EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS July 2019

REMEMBER

Please send me your accomplishments and personal updates for the August 2019 Kudos

SAVE THE DATES

LEADERSHIP CONSULTATIONS

The next leadership consultation will be held Wednesday October 23 from 10:00-11:00am in EP12. These peer consultations are valuable to any faculty member in a leadership role or aspiring to such roles.

FACULTY DEVELOPMENT SEMINARS

We have scheduled all of the 2019 seminars so that people can save the dates. These all will be held at EP12 in the 1st floor training room, Room 2.

- September 18, 2019, 9:00-10:30am Erotic Transference and Countertransference
- December 4, 2019, 9:00-10:30am How to seek and engage in consultation (beyond supervision) as a faculty member

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am at EP12 in Room 554. The next Writing Group is August 7.

SPOTLIGHTS

FACULTY SPOTLIGHT: Timothy Moore, MD

Timothy Moore is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences. He also serves as the Chief of Inpatient Psychiatry and Director of Transitions, which is a partial hospital program run out of Wesley Woods Hospital.

Timothy most enjoys seeing patients get back on their feet. For him, the challenge in helping patients is designing systems of care which help to see them consistently through the initial, middle and late phases of recovery. He is also active in teaching, and was recently awarded the PGY-2 Teaching Award for his help working with residents.

In the future, Timothy feels access and continuity are needed in the system so patients have the time, space and support to recover, rather than being shepherded through discrete crises. He looks to help develop some of these resources to help patients.

Outside of work, Timothy enjoys spending time with his two children, and when he has free time enjoys rebuilding 1960s cars. Restoring and rebuilding have been metaphors in his vocation and avocation for a while now.

ADJUNCT FACULTY SPOTLIGHT: Cliff Lin, MD

Cliff Lin is an Adjunct Assistant Professor in the Department of Psychiatry and Behavioral Sciences, providing coverage in Grady's Psychiatric Emergency Services (PES) as a moonlighting attending. He is a full-time outpatient adult psychiatrist at Wellstar Health System's Windy Hill Hospital. In the past, his clinical duties at Wellstar have included inpatient, consultation-liaison, emergency room, and telepsychiatry coverage. He is happy to be based at just one location these days. He and two colleagues at his office are involved in quality improvement for their outpatient practice and received a system-wide Quality and Safety award last year. He is also a Fellow of the American Psychiatric Association (APA). Cliff completed his medical training at the University of Chicago - Pritzker School of Medicine. He subsequently matched at Emory for psychiatry residency training and graduated in 2015 alongside current faculty members Sarah Cook and Yilang Tang. During his time at Emory, Cliff served as an outpatient chief resident, completed the first year of the Core Program at the Emory University Psychoanalytic Institute (EUPI), and participated in the Grady Trauma Project (GTP). Prior to his medical education and career, Cliff completed an undergraduate degree in economics at Northwestern University.

As adjunct faculty, Cliff provides clinical teaching and supervision for Emory residents and students in an emergency psychiatric setting at Grady Hospital. When supervising residents, he is focused on the development of effective, big-picture clinical decision-making skills – he attempts to temper the natural tendency towards rapid and intuitively based decisions with a more analytical and methodical clinical reasoning process. He felt honored to be the recipient of the PGY-1 Teaching award for the recent 2018-2019 academic year. The residents who nominated him for the award wrote: "Consistently shows interest in resident education during shifts in the PES, finding and recommending articles to consider, thoughtfully supervising cases, and making a point to support educational moments even during hectic shifts. Multiple residents who worked with him remarked on his consistent effort to support resident training, and always seemed to take a step further with his discussions." -

Both formal and informal teaching has always been a passion for Cliff. After college, he taught English in public schools in rural Japan and was selected to present the curriculum he developed to the prefectural Board of Education. During medical school, he was a Graduate Fellow of the International House of Chicago, and contributed to the ongoing cultural exchange of an international community of scholars residing there. He also served as a teaching assistant for the clinical skills course. At Grady, Cliff enjoys observing the development of residents from their anxious beginnings in intern year to their confident return as upper level supervising residents. In addition, he enjoys the occasional opportunity to contribute to residents' career development, and has provided selective seminar lectures to multiple PGY-4 classes about challenges early career psychiatrists can face.

