



News for Women in Psychiatry

Newsletter of the Association of Women Psychiatrists

Spring 2004
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PRESIDENT'S MESSAGE



Altha Stewart, MD

The world has long been divided along gender lines. The impact on daily life is reflected in such expressions as “boys will be boys,” “women’s intuition,” and “men’s work.” A recent ad campaign reversed the historically negative image of women and made sayings such as “throw like a girl” a good thing. As we enter the final stretch in this current political cycle, I can’t help but think of how the outcome may affect the future of women patients and professionals. It seems we may now be adding to that gender based lexicon “a woman’s place is beside her candidate husband—no matter what.”

We were all elated to hear the good news recently that more women than ever are entering the ranks of medicine. Unfortunately, the bad news is with all the training ahead of them and the potential awaiting them to be fulfilled individuals and competent professionals in their own right, if they wind up marrying another doctor who decides to enter politics (“*big P*”), they can look forward to being mentioned in headlines like the recent one involving presi-

dential candidate Howard Dean that say “*Dean needs his doctor wife to surface, heal campaigner.*” The article goes on to say that while Dean’s wife, Judith Steinberg, MD, is to be admired and respected by many women for maintaining her practice and not going out on the campaign trail with her husband, political analysts question whether she might be more helpful (a la Kitty Dukakis) in warming up the “emotionally chilly Dean...to illuminate his softer side”—in other words, be a “good political wife.” The article calls her a “ghost...who is so thoroughly disengaged from her husband’s wild political ride...that she wouldn’t be recognized by the same reporters who have covered her husband’s every move for the past two years.” It ends with the words, “Physician, heal thy spouse,” implying her presence with him on the campaign stump might slow his transition from frontrunner to long shot. Talk about your home court disadvantage! By the way, while Steinberg was the focus of the article, the non-MD political wives fared no better. The only thing missing from the descriptions of their behaviors in the role of “helpmeet” was some background music, say a chorus of “Stand By Your Man.” I’ve never been a political wife but I’ve got to believe that we want more in our male elected officials than a wife who gazes adoringly at him while he speaks or “cheerfully endures his Dick and Jane jokes.”

I can remember a time not too long ago when women physicians were criticized for not being serious about practicing medicine, as evidenced by their ability to shift to part-time practice or stop practicing altogether when family or life events occurred which led them to “choose” family over work. I’m sure Steinberg has been deluged with the question of whether she’ll follow the Abby Bartlet model from TV’s “West Wing” or follow the real life model of Hillary Clinton

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and set aside her career for the good of her husband and the country if he wins (at least until he's out of office and then maybe she'll run for governor of Vermont!!). And I have to ask, if the situation were reversed and she was the candidate, would anyone suggest Dean put *his* practice on hold to campaign for *her*? Let's hope that Steinberg makes the best decision for her, personally and professionally, no matter what the political pundits and media talking heads say. So far she's measuring her success by her accomplishments and not by recognition from outsiders or playing by their rules.

Now, what does all of this have to do with the increased number of women entering the medical profession and what the future holds for them? Those of us old enough to remember the early days of women/gender issue curriculum development experienced some of these dynamics firsthand. The early resistance of male psychiatrists (residents and faculty) to including "women's issues" revealed some interesting facts:

- Many believed women experienced no significant discrimination in their training or practice life.
- Many feared an upset in their personal lives regarding their female significant other's role.
- Many had no awareness of difference between their personal beliefs and any potential impact on therapeutic issues with

women patients.

In addition, women were perceived to have power which would upset established institutions or relationships if they were allowed into the inner circle. Since power is defined as "the capacity to produce a change," I think you'd agree that if we really had the power, things would be different right now. Maybe it's just me, but it seems that the more progress we make, the more work we have before us. What is the message for the young women entering medicine at the highest rates in our history?

Let's hope they are able to reconcile some of these contradictory expectations of society (such as those facing Steinberg) as they join our profession. Four such expectations were identified in a study involving professional women conducted several years ago by the Center for Creative Leadership. I first shared these positions several years ago during a presentation describing my own experiences in leadership, and I pass them on now for consideration by our young colleagues.

Take Risks, But Be Consistently Outstanding: To achieve the breadth of experience required to reach the top in their chosen profession, women must take more risks than men. Because of the high visibility of the few women in top positions, there is little leeway for mistakes and little allowance for weaknesses. Their performance must be outstanding, no matter the degree of difficulty.

Be Tough, But Don't Be Macho: The leaders interviewed for the study gave high praise

to women willing to make decisions and to take a tough stand. Somewhere in between these two extremes is a relatively safe zone to which some successful women confine themselves, where they are obviously female and easy to be with yet strong-willed and thick-skinned enough to pass muster.

Be Ambitious, But Don't Expect Equal Treatment: Equal employment opportunity legislation expanded opportunities for women to fulfill their professional ambitions and dreams. These new opportunities carried a price, however; the women were expected to put the job first and family second (if at all!) This sentiment of course, runs counter to the cultural obligations to marry, have children, manage the household, and as in the case of Steinberg, drop everything to support your husband.

Take Responsibility, But Follow Others' Advice: This was especially important with regard to managing one's career. Those interviewed from the ranks of senior management felt it was the individual's responsibility to decide what she wanted and to go for it. On the other hand, they often expected the women to accept whatever advice they offered regarding career moves.

Let's hope these expectations related to gender differences don't go the way of the recent AHRQ national report card on healthcare disparities—exhaustive investigation and data collection and intensive analysis of that data followed by a thorough cleansing, after which

President's Message continues on back cover

News for Women in Psychiatry

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www.womenpsych.org

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Status Update on DSM-V Process and Gender Differences

DSM-V is supposed to come out in 2011. Incidentally, that is the year APA is meeting in Honolulu! In preparation for *DSM-V*, it was decided to write a research agenda to guide research over the next five years such that we will have data on areas which are problematic or about which there are insufficient data. The original research agenda two years ago was planned to have five chapters, but at the last minute, a sixth chapter on culture was added. The authors of the book (which was passed out for free at APA 2003 in San Francisco) are David Kupfer, Darrel Regier and Michael First. The Committee on Women has advocated for more attention to gender differences.

This was started under Donna Stewart followed by Deborah Spitz and now by me. Kathy Wisner served as the token woman on two of the six chapters in the research agenda. The culture chapter was set up so that a member of the culture group was part of each of the other five groups. Last year a committee on gender was formed. Katharine Phillips appears to be a very able head of this effort. Although the focus of her work has not been gender differences, she has experience with nosology. The committee has had telephone conferences and will meet this spring. They will consider topics which have been suggested but cannot cover all topics. There has been an active debate about *DSM-V* on the AWP listserv and some member have quit the listserv because they do not want to get so many email messages. The members of the Gender Work Group and their areas of expertise are Katharine Phillips, MD (Chairperson) (Somatoform, Mood), Adrian Angold, MRCPsych (ADHD), Margaret Altemus M.D. (Mood), Cheryl Boyce, PhD, Bridget Grant, PhD, PhD—NIAAA (Addiction, Epidemiology), Katherine A. Halmi, MD (Eating Disorders), Christine Marcelle Heim, PhD (Stress), Regina Dolan-Sewell, PhD, M. Katherine Shear, MD (Anxiety), Myrna M. Weissman, PhD (Mood), Thomas Widiger, PhD (Personality), Katherine Leah Wisner, MD (Mood), Kimberly Ann Yonkers, MD

(Mood). Notably there is no one on the committee with special expertise in schizophrenia; gender differences in schizophrenia increasingly have been described in the literature by Mary Seeman and others. The *DSM-V* planning process also includes 10-11 conferences over the next five years on specific topics and are supposed to include one member of the Gender Work Group. The proposed eleven conferences are: 1) Deconstructing *DSM/ICD* "psychosis"; 2) Diagnostic Issues in Substance-Related Disorders; 3) Revamping the Diagnostic Boundary of Personality Disorders; 4) Nosological Issues in the Diagnosis of Dementia; 5) Methods Conference; 6) Nosologic Implications of Comorbid Anxiety and Depression; 7) Nosological Implications of OCD Spectrum; 8) Stress-related Disorders—Role of Life Events and Environmental Factors in the Pathophysiology of Mental Disorders—Nosological Implications; 9) Neurasthenia and Somatoform Presentations of Disorders; and 10) Public Health Implications of Diagnosis and Classification.

The committee on gender will review literature and formulate a research agenda with regard to gender issues. If you are familiar with specific studies or bodies of knowledge which you feel the committee should review or if you have ideas about specific hypotheses which should be studied/tested, send them to Katharine Phillips at Katharine_Phillips@brown.edu or kphillipsmd@earthlink.net. There will also be a website for input into *DSM-V*. Stay tuned.

Leslie Gise, MD

Chair, Committee on Women

APA Division of Education Update

2004 is the first year that psychiatrists, board certified after October 1, 1994, will be required to take and pass a recertification exam in order to maintain board certification. Deborah Hales, MD, Director of the Division of Education, Minority and National Affairs, has focused much of her attention on creating the educational tools necessary for the APA to help members keep up with new developments

in clinical practice and prepare to take the exam.

One highly successful initiative has been the creation and publication of the journal, *Focus: The Journal of Lifelong Learning in Psychiatry*. *Focus*, which made its debut in January, 2003, is a clinical review journal for practicing psychiatrists to use in reviewing all the important clinical areas of psychiatric practice, and is based on the topic areas for the recertification examination published by the American Board of Psychiatry and Neurology (ABPN).

The *Journal* is designed to review those topics over a three-year cycle. Each quarterly issue explores one major topic in psychiatry with a selection of an original clinical article, a comprehensive review article summarizing current research, influential publications including practice guidelines, and self-assessment exams. In 2003 the *Journal* covered bipolar disorder, substance abuse, posttraumatic stress disorder, and forensic and ethical issues.

Focus also gives members the opportunity to earn as many as 40 CME credits a year by completing the quarterly quiz in each issue and the self-assessment exam at the end of the year. A subscription to the *Journal* includes a mailed paper copy as well as Web access. Those who wish to take their self-assessment exams on the Web can do so quickly and easily. Upon completion of the exam, a CME certificate is available to print. Subscribers also receive performance guidelines that enable them to compare the results of their self-assessment exams with those of their peers.

Grand Rounds Online is another new, practical educational program developed for APA members. The program allows members to participate, through a listserv, in discussing topics of significant interest with experts in the field and with their colleagues nationwide. PTSD, patient safety, cultural issues, ethics, peripartum, disability and work are topics which were covered in 2003. Six more are planned for 2004. Members receive up to two credits of free CME for each session. The

Rounds are archived and members may access them at the Members Corner website.

There are other continuing medical education offerings on the APA website. And the annual meeting (also the responsibility of Dr. Hales) continues to provide a vast array of educational opportunities for psychiatrists to keep up with new developments in clinical practice.

All the new programs and products are being developed with an eye to the future. The recertification exam is only one component of what the American Board of Medical Specialties (ABPN is a member) intends to be a lifelong "maintenance of certification" program involving four components: evidence of professional standing, evidence of self-assessment and lifelong learning, evidence of cognitive expertise (the recertification examination) and evidence of performance in practice. The programs are also being developed with an eye to ease of availability and use.

This is especially important for women psychiatrists within the 10-year period after graduation and certification.

Judith Carrier, PhD

Director, Department of Career Development and Women's Programs

Committee on Women Illinois Psychiatric Society

Last fall, the Illinois Psychiatric Society held a Sunday leadership brunch for women psychiatrists in Illinois. We were very gratified by a turnout of over 70. Both APA members and non-members, those whom we could reach, were invited, and we recruited several new APA members.

Joan Anzia, President-Elect of the IPS, gave a talk about women's participation and leadership in the APA and IPS. I gave a talk on anxiety disorders and also an update on activities at the APA level, including our successful instigation of a gender workgroup to identify knowledge gaps to be addressed as we work towards *DSM-V*.

The event was entirely supported by Pfizer Pharmaceuticals. Their arrangement of a lovely brunch at the Four Seasons Hotels was no doubt a significant reason for our success. We have already scheduled a repeat event for September of 2004, and the APA President-Elect Michelle Riba is hoping to find time in her demanding schedule to give the keynote address.

