

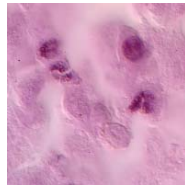


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InPsych



NYS Psychiatric Institute Researchers Receive Landmark Stem Cell Award



Governor Eliot Spitzer and Lieutenant Governor David A. Paterson announced earlier this year that the New York State Psychiatric Institute (NYSPI) will receive \$504,809 to fund infrastructure that will support its stem cell research program. The award comes eight months after Governor Spitzer created a stem cell research initiative in the 2007-2008 budget. So far, \$14.5 million has been awarded throughout the state for this groundbreaking multi-year stem cell research program, which will help support research into debilitating disorders.

"My colleagues and I are extremely pleased with this award and are ready to embrace the opportunity now possible as a result of this investment by Governor Spitzer and Lieutenant Governor Paterson," said Dr.

Rene Hen, Director of the Division of Integrative Neuroscience at the New York State Psychiatric Institute and Professor of Pharmacology in Psychiatry at Columbia University Medical Center.

Dr. Hen is a highly-regarded researcher whose work has focused on neurogenesis – which is the formation of new neurons in the adult brain – and its role in helping to identify potential targets for antidepressant therapies. The award will support the study of hippocampal stem cells in relation to depression across species and the establishment of a "neurogenesis core facility," which will allow all the labs working on hippocampal neurogenesis to access state of the art equipment devoted exclusively to brain stem cells.

"I am delighted that our New York State Psychiatric Institute at Columbia received one of the initial stem cell research awards. continued on page 2

Brain Stimulation and Therapeutic Modulation Division

Psychiatric research has evolved in the last decade—the "decade of the brain" has given way to the "decade of the mind." Researchers here at Columbia and PI are leading bold initiatives in an effort to bring about improvements in brain function.



The Brain Stimulation and Therapeutic Modulation Division is a division that demonstrates the benefits that inventive and bold thinking can yield in developing treatments for patients with the most intractable psychiatric disorders. Led by Dr. Sarah Lisanby, an internationally-recognized leader in the field of transcranial magnetic stimulation (TMS), the division specializes in the emerging electromagnetic techniques of modulating brain function to study and treat psychiatric disorders. These techniques, including TMS, are also used as probes and, when applied in conjunction with imaging technologies, provide clues

to the disorders' neuroanatomical, cognitive and neurophysiological effects. The research team is exploring the application of a number of techniques, including TMS, vagus nerve stimulation (VNS), magnetic seizure therapy (MST) and transcranial direct current stimulation (tDCS) to major depression and other psychiatric illnesses. VNS has been FDA approved as an add-on depression treatment in patients who have had little or no response to medications. Its path to FDA approval two years ago was facilitated by early clinical studies conducted at various sites including Columbia and PI, where Dr. Lisanby was principal investigator.

The division engages in scientific exploration of cutting-edge design to augment existing research apparatuses and provide yet more effective treatments that have eluded people with psychiatric disorders like major depression. The Technology Development Laboratory leads the design, modeling, construction and testing of new technologies that are built to match the physiology of the brain. Herself a relatively young scientist, Dr. Lisanby cultivates a group of young and intrepid researchers with a broad range of research pedigrees. One such researcher is Angel Peterchev, who has a doctorate in electrical engineering and background in neuroscience. Dr. Peterchev's work in the Technology Development Laboratory focuses on technological innovations which expand the continued on page 5

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Columbia Department of Psychiatry

New York State Psychiatric Institute



Message from the Chairman and Director

Whether you are a recent graduate or years into your career, every psychiatrist remembers their internship and residency training as the formative experience of their professional lives. Indeed most will remember it variably as a nurturing environment in which they evolved from students to physicians and a crucible in which their professional identity was forged, enabling them to pursue their future careers. Our residency program is the jewel in the crown of Columbia Psychiatry. Generations of outstanding psychiatrists have graduated from Columbia's program and gone on to become some of the leading practitioners, researchers, teachers and administrators in New York and the nation.

The success of our program is due, in large part, to our rich and talented faculty which spans the vast field of psychiatry extending from psychodynamic therapy to neuroscience to public mental health care. Our faculty consists of researchers, clinicians, teachers, full time and voluntary members all of whom give generously of their time to train the next generation of psychiatrists and form the future of our field.

For close to three decades, our training program was directed by Ron Rieder. With Ron retiring from Columbia and PI this past September a transition in our program's leadership has been underway. We have appointed Maria Oquendo as our department's new Vice Chair for Education and Melissa Arbuckle as the Interim Director of Residency Training. We are in the latter stages of a search process for the residency training director position and expect to have completed the transition in psychiatric education and training leadership soon and prior to the arrival of the next class of psychiatric residents. A new era in Psychiatric Education and Training at Columbia has begun and we are braced to usher in the next generation of exemplary scientists, clinicians and educators.