Outside of work, Cliff dedicates his time to his family first – his wife, Sofie, and 3-year-old daughter, Ella. They are expecting a new addition to the family in November, a baby

brother for Ella! Cliff's time outside of work and family is occupied by small DIY projects in the home and yard. Growing up in Minnesota, he is an avid camper, and goes on an annual camping trip with childhood friends to this day. Traveling as much as possible is a lifelong ambition, and Ella has already been to seven foreign countries, ten if time in the womb is counted. This ties directly to a start-and-stop hobby in landscape photography. A picture that Cliff took and edited of Tufts House during the Great Atlanta Snowmageddon of 2014 can be found on the EUPI home page and a print is rumored to be still hanging in the residency education office.

STAFF SPOTLIGHT: Douglas Blair

Douglas Blair is the Senior Communications Manager for the Brain Health Center. Within this position, he has a variety of responsibilities, including working closely with Jaye Watson as a producer on the BHC's tv show Your Fantastic Mind (season two airing in 2020!). He also manages a variety of electronic outlets including all School of Medicine-related BHC department websites, as well as co-managing the BHC Facebook page. You'll also see a quarterly email coming from Douglas as he is responsible for the BHC internal newsletter HEADlines. He also aids Phyllis Rosen with Psychiatry's department newsletter Brainwaves and Nadine Kaslow with the monthly kudos.

Originally hired in the Department of Neurosurgery in the fall of 2014 as the Communications Manager, Douglas was brought on board to help the department create a new SOM website, as well as other manage other communications-related focus areas. From there he added responsibilities within Rehabilitation Medicine before taking on a larger role within the Brain Health Center in the summer of 2016 supporting Psychiatry, Neurology and the Sleep Center. Douglas worked at Emory many years ago in 2005-06 in athletics and recreation before embarking on a public relations tour throughout Atlanta in agency, state organization and nonprofit settings before settling back in at Emory in 2014.

Douglas got into the field of public relations/communications while a student at the University of Tennessee (GO VOLS!), working in the athletic department to help provide support to football, men's basketball, baseball and men's golf as a student assistant and later graduate assistant. From there he moved to Atlanta for his first stint at Emory as the Sports Information Director for Emory athletics. Douglas was in charge of publicizing 18 NCAA Division III varsity athletic programs. At 25-years-old and one of the youngest sports information directors in the country, Douglas found his love of working in athletics to be nearing an end and took a different career path into an advertising agency to hone his skills. From there he became the Communications/PR Manager for the Georgia World Congress Center Authority and oversaw efforts for the Georgia World Congress Center, now-defunct Georgia Dome and Centennial Olympic Park. As the product of two teachers, Douglas felt a different calling to use his PR/communications skills at a nonprofit devoted to dropout prevention by working for Communities In Schools of Georgia. He provided marketing and communications support to local affiliates throughout Georgia where the dropout epidemic was among

the worst. After three years, Douglas knew he wanted to return to higher education and the Emory Neurosurgery job came available and the rest is history.

As the Senior Communications Manager, Douglas most enjoys working with faculty and staff devoted to caring for patients and finding cures/treatments for brain-related conditions. Douglas lost his dad to a degenerative brain disease in 2015 and feels he was put here to do his part to help make the department and Brain Health Center the best it can possibly be. He also enjoys meeting new people on what seems like a daily basis. The department (and BHC) is vast and provides a great opportunity to meet new people and work with them on different projects covering many different areas, which allows him to gain more knowledge about all of the good work being done.

As Douglas looks to the future, he knows the world of communications/public relations is ever-evolving. While staying abreast of the latest trends to help communicate and promote, he hopes to continue working at the BHC and using his skillset to tell the stories of the amazing work being done through the department and center overall.

Outside of work, Douglas can be found attending University of Tennessee football games in the fall as a third-generation season ticketholder in his family. He recently bought a townhouse in the Edgewood neighborhood, so he's newly feeling the pressures of homeownership. He also enjoys traveling, reading, discovering the newest craft breweries and restaurants Atlanta has to offer and binging the next best thing on Netflix.