This event is testimony to the ongoing interest in and need for women to network with colleagues and to have personal contact with APA and District Branch leaders. We hope opportunities like this will be made more widely available. Please don't hesitate to contact me (nadast@aol.com) or Joan (JoanDoc2@aol.com) for advice about setting up and nurturing a Committee on Women in your part of the world.

Nada Stotland, MD, MPH

Secretary

American Psychiatric Association

— AWP —

Take Note

MINUTES AWP Annual Membership Meeting May 19, 2003 San Francisco, CA

The meeting was called to order at 7:45 p.m. by the President, Silvia Olarte, MD. Olarte recognized guests from Wyeth Pharmaceuticals, Marcia Goin, MD, President of the APA, Rosalind Seligman, MD, APA Caucus on Women, and Deborah Spitz, MD, APA Committee on Women Chair.

Nancy Andreason, MD, gave the plenary presentation. The Executive Committee made the awards presentations. The Butterfield Early Career Award: Josepha Cheong, MD; The Leah Dickstein Award: Jaya Agrawal; the AWP-Wyeth Fellows: Glese Verlander, MD, and Sonya Rasminsky, MD.

Deborah Spitz, MD, Chair of the APA Committee on Women reported that the most important thing we are working on is the *DSM-V*. Darrell Reiger, MD and Jay

Scully, MD of the APA are meeting with the CW to appoint work groups to weave women's issues into each area of *DSM-V*. Spitz asked for anyone interested in serving on a work group to contact her.

Olarte thanked Mark Charles, Angela Lukin, Grayson Hausman and Linda Harris from Wyeth Pharmaceuticals for their continued support.

The fiscal year will now operate on a January-December year and the bylaws will be changed accordingly.

Leah Dickstein, MD, Chair of the Nominating Committee, announced the following slate of officers for 2003-2005: President: Altha Stewart, MD; President-Elect: Mary Kay Smith, MD; Treasurer: Tana Grady-Weliky, MD; Treasurer-Elect: Ruth Frydman, MD; Secretary: Cheryl alMateen, MD; Secretary-Elect: Eva Szigethy, MD; Councilors Christine Marks, MD and Josepha Cheong, MD

Stewart, President, reported that the AWP is interested in developing the Irma Bland Award in community psychiatry.

Meeting adjourned at 8:45 p.m.

Welner's Guide to the Care of Women with Disabilities Now Available for Health Care Professionals

While the health care community has grown more sensitive to the health needs of the disabled, very little information is available to guide their competent care. Filling that void is a new resource book for physicians, nurses, and other care providers that addresses the unique challenges faced by disabled women who seek routine medical care.

Welner's Guide to the Care of Women with Disabilities, edited by Sandra Welner, MD, and Florence Haseltine, PhD, MD, offers practical advice on fundamental issues such as physical examination, nutrition, exercise, sexuality, victimization, and access to care, as well as information on specific disabilities such as neurological impairment, rheumatological illness, blindness, and deafness. The book provides guidance on managing medical problems that warrant special consideration in disabled women: pain, osteoporosis, anesthesia, incontinence, infertility, depression and psychotropics, substance abuse and hormonal management. Almost 30 million women in the United States are disabled, according to the National Institute on Disability and Rehabilitation Re-

search in the U.S. Department of Education.

Welner, the book's chief editor, was a disabled physician who suffered a debilitating stroke while in medical school. She regained her independence after five years of arduous neurological rehabilitation and dedicated her career to improving care for disabled women. She died from accidental causes in 2001. "Dr. Welner had a vision that persons with disabilities need individualized care," said Heseltine, who founded the Society for Women's Health Research and now serves on its board of directors. "After she became disabled, I knew her as a determined advocate for women's health. This book incorporates her spirit, as well as her ideas."

The guide is published by Lippincott Williams & Wilkins. Individuals who order the book through the Society for Women's Health Research web site, www.womens-health.org, will receive a 10% discount.

Presidential Candidates' Views on Women's Health Research

The Society for Women's Health Research launched today VoteWomensHealth.org, a web

site that provides voters with the presidential candidates' views on key women's health research issues. A voter educational service, the Web site features the candidates' unedited opinions on five questions and does not reflect the views of SWHR, which does not endorse candidates.

The APA is part of the Medical Advisory Board of the SWHR.
Nada Stotland, MD

Web Site Review: Jacob Waletzky Memorial, Lucy Waletzky, MD, with Marsha J. Handel, www.jacobwaletzky.com

The **Jacob Waletzky Memorial** is a web site focused on addiction treatment for patients, their families and physicians. The site's creator is Lucy Waletzky, MD, a Fellow of the American Psychiatric Association, with assistance from Marsha J. Handel, a medical librarian at the Center for Health and Healing at Beth Israel Medical Center.

One section of the site, *Addiction Recovery Guide*, links to a very helpful ar-

ticle by Alan Leshner, MD, former head of the National Institute on Drug Abuse at the National Institutes of Health, on the nature of addiction. In "Addiction is a Brain Disease," Leshner delineates how drug dependence causes organic changes in the brain: "Addiction involves inseparable biological components. It is the quintessential bio-behavioral disorder... caused by persistent changes in brain structure and function." Thus, contrary to popular sentiment: "an addict cannot simply stop using drugs by sheer force of will alone."

Of particular interest to patients and suffering family members are sections of the site devoted to "Treatment Options," including holistic, behavioral and pharmaceutical approaches, as well as a message board. Practitioners will find this site to be of great assistance when asked to provide quick, sensible online reading for such special patients.

Ildiko Mohacsy, MD

Association of Women Psychiatrists Membership Application Form

www.womenpsych.org

Name: _____ Date: _____
Last First MI

Address: _____
Street City State/Province Postal code

Phone (office): _____ Home: _____ Fax: _____ E-mail: _____

Medical school: _____ Year of graduation: _____

Psychiatric residency training: _____ Year completed (or to be completed): _____

Postgraduate education: _____ Year completed: _____

Areas of special interest in psychiatry: _____

Board Certification in Psychiatry and Neurology Yes ___ No ___ Other Board Certification: _____

APA Member Yes ___ No ___ AMWA Member Yes ___ No ___ AMA Member Yes ___ No ___

Member of APA Council/Committee or Other Yes ___ No ___ Please specify _____

Have you put in a written request to APA President-elect for Committee/Council Appointment? Yes ___ No ___

If yes, which APA component would you like to serve on? _____

Which AWP Committee would you be interested in chairing or becoming a member of? _____

Signature: _____ Date: _____

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Part-time Member: \$45.00

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LETTERS

FALSE MEMORY SYNDROME

To the Editor:

As a psychiatrist who has worked with many women who are dealing with the sequelae of childhood sexual abuse, I am bothered and concerned about the article by Pamela Freyd, PhD, in the Fall 2003 issue of *News for Women in Psychiatry*. She totally dismisses the existence of intergenerational satanic ritual abuse even though she acknowledges that several respected psychiatrists have accepted the fact that such abuse does indeed exist.

I hope that you plan to have an article refuting the "facts" that Frey so glibly stated. The *DSM-IV* does list a diagnosis of dissociative identity disorder and item C states "Inability to recall important personal information that is too extensive to be explained by ordinary forgetfulness."

I am truly surprised that you would have an article which presents a biased view with no acknowledgment that this is one opinion about a controversial subject.

I enjoy the newsletter and appreciate the informative articles.

Frances S. Campbell, MD
Terre Haute, IN

Pamela Freyd replies:

My article reviewed the rise and fall of a tragically flawed set of scientifically invalid propositions that caused untold

suffering to thousands of innocent families. I noted, however, that "there is much truth in the saying that 'old beliefs die hard.'" and, further, that "there is still a gap between what the science says and public and professional understanding."

Campbell's letter adds support to my article. Campbell writes: "She totally dismisses the existence of intergenerational satanic ritual abuse even though she acknowledges that several respected psychiatrists have accepted the fact that such abuse does indeed exist." What I actually said was: "Psychiatrists Bennett Braun, MD, Jean Goodwin, MD, Richard Kluff, MD, Roland Summit, MD, and Walter Young, MD are examples of well-trained and credentialed professionals who expounded in print and training videos on the treatment of survivors of intergenerational satanic ritual conspiracies, even though there is no evidence for the existence of such conspiracies." In short, what I suggested is that the endorsement by well-educated individuals of scientifically unaccepted theories remains a problem for the field.

If Campbell has evidence of the existence of intergenerational satanic ritual abuse cults, I trust that she will take the evidence to the appropriate law enforcement authorities. With her evidence the FBI might indeed refute the studies by psychologist Gail Goodman, PhD, anthropologist Jean La Fontaine and the FBI's own expert on the subject, Ken Lanning. These studies have all shown that the

ritual abuse cult stories cannot be substantiated, indeed, that the stories of intergenerational satanic ritual abuse can be understood most fruitfully in the context of social contagion.

I agree with Campbell that the *DSM-IV* includes in its descriptions of "Dissociative Identity Disorder" the criterion that "Inability to recall important personal information that is too extensive to be explained by ordinary forgetfulness." Needless to say this characterization can be readily applied to physical or chemical insults to the brain, various brain dysfunctions, and neural degeneration as occurs in diseases such as Alzheimer's. Unfortunately, scientific evidence that supports this phenomenon based on psychogenic factors is lacking.

It remains for practitioners to clean up some of them myths that have been perpetrated in this field. When Harrison Pope, MD, surveyed American psychiatrists in 1999, he found that only 21% of the respondents thought that there is strong evidence of the validity of Dissociative Identity Disorder. He found that a much larger percentage of respondents (43%) thought that the diagnosis should be included, but only with reservations such as inclusion only as "proposed" diagnoses.

Pamela Freyd, PhD
Executive Director
False Memory Syndrome Foundation

Feature Article

Evolution of a Personal Growth Resource for Psychiatric Trainees

(Adapted from the Introduction to: *A Resident's Guide to Surviving Psychiatric Training* edited by Tonya A. Foreman-El-Masri, MD and Leah J. Dickstein, MD)

In the spring of 1999, 25 psychiatric residents met in White Plains, New York, to begin a two-year term as Sol Ginsburg Fellows with the Group for the Advancement of Psychiatry

(GAP). As Ginsburg Fellows, we were invited to attend biannual meetings of the GAP and serve on standing GAP committees with distinguished psychiatrists from throughout the United States. In addition, Dr. Leah Dickstein, our surrogate mother and Chairperson of the Ginsburg Fellows Committee for GAP, gave us the daunting task of developing a project "that would contribute to the field of psychiatry." We spent several hours scratching

our heads and wondering what we, as psychiatric residents, could contribute to the field. "We're not experts at anything yet," we told each other. Then it dawned on us: we were experts at being psychiatric residents! We represented training programs from Hawaii to Kansas to Canada. Collectively, we formed a rich tapestry of experiences as psychiatric residents and as individuals. We decided to write a book to help psychiatric residents cope with the day-to-day stress of residency training.

The Ginsburg Fellows decided that our book would be non-clinical in nature and would focus on personal and professional development during residency training.

Each Ginsburg Fellow was assigned two chapters to write. The APA Committee on Women graciously joined the effort, and several members wrote additional chapters to address gender issues and other specialized topics. Carol Nadelson, Donna Stewart, and Deborah Hales were enormously helpful in facilitating the development of the project.