Mark Olfson, "National Trends in the outpatient Diagnosis and Treatment of Bipolar Disorder in Youth" (Archives of General Psychiatry)



Dr. Mark Olfson's much-talked about paper on the surprising forty-fold increase in the rates of bipolar diagnosis in children in a 10-year period, between 1994-1995 and 2002-2003 raised questions about misdiagnosis and challenged psychiatrists to make even more rigorous assessments. Dr. Olfson and colleagues analyzed data from a nationally representative sample of over 1,000 visits from the National Ambulatory Medical Care Survey; the number of outpatient visits by children and adolescents, that included a bipolar diagnosis increased from 25 to 1003 visits per 100,000.

The number of outpatient visits by adults nearly doubled, showing an increased rate of 1679 visits per 100,000 from 905 visits.

According to Dr. Olfson, "These trends likely reflect a recent tendency to overdiagnose bipolar disorder in young people, a correction of historical under recognition, or a combination of both trends." The New York Times, Reuters, Bloomberg News, The Baltimore Sun, the Chicago Tribune, Fox News and NPR were some of the news outlets that reported on the findings.

John Mann, "Early Evidence on the Effects of Regulators' Suicidality Warnings on SSRI Prescriptions and Suicide in Children and Adolescents" (American Journal of Psychiatry)

Suicide was back in the news as Dr. John Mann's much-anticipated paper on the rate of SSRI prescriptions and suicide rates was published. On the heels of that came new CDC findings reporting an 8% spike in suicide rates among youth from 2003-2004, "the largest increase in 15 years."

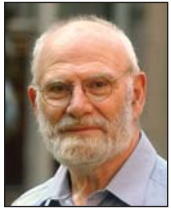
Dr. Mann and American colleagues, who collaborated with researchers in the Netherlands, examined US and Dutch data on prescription rates for selective serotonin reuptake inhibitors (SSRI's) from 2003 to 2005 in children and adolescents. They also looked at suicide rates through 2004 in the US and 2005 in the Netherlands. The results of the study showed a roughly 22% decrease in SSRI prescriptions for youths in both the United States and the Netherlands after the warnings were issued. Suicide rates among American youth increased 14% between 2003 and 2004 while the rates were a staggering 49% between 2003 and 2005.

These findings appeared to support earlier warnings by American psychiatrists about the unintended negative consequences of the FDA antidepressant black box warning announced in 2004, which likely precipitated dramatic drops in prescription rates. A similar warning was issued by European regulators in 2003. However, national suicide data on rates in 2005, which is to be reported by Dr. Robert Gibbons (University of Illinois in Chicago) later this year, indicate a decreased suicide rate despite a decrease in prescriptions for SSRI's.

Landmark Stem Cell Award (continued)

And I'm confident that this research will help unlock the mysteries of mental illness and lead to better diagnosis and treatment of these complex disorders" said Dr. Michael Hogan, New York state Commissioner of Mental Health. "This science will ultimately save lives and reduce disability for thousands of New Yorkers."

"This award is truly a boon to New York State residents and the researchers who will now have support to continue to pursue new treatments for psychiatric disorders that affect millions of New Yorkers and citizens nationwide," said Dr. Jeffrey Lieberman, Director of the New York State Psychiatric Institute and Chairman of the Department of Psychiatry at Columbia University Medical Center. "We are truly grateful to Governor Spitzer and the Funding Committee of the Empire State Stem Cell Board for their tremendous insight and commitment to this bold initiative."



Oliver Sacks

Aptly called “the poet laureate of medicine” by the New York Times, Dr. Oliver Sacks, the well-known neurologist, has earned a new title at Columbia University’s Morningside campus, that of Columbia University Artist. Dr. Sacks also joins CUMC as a Professor of Clinical Neurology and Clinical Psychiatry, a joint appointment that reflects his broad range of interests. His recent recruitment to Columbia from the Albert Einstein College of Medicine was featured prominently in the Times. On September 7, just a week after that announcement, came his first Grand Rounds presentation at the Psychiatric Institute, on musical hallucinations, which drew a record crowd.

Dr. Sacks’ unique appointment is a reflection of President Lee Bollinger’s embrace of a multidisciplinary approach to learning, a philosophy that is congruent with Dr. Sacks’ own work, which has not only inspired many students to go into neurology and psychiatry, but has also brought various neurological and psychiatric conditions to broad public awareness. His work was the basis for the 1990 Hollywood movie, “Awakenings”, starring Robin Williams and Robert De Niro, as well as major theatrical works by Harold Pinter, Peter Brook, and Brian Friel.