TRAINEE SPOTLIGHT: Joseph Vinson

Joseph Vinson is a PGY-4 and co-chief resident (with Jessica Chang) of the department's adult outpatient services, which includes the Outpatient Psychotherapy Training Program and the Psychopharmacology Clinic. He is also the resident representative for the GPPA and GME, member of the Diversity and Inclusion Subcommittee, mentor to three other residents (a PGY-3, PGY-2, and PGY-1) and he is on the Psychotherapy Track. Last year he served as the residency President.

Joseph is also a second-year candidate in the Core Program at the Emory University Psychoanalytic Institute, and occasionally volunteers at the mental health clinic at the Clarkston Community Health Center. With funding from the Wellborn Fellowship, he will attend the Experiential Retreat Training Program of the Existential-Humanistic Institute in California next May.

Joseph believes that he targets and hopes for symptom reduction as much as the next guy, but what he really enjoys most about his work is when he can help someone find a more meaningful relationship to some aspect of themselves, others, or life itself.

Joseph is most proud of getting accepting into medical school at the Medical College of Georgia, followed by selecting his future wife as his study partner in med school (she's much smarter than Joseph, so it worked out in more ways than one), followed by

matching at Emory in the residency program, followed by his unsolicited extracurricular essay on shark species in third grade.

Joseph's current goal is to be a successful chief resident, learn as much as he can with his remaining time in residency and then land a good job. He likes adult outpatient psychiatry and appreciates the collaboration, community, education and innovation found in academic settings (if you know anyone who is hiring, feel free to put in a good word for me!). Joseph has been particularly interested in finding creative ways to incorporate spirituality, meaning-making, existentialism and the arts into conceptualization and treatment. If he can figure out how to do that, then he would like to teach that kind of stuff to students and residents in the future. If not, then he'd like to teach whatever he does understand. He hasn't decided yet whether he will pursue full analytic training or just finish out the Core Program, but either way he plans on using psychotherapy with or without meds or other treatments in his practice.

The main thing Joseph does outside of work is try to keep his five-month-old son alive and happy. After that's done, he tries to keep his wife alive and happy (she's an OB/GYN resident). He then devotes what's left of him to playing in recreational soccer leagues. Here is a somewhat random assortment of things he likes to give a better impression of himself: wisecrack content (videos/podcasts), philosophy, Rick and Morty, sour candy, trivia, Radiohead, not cooking and ordering in or getting Freshly meals in the mail instead.

FACULY COMINGS AND GOINGS

WELCOME NEW FACULTY

None reported

THANK YOU TO FACULTY WHO ARE LEAVING

Emory University has been Tanja Jovanovic's academic home for 24 years. She first came to Emory as a graduate student in 1995, and got her masters and PhD in the Psychology Department working with rhesus macaques at the Yerkes Field Station with Harold Gouzoules. Tanja's dissertation work focused on the effects of infant maltreatment on emotional development in an animal model of child abuse. At that time, she was collaborating with Dario Maestripieri and Mar Sanchez to use a cross-fostering design to disentangle nature from nurture in this behavior. When she graduated in 2002, she started a postdoc with Erica Duncan in the Psychiatry Department and the Atlanta VA to continue looking at the effects of trauma, but this time in humans. She had the great privilege of working with Mike Davis to translate a rodent fear-potentiated startle paradigm to humans; this paradigm is designed to investigate impaired inhibition of fear responses during safety cues and has now been used in several large multisite treatment trials for PTSD. Erica and Mike's guidance helped Tanja launch a successful career in psychophysiology of PTSD; she was awarded a F32 and R21 from NIMH using this novel paradigm, and published 13 papers on the method. While she was a postdoc at the VA, I started working with Barbara Rothbaum and Kerry Ressler as part of a Translational grant to study extinction. This was essentially a think tank that allowed junior scientists like herself to learn from experts sitting at the same table, and to develop innovative paradigms to study PTSD. To this day, those are some of her fondest memories!