Chapter topics in *A Resident's Guide to Surviving Psychiatric Training* include the following:

Learning Curves: How to Maximize Your Educational Experience

- Psychiatrists are “Real Doctors” Too: Finding Your Place in the World of Medicine by Monica Radford Green, MD
- How to Maintain Your Basic Medical Skills by Monica Radford Green, MD
- A Resident’s Guide to Keeping up with the Literature by Jason Wuttke, MD, MPH
- Sleepless in Psychiatry: How to Survive on Call by Laura Davies, MD
- How to Get the Most out of Your Psychotherapy Supervision by Beth Boyarsky, MD
- Doing Research as a Resident by Lisa Kotler, MD
- Finding and Developing a Relationship with a Mentor by Beth Boyarsky, MD
- Residents and the Pharmaceutical In-

Dr. Leah Dickstein...gave us the daunting task of developing a project “that would contribute to the field of psychiatry.”

dustry by Ashley Wazana, MD

Standing Out in the Crowd: How to Become a Psychiatric Leader

- Your Role as a Team Leader by Ashley Wazana, MD
- See One, Do One, Teach One: Your Role as a Teacher by Jason Wuttke MD, MPH
- How to be a Chief Resident by John Barker, MD
- Getting Involved: Participating in Professional Organizations by Daniel Martinez, MD
- Being Assertive in Your Professional Roles by Leah J. Dickstein, MD
- Awards and Fellowships for Psychiatric Residents by Nancy Delanoche

Taking Care of Yourself During Psychiatric Residency

- Charting Your Course: Balance in Your Personal and Professional Life by Brian Kubacak, MD
- Benefits (and Pitfalls) of Getting Your

Own Psychotherapy by John Barker, MD

- Parenthood and Residency: Negotiating Parental Leave by Laura Davies, MD
- Spirituality and the Psychiatric Resident by Daniel Martinez, MD
- Romance, Relationships, and Residency by Beth Boyarsky, MD
- Opening the Closet Door: Residency and Sexual Preference by Leah Dickstein, MD

And Justice for All: Legal Issues in Psychiatric Training

- Sexual Harassment: Your Don’t Have to be a Victim!
- Gender Bias Issues by Leslie Hartley Gise, MD
- Your Personal Mental Health: The Foundation of Your Career by Leah J. Dickstein, MD
- When Attending Physicians Appear Impaired by Leah J. Dickstein, MD

Entrusted to Your Care: Special Issues

Then it dawned on us—we were experts at being psychiatric residents!

ASSOCIATION OF WOMEN PSYCHIATRISTS

The Association of Women Psychiatrists (AWP), was founded in 1983 by Alexandra Symonds, MD, to facilitate mentoring and leadership development among women psychiatrists, as well as to promote the health and mental health of all persons, particularly women.

AIMS AND PURPOSES:

- Form a national and international network of women psychiatrists
- Improve communications and provide support to women psychiatrists
- Promote women psychiatrists into leadership positions in all aspects of health care
- Collect and disseminate information on women’s mental health issues
- Encourage and support activities and research in women’s mental health issues
- Advocate for just legislation for women
- Encourage women psychiatrists to actively participate in the American Psychiatric Association, both locally and nationally
- Influence the policy and procedures of the American Psychiatric Association and to work collaboratively to achieve the same ends.

in Caring for Patients

- Understanding the Diverse Cultures of All Patients by Cathy K. Bell, MD
- Looking the Part: Professional Attire by Melva Green, MD
- When It's Time to Say Goodbye: Terminating with Patients when You Leave by Tonya Foreman-El-Masri, MD
- When Disaster Strikes by Margaret Fang, MD

Cutting Edge: Psychiatry and Technology

- Internet Resources by Ashley Wazana, MD
- Telepsychiatry by Susan Watrous, MD

Personal Finances During Residency Training

- Moonlighting for Residents by Maria Leonido-Yee, MD
- Debt Management: Avoidance Equals Interest Accrual by Brian Kubacak, MD

The Bottom Line: Financial Issues in the Practice of Medicine

- Coping with the Changes in Medicine that Affect Residency Training by Amanda G. Smith, MD
- Dealing with Managed Care in the Outpatient Setting by Amanda G. Smith, MD

A Look Toward Your Future as a Psychiatrist

- Couch Time: Psychoanalytic Training by Khleber Chapman Attwell
- Subspecialty Training in Psychiatry by Caroline Fisher, MD, PhD

Roadmaps: Sample Patient Documents

- Sample Resident Admission Note and Hospital Progress Note by Todd S. Cox, MD

During the evolution of *A Resident's Guide to Surviving Psychiatric Training*, the authors completed a variety of fellowships, discovered the challenges of parenthood, struggled through divorces, had papers published, and graduated from residency to take "real jobs." We even started paying back our medical school loans! We have embraced the idea that we are indeed experts at surviving psychiatric residency.

The contributors to this book realize from firsthand experience that the vicis-

The book can be used as a resource for current psychiatric residents and as a recruitment tool for future psychiatric trainees.

situdes of everyday life do not stop for psychiatric residents. Even though residents are emotionally, intellectually, and physically exhausted by the demands of training, their dogs still have to go to the vet, their cars break down, and their laundry inexplicably multiplies in the hampers. Residents are asked to spend much of their time and energy tending to the needs of others. As some of their own needs go unmet, residents can become disillusioned or cynical. In order to complete residency and become the physicians they envisioned when they filled out their medical school applications, successful residents have to develop skills and coping mechanisms that allow them to manage their own lives as they take care of others.

With funding assistance from Wyeth-Ayerst, the APA published *A Resident's Guide to Surviving Psychiatric Training* in May 2003. The handbook was released at the APA Annual Meeting in San Francisco. The book can be used as a resource for current psychiatric residents and as a recruitment tool for future psychiatric trainees. In addition, *The Guide* can be used as a springboard for personal and professional growth seminars in residency training programs. If enough interest exists, the book may be expanded to include additional topics and reprinted. Broader applications of this type of resource may exist for other medical specialties. I would be interested in collaborating with colleagues who would like to develop a similar guide for medical students or residents in other medical specialties. I can be contacted at: Tforeman@fssa.state.in.us Copies of *A Resident's Guide to Surviving Psychiatric Training* are available, free of charge, by contacting the APA Answer Center at (703) 907-7300, or by emailing: fulfillment@psych.org
Tonya Foreman-El-Masri, MD

Commentary from Dr. Dickstein:

A Resident's Guide to Surviving Psychiatric Training is clearly a healthy and needed foundation for all residents, re-

gardless of location, gender, age, or level of training. The 1999 Ginsburg Fellows arrived in White Plains, NY, ready to learn from senior scholars. However, they soon realized they could simultaneously contribute via their publication, *A Resident's Guide to Surviving Psychiatric Training*.

I was blessed at the time to be chair of the group and honored to be able to encourage their project using my teaching skills honed through teaching sixth grade Brooklyn inner city students, Belgian students learning English, and University of Louisville medical students and residents. The most important and fundamental factor that enabled *The Guide* to take form in its unique, concise, honest, and good-humored style was its editor, Tonya Foreman-El-Masri. The guide was her brainchild. After her first GAP meeting, Tonya went home, conceived the idea of a coping skills manual for residents, and sent me a nearly complete table of contents. By the second GAP meeting, we were able to enlist the help of the other Ginsburg Fellows to write the chapters. In her brilliantly creative manner, Foreman-El-Masri got her colleagues "to produce."

As the book progressed, members of the American Psychiatric Association's Committee on Women collaborated with the Ginsburg Fellows to contribute chapters that would be sensitive to the special needs of women and minorities. Doctors Margaret Fang, Caroline Fisher, Leslie Hartley Gise, Melva Green, Lisa Kotler, and Maria Leonido-Yee, all members of the APA Committee on Women, contributed chapters to *The Guide*.

The final product, *A Resident's Guide to Surviving Psychiatric Training*, contains 40 chapters divided into 10 sections, totaling 105 pages.

Dear colleagues, my final messages:

- Obtain a copy from APA and insure that every training program provides a copy to each trainee.
- Do your part, wherever you live, by spreading the good word about the priceless guide these courageous young colleagues brought successfully to fruition.
- Remember that it's never too late to learn to take better care of ourselves. This makes all the difference in what kinds of lives, both personal and professional, we experience.

Leah J. Dickstein, MD

Guilford Press

Full page Ad

48th Annual MEETING

SHERATON NEW YORK HOTEL AND TOWERS, NEW YORK, NY
April 29–May 2, 2004

**Psychodynamic Education: Assertive Approaches
Symonds Symposium: Women, Assertion and Anger
Tribute to Judd Marmor, MD**

o Women

FRIDAY, APRIL 30, 2004

11:00 AM – 12:30 PM

PANEL IV: PSYCHODYNAMICS IN THE PUBLIC SPACE

Presenter: Alvise Orlandini, MD (Milan, Italy) *Psychodynamic Training on Sexual Violence Effects in Addis Ababa, Ethiopia: A Transcultural Experience*

12:30 PM – 2:00 PM

WORKSHOP: INTEGRATING FAMILY AND COUPLES THERAPY INTO A PSYCHIATRIC RESIDENCY PROGRAM

Chair: Ian Alger, M.D. (New York, NY)
Panelist: Linda Greenberg, MSW (New York, NY)*
Panelist: Philip Lee, MD (Rye, NY)*
Panelist: Anita Menfi, MA, RN, MA (New York, NY)*
Panelist: John Pareja, MD (Hartsdale, NY)*
Panelist: Diane Rudolph, MD (Rye, NY)*
Panelist: Fred Sander, MD (New York, NY)*

5:15 PM - 6:30 PM

KEYNOTE ADDRESS

Introduction and Welcome: Ann Ruth Turkel, MD (New York, NY)
Keynote: Marcia Goin, MD, PhD (Los Angeles, CA) President, American Psychiatric Association *The Dynamics of Dynamic Psychiatry*

SATURDAY, MAY 1, 2004

9:00 AM – 12:00 PM

SYMONDS SYMPOSIUM: WOMEN, ASSERTION AND ANGER

Co-Chairs: Leah Davidson, MD and Ann Ruth Turkel, MD

Opening Speaker

Ann Ruth Turkel, MD (New York, NY)

Alexandra, Assertion and Anger

Chair: Ann Ruth Turkel, MD (New York, NY)

Presenter: Ethel S. Person, MD (New York, NY)*

Personal Power and the Cultural Unconscious: Implications of Psychoanalytic Theories of Sex and Gender

Presenter: Clarice Kestenbaum, MD (New York, NY)

The Professional Mother's Dilemma After Retirement

Presenter: Ildiko Mohacsy, MD (New York, NY)

Trauma and the Art of Artemisia

Presenter: Miltiades Zaphiropoulos, MD (New York, NY)

Need Self-Affirmation in Women be Different From That of Men?

Discussant: Marianne Eckardt, MD (Laguna Woods, CA)

12:00 PM – 1:30 PM

LUNCHEON (Separate registration fee, open to all meeting attendees)

Presenter: Leah Davidson, MD (New York, NY)

Icons, Role Models and Mentors—Psychoanalytic Considerations

Discussant: Sandra Slipp, PhD (New York, NY)*

Mentor Award Presentation to Academy Members:

Presenter: Joseph P. Merlino, MD, MPA (New York, NY)

Helen De Rosis, MD (Posthumous)

Clarice Kestenbaum, MD

Jean Baker Miller, MD

Silvia Olarte, MD

Lillian Robinson, MD

Ann Ruth Turkel, MD

1:30 PM – 2:30 PM

Chair: Leah Davidson, MD (New York, NY)

Presenter: Sharon West, MD (Lumberton, MS)

The Impact of Psychiatric Records of Divorce Action

Discussant: Suzanne K. Bracker, Attorney (New York)*

2:30 PM – 5:15 PM

Chair: César Alfonso, M.D. (New York, NY)

Presenter: Silvia Olarte, M.D. (New York, NY)

Patriarchal Societies and Female Anger: The Latino Experience

Presenter: Altha Stewart, M.D. (Memphis, TN)*

My Last Good Nerve: Anger and Black Women
Presenter: Mikiyum Kim, M.D. (New York, NY)
Korean Women: Anger and Assertion—Old and New
Presenter: Judith Merion, M.D. (Scarsdale, NY)
Schlugging Kapores: A Dual Perspective on Aggression in Jewish-American Women

5:30 PM – 7:00 PM

PRESIDENTIAL ADDRESS

Introduction and Welcome: Ronald N. Turco, MD (Beaverton, OR)
Speaker: Ann Ruth Turkel, MD (New York, NY)
Sugar and Spice and Puppy Dogs' Tails: The Origins of Bullying

SUNDAY, MAY 2, 2004

10:15 AM – 12:15 PM

**THE ACADEMY HONORS THE LIFE AND WORK OF
JUDD MARMOR, MD**

A Tribute to One of the Academy's Most Distinguished Found-

ing Members
Chair: Joseph P. Merlino, MD, MPA (New York, NY)
Presenter: Ian Alger, MD (New York, NY)
Dr. Marmor: Leader
Presenter: Marianne Eckardt, M.D. (Laguna Woods, CA)
An Analyst's Analyst
Presenter: Jack Drescher, MD (New York, NY)
Dr. Marmor, Psychiatry and Homosexuality
Presenter: James Eaton, MD (Washington, DC)
Humanist and Educator
Presenter: Michael F. Marmor, MD (Stanford, CA)
Father
Audience Tributes

The American
Psychiatric Association

2004

ANNUAL MEETING

**NEW YORK, NY
May 1–6, 2004**

o Women

SATURDAY, MAY 1, 2004

12:30 p.m.-3:30 p.m.