Dr. Sacks is best known as the author of a collection of case histories, *The Man Who Mistook His Wife for a Hat*, which describes patients struggling with and adapting to various neurological disorders. He has been awarded a Guggenheim Fellowship for his work on the “neuroanthropology” of Tourette’s syndrome and an Alfred P. Sloan Foundation grant for his work on aging and the brain. In 2002, he received the Lewis Thomas Prize from Rockefeller University, which recognizes the scientist as a poet, and in 2004, he received the National Science Foundation’s Public Communication Award.

At Columbia’s Psychiatry Department he will pursue, among other things, a long-time interest in schizophrenia, collaborating with experts like department chair Dr. Jeffrey Lieberman.

“This is a hugely exciting move, to enter the intensively active collegial life of Columbia, and in so many different ways,” said Dr. Sacks about his appointment. “In particular, I have had, for nearly sixty years (since one of my brothers became schizophrenic), a deep interest in schizophrenia. I have never had a

chance to really explore this, since I am mainly a clinical neurologist by training and experience. But I look forward to learning much more from my new colleagues in the Psychiatry Department—about schizophrenia and many other areas.”

Born in London in 1933, Dr. Sacks earned his medical degree at Oxford. In 1960, he moved to the United States, where he spent several years doing postgraduate work at Mount Zion Hospital in San Francisco and at UCLA, before joining the faculty of Albert Einstein College of Medicine in the Bronx and later NYU Medical Center. Dr. Sacks worked at the Bronx Psychiatric Center from 1966 to 1991, and continues to be a consulting neurologist for the Little Sisters of the Poor.



Fredrik Jarskog

Dr. Fredrik Jarskog joined the department and PI on August 1, assuming the role of Research Director of the Psychotic Disorders Clinical Services. In this capacity, he will work with the Lieber

Center Directors to develop and implement clinical therapeutics research in schizophrenia and related disorders.

Prior to joining the department, Dr. Jarskog was Deputy Director of the Clinical Research Unit at Dorothea Dix Hospital in Raleigh, North Carolina. He was nearing completion of his research fellowship when Dr. Lieberman was recruited to the University of North Carolina School of Medicine in 1996 and the two developed a close working relationship subsequently.

His primary focus is to test drugs with novel mechanisms of action for cognitive deficits, negative symptoms, and treatment resistance in schizophrenia. This research is encompassed within the NIH-funded academic/ industry collaborative TURNS project for cognition, as well as other federal/ foundation/industry sponsored studies.

In addition, Dr. Jarskog has a NARSAD Independent Investigator Grant to study the long-term impact of typical and atypical antipsychotics on cortical brain structure in a rodent model and he will pursue postmortem neuropathological research of synaptic connectivity in human cortical development and schizophrenia. He is very committed to providing mentorship for trainees and young investigators.

A native of Sweden, Dr. Jarskog earned his BA in Chemistry from Johns Hopkins University and his MD from Wake Forest University School of Medicine.



Edward Smith

Dr. Edward Smith, one of the world’s leading cognitive psychologists, has joined the Division of Cognitive Neuroscience where he will initiate and collaborate with other researchers in

Psychiatry on projects concerned with schizophrenic deficits in core cognitive domains, including working memory, cognitive control, and episodic memory. His research will have a particular emphasis on neuroimaging methods.

He is currently the William B. Ransford Professor of Psychology at Columbia, a post he has held since 2004. His research interests include behavioral and neural studies of working memory, executive processes, and knowledge representation. Currently, Dr. Smith is testing the capacity for implicit learning in studies with early-Alzheimer’s patients. He is also exploring placebo effects using fMRI to image volunteers who are experiencing heat pain, under the influence of either a placebo injection or an injection of an opioid-based analgesic. Previous research had shown that when a placebo is administered to a person in pain, not only does the person report less pain, but there is also a reduction of neural activity in the pain centers of the brain.

Dr. Smith has garnered a host of awards and honors, among them the APA’s Distinguished Scientific Contribution Award and the APS William James Fellow Award for Distinguished Scientific Achievements.

He graduated from Brooklyn College with a degree in Psychology in 1961. In 1966 he earned his PhD in Experimental Psychology from the University of Michigan.

Transitions



Ronald Rieder

After nearly 30 years as Director of Residency Education, Dr. Ronald Rieder made the difficult decision to join the faculty at Mt. Sinai as Vice Chair for Education in September. In his role as director, Dr. Rieder initiated a number of curriculum programs, which helped to propel residency training at Columbia and Psychiatric Institute to a position of prominence among training programs nationwide. Among the critical changes he coordinated were the development of a research track and a subsequent reorganization of research training, lengthening fellowship training from two to four years and obtaining funding for a separate schizophrenia research fellowship program. He expanded the training program by developing courses in cognitive therapy, behavior therapy and neuroscience and, along with Dr. C. Christian Beels, he initiated a fellowship in public psychiatry, which has grown into the premier fellowship of its type in the country.