Tanja joined the Grady Trauma Project in 2008 as a Research Associate, where Kerry and Bekh Bradley gave her freedom to lead the Neurophysiology laboratory and continue growing my expertise in psychophysiology of PTSD. In 2010, she started as an Assistant Professor in the Psychiatry Department and began expanding her knowledge to include genetics, hormonal status, brain imaging and developmental trauma exposure. In 2013 Tanja got her first R01 focusing on the impact of civilian trauma exposure on brain development in school-age children—this brought back her love of asking nature-nurture questions in development. She continued to collaborate with faculty at Emory, such as Seth Norrholm, who is using fear-potentiated startle to examine extinction in veteran populations at the Atlanta VA, and Gretchen Neigh, who studies stress and HIV in rodent models, as well as Alicia Smith, who is a worldrenowned expert in epigenetics. In 2015, when Kerry relocated to Harvard, she took over as Director of the Grady Trauma Project, where she was able to mentor many postdocs and junior faculty who were developing their own expertise in the neurobiology of traumatic experiences. The environment at Emory has allowed her to be very productive, with over 100 publications, two NARSAD awards and six NIH grants. In 2018, with the mentorship of Nadine Kaslow, she was promoted to Associate Professor with Tenure.

Emory has been a place for Tanja to grow her career and develop lifelong friendships along the way. As she prepares to start a new center for trauma research at Wayne State University, she is humbled and grateful to everyone who has led her and prepared her for this next large step in my career.

DIVERSITY CORNER

July 18: Nelson Mandela International Day, launched on July 18, 2009, in recognition of Nelson Mandela's birthday via unanimous decision of the U.N. General Assembly. It was inspired by a call Nelson Mandela made a year earlier for the next generation to take on the burden of leadership in addressing the world's social injustices: "It is in your hands now". It is more than a celebration of Mandela's life and legacy; it is a global movement to honor his life's work and to change the world for the better.

July 30: International Day of Friendship, proclaimed in 2011 by the U.N. General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

RACIAL, ETHNIC AND CULTURAL MINORITY (RECM) FACULTY SUBCOMMITTEE

The RECM's next workshop in the Microaggression Workshop Series is entitled "Microinterventions: Actionable Steps in Response to Microaggressions." It will be held August 7, 2019, at 9:00 am at EP12 in Training Room A.

WELLNESS CORNER

Brain Health Administration is generously sponsoring yoga classes for all BHC Staff and Faculty so mark your calendars for the inaugural BHC yoga class!

WHERE: **EP12 Training Room 1 (first floor)**

WHEN: Thursdays 4:15 – 5:15 PM, starting on Thursday July 11

HOW OFTEN: **Every other Thursday**

BRING: Yoga mat

TEACHER: Marty Yura (Vista Yoga)
RSVP: monika.stojek@emory.edu

Whether you are an experienced yogi or just curious about the practice, do your best to come and re-center. Please don't hesitate to contact Michele Miles (m.l.miles@emory.edu) or Monika Stojek (monika.stojek@emory.edu) with any questions. The BHC will have each participant sign a waiver for recreational activities (they will be available on site).

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Heather Greenspan will be taking the lead for the department's Integrated Behavioral Health Initiative.

Michael Martin has completed his 120-day detail as the Mental Health Service Line Chief with Scott Smith transitioning in as replacement until Bekh Bradley returns to this role.

Martha Ward accepted the role as co-chair of the Admissions Committee of the Emory University School of Medicine.

Monica Ward accepted the position of Associate Director for Grady's Inpatient Service (13A).

Education

Jeffrey Rakofsky co-led a workshop at the 2019 Association of Directors in Medical Student Education annual meeting titled, "Finding Opportunities in Qualitative Research: Framing your Medical Education Research Question" and spent a week in Dharmasala, India teaching an introduction to psychiatry course for the Tibetan medical students and astroscience students as part of the Emory Tibet Medical Science Exchange Program.

Research

Zsofia Kovacs-Balint received honorable mention in the Fellow/Resident/Postdoc Poster Presentation category at BHC Research Day for "Development of amygdala-prefrontal cortex circuits in primates: a longitudinal neuroimaging study in infant macaques."

Cathy Rice and Joe Cubells are co-investigators on "Trimester-Specific Variation in Air Quality and Risk for Autism Spectrum Disorder: A Natural Experiment," a new award

from NIEHS led by colleagues at Johns Hopkins University. The subaward is being processed through Genetics.