Industry-Supported Symposia

IS2. Preventive Psychiatry in Mood Disorders: A New Frontier

- A. Identification of Risk Factors for Development of Depression: Focus on Early-Life Trauma *Charles B. Nemeroff, MD*
- B. Achieving the Optimal Balance Between Treatment of Maternal Depression and Infant Medication Exposure *Zachary N. Stowe, MD*

6 p.m.-9 p.m.

Industry-Supported Symposia

IS6. The Role of Dopamine in Health and Illness: Science to Practice

- E. The Role of Dopamine in the Neurobiology of Sexual Dysfunction *Abdelouahed Elmouchtari, MD*

IS7. Impulsivity: Emerging Clinical Perspectives

- D. Addressing Impulsive Behavior in Eating Disorders *Renu Kotwal, MD*

IS8. Bipolar Disorder: Improving Outcomes When Theory, Science, and Clinical Practice Converge

- B. Considerations in the Female Patient During Childbearing Years *Adele C. Viguera, MD*

IS10. Sex, Sexuality, and 5HT

- A. Do Sexual Side Effects of Most Antidepressants Jeopardize Romantic Love and Marriage? *Helen E. Fisher, PhD*
- B. Love and Sex *Ethel S. Person, MD*
- C. Talking to Gay Patients About Sex: What Do You Need to Know? *Serena Y. Volpp, MD*
- D. Effects of Psychiatric Illness and Medication on Sexual Function *Anita L.H. Clayton, MD*
- E. Talking About Sexual Dysfunction to Enhance Adherence With Medication *Philip R. Muskin, MD*

SUNDAY, MAY 2, 2004

8 a.m.-11 a.m.

Industry-Supported Symposia

IS13. Broadening the Horizon of Atypical Antipsychotic Applications

- C. Role of Atypicals in the Treatment of Pediatric Psychotic Disorders and Common Comorbidities *Melissa P. DelBello, MD*
- D. Atypicals in the Treatment of Anorexia Nervosa *Walter H. Kaye, MD*

IS16. Broadening Horizons: Advances in Understanding the Etiology, Effects, and Treatment of Anxiety Disorders

- B. Neural Substrates of Stress, Anxiety, and Early Adversity: Neurotrophic Perspectives *Jeremy D. Coplan, MD*
 - C. Gender and Anxiety Disorders: Impact and Treatment Implications *Naomi M. Simon, MD*
- IS17. The Hidden Faces of Anxiety**
- B. Anxiety in Men and Women: Two Faces of the Same Coin *Kimberly A. Yonkers, MD*
 - C. The Many Faces of Anxiety: Understanding Cultural and Ethnic Variation in Psychiatric Illness *Geetha Jayaram, MD*

1:30 p.m.-4:30 p.m.

Industry-Supported Symposia

- IS19. The Treacherous Triad for Depression**
 - D. Gender Considerations in the Treatment of Physical Symptoms of Depression *Vivien K. Burt, MD*
- IS22. Combination Therapy: New Strategies in the Management of Severe Mental Disorders**
 - D. Managing Bipolar Disorder in Children and Adolescents *Karen D. Wagner, MD*

2:30 p.m.-4 p.m.

Lecture

- L1. Infanticide: The Hope of Prevention and the Promise of Saved Lives** *Margaret G. Spinelli, MD, AAPL/APA's Manfred S. Guttmacher Award Lecture*

5 p.m.-6:30 p.m.

Opening Session and Presidential Address

7 p.m.-10 p.m.

Industry-Supported Symposia

- IS27. Moderators and Mediators of Antidepressant Response**
 - B. Gender as a Moderator of Antidepressant Response *Susan G. Kornstein, MD*
- IS29. Psychopharmacology and Reproductive Transitions: Impact of Psychotropic Medications and Sex Hormones on Brain Functioning, Weight, and Reproductive Safety**
 - A. Labeling Products for Use in Pregnancy: Moving Forward *Sandra L. Kweder, MD*
 - B. Weight Gain, Psychotropic Medications, and Gender: Potential Pharmacologic Strategies *Barbara L. Gracious, MD*
 - C. Testosterone Decline in the Aging Male: Does Andropause Exist? *Stuart N. Seidman, MD*
 - D. Perimenopause-Related Mood Disturbance: An Update on Risk Factors and Novel Treatment Strategies Available *Claudio N. Soares, MD*
 - E. Estrogen Plus Progestin and the Incidence of Dementia and Mild Cognitive Impairment in Postmenopausal Women: *The Women's Health Initiative Memory Study Updates* *Sally A. Shumaker, PhD*

MONDAY, MAY 3, 2004

7 a.m.-8:30 a.m.

Industry-Supported Breakfast Symposia

- IS31. New Advances in the Treatment of Psychosis (Part 1)**
 - B. Antipsychotic Therapies in Pediatric Patients: The Importance of Safety and Tolerability *Robert L. Findling, MD*
- IS33. Recognizing the Many Faces of Bipolar Disorder (Part 1)**
 - B. Recognizing Bipolar Disorder in Children and Adoles-

cents *Gabrielle Carlson, MD*

9 a.m.-10:30 a.m.

- Clinical Case Conference 1.** *James L. Levenson, MD, and Robert K. Schneider, MD*, on Boundary Issues and the Challenge of the Somatizing Patient (*Open to APA members only.*)

Master Educator Clinical Consultations

- 1. *John C. Racy, MD*, on Treating One's Students and Colleagues: The Eternal Challenge of Boundaries (*Open to APA members only.*)
- 2. *Eugene V. Beresin, MD*, on Evaluation and Treatment of Eating Disorders (*Open to APA members only.*)

Component Workshops

- CW2. Can't Work, Shouldn't Work, Mustn't Work: Assessing Function and Mental Impairment in Psychiatric Illness** APA Corresponding Committee on Psychiatry in the Workplace; Chairperson: *Marcia A. Scott, MD*
- CW4. Child Soldiers: Child Victims of War and Terrorism: Psychosocial and Spiritual Needs** APA Alliance; Co-Chairpersons: *Mohammad Shafii, MD, Rosalind Hayes, BA*

Issue Workshops

- IW5. Reinventing Careers: Transitions and Later-Life Strategies for Psychiatrists** Chairperson: *Carolyn B. Robinowitz, MD*
- IW8. Are There Limits to Boundary Limits?** Chairperson: *Malkah T. Notman, MD*
- IW14. Early Trauma, PTSD, and HIV: Association With Transmission and Nonadherence** Co-Chairpersons: *Mary Ann Cohen, MD, Jack M. Gorman, MD*
- IW16. Cocaine and Tobacco Use During Pregnancy: Adverse Outcomes in Offspring** Collaborative Session With the National Institute on Drug Abuse; Chairperson: *Vincent L. Smeriglio, PhD*

9 a.m.-Noon

Media Workshops

- MW2. The Movie "Traffic": Hollywood, Teen Substance Abuse, and U.S. Drug Policy** Co-Chairpersons: *Steven E. Hylar, MD, Isabel Burk, MS*

11 a.m.-12:30 p.m.

Scientific and Clinical Report Sessions

- Session 2. Anxiety Disorders**
 - 6. Child Abuse and the Development of PTSD in a Canadian Epidemiological Sample *Michael A. Van Ameringen, MD*
- Session 3. Spectrum of Personality Disorders**
 - 8. Childhood Prevalence of BPD *Mary C. Zanarini, EdD*
- Session 4. Recovery Issues With Schizophrenia**
 - 12. Twenty-Year Outcome in Schizophrenia: What's Sex Got to Do With It? *Linda S. Grossman, PhD*
- Session 6. Psychotherapy and Psychopharmacology: Dissolving the Mind-Brain Barrier**
 - 21. Response to Antidepressants Is Independent of Gender *Tamar D. Wohlfarth, PhD*
 - 22. Depression and BPD During the Immediate Prepartum Period *Gisele Apter-Danon, MD*

Component Workshops

- CW14. Novel Careers in Psychiatry: Women Who Have Made Their Own Way** **APA Committee on Women;** Co-Chairpersons: *Melva I. Green, MD, Madelaine M. Wohlreich, MD*
- CW18. Terror at Home: Addressing Domestic Violence in Your Practice** **APA Committee on Family Violence and Abuse;** Chairperson: *Carole L. Warshaw, MD*
- CW19. Approaches to Assessment and Diagnosis of Infants and Small Children** **APA Council on Children, Adolescents, and Their Families;** Chairperson: *William C. Wood, MD*

Issue Workshops

- IW22. Career Development for Minority Women Psychiatrists** Chairperson: *Surinder S. Nand, MD*
- IW29. Boundary Violation: History, Typology, and Prevention** Chairperson: *Albert C. Gaw, MD*

2 p.m.-3:30 p.m.

Lectures

- L9. I Am a Fact, Not a Fiction** **Phyllis Harrison-Ross, MD,** APA's Solomon Carter Fuller Award Lecture

2 p.m.-5 p.m.

Symposia

- S2. Treatment of Maladaptive Personality Traits**
- B. Neurobiology, Comorbidity, and Drug Treatment of Childhood-Abused BPD Patients *Thomas Rinne, MD*
 - C. Development and Treatment of Family Pathology Around Cluster-B Traits *David M. Allen, MD*
- S5. Child Soldiers, Child and Adolescent Victims of War and Terrorism: Biopsychosocial Treatment for Reintegration Into Family and Society** *APA Alliance*
- A. Children's Response to Terrorism in Nairobi: The 1998 U.S. Embassy Bombing in Kenya *Frank G. Njenga, MD*
 - B. The Voices of Girl-Child Soldiers *Yvonne Keairns, PhD*
 - C. Terror and Terrorism: Community Responses and Needs *Robert J. Ursano, MD*
 - D. Child Soldiers Reintegration: A Holistic, Community-Based Approach *Michael Wessells, PhD*
 - E. Survey of Youth, Violence, and Public Health in Bogota, Colombia *Luis Duque, MD*
- S8. From Response to Recovery: The Consumer and Clinician Collaboration in Depression and Psychosis**
- A. Sarah's Struggle: Adolescence, Abandonment, and Bipolar Disorder *Sarah Duckworth*
 - B. To Be or Not To Be? The Hidden Crisis of Adult and Adolescent Male Depression and Suicide *William S. Pollack, PhD*
- S13. Neurodevelopment and Schizophrenia: Clinical and Basic Science Perspectives**
- A. In-Utero Exposure to Infection and Schizophrenia in Adult Offspring *Alan S. Brown, MD*
 - B. Prenatal Viral Infection, Brain Development, and Schizophrenia *S. Hossein Fatemi, MD*
 - C. Advanced Paternal Age and Risk for Schizophrenia *Dolores Malaspina, MD*
 - D. Early Gestational Irradiation in the Primate as a Model of Schizophrenia *Lynn D. Selemon, PhD*
- S15. The Development of ADAP: The Adolescent Depres-**