More recently, the training program added the telepsychiatry seminar to the curriculum for PGY-4 residents, who have an opportunity to participate in a supervised telepsychiatry consultation for a patient at a rural mental health clinic, mental health unit at a forensic or correctional facility or an upstate OMH in-patient facility.

As much as he is credited with significant program initiatives, Dr. Rieder is also known for reading a poem at the closing of the graduation

ceremony, which has become the traditional send-off for each class of departing residents.

“Ron has done a remarkable job in the last 28 years, helping to shape an excellent group of psychiatrists,” said Dr. Jeffrey Lieberman, chairman and director. “To his credit, many of our graduates have remained with the department and have contributed greatly to its research and clinical aims. I wish Ron great success in his new role.”

Prior to joining the department in 1979, Dr. Rieder was Chairman of the Department of Psychiatry and Psychology in the Graduate Program at the National Institutes of Health, and Chairman of the Education Committee for Intramural Research at the National Institute of Mental Health. He earned his medical degree at Harvard University.



Heidi Aronin

In October Ms. Heidi Aronin, Vice Chair for Administration and Chief Financial Officer of the Department of Psychiatry, assumed the position of Senior Associate Dean for Science Administration at the NYU School of Medicine. She joined the department in 2005, working closely with Dr. Lieberman and the executive management team through a transformation

of the organizational structure. “Her leadership and expertise have been integral to the department’s success and growth and will be greatly missed,” said Dr. Lieberman.

Waging A Battle Against Autism

Can autistic children, who have been robbed the gift of speech, learn language? Researchers at PI and Columbia Psychiatry believe so. Dr. Bradley Peterson, Director of MRI research, is collaborating with Dr. Agnes Whittaker and language expert Dr. Marion Blank on a novel study to improve the daily lives of autistic children by teaching them reading and math skills to improve social communication. The study is just the latest in a number of efforts to address the needs of children with autism, a population which seems to be on the rise.

A Centers for Disease Control (CDC) report in February 2007 indicated that one in 150 eight year olds in the US have autism. The numbers are distressing and the CDC tempered its statement by saying that the finding cannot attest to a true increase, but rather indicates more reliable and consistent estimates. Regardless, the neurological disorder has parents bewildered and researchers hot on the trail of the root causes of the disorder and how services might be improved for those affected.

Part of the Columbia Developmental Neuropsychiatry Program for Autism and Related Disorders, the language study has recently started enrolling children who will receive five sessions each per week for six to nine months. The researchers hope to show that children with autism are able to communicate once they’ve learned specialized techniques that develop both writing and verbal comprehension. In contrast to spoken language which relies on sound, this study will employ “the visual world of reading—a modality the children find more attractive and meaningful,” said Dr. Blank. Study researchers also provide training to parents.

“Our team believes treatment should incorporate a supportive structure for children and their families,” said Dr. Agnes Whittaker, co-director of the program. “Parents are provided guidance in the interval between diagnosis and school enrollment and consultation with teachers is provided, if warranted.”

Interventions like the language study are just some of the inroads that Columbia Psychiatry and PI are leading. Dr. Peterson is principal investigator of a new project to collect DNA and phenotype data from children and family members. Dr. Susser and a team of researchers published in the *Archives of General Psychiatry* in September 2006 findings suggesting a link between advanced paternal age and autism risk.

In March 2007, Drs. Jeffrey Lieberman and David Shaffer shared expert testimony at a hearing on autism in Albany, which was organized by Assemblyman Peter Rivera’s office.

“The researchers and clinicians at PI and Columbia are grateful to Assemblyman Rivera for acknowledging the needs of New York State’s children and their families who struggle daily with this disease,” said Dr. Lieberman. “We are dedicated to meeting the challenges facing those with autism and related disorders and have taken tremendous strides towards understanding and treatment.”

Dialogue in Science



Over 70 friends and guests of the Department of Psychiatry joined prize winning author Andrew Solomon and vice-chair for research **John Mann, MD** in the Department’s second “Dialogue in Science”. The event was held October 9, 2007 at the Arader Gallery and was moderated by Jeffrey Lieberman MD, department chairman. Mr. Solomon, who autographed copies of his book “The Noonday Demon”, spoke movingly about the experience of depression and the importance of a range of strategies to support recovery. Dr. Mann explored the latest advances in science and treatment and urged participants to support research.