Jennifer Stevens won first place in the Junior Faculty/Staff Oral Presentation category at BHC Research Day for "Differential neuroimaging risk pathways for future post-traumatic stress disorder in women versus men."

Bunnell BE, Davidson TM, Winkelmann JR, Maples-Keller JL, Ridings LE, Dahne J, Fakhry SM, Ruggiero KJ. (2019). Implementation and Utility of an Automated Text Messaging System to Facilitate Symptom Self-Monitoring and Identify Risk for Post-traumatic Stress Disorder and Depression in Trauma Center Patients. Telemedicine and e-Health. 10.1089/tmj.2018.0170.

Graves, CC and Hampton, JN (July, 2019). Clinical versus subclinical mental health concerns: Identification and treatment considerations. Presentation for Minority Mental Health Symposium presented by Positive Growth, Inc., National Alliance on Mental Illness (NAMI) DeKalb & Emory University Urban Health Initiative.

Kim YJ, van Rooij SJH, Ely TD, Fani N, Ressler KJ, Jovanovic T, & Stevens JS. (2019). Assocation Between Posttraumatic Stress Disorder Severity and Amygdala Habituation to Fearful Stimuli. *Depression & Anxiety*. 647-658. DOI: https://doi.org/10.1002/da.22928.

Powers, A, Dixon, D, Conneely, K, Gluck, R, Munoz, A, Rochat, C, Mendoza, H, Hartzell, G, Bradley, B, Pace, T, Umpierrez, G, Schwartz, A, Michopoulos, V, & Gillespie, C. (In press). The differential effects of PTSD, MDD, and dissociation on CRP in trauma-exposed women. *Comprehensive Psychiatry*.

Powers, A., Woods-Jaeger, B., Stevens, J., Bradley, B., Patel, M.B., Joyner, A., Smith, A., Jamieson, D.J., Kaslow, N., & Michopoulos, V. (In press). Trauma, psychiatric disorders, and treatment history among pregnant African American women. *Psychological Trauma: Theory, Research, Practice, and Policy.*

Seligowski AV, Lebois LAM, Hill SB, Kahhale I, Wolff JD, Jovanovic T, Winternitz SR, Kaufman ML, & Ressler KJ. (2019). Autonomic Responses to Fear Conditioning Among Women with PTSD and Dissociation. *Depression & Anxiety*. 625-634. DOI: https://doi.org/10.1002/da.22903.

Seyma, K., Lori, A., Kilaru, V., Carter, S., Powers, A., Gillespie, C. F., Wingo, A. P., Michopoulos, V., Jovanovic, T., Ressler, K. J., Smith, A. K. (In press). Association of *HLA* locus alleles with posttraumatic stress disorder. *Brain, Behavior, and Immunity.*

Zhang, H., Dong, L., Watson-Singleton, N.N., Tarantino, N., Carr, E.R., Niles Carnes, L., Patterson, B., & Kaslow, N.J. (2019). Psychometric properties of the Self-Compassion Scale (SCS). *Mindfulness*, *10*, 1395-1405. DOI: 10.1007/s12671-019-01099-6

Honors, Awards, Rankings

As part of PTSD Awareness Day, Expertscape released their rankings of Programs and Experts in Posttraumatic Stress Disorder. Emory was ranked as the #5 PTSD center (out of ~2200 world-wide) and the following faculty members were listed as World Experts from over 24,000 clinician/researchers:

- Kerry Ressler (#2)
- Tanja Jovanovic (#10)
- Barbara Rothbaum (#27)
- Seth Norrholm (#37)
- Bekh Bradley (#54)

David Goldsmith was invited to be a Delegate at the Neuroimmunology and Psychosis meeting at the Wellcome Trust in London, England.

Regina Koepp was selected to serve on the GPA Ethics Committee for a four-year term.

Dorian Lamis obtained his board certification in clinical psychology through the American Board of Professional Psychology.

Abigail Lott obtained her board certified in clinical psychology through the American Board of Professional Psychology, as well as received an American College of Neuropsychopharmacology Travel Award.

Rachel Waford obtained her board certification in clinical psychology through the American Board of Professional Psychology.