sion Awareness Program

- A. Current Status of Depression Education in Schools *Boglarka Szabo, MD*
 - B. Development of a Model Depression Education Curriculum *Karen L. Swartz, MD*
 - C. Creation of Supplemental Learning Tools for Depression Education *Sallie Mink, BSN*
 - D. Evaluation of the ADAP Teenage Depression Curriculum *Todd S. Cox, MD*
 - E. Change in Adolescent Attitudes About Depression Treatment *Elizabeth A. Kastelic, MD*
 - F. Training of ADAP Educators: Bringing the Curriculum to Schools *Sally G. Hess, BSN.*
- S17. The Scientific Basis of Expert Testimony: Its Application to Matrimonial Disputes**
- B. The Uses and Misuses of Psychological Tests in Child-Custody Evaluations *Paul Hymowitz, PhD*
 - D. An Attorney's Approach to Cross-Examination of an Expert in a Custody Dispute *Harold A. Mayers*
 - E. The Court's Role Regarding Expert Testimony in Child-Custody Proceedings *Anthony Marano, JD*
- S21. Do Children Benefit When Their Parents With Depression Are Treated Successfully?**
- A. Children at High Risk for Depression: Current Knowledge and Future Directions *Myrna M. Weissman, PhD*
 - B. STAR-D Child Study: Background and Preliminary Data *Daniel J. Pilowsky, MD*
 - C. Good and Bad News for Low-Income Children Whose Mothers Are Treated for Depression *Anne Riley, PhD*
 - D. The Effect on Children of Treating Parents for Depression *Judy Garber, PhD*
 - E. Preventive Intervention for Families With Depression: Lessons From a Three-Year Follow-Up *William R. Beardslee, MD*
- S23. Alcohol, Drug, and Psychiatric Disorders in the U.S.: Current Status and Trends** *Collaborative Session With the National Institute on Drug Abuse*
- B. A Second Look at Binge Drinking and Alcohol Use Disorders Among College and Noncollege Youth *Deborah A. Dawson, PhD*
- S26. Effective Treatment of PTSD: What Works Best for Whom?**
- C. Emotion Regulation and Interpersonal Skills Training for Chronic PTSD Related to Childhood Abuse and Multiple Traumatization *Marylene Cloitre, PhD*
- IS41. Hormones, Mood, and Cognition: Treatment Considerations in Older Women**
- A. Gonadal Steroids and the Brain: Implications in Aging Women *Meir Steiner, MD*
 - B. Depression in Perimenopausal Women: Women at Risk and Response to Antidepressants *Lee S. Cohen, MD*
 - C. Menopause and Mood Disturbances: From Theory to Novel Treatment Strategies *Claudio N. Soares, MD*
 - D. Assessment and Treatment of Hot Flashes in Menopausal Women *Hadine Joffe, MD*
 - E. The Women's Health Institute Memory Study: Updates on the Effect of Estrogen Plus Progestin on the Incidence of Dementia and Cognitive Impairment in Meno-

pausal Women *Sally A. Shumaker, PhD*

TUESDAY, MAY 4, 2004

9 a.m.-10:30 a.m.

Discussion Groups

13. Altha J. Stewart, MD, on Public Psychiatry: Leading the Way in Transforming Service Delivery in the 21st Century

Component Workshops

CW21. The Neurobiology of Self-Awareness: Learning From Autism and BPD About How We Know Ourselves *APA Committee on Psychotherapy by Psychiatrists*; Chairperson: *Bernard D. Beitman, MD*

CW26. The Juvenile Justice System: Assessment, Services, and Data Use *APA Corresponding Committee on Juvenile Justice Issues*; Co-Chairpersons: *R. Gregg Dwyer, MD, Carl C. Bell, MD*

Issue Workshops

IW42. Infertility: A Chronic Illness With Chronic Challenges Chairperson: *Roxanne C. Dryden-Edwards, MD*

IW45. Steroid Abuse: Growing Problem for Adolescents and a Hidden Problem for Adults *Collaborative Session With the National Institute on Drug Abuse*; Chairperson: *Donald R. Vereen Jr., MD*

IW55. Group Interventions With Adolescents in Outpatient, Inpatient, and School Settings Chairperson: *Fady Hajal, MD*

11 a.m.-12:30 p.m.

Discussion Groups

15. Barton J. Blinder, MD, on Psychiatric Comorbidity in the Eating Disorders: Diagnosis, Treatment, and Research

Session 11. Issues in Depression

35. ADHD Comorbidity in Preschool Children *Atilla Turgay, MD*

Session 13. Understanding the Effects of Terrorism

38. Effects of 9/11 and Chronic Stress on Female Drinking and Anxiety *Judith A. Richman, PhD*

Session 14. Psychopharmacology

41. Antipsychotic Treatment and Sexual Adverse Events: The Role of Prolactin *Rikus Knegtering, MD*

Session 16. Child and Adolescent Psychiatry

47. Externalizing Behaviors in Preadolescent Children: A National Panel Study *David J. Pevalin, PhD*

48. Gender and the Prediction of Drug and Alcohol Abuse in Adolescent Inpatients *Daniel F. Becker, MD*

49. Prevalence and Outcomes of Childhood Adversity in an Australian Population *Stephen J. Rosenman, MD*

Session 18. Violence, Trauma, and Victimization

53. Evaluation of a Therapeutic Interagency Preschool for Traumatized Children *Terrance J. Wade, PhD*

Component Workshops

CW30. The Teaching of Gay, Lesbian, Bisexual, and Transgender Issues *APA New York County District Branch's Committee on Gay and Lesbian Issues*; Chairperson: *Kenneth B. Ashley, MD*

CW31. Sex, Drugs, and HIV: Synergistic Epidemics *APA New York County District Branch's AIDS Committee*; Co-Chairpersons: *Kristina L.N. Jones, MD, John A.R. Grimaldi Jr., MD*

CW32. Looking Back, Looking Forward: Pathways for

Blacks in Psychiatry *APA Committee of Black Psychiatrists*; Co-Chairpersons: *Michelle O. Clark, MD, N. Kalaya Okereke, MD*

Issue Workshops

IW69. Rehabilitating Traumatized Girls in Residential Juvenile-Justice Settings Chairperson: *Cheryl D. Wills, MD*

IW72. Clinical Effects of Sexual Abuse by Catholic Priests: A Forensic Perspective Chairperson: *Allan S. Nineberg, MD*

IW76. Children and Families Facing Terrorism, Disasters, and Complex Emergencies Chairperson: *Howard J. Osofsky, MD*

Noon-1:30 p.m.

Forums

8. **Should Sex Be Prevented in Psychiatric Units? Arguments and New Directions** Chairperson: *Milton L. Wainberg, MD*

2 p.m.-3:30 p.m.

Symposia

S30. Psychotherapy and Pharmacotherapy: Dissolving the Mind-Brain Barrier *APA Committee on Psychotherapy by Psychiatrists*

- C. Split Treatment: Conflict and Collaboration *Michelle B. Riba, MD*

S34. Women's Sexuality Update: Overcoming Obstacles to Pleasure

- A. How Sexual Attractiveness, Pheromones, Fertility, and Hysterectomy Are Related *Winnifred B. Cutler, PhD*

- B. Changes in Sexual Functioning Across the Menstrual Cycle and During and After Pregnancy *Catherine A. Birndorf, MD*

- C. New Treatment Options for Women With Sexual Dysfunction *Barbara D. Bartlik, MD*

- D. The Positive Uses of Adult Movies Catering to Women *Candida Royalle*

S35. Contemporary Issues in Sport Psychiatry International Society for Sport Psychiatry

- B. The Impact of Injury on the Adolescent Athlete and the Family *Thomas S. Newmark, MD*

S36. Eating Disorders 2004: From PETs to Psyche

- A. Effects of Weight Loss on 5HT Activity and Symptoms in Anorexia Nervosa *Walter H. Kaye, MD*

- B. Osteoporosis and Anorexia Nervosa: An Update *David B. Herzog, MD*

- C. Predictors of Treatment Acceptance in Anorexia Nervosa *Katherine A. Halmi, MD*

- D. Eating Problems and Disorders in Bariatric Surgery Patients *James E. Mitchell, MD*

- E. Body Image: Evolutionary Neurobiology Meets Psychodynamic Psychiatry in the Agora *Arnold E. Andersen, MD*

S40. Perinatal Depression: Burden, Neurobiology, and Treatment

- A. The Neuropsychobiology of Perinatal Mood Disorders: Are Hormonal Changes Relevant? *Meir Steiner, MD*

- B. Perinatal Depression: Bridging the Gap Between Maternal Distress and Infant Well-Being *Sheila Marcus, MD*

- C. The Undertreatment and Morbidity of Perinatal Depression in Obstetrics Settings *Heather A. Flynn, PhD*
- D. Mental Health Treatment Among Pregnant, Underprivileged Women *Kimberly A. Yonkers, MD*

S46. Translational Research on Eating Disorders

- A. Excitatory and Inhibitory Neurobiological Controls of Eating *Gary J. Schwartz, PhD*
- B. Dieting and Stress Combine Synergistically to Produce an Animal Model of Binge Eating *Mary M. Hagan, PhD*
- C. An Animal Model of Food Addiction That May Relate to Binge Eating or Bulimia *Bartley G. Hoebel, PhD*
- D. Symptom Profiles and 5HT Regulation in Bulimia Nervosa *David C. Jimerson, MD*
- E. Inhibitory and Excitatory Controls of Eating in Patients With Eating Disorders *Michael J. Devlin, MD*

S51. Critical Perspectives on Gender Identity Disorder in Children and Adolescents

- A. Diagnosing Gender-Atypical Youth: A History of Gender Identity Disorder in Childhood *Karl E. Bryant, MA*
- B. Historical and Ethical Perspectives on Gender-Atypical and Transgender Youth *Richard R. Pleak, MD*
- C. Transgender Teens: Gender Atypicality at Puberty and Beyond *Sarah E. Herbert, MD*
- D. Gender Variance in Children and Adolescents: A Critical Reinterpretation of Case Studies *Darryl B. Hill, PhD*
- E. Childhood Gender Identity Disorder: What Should We Treat and Why? *Edgardo J. Menvielle, MD*

S55. ADHD Subtypes and Subgroups at Risk for Substance Use Disorders Collaborative Session With the National Institute on Drug Abuse

- A. Subtypes of ADHD Youth At Risk for Substance Abuse *Timothy E. Wilens, MD*
- B. Childhood ADHD, Comorbidity, and Risk for Late-Adolescent Drug Abuse *Ken C. Winters, PhD*
- C. Developmental Twin Studies of Relations Between Substance Use and ADHD *James J. Hudziak, MD*
- D. Variability in Risk for Substance Use and Disorder Among Children Diagnosed With ADHD *Brooke S.G. Molina, PhD*
- E. Behavioral and Cognitive Predictors of Adolescent Substance Use in Children With ADHD *Jeffrey Halperin, PhD*
- F. Long-Term Follow-Up of Childhood ADHD: Development of Adult Substance Abuse *F. Xavier Castellanos, MD*

2 p.m.-5:30 p.m.

Review of Psychiatry (Section 2): Cognitive-Behavior Therapy Chairperson: Jesse H. Wright, MD

- 10. Cognitive Therapy for Children and Adolescents *Anne Marie Albano, PhD*

7 p.m.-10 p.m.

Industry-Supported Symposia

IS44. Challenges in Treating Bipolar Illness and Comorbid Disorders

- C. Bipolar Disorders in Women: Clinical and Metabolic Correlates *Natalie L. Rasgon, MD*

IS48. Binge-Eating Disorder: Genes, Treatments, and Consequences

- A. The Neurobiology of Binge Eating and Obesity *James*

F. List, MD

- B. Family and Genetic Studies of Binge-Eating Disorder *James I. Hudson, MD*

- C. Treatment of Binge-Eating Disorder *B. Timothy Walsh, MD*

- D. Psychiatric Comorbidity Associated With Binge-Eating Disorder *Justine K. Lalonde, MD*

- E. Addressing Medical Comorbidity Associated With Binge-Eating Disorder *Louis J. Aronne, MD*

Presidential Forum

“I Am Sam” Chairperson: *Marcia Kraft Goin, MD*

WEDNESDAY, MAY 5, 2004

7 a.m.-8:30 a.m.

Industry-Supported Breakfast Symposia

IS51. Bipolar Disorder in Women: Reproductive Implications of Treatment (Part 1)

- A. Treatment of Bipolar Illness During Pregnancy *Lee S. Cohen, MD*

- B. Bipolar Illness During the Postpartum Period: Update on Treatment *Adele C. Viguera, MD*

- C. Treatment of Bipolar Illness in Adolescence: Implications for Younger Women *Janet Wozniak, MD*

9 a.m.-10:30 a.m.