Awards & Recognitions



On October 26th, the **Public Psychiatry Fellowship**, directed by **Dr. Jules Ranz**, was awarded first prize in the education category by the Lilly Reintegration Awards Judging Panel. The Lilly Reintegration Awards honor mental health professionals and individuals battling severe mental illness for their outstanding contributions and achievements in the mental-health community. Specifically, the awards honor treatment teams, programs and services offering care and support to people with severe mental illness, and individuals with bipolar disorder or schizophrenia who are a source of hope and inspiration to their peers. Past Lilly Reintegration Awards recipients include Senator Peter Domenici (R-New Mexico), former Surgeon General David Satcher, Dateline NBC, former First Lady Roslynn Carter and the International Center for Clubhouse Development.



Dr. Daniel Schecter, received the 2007 Pierre Janet Writing Award by the International Society for Trauma and Dissociation. The award is given to an individual for the best clinical, theoretical or research paper in the field of dissociation and/or trauma within the past year.

Dr. Laurence Greenhill and colleagues recently learned that their paper, “Efficacy and safety of immediate-release methylphenidate treatment for preschoolers with ADHD”—which was published in the *JAACAP* in November, 2006—has been selected for the 2007 Elaine Schlosser Lewis Award for Research on Attention-Deficit Disorder. The award is given annually to a child and adolescent psychiatrist for the most significant paper on Attention Deficit Hyperactivity Disorder (ADHD) published in the *Journal of the American Academy of Child and Adolescent Psychiatry*. This is the second Ellen Schlosser Lewis award given to Dr. Greenhill for his work on ADHD

Dr. Herbert J. Schlesinger received this year’s George Goldman Merit Award from the Association for Psychoanalytic Medicine. The award was for excellence in teaching.

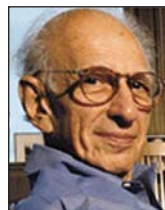


Dr. Hector Bird received the American Academy of Child & Adolescent Psychiatry’s (AACAP) Norbert and Charlotte Rieger Award for Scientific Achievement at the meeting in October. This award recognizes the most outstanding paper published in the *Journal of the American Academy of Child and Adolescent Psychiatry* during the previous year.



Dr. Deborah Hasin has been appointed to the National Advisory Council of the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

In an effort to facilitate the availability of new treatments to patients, NIH has developed a new consortium, funded through Clinical and Translational Science Awards (CTSA), to transform how clinical and translational research is conducted. Columbia Psychiatry has assumed key roles in this new initiative: **Dr. Paul Appelbaum**—Director, Division of Psychiatry, Law and Ethics—was elected Chair of the Clinical Research Ethics Working Group and **Dr. Harold Pincus**—Vice Chair for Strategic Initiatives—was named Chair of the CTSA Evaluation Steering Committee.



Dr. Eric Kandel received a National Academies’ Keck Futures Initiatives Communication Award. Dr. Kandel won the best book category for his personal memoir, *In Search of Memory: The Emergence of a New Science of Mind*. Since 2003, the National Academies has annually presented three Communication Awards to authors, journalists and producers. This prestigious award recognizes demonstrated excellence in reporting and communicating science, engineering and/or medicine to the general public through print, Internet, radio or television.

On September 1, **Dr. Anke Ehrhardt** assumed the role of Vice Chair for Academic Affairs for both Columbia’s Department of Psychiatry and the Psychiatric Institute.

Brain Stimulation (continued from page 1)

functionality and increase the efficiency of TMS systems. A TMS device generates a magnetic field to induce electrical currents in the brain strong enough to alter neuronal activation patterns, but not so strong that it causes a seizure. The physiological response to TMS depends on the shape of the induced current pulses. However, existing TMS devices allow very limited control over the shape parameters. Drs. Peterchev and Lisanby “are developing a novel TMS system which will allow for the first time adjustment of the pulse parameters. This device will enable researchers and clinicians to optimize the TMS stimulus for maximum effectiveness of the treatment,” said Dr. Lisanby.

It is hoped that TMS will soon join VNS in the category of FDA approved non-pharmacological treatments for depression. It has shown such promise up to this point that researchers in the division are investigating its effectiveness in treating schizophrenia, Tourette’s syndrome, panic disorder, autism and bipolar disorder. These exciting new applications are indicative of vigorous efforts among division leaders like Dr. Lisanby to increase collaboration with other divisions that have cultivated experts across the spectrum of psychiatric disorders.

MST, while probably less familiar to the psychiatric community than TMS, was developed by the lab as an ECT alternative. Like ECT, MST is a convulsive therapy that is applied while the patient is under anesthesia. Findings reported by Dr. Lisanby and her team point to the superior safety profile of MST compared to ECT in patients with depression. MST allows for a more precise delivery of stimulation to desired areas of the brain-circuits that are under-activated or over-activated. It also has the added benefit of minimizing memory loss and other cognitive side effects. The long-term effects of this experimental treatment are unknown as is the period of remission.