Presentations

Regina Koepp presented twice at the Leading Age Southeast Conference on "Deepening a Practice of Cultural Humility in Working with Older Adults" and "Sexual Expression and Consent in Care Communities," provided a key note to 200 women veterans titles "Creating a Care Culture: Evaluating Care for Ourselves and Each Other," coordinated and hosted a full-day CEU Symposium for multidisciplinary mental health providers titled "Women's Health and Health Disparities: Improving Care for African American Women" and presented twice at the Georgia Gerontology Society on "Deepening a Practice of Cultural Humility in Working with Older Adults" and "Intimate Connection and Sexuality in the Context of Dementia Disorders: Benefits, Risks and the Role Our Own Values Play."

Quality and Safety Initiatives and Capital Campaign Initiatives

None reported

Community Benefit Programs and Activities

Chanda Graves and Joya Hampton facilitated an HIV Education Workshop at HERO for Children's Camp High Five 2019.

Facilities

None reported

Emory in the Media

None reported

Other Accomplishments

None reported

ADJUNCT FACULTY KUDOS

As of July 15, Bobby Paul's term as Director of the Emory University of Psychoanalytic Institute (EUPI) ended. During his tenure, the EUPI attained an unprecedented level of financial security, thanks in part to some generous philanthropy. The faculty has grown, as many candidates have graduated and joined the faculty, as well as the addition of four new training/supervising analysts. A half dozen of the EUPI's colleagues have been certified by the American Board of Psychoanalysis, and members serve on major committees at the American Psychoanalytic Association, some in key positions of leadership. The Institute has consistently accepted excellent classes of new candidates on an alternating year basis; three of the twelve first-year candidates have already declared for full analytic training, and more are expected to do so. A new generation of faculty members is now playing an active role in the teaching, administrating and supervising mission of the institute, and he has great confidence in his successor. Stefanie Speanburg. Stefanie will be surrounded by a team of supportive and talented colleagues, and Bobby feels good about leaving EUPI in their capable hands. Already, new ventures have begun in public outreach, research, workshops and collaborations with the Atlanta Foundation for Psychoanalysis, the Atlanta Psychoanalytic Society and the Psychoanalytic Studies Program in the College. The relationship between EUPI and the Goizueta Business School's new Executive Coaching program has flourished and holds great promise for the future. Other institutes continue to look to EUPI as a model for how to organize analytic training in the current climate. EUPI is also continuing to integrate the institute more closely into the Department of Psychiatry, a project continuing to move forward in the years ahead. As for himself, Bobby will return to teaching fulltime in the Department of Anthropology in the Emory College of Arts & Sciences, where he is looking forward to the opportunity to devote more time to his own writing projects. He has no immediate plans to think about retirement.

The new Director of the Emory Psychoanalytic Institute is Stefanie Speanburg. Stefanie has dedicated the last year to working with Bobby to ensure there will be a seamless transition.

Bruce Rudisch has been appointed to the position of Training and Supervising Analyst with the Emory University Psychoanalytic Institute.

TRAINEE KUDOS

Sundaram S, Hughes RL, Peterson E, Müller-Oehring EM, Brontë-Stewart HM, Poston KL, Faerman A, Bhowmick C, Schulte T. (2019). Establishing a framework for neuropathological correlates and glymphatic system functioning in Parkinson's disease. Neuroscience & Biobehavioral Reviews. DOI: 10.1016/j.neubiorev.2019.05.016.

STAFF KUDOS

On August 31, Diahann JohnBaptiste, Emory University Psychoanalytic Institute's Program Coordinator for the last three years, will leave to pursue her own career and devote herself to her many ministry assignments. She will be providing counseling services for DeKalb County Juvenile Justice, as well as expand her local practice of private psychotherapy. Diahann has served EUPI with dedication and infectious good cheer during a period of great progress at EUPI. Join us in wishing Diahann well in her future life. EUPI is fortunate Diahann will be replaced by Ayanna Webb, who is currently employed in the Autism Center in the Department of Psychiatry and at the Addiction Center at the VA.

PERSONAL UPDATES

Kandi Felmet married Mark Schmidt on June 15 in West Midtown.

Chelsea Hickerson and her husband Wesley Stewart welcomed a baby boy Caden Stewart.

Jessica Maples-Keller and her husband Matthew Keller welcomed a baby boy William Thorpe Keller.