Lectures

- L20. Latino Youth in the U.S.: Developmental and Mental Health Challenges** *Andres J. Pumariega, MD*, APA’s Simon Bolivar Award Lecture

Component Workshops

- CW35. The Psychiatrist in the Schools: Medication, Boundaries, and Transference Issues** *APA Corresponding Committee on Mental Health and Schools*; Chairperson: *Eugenio M. Rothe, MD*

- CW39. Reducing Disparities in Access to Psychiatric Care: APA Perspectives** *APA Steering Committee to Reduce Disparities in Access to Psychiatric Care*; Co-Chairpersons: *Altha J. Stewart, MD, Roger Dale Walker, MD*

- CW40. New Classification of Psychopathology of Infants and Young Children** *APA Corresponding Committee on Infancy and Early Childhood*; Chairperson: *Irene Chatoor, MD*

- CW41. Consultation and Legal Clarification in Sexual Harassment** *APA New Jersey Psychiatric Association*; Co-Chairpersons: *Rita R. Newman, MD, Annette J. Hollander, MD*

Issue Workshops

- IW78. The Trauma of Medical Mistakes: An Experiential Workshop** Co-Chairpersons: *Michael F. Myers, MD, Leah J. Dickstein, MD*

- IW85. Women’s Mental Health in Times of Turmoil: An International Perspective** *Association of Women Psychiatrists*; Chairperson: *Silvia W. Olarte, MD*

- IW89. The Sissy Duckling: The Perils of Childhood Gender Variance** Co-Chairpersons: *Edgardo J. Menvielle, MD, Catherine Tuerk, RN*

- IW91. Premarital Counseling: The Facts of Life and More** Chairperson: *Lawrence Bryskin, MD*

- IW92. Psychotherapy Issues Throughout the Life Cycle in**

Asian Women Chairperson: *Albert C. Gaw, MD*

IW98. Understanding and Treating Compulsive Sexual Behavior Chairperson: *Eric Hollander, MD*

IW99. Kendra's Law Becomes Reality: Assisted Outpatient Treatment in Manhattan Co-Chairpersons: *Andrew M. Kleiman, MD, Gary R. Collins, MD*

IW100. Sexual Satisfaction and Mental Health in Orthodox Jewish Women Co-Chairpersons: *Rachel Yehuda, PhD, Michelle E. Friedman, MD*

9 a.m.-Noon

Media Workshops

MW6. The Beginning Stages of Couples' Therapy: Video Case Studies Chairperson: *Ian E. Alger, MD*

9 a.m.-12:30 p.m.

Review of Psychiatry (Section 3): Developmental Psychobiology Chairperson: *B.J. Casey, PhD*

11. Developmental Psychobiology: An Overview *B.J. Casey, PhD*
13. The Developmental Psychobiology of Early Attachment *Myron Hofer, MD*
14. The Developmental Neurobiology of Face Perception *Charleston Nelson, MD*
15. Developmental Psychobiology of Tourette's Syndrome *Kathy A. Gallardo, MD*

11 a.m.-12:30 p.m.

Discussion Group 20. Larry B. Silver, MD, on Clinical Management of ADHD With Children, Adolescents, and Adults (*Meet the Authors*)

Medical Update 3. *Richard P. Brown, MD*, on Better Sex: Naturally

Session 20. Cross-Cultural Issues

59. Prevalence of Maternal Depression in Honduras *Lawson R. Wulsin, MD*
61. Suicidal Thinking in Colombian Youth With a History of Attempted Suicide *Ruby C. Castilla-Puentes, MD*
64. Nonviolent Suicides in Women Are Increased During and After High Exposure to Tree Pollen *Teodor T. Postolache, MD*

Component Workshops

CW43. Response to the Simon Bolivar Award Lecture on Latino Youth in the U.S.: Developmental and Mental Health Challenges *APA Committee of Hispanic Psychiatrists*; Co-Chairpersons: *Ana E. Campo, MD, Andres J. Pumariega, MD*

CW47. Bend It Like Beckham: Asian Women, Achievements, and Cultural Conflicts *APA Council on Global Psychiatry*; Co-Chairpersons: *Ramaswamy Viswanathan, MD, Jacquelyn B. Chang, MD*

Issue Workshops

IW105. When Psychiatrists Have Suffered a Mental Illness: Their Stories and Insights *National Alliance for the Mentally Ill*; Co-Chairpersons: *Michael F. Myers, MD, Leah J. Dickstein, MD*

IW111. What Love Has to Do With It: Exploring the Role of Love in Mental Illness Co-Chairpersons: *Robert W. Hierholzer, MD, Bita Ghafoori, PhD*

IW118. Juvenile-Justice Success Series, Chapter 1: Musicianship, Jazz, and Blues Chairperson: *Cheryl D. Wills, MD*

IW119. Politics and Pregnancy: The Regina McKnight Case Chairperson: *Andrea G. Stolar, MD*

2 p.m.-3:30 p.m.

Lectures

L23. The Brain in Love *Helen E. Fisher, PhD*

L24. Striking Accord: Tales of Teaching and the Heart *Eugene V. Beresin, MD, APA/NIMH Vestermark Psychiatry Educator Award Lecture*

2 p.m.-5 p.m.

Presidential Symposium 3. Reconstructing Postwar Mental Health Services *World Psychiatric Association*; Chairperson: *Marcia Kraft Goin, MD*; Co-Chairperson: *Rodrigo A. Muñoz, MD*

Symposia

S66. Diagnosing and Managing Aggressive Mood-Dysregulated Youth

- B. A Family Genetic Perspective on Childhood Mania *Stephen V. Faraone, PhD*
- C. Risperidone Treatment of Affective Symptoms in Mentally Retarded Youth With Conduct Disorder *Eric Mick, ScD*
- D. Clinical Trials of a Mood Stabilizer for Aggressive, Mood-Dysregulated Youth *Janet Wozniak, MD*
- E. Collaborative Problem-Solving Therapy for Aggressive Youth *Ross W. Greene, PhD*
- F. Anticonvulsants in the Management of Aggression in Youth *Joseph M. Gonzalez-Heydrich, MD*

S67. Residual Symptoms in Depression: Recognition and Treatment

- D. Residual Sexual Dysfunction Associated With MDD and SSRI Treatment *H. George Nurnberg, MD*

S68. Women's Mental Health Revisited: Current Perspectives, Future Trends *Association of Women Psychiatrists*

- A. Depression in the Reproductive Years *Nada L. Stotland, MD*
- B. Depression and Anxiety in Women in Late Life *Marion Z. Goldstein, MD*
- C. Domestic Violence: Its Impact Across the Life Cycle *Leah J. Dickstein, MD*
- D. PTSD in Women: Current Concepts and Treatments *Marian I. Butterfield, MD*
- E. Racism and Women's Mental Health: The Intersection of Race and Gender *Altha J. Stewart, MD*

S70. Anxiety Disorders in Youth: Clinical and Research Updates

- A. Evidence-Based Assessment Instruments With Children and Adolescents *Thomas H. Ollendick, PhD*
- B. Pharmacological Treatment of Anxiety Disorder in Youth *Marcia J. Slattery, MD*
- C. Anxiety Disorders in Children and Adolescents: Are We Ready To Move Beyond the Study of Treatment Efficacy? *Anne Marie Albano, PhD*
- D. A Cognitive Neuroscience Perspective on Childhood Anxiety Disorders *Amy L. Krain, PhD*

S72. Group Therapy in Medical/Psychiatric Care

- A. Group Therapy for Breast Cancer: Feeling and Healing *David Spiegel, MD*

S75. Psychiatry, Ethnicity, and Culture: An Update on Ethnopsychopharmacology, Mood, and Anxiety Disorders in Minority Populations

- D. Depression and Anxiety in Women: An Update on Cross-Cultural Aspects and Pharmacologic Strategies *Claudio N. Soares, MD*

S77. Impact of Trauma and Life Stress in Bipolar Disorder

- B. Childhood Trauma and Outcome in Bipolar Patients *Joseph F. Goldberg, MD*
 C. Bipolar Disorder and the Family Environment *David Miklowitz, PhD*

S78. Gay and Lesbian Orthodox Jews: A Primer for Clinicians

- A. Orthodox Jewish Gays and Lesbians: The Filmmaker's Perspective *Sandi Dubowski*
 B. Failed Reparative Therapy of Orthodox Jewish Homosexual Men and Women *Abba E. Borowich, MD*
 C. Identities in Conflict: Treating Gay and Lesbian Orthodox Jews *Naomi Mark, MSW*
 D. Gayness and God: The Gay Orthodox Rabbi's Perspective *Steven Greenberg*

S80. Consequences and Treatment of Marijuana Abuse Collaborative Session With the National Institute on Drug Abuse

- B. Cognitive Effects in Adolescents Exposed Prenatally to Marijuana or Cigarettes *Peter A. Fried*

S81. Personality Disorders: Multiple Perspectives in the Understanding and Treatment of Resistance

- C. Family Therapy With Personality Disorders *G. Pirooz Sholevar, MD*

S83. Toxic Love on Film: Romantic Love, From Normal to Pathologic

- A. Obsessive Love and the Loss of Self in Film *Anton C. Trinidad, MD*
 B. Using Films in the Teaching of Issues Around Romantic Love *Robert J. Boland, MD*
 C. Love: What Is Normal? *Anton C. Trinidad, MD*

S85. Drug Abuse Treatment Issues in Women Collaborative Session With the National Institute on Drug Abuse

- A. Gender Differences in Treatment Needs, Services, Utilization, and Outcomes *Karol A. Kaltenbach, PhD*
 B. Treatment Issues in Drug-Dependent Women With Comorbid Depression *Rajita Sinha*
 C. Trauma and PTSD: Issues in the Treatment of Drug-Dependent Women *Denise Hien, PhD*
 D. Drug-Dependent Women With Partner Violence: Treatment Issues *Brenda A. Miller, PhD*
 E. Drug-Treatment Issues in Drug-Dependent, Pregnant Women *Hendree Jones, PhD*

S88. Quality of Care for Children: Multiple Perspectives

- A. Quality of Care From the Agency's Perspective: Are Medicaid Claims Data Valid? *Penelope Knapp, MD*
 B. Quality of Care for Children in Outpatient Mental Health Programs *Bonnie T. Zima, MD*
 C. Unraveling Variations in Access to ADHD Care: Deductive Analysis Findings *Regina Bussing, MD*
 D. Quality Improvement of Mental Health Services for Children in Special Education *Sheryl H. Kataoka, MD*

7 p.m.-10 p.m.

Industry-Supported Symposia

- IS52. Optimizing Antipsychotic Treatment in Patients With Schizophrenia and Bipolar Disorder
 D. Balancing the Efficacy and Tolerability for Pediatric

Bipolar Disorder *Melissa P. DelBello, MD*

- E. Treatment Considerations in Special Populations: Sex Differences *Diana O. Perkins, MD*

THURSDAY, MAY 6, 2004

7 a.m.-8:30 a.m.

Industry-Supported Breakfast Symposia

- IS51. Bipolar Disorder in Women: Reproductive Implications of Treatment (Part 2)

- A. Use of Antiepileptic Medications in Women *Martha J. Morrell, MD*
 B. Reproductive Endocrine Consequences of Treatment *Hadine Joffe, MD*

9 a.m.-10:30 a.m.

Issue Workshops

- IW127. Treatment-Resistant Patients With Bulimia Nervosa**
 Co-Chairpersons: *Edi Cooke, PsyD, Frampton Gwynette, MD*

9 a.m.-Noon

Media Workshops

- MW8. Personality Disorders and the "Film Noir Femme Fatale"** Chairperson: *Scott Snyder, MD*

11 a.m.-12:30 p.m.