In an interview printed in *IEEE Spectrum* magazine last year, Dr. Lisanby said “Electroconvulsive therapy can be dramatically effective at restoring a person’s health and getting their life back on track. The potential for the new brain stimulation techniques is to get those kinds of dramatic effects in medication-resistant populations without the downside.”

A technique that is less known to some researchers is transcranial direct current stimulation (tDCS), which has received renewed interest among those studying depression treatment. tDCS uses weak electrical currents applied to the scalp to modulate activity of neurons. It has been around since the 1960’s and studies have been done to determine its effectiveness as a treatment for depression. Some of those findings were inconclusive and not scientifically rigorous. Now the division is carrying out a study to test its antidepressant properties. A non-invasive, inexpensive and easily-administered technique, tDCS has all the markings of an intervention that, if proven effective, would make a tremendous difference in the lives of patients with depression.

New Grants:

Alexza Pharmaceuticals

Laszlo Papp: *Single Dose Inhaled Alprazolam for Doxapram Induced Panic Attack*

American Foundation for Suicide Prevention

Andrew Dwork: *White Matter Integrity and Suicide Risk: Histologic Evaluation of Potential DTI Targets*

National Center for Injury Prevention and Control

Miriam Ehrensaft: *Can Family-Based Prevention of Conduct Problems Prevent IPV Development*

National Institute on Alcohol Abuse and Alcoholism

Jon Morgenstern: *Component Analysis of Motivational Interviewing*

National Institute of Child Health and Human Development

Cristiane Duarte: *Maternal depression and child weight: Early pathways*

National Institute of Diabetes and Digestive and Kidney Diseases

B. Timothy Walsh: *The Development of An Eating Laboratory for Overweight Adolescents*

National Institute on Drug Abuse

Efrat Aharonovich: *Modified Behavioral Treatment for Cocaine Patients with Cognitive Deficits*

Christina Hoven: *Maternal Incarceration and Course of Child Psychopathology in the South Bronx*

Richard Foltin: *Translational Approach to Models in Relapse*

Edward Nunes: *Clinical Trials Network: Long Island Regional Node*

C. Daniel Salzman: *Neural Mechanisms Underlying Reinforcement Learning*

National Institute of Mental Health

Fatemeh Haghghi: *An Integrated Framework of Epigenomics and Human Disease*

Roberto Lewis-Fernandez: *Motivational Antidepressant Therapy for Hispanics*

Jonathan Stewart: *Combining Antidepressants to Hasten Remission from Depression*

Laszlo Papp: *Development of Multimodal Treatment For Late-Life Generalized Anxiety Disorder*

Columbia Psychiatry Announces New Midtown Clinical Studies Location



Columbia Psychiatry, the largest department nationwide comprising the expert psychiatrists at the New York State Psychiatric Institute, Columbia University and New York-Presbyterian Hospital, is making it possible for the public to participate in cutting-edge research studies. Last year, Columbia Psychiatry introduced an innovative online tool for finding studies to participate in, located on their website at <http://www.columbiapsychiatry.org/ct.html>

Now, the Department has opened a convenient new location in the Newsweek Building in mid-town Manhattan at 1775 Broadway between W. 57th and 58th streets, just one block from Columbus Circle.

This additional facility will be more accessible to residents, who may find it difficult to travel to Columbia Psychiatry's main facility at 165th St. and Riverside Drive.

Department chairman Dr. Jeffrey Lieberman says, "This new site makes access to our varied clinical trials and other research studies easier for residents in New York City." The new midtown location is convenient, making it possible for people to visit before or after work or during lunchtime.

Many people benefit enormously from participating in psychiatric clinical studies. They offer opportunities to receive expert psychiatric evaluation and treatment in a research setting and provide access to state-of-the-art diagnostic tools and experimental treatments for difficult-to-treat disorders. The research contributes to the development of the new knowledge needed to improve psychiatric diagnosis and treatment for the future.

Columbia Psychiatry is at the cutting edge of research related to a variety of psychiatric disorders and many renowned scientists are among the faculty. Currently, the mid-town facility is hosting over a dozen new studies in depression, child anxiety and substance abuse. Research in depression include studies (1) to determine whether combining two antidepressants leads to faster and more complete recovery from depression and ; (2) to evaluate how a new medication Duloxetine works in dysthymic disorder, a form of chronic depression. Substance abuse studies offered include comparing medications for the treatment of cocaine, and investigating treatment for alcohol abuse as well as opioid and marijuana dependence.

