of Columbia's training program, was appointed Associate Director of Residency Training in April. Prior to her appointment, Dr. Arbuckle was Interim Director of Residency Training. She also served as Director of the Psychotherapy Training and Research Clinic at the New York State Psychiatric Institute until 2007.

Dr. Arbuckle graduated summa cum laude from Southern Nazarene University in Bethany, Oklahoma. She then received a combined MD, PhD degree from the University of Oklahoma. Her graduate work on lupus autoimmunity culminated in the publication of a study in the *New England Journal of Medicine*. In addition to teaching several resident courses, Dr. Arbuckle has been an active member in the American Association of Directors of Psychiatry Residency Training. She is also assistant editor for the third edition of the textbook *Psychiatry*.

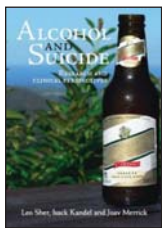
# Department Reading List



## ***The Psychiatry of Stroke, 2nd Edition (2008)***

**Editor: D. Peter Birkett**  
**Publisher: The Haworth Press, Inc.**

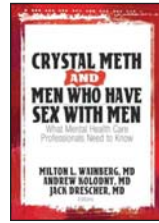
This standard text has been brought completely up-to-date and slightly shortened. It is written from the point of view of an actively practicing clinical psychiatrist but fully covers all the relevant aspects of neurology, geriatrics, psychology and sociology. As well as such standard topics as dementia, depression and aphasia it covers dizziness, the factors involved in seeking early treatment, the diagnostic dilemmas of headache, sexual dysfunction and antisocial behaviors. An appendix contains a fascinating account of the cases of Woodrow Wilson, Franklin D Roosevelt, Winston Churchill and Hitler.



## ***Alcohol and Suicide: Research and Clinical Perspectives (2007)***

**Editors: Leo Sher, Isack Kandel, Joav Merrick**  
**Publisher: Trafford Publishing**

Alcohol use is associated with suicide risk. It plays two different roles. Ongoing alcohol use disorders can contribute to suicide risk by effects on mood and impulsive-aggressive traits. Acute alcohol consumption at the time of a suicide attempt can have a disinhibiting effect. Epidemiological, clinical, and neurobiological aspects of suicidal behavior in individuals with alcohol use disorders are discussed in this book.



## ***Crystal Meth and Men Who Have Sex with Men: What Mental Health Care Professionals Need to Know (2007)***

**Authors: Milton L. Wainberg, Jack Drescher, Andrew Kolodny**  
**Publisher: The Haworth Press, Inc.**

Could crystal meth use in the gay community be responsible for a resurgence in the AIDS epidemic? According to recent studies, gay men who use crystal methamphetamine were twice as likely to have unprotected sex as those who did not – and more than three times as likely to be HIV-positive. *Crystal Meth and Men Who Have Sex with Men* is an unflinching look at this dangerous threat to the gay community, addressing the health and mental health needs of “Tina” users who are lost in a downward spiral of addiction and high-risk sexual behaviors. This vital book is the product of a unique collaboration between the New York City Department of Health and Mental Hygiene and researchers, clinicians, and community activists.

Each article – whether drawn from personal account, research study, or online survey – reinforces the reality for the gay community that wherever crystal meth is, increases in sexual risk behaviors for HIV and other sexually transmitted infections (STIs) are sure to follow. This powerful book will help you to identify, approach, and treat clients who use meth, examining the physical, medical, and psychological effects and consequences of its widespread abuse.

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