- Medical Update 4. Judith Korner, MD, on How to Shrink Obesity**
 Scientific and Clinical Report Sessions

Session 28. Eating Disorders

83. Weight and Relapse to Cocaine and Alcohol Use in Patients With Eating Disorders Collaborative Session With the National Institute on Drug Abuse; *Olivera J. Bogunovic, MD*
 84. *DSM-IV* Comorbidity in Binge-Eating Disorder *Carlos M. Grilo, PhD*
 85. Males at Risk: Hawaiian and Filipino Adolescents *Alayne Yates, MD*

Session 31. Sleep and Seasonality

94. A Comparison of Seasonality of Mood and Behavior in African and African-American Students *Samina M. Yousufi, MD*

2 p.m.-5 p.m.

Symposia

S90. New Clinical Indications for Light Treatment: Status Report

- B. Light Treatment for Antepartum Depression *Katherine L. Wisner, MD*

S91. Mood Disorders in Women Throughout the Life Cycle

- A. Pregnant Addicts Do Not Use Drugs *Leslie H. Gise, MD*
 B. Postpartum Psychosis: Phenomenology, Treatment, and Prevention *Margaret G. Spinelli, MD*
 C. Cyclic Moods and Acyclic Moods *Kimberly A. Yonkers, MD*
 D. The Greatest Experiment Ever Performed on Women *Barbara Seaman, PhD*

S93. Developmental Disabilities From Childhood to Adulthood

- A. Fetal Alcohol Spectrum Disorders for Mental Health Professionals: A Brief Review *Paula J. Lockhart, MD*
 B. Behavioral Interventions for Autism and Developmental Disorders in Adults *Joel D. Bregman, MD*
 C. Substance Use Disorders in Young Adults With and

- Without Learning Disabilities *Joseph H. Beitchman, MD*
- D. Psychopharmacology in Mental Retardation and Pervasive Developmental Disorders *Bryan H. King, MD*
- S102. Individualizing Interpersonal Psychotherapy for Mood Disorders**
- D. Group Psychotherapy for Infertile Women With Depression *Ellen F. Olshansky, DSc*
- S105. Health and Lifestyle of People With Schizophrenia: The View From Scotland**
- D. Sexual Dysfunction in Schizophrenia *Shiona M. Macdonald, MB*
- S111. Traumatic Stress: The Bridge Between Neuroscience and Psychodynamic Psychiatry**
- A. Disorganized Attachment Alters the Cortisol Stress Response in Human Infants *Robert D. Levitan, MD*
- S113. The Effects of Sexual and Physical Abuse on Women's Health**
- A. The Lasting Effects of Sexual Abuse on Health: What Is the Evidence? *Jane Leserman, PhD*
- B. The Health Impact of Sexual and Physical Abuse and PTSD Among Women With Pelvic Pain *Samantha Meltzer-Brody, MD*
- C. Does Having a Disability Increase Women's Risk of Sexual and Physical Assault? *Kathryn E. Moracco, PhD*
- D. Treating PTSD Related to Sexual Trauma in Women *Marian I. Butterfield, MD*
- E. Sexual Abuse in the Context of Psychiatric Disorders *Anita L.H. Clayton, MD*
- S115. Meeting The Challenge of Adolescent ADHD**
- A. Functional Outcomes in Adolescents With ADHD *Eric Mick, ScD*
- B. Diagnostic Issues: The Challenge of Adolescent ADHD *Laurence L. Greenhill, MD*
- C. Comorbidities in Adolescents With ADHD *Joseph Biederman, MD*
- D. Safety and Efficacy of OROS Methylphenidate in Adolescents With ADHD *Timothy E. Wilens, MD*
- E. Improvements in Adolescents' Driving Performance With OROS Methylphenidate *Daniel J. Cox, PhD*

For Women Psychiatrists at the APA Meeting

Date: Saturday May 1, 2004

Marriott Marquis

Women of the Assembly

7:00 AM to 8:30 AM

Continental Breakfast

Astor Ballroom, Seventh Floor,

Marriott Marquis

Date: Sunday May 2, 2004

Javits Center

Women's Resource Center (ADE)

7:00 AM to 5:00 PM

Room 1D06, Level 1, Javits Center

Date: Monday May 3, 2004

Javits Center

Women's Resource Center (ADE)

7:00 AM to 5:00 PM

Room 2D16, Level 2, Javits Center

Date: Monday May 3, 2004

Javits Center

11:00 AM to 12:30 PM

Novel Careers in Psychiatry: Women

Who Have Made Their Own Way

Component Workshop,

Committee on Women

Javits Center, Level 2, Rooms 2D10/11

Date: Monday May 3, 2004

Solomon Carter Fuller

Award Lecture

"I Am a Fact, Not a Fiction"

Phyllis Harrison-Ross, MD

2:00 PM-3:30 PM

Javits Center, Room 1E15

Date: Monday May 3, 2004

Grand Hyatt

6:30 PM to 7:30 PM

Solomon Carter Fuller Award

Reception

Broadway Room, Conference Level,

Grand Hyatt

Date: Tuesday May 4, 2004

Javits Center

Committee on Women

8:00 AM to 11:00 AM

Breakfast Coffee Service

Room 2D01, Level 2, Javits Center

Date: Tuesday May 4, 2004

Grand Hyatt

Association of Women Psychiatrists/

APA Women's Caucus

Membership Meeting

7:00 PM - 9:00 PM

Broadway Room, Conference Level,

Grand Hyatt

Date: Thursday May 6, 2004

Javits Center

2:00-5:00 PM

Symposium:

"Mood Disorders in Women

Throughout the Life Cycle"

Rooms 1E 03/04/05

Javits Center, Level 1



EDUCATION

Shakeup

With the Air Force Academy's credibility and authority eroding, the El Paso County district attorney's office, which had ceded jurisdiction to the Academy in an agreement, announced last weekend that it would break precedent to investigate one cadet's complaint of sexual assault. The Air Force also revealed changes in practices and policies, saying it was seeking to change a culture that appeared to accept violence against women and placed a higher premium on protecting friends than on upholding decency.

The Air Force also promised to remove immediately the tall metal letters on a wall on the Academy grounds, saying "Bring Me Men." The sign has become a symbol of what critics say is the Academy's lack of regard for cadet women. Officials promised that the phrase would be replaced by a sign that "more suitably represents the aspirations of the entire cadet wing and the core values of the Air Force." Air Force officials backed away from proposals they had announced earlier to segregate women in the dormitories, saying they would instead cluster them closer to the women's washrooms in a way that did not compromise squadron cohesion. The women had expressed dismay at the proposal, saying it would isolate them from their units.

Perhaps because the promises of change arose only after intense pressure, some women cadets said they were not convinced because the disdain for women ran deeper than any specific policies or people. "It's the entire place," said Andrea Prasse, a cadet who said she became a target of General Gilbert, after accusing a fellow cadet of sexual harassment. "It's the entire belief system, that women are inferior, and that's not so easy to change."

—Diana Jean Schlemo, *The New York Times*, March 26, 2003

Girls Will Be Girls

Several students involved in a brutal hazing among girls from a suburban Chicago high school have been suspended for 10 days and may face expulsion. In addition, the authorities expected to announce criminal charges against some students. The hazing, videotaped and since widely televised around the country, occurred on May 4 after an annual "powder puff" football game between seniors and juniors from Glenbrook North High School. School officials say the juniors were beaten by seniors and smeared with feces and garbage. Five girls were injured, with one suffering a broken ankle and another requiring 10 stitches in her scalp.

The 10-day suspension is the maximum that the state permits an individual school. But Glenbrook North High is recommending to the district's school board that all of those suspended be expelled. Any student expelled will have the opportunity to complete enough credits elsewhere for graduation.

In addition to school-imposed discipline, Steve Mayberry, a spokesman for the forest preserve, said criminal charges would be

filed. Mr. Mayberry also said the authorities were investigating whether parents had illegally provided alcohol for the event. The school district, which was long the host to the powder-puff game on campus, discontinued it in 1979 when it got too rough. But a group of students took the annual ritual off campus, to the Chipilly Woods within the forest preserve. Students quoted on local television say violent hazing has been a part of it for years.

The recent incident drew a crowd and eventually the attention of neighbors. Some called the police, but by the time officers arrived, the crowd had dispersed.

—*The New York Times*, May 13, 2003

MIXED MEDIA

Women: Reality TV's Losers

Just as stunning as a typical centerfold, and no less exploitative to women, are the group of bizarre, outrageous and titillating soft-core dramas we call "Reality TV." Shows such as Fox's "Joe Millionaire," ABC's "The Bachelorette" and NBC's "Meet My Folks" are an elaborate masquerade for reaching audiences, most often by sneering at and insulting the "real" people it shows. The butts of these insults are usually women.

If what makes reality TV popular with penny-pinching producers is its innovative use of unknown (therefore, unusually cheap) performers, what makes it popular with viewers—especially female viewers—is its stunning reiteration of the basic gender equation in our society: Men do; women are seen. And in most of these reality TV programs, especially the dating shows, women are seen in discomfort. The "reality" that we want to see the women caught up in is increasingly reminiscent of a medieval torture chamber in style and spirit.

On "Meet My Folks" eight women compete to go on a European vacation with a young bachelor. His parents, wanting to be sure their boy gets nothing but the best, put some through a lie detector test. For our pleasure, one young woman is even shown in a full-blown panic attack.

On "Joe Millionaire," a young man goes out with different women, spending much money and acting happy. Interspersed with shots of the evening are close-ups of him later, commenting to an off-camera presence about what he was really thinking of them. Under his smile is a sniping critic, saying "good girl," "weird" or "uptight" to describe them and noting one's "little rocket of a body" with an all-American boy's leer. Meanwhile, the women chat. Voiceovers let us hear what they are "really" thinking of one another—nothing pretty—while they play at being friends.

On "The Bachelorette," Trista, a former cheerleader, selects 25 available men. The show blocks us from imagining why the most important thing in her life is finding a man. Her search shows women's dependence on catching Mr. Right. Is she a poster girl for women leaving the work force and trundling back to motherhood?

The new wrinkle this season is the undercurrent of sexism. Why do women put themselves on shows like this? The answer lies in our cultural preference for viewing females as objects of aesthetic evaluation. It's not only men who do this; the system molded all of us. So, stressed out under the scrutiny of the perfect man's parents, humiliated by comparison with others he has dated,

a woman becomes “real” only by loving to look good, and loving the feeling of being seen. That’s the lesson of reality TV.

—Murray Pomerance, *Newsday*, January 24, 2003

Adolescent Figures

Many teenage girls do not seem to share the adult woman’s fear of starch. Following the dress code mandated by Britney Spears—tight low-riding jeans and tighter abbreviated tank tops—teenage girls show their bellies even when they have actual bellies to show.

This stylistic phenomenon may represent is a real shift in the way young girls view their bodies—the first stage of a revolt against the assumption that no girl can be too thin. Although eating disorders remain a serious health hazard, a new mind-set is emerging from teenagers. Dr. Andrea Marks, a co-author of the forthcoming book *Healthy Teens, Body and Soul* (Fireside) and a specialist in adolescent medicine, says: “I don’t think that there is a major backlash across the culture against that kind of Twiggyish ideal, but girls are hearing more messages to take pride in normal body shapes.”

Torrid, a national chain of stores that sells size 14 and above, stemmed from a realization by its founder, Betsy McLaughlin, that young women of all sizes maintain an affinity for body-conscious styles. “The overriding factor is that these girls want to look like their friends,” said McLaughlin. Atoosa Rubenstein, the 30-year-old editor of *Cosmo Girl*, which has used plus-sized models, said: “These girls no longer see their bodies as tools for wooing men. My generation was self-hating—we really thought we had to look like Niki Taylor.” The first issue of *Teen Vogue* featured as one of its cover lines, “Making it big: How curvy girls are changing Hollywood’s stick-thin standard.” The magazine featured performers and personalities like Pink, Beyoncé Knowles, Sara Rue and Kelly Osbourne, all *zaftig* and none wearing sackcloth.

The reasons for the attitude shift among a new generation of girls include the influence of Jennifer Lopez, and of muscular athletes like Serena and Venus Williams, who are more visible than they would have been before Title IX. Another possible element is the influence of blacks and Latinos on popular culture, since some studies show that these minorities favor a more rounded feminine beauty ideal.