Parents of children experiencing separation anxiety disorder, social phobia and generalized anxiety disorder may participate in studies comparing different treatments, including medication. Clinical services, including group and individual treatment, are also available.

To learn more about the: depression studies, call 212-543-5734 or 212-316-2364; for substance abuse studies call (212) 923-3031; for childhood anxiety call (212) 246-5747.

Drug Abuse and Cognition Conference



The departments of psychology and psychiatry jointly sponsored the first-ever Drug Abuse and Cognition Conference on September 7. Dr. Carl Hart, Associate Professor of Psychology and Director of the Residential Studies and Methamphetamine Research Laboratories, organized an ambitious and informative program at which some of the most respected names in substance abuse research were invited to speak. The day-long conference addressed how neuropharmacological analysis of drugs of abuse might help to elucidate the role pertinent neurotransmitters and brain structures

play in mediating various cognitive functions. Among the presenters were Drs. Charles Ksir, University of Wyoming; Warren Bickel, University of Arkansas; Harriet De Wit, University of Chicago; Roland Griffiths, Johns Hopkins University; Trevor Robbins, Cambridge University; Rajita Sinha, Yale University; Harrison Pope, Harvard University; and Charles Schuster, Loyola University.

CUMC Provides Help for College-Age Students in Crisis

Columbia University Medical Center at New York Presbyterian Hospital (CUMC) has expanded its existing Day Treatment Program to specifically address mental health problems in young adults of college age. The program at CUMC's East 60th St location is unlike any other in New York City.

"It is a model program, as there are very few that provide this type of intensive, targeted therapy for this special group of patients," said Dr. David Kahn, Clinical Professor of Psychiatry and Vice Chair for Clinical Affairs, Department of Psychiatry, CUMC.

Services provided include psychiatric evaluation and treatment services for college students who are either currently enrolled in college, are home on break from college, or who have had to leave school to address mental health problems. The types of problems for which students may receive treatment vary from depression to bipolar disorder to schizophrenia as well as eating disorders and addiction problems. At the core of the program is diagnostic evaluation, followed by individualized treatment that may include medication, individual therapy and specialized group therapy programs. Many students participate in day treatment, a source of structure and support during a period of more severe illness. This program is being expanded through an anonymous donation targeted toward expanding services for this population. This generous donation has enabled the program to increase space and provide more services.

Young people at college face unique challenges as an episode of mental illness may necessitate leaving school. Hospitalization or recuperation at home may lead to isolation from social networks that are vital to development at this age. The Columbia Day Treatment Program specifically addresses these unique concerns and is aimed at returning the young person to a level of function in society. For some this may mean a return to school, for others it may mean meaningful work environments or volunteer activities. There are about 35 college students (aged

18-25) in the program at this time. Some have psychiatric episodes that are resurgences of problems that began when they were younger. In other cases, a first psychiatric episode occurs in college.

The program uses state-of-the-art diagnostic and treatment methods, beginning with a thorough evaluation that may include interviews with a patient's family members, evaluation of previous records, discussions with counselors at the school the patient attends, and neuropsychological tests to evaluate learning and cognitive issues.

Examples of the group therapy used are:

- **Dialectical behavioral therapy:** geared to those with severe suicidal thoughts and behaviors, or unstable interpersonal relationships
- **Cognitive behavioral therapy** for mood and anxiety disorders, to help create more realistic patterns of coping and thinking
- **Eating disorders treatment** to encourage healthful body image awareness and nutrition, while dealing with the emotional stresses that have led to binge eating, purging, or anorexia nervosa

The goal of these treatments is to help people understand the role of interpersonal issues in their problems—how their behavior affects others—and teaches them to be involved in their own symptom recognition and illness management. The groups are encouraged to socialize together to rebuild social networks.

Along with group therapy, almost all participants receive psychiatric medication to help with biological illnesses affecting mood, anxiety and thought processes. All participants also have an individual treating psychiatrist or therapist, either a Columbia faculty physician at the program or a referring doctor seen separately, who coordinates the individual aspects of care with the program's clinicians.

Stewart Rahr Establishes New Fund to Support P&S Scholars

Stewart Rahr, president and chief executive of Kinray Inc., the largest privately held pharmaceutical distributor in the U.S., has pledged \$2 million to the Department of Psychiatry Eating Disorders Research Program. The gift will establish the Stewart Rahr Scholars Fund to support young investigators who conduct research on the biology, diagnosis, treatment and prevention of eating disorders. Each investigator will hold the special honor of being named a Rahr Scholar. Additionally, the gift will support clinical research activities within the division, including pilot studies.

Eating disorders – anorexia nervosa, bulimia nervosa and associated conditions such as binge eating disorder – are serious mental illnesses that carry with them high rates of medical complications. They involve emotions, cognitions and behaviors marked by fear of weight gain and distorted body image. They may have life-threatening consequences, with the death rate associated with anorexia nervosa being as high as that of any psychiatric illness. Occurring across the globe, these disorders affect individuals of all ethnic and racial backgrounds.

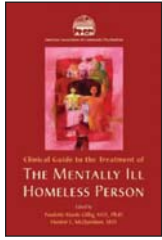
Dedicated to the care and study of patients with anorexia nervosa and bulimia nervosa for nearly 30 years, the Columbia Eating Disorders

Research Program is considered one of the leading centers in the world. Mr. Rahr's gift will provide a much needed foundation to support faculty dedicated to research and treatment for individuals with eating disorders and for pilot studies that will place Columbia at the forefront of understanding the biology and treatment of eating disorders. The Rahr Fund will help talented young faculty to pursue the most promising avenues of science and permit them to establish the sort of track record and proven results that are necessary to secure NIH funding. These young investigators will collaborate in a shared dedication to furthering research into the biology and treatment of eating disorders.

"The Rahr Scholars Program will help expand understanding of the causes of life-threatening illnesses such as anorexia, bulimia and binge eating disorders and give young investigators an optimal chance to develop new treatments to help our patients become healthy and stay healthy," said B. Timothy Walsh, M.D., director of the Eating Disorders Research Program.

The Program's Associate Director Evelyn Attia, MD adds, "Eating disorders affect the body, mind and spirit; the earlier an individual seeks treatment, the better chance he or she stands for full recovery."

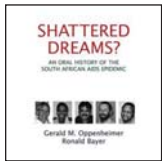
Department Reading List



Clinical Guide to the Treatment of the Mentally Ill Homeless Person (2007)

Authors: Paulette Marie Gillig and Hunter L. McQuiston
Publisher: American Psychiatric Publishing, Inc.

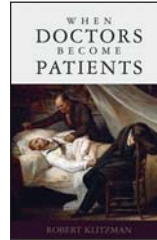
A case-based, clinical guide applicable to a variety of settings, this book offers evidence-based expert advice on the difficult challenges inherent in working with underserved homeless populations. The American Association of Community Psychiatrists' *Clinical Guide to the Treatment of the Mentally Ill Homeless Person* is a concise, practical work that gives busy clinicians the information they need; it not only is more up-to-date than existing publications, but also offers case- and site-based content that provides more hands-on, practical advice. Written by clinicians, for clinicians, it offers approaches to therapy and rehabilitation from the vantage point of the treatment environment, from street to housing and everything in between.



Shattered Dreams?: An Oral History of the South African AIDS Epidemic (2007)

Authors: Ronald Bayer and Gerald Oppenheimer
Publisher: Oxford University Press

Shattered Dreams is an oral history of how physicians and nurses in South Africa struggled to ride the tiger of the world's most catastrophic AIDS epidemic. Based on interviews - not only from the great urban centers of Johannesburg, Cape Town and Durban - but from provincial centers and rural villages, this book captures the experience of health care workers as they confronted indifference from colleagues, opposition from superiors, unexpected resistance from the country's political leaders, and material scarcity that was both the legacy of Apartheid and a consequence of the global power of the international pharmaceutical industry.



When Doctors Become Patients (2007)

Author: Robert Klitzman
Publisher: Oxford University Press

For many doctors, their role as powerful healer precludes thoughts of ever getting sick themselves. When they do, it initiates a profound shift of awareness—not only in their sense of their selves, which is invariably bound up with the “invincible doctor” role, but in the way that they view their patients and the doctor-patient relationship. While some books have been written from first-person perspectives on doctors who get sick—by Oliver Sacks among them—and TV shows like “House” touch on the topic, never has there been a “systematic, integrated look” at what the experience is like for doctors who get sick, and what it can teach us about our current health care system and more broadly, the experience of becoming ill. Dr. Klitzman weaves together gripping first-person accounts of the experience of doctors who fall ill and see the other side of the coin, as a patient. The accounts reveal how dramatic this transformation can be—a spiritual journey for some, a radical change of identity for others, and for some a new way of looking at the risks and benefits of treatment options.

Psychotherapy and Medication: The Challenge of Integration

Authors: Larry S. Sandberg and Fredric N. Busch
Publisher: The Analytic Press

The book discusses the theoretical and clinical issues involved in combining medication with psychodynamic and psychoanalytic treatment. Important areas of discussion include presenting evidence that a significant shift in attitudes about prescribing has taken place within psychoanalysis over the last two decades. Technical issues for the prescribing analyst/therapist as well as issues with split treatment are discussed along with relevant transference and countertransference manifestations. The advantages of combined treatment in mood disorders, anxiety disorders and complex states are discussed as well.

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