Perhaps the most important factor is the expanding body size of Americans generally, and this is the downside of the trend. With 14 % of American adolescents already overweight—triple the rate of 20 years ago—the danger in an increased acceptance of bigness is that young people will balloon to dangerously greater proportions, threatening their health. Overweight adolescents are at increased risk of heart disease and of adult onset diabetes.

—Ginia Bellafante, *The New York Times*, January 26, 2003

Teenage Wasteland

Catherine Hardwicke lists the drugs two 13-year-old girls dabble with in her feature film *Thirteen*: “Acid in the gum, huffing Dust-Off—that compressed air to clean the keyboard—chopping up prescription drugs from the medicine cabinet. They don’t even know what they’re taking, they just combine everything.” And snort it. The film includes drinking, smoking pot, shoplifting, sexual experimentation, body piercing, cutting—self-mutilating with a razor, lying, flunking out of school, talking the “giddagee-giddagah”

gibberish that has replaced pig Latin.

Nikki Reed, a teenage girl from Los Angeles, lived that story with her friends. At the age of 13, she wrote a script about it with Hardwicke, a 40-something set decorator who once dated Reed’s father.

The-kids-are-not-all-right is a Hollywood genre, reaching back at least to *Rebel Without a Cause* in the 1950’s, and recurring periodically. *West Side Story* (1961), *River’s Edge* (1986), and *Larry Clark’s Kids* (1995) have all portrayed teenagers as troubled and frightening (sexual, violent and drug-prone). The film shocks adults while reaching out to an audience of sullen teenagers who might identify with the characters. After years of generally happy comedies or escapist action movies for teenagers, filmmakers seem to have decided that Generation Y is entering its Difficult Years.

Whether youth in the 21st century is more reckless than previous generations, as portrayed on film, is an open question. What is surprising about movies like *Thirteen* is the tender age at which youngsters are portrayed getting into trouble. While their parents still regard them as children, they are shown as taking risks that endanger their health and sometimes their lives. These films do not reflect the reality of national trends, which, reassuringly, show drug use, smoking and drinking all declining among teenagers. Virginity is said to be increasingly common among high school students.

The new films about teenagers more accurately reflect the anxieties of the adults who make them, say film historians and other experts. Just as the wave of juvenile delinquent movies in the 50’s shamed society’s fear of the sexuality and independence of the baby boomers, then entering their teens, the Generation Y population bubble—which will peak with 35 million teenagers in just seven years—may be disturbing today’s adults (who are the boomers grown up). Margarete Parrish, an assistant professor of social work at the University of Maryland, said that adults secretly dislike and fear teenagers. “They’re taller than we are,” she said. “Stronger and unpredictable. And they challenge authority. They don’t take our word for it.”

But there are marketing skeptics who wonder just how eager parents will be to go to a theater to watch teenagers misbehave (when they can do it free at home) and how welcoming Gen Y will be to see itself portrayed as dangerous, damaged and destructive.

—Linda Lee, *The New York Times*, January 26, 2003

Fiction Writers

The New Yorker has named Deborah Treisman, a West Villager with lifelong ties to the literati, as its fiction editor, a job that in the vivid imagination of fiction writers carries clout equivalent to St. Peter’s at the Pearly Gates. Treisman says she is not concerned by criticism that *The New Yorker* has favored male fiction writers. She estimates that out of 50 stories published each year, 5 are from virtual unknowns. But 8 out of 10 of all submissions, whether veteran or neophyte, are from men. Rumors that she wants to place more experimental, female, and internationally flavored fiction aren’t incorrect, just overinflated. “Since all the publicity said I was only going to publish, like, young Vietnamese women, I’ve had to go stick my hand out to all the older white men and say, ‘It’s all right, you still have a place.’”

—Robin Finn, *The New York Times*, January 28, 2003

Wyeth Full Page Black and White Ad

MARCIA SCOTT, MD
BOOK REVIEW EDITOR
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For Your Bookshelf



Mastering Forensic Psychiatric Practice: Advanced Strategies for the Expert Witness, Thomas G. Gutheil, MD and Robert I. Simon, MD, American Psychiatric Publishing, Inc., Arlington, VA, 2002, pp. 150, paper, \$33.00.

Thomas Gutheil, Professor of Psychiatry at Harvard Medical School and Co-Director of the Program in Psychiatry and the Law at Massachusetts Mental Health Center, together with Robert Simon, Clinical Professor of Psychiatry and the Director of the Program in Psychiatry and Law at Georgetown University School of Medicine have packed a slim volume with practical tidbits for the forensic psychiatrist.

Beginning with the task of the expert, clarifying and delineating roles from consultant to performer and pointing out potential pitfalls in between, the authors cover a full range of critical issues in 11 chapters within six broader sections. From the practicalities of fee agreements and attorney-expert relations to addressing problems with deposition and trial testimony and rounding up with ethical considerations, these two experts bring not only their own great experience but call upon that of their peers through a number of pilot studies cited in the volume.

As a non-expert considering a detour into forensic psychiatry, this text provides a highly readable source of vital information often not considered by the psychiatric generalist. For example, the authors address "The Phantom Expert," the strategy of using an expert's name or alleged testimony without his or her consent. They detail the motives behind as well as defense of this practice, and the risks to the reputation of the expert, and to forensic psychiatry as a whole. Sticky issues such as

personal questions on the witness stand and "Telling Tales out of Court"—addressing the disclosure by one expert of information about another—are all dealt with in a frank and straightforward manner. The authors present cases that exemplify the subtleties of the ethical quandaries, identify the questions raised and provide thoughtful discussion.

As a general psychiatrist, I found this book an easy and educational read. Practical pointers—an example fee agreement, how to handle non-payment, management of attorney relations, and sample responses to personal questions on cross-examination—are bound to be helpful in an initial foray in the legal arena. The more erudite discussions of forensic countertransference, the effects of the *Daubert* Case on psychiatric testimony, and the ethical dilemmas faced by the forensic psychiatrist no doubt will appeal to the

more advanced practitioner. The multiple pilot studies sprinkled throughout the text provide a unique view into other experts' opinions and practices. Throughout the text the authors liberally refer the reader to additional sources for those desirous of greater detail or discussion, and the final chapter provides a list of suggested readings.

Gutheil and Simon's *Mastering Forensic Psychiatric Practice*, designed as a successor to *The Psychiatrist as Expert Witness* (APPI 1998) is a neat little handbook chock full of good advice gleaned from experience and expertise.

Andrea Stolar, MD

Postcards from Berlin, Margaret Leroy, Little Brown, NYC, 2003, 391 pp., cloth, \$17.95.

Described as being about "fierce maternal urgency," *Postcards from Berlin* is

also a reminder of the necessity for doctors to be attuned to their patients. My reading of the book came coincidentally on the heels of a lecture delivered by Dr. Harold Eist on that theme. His talk at the APA's Institutes, cautioned psychiatrists not to lose sight of their distinctive role and become focused only on medicating patients.

In 400 exquisitely written pages, author Margaret Leroy chronicles a mother's navigation through the British medical infrastructure. Her mission: to secure good treatment for Daisy, her 8-year-old daughter who gave up eating after a viral illness. In that pursuit, Catriona, the mother, gets slapped with an implausible diagnosis of Munchausen's-by-proxy and is referred for psychiatric evaluation. The label of Munchausen's is applied because no known physical ba-

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sis was found for Daisy's symptoms and because Catriona was seen as overzealous. True, Catriona had already made some poor choices and, worse yet, flunked introductory therapy etiquette by lying to the psychiatrist about her alcoholic mother. But the diagnosis is a callous distortion of the clinical picture, and in making it, the psychiatrist looks aloof and deterministic. Catriona, however, emerges as appealing and draws the reader's empathy.

The most telling moment of the novel occurs during a team meeting when Catriona's advocate, Meera, asserts, "If I could comment... What worries me is that a diagnosis with such serious implications was being suggested at this early stage." One would have hoped that a physician would have made a similar remark, but thankfully the intervention does lead to an optimistic segue and a corrective medical experience for mother and daughter.

Postcards from Berlin exemplifies the forever and unfolding process that goes forward whenever we really listen to patients. Leroy clearly warns of the pitfalls of forming conclusions too early in a clinical evaluation, given the power physicians have in patients' lives. At the same time, her skill as a writer and perhaps her background as a trained therapist do soften the negative portrayal of the medical/psychiatric profession.

Jane Brown Sofair, MD

Beating Depression: The Journey To Hope, Maga Jackson-Triche MD, MSHS, Kenneth B. Wells, MD, MPH, Katherine Minnimum, MPH, McGraw-Hill, New York, 2002, 256 pp., cloth, \$14.95.

This is a long overdue book, a book for patients about depression. Because it was written by three very able researchers in the field it does an outstanding job of putting sophisticated explanations of depression in understandable language, and providing patients with scientific but practical ways to think about and manage their depression and their lives. If the title is smarmy, blame booksellers, not the authors, who are from the UCLA RAND group (UCLA NPI Health Services Research Center).

The organization of the book is accessible—probably even to someone currently depressed, withdrawn and irritable. The chapter titles are self-explanatory:

"Just the 'Blues' or Something More Serious?" covers myths, symptoms and screening tests. "What is Depression and What Causes It?" differentiates levels of severity, categories and effects of depression. "I Think I'm Clinically Depressed, What Are My Options?" is an understandable review of CBT, psychotherapies, medications, combinations and self-help. "Getting the Best Help" doesn't just list kinds of therapists and stages of treatment but advises on what to expect from them and how to plan. There are even charts about ways to communicate distress.

The authors also address less clinical issues such as family attitudes, childcare, work insurance, and healthcare facility decisions. "The Things I Can Do to Help Myself" takes on stress, exercise and diet as well as compliance and side effects. But they don't shrink from talking about the role of spirituality. "Special Issues" is a potpourri from elderly to pregnancy. "Beating Depression and Living with Depression" goes where most books don't go, to charts with signals indicating a return of symptoms and suggestions for dealing with day-to-day frustrations. "Putting it Together and Staying Well" has more than a few forms for summarizing the experience and planning the resistance! The Appendices with references and resources cover the whole intellectual spectrum, the Glossary is invaluable, and the Toolkit of charts could be a useful practice tool. Bravo!

M.S.

The Dynamics of Disability: Measuring and Monitoring Disability for Social Security Programs, (Eds.) Gooloo S. Wunderlich, Dorothy P. Rice, and Nicole L. Amado, National Academy Press, Washington, DC, 2002, 347 pp., cloth.

This is an incredibly well-researched treatise about Social Security Disability and the disability process. Conceived by a committee of experts for the Institute of Medicine, it covers the work disability process, the disability evaluation process and suggestions for monitoring, researching and improving the process. One might say that the SSDB enterprise is a mind-numbing enterprise but what is mind-numbing for me is that despite the care and expertise of the participants, they

Books continue on back cover

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President's Message continued from page 2

we're told things aren't so bad after all! Maybe we can get HHS Secretary Thompson to order a re-write of this reality too. In the cleaned-up version, women will excel and achieve at rates unheard of before, won't have to live with the societal double standard, and the fight for equity and inclusion will be over.

Last issue I made recommendations regarding work to further the aims and goals of the AWP. We'll talk more about that at the upcoming annual meeting in NYC. Look for the schedule of AWP-sponsored as well as other events of interest to AWP members and non-members elsewhere in this issue. Join us at the AWP business meeting on Tuesday night; make the effort to attend sessions including the many AWP members on the scientific program, and stop by our booth in the exhibit area. See you in the Big Apple!

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never touch the nub of the problem they are exploring.

Nowhere in the book is there even a nod to the fact that during the years that Social Security expanded its disability coverage to ever larger and more diverse groups, illness itself changed and with it the nature of disability. Those changes should have forced a basic change in the contractual structure within which Social Security evaluated, cared for, motivated and rehabilitated our brethren—but that never happened. These experts, in an effort to improve the system, present new functional measures, process revisions, redefinitions, and return to work strategies. In view of the dramatic and exciting changes in health, illness and care, in the nature, treatment and course of every-

day illness, these creative offerings are more likely to convolute the process than advance it. In fact, the effort to simply tweak the process may be one of those silk-purse-sow's-ear things.

M.S.

Medicare Coverage and Breast Cancer Survival

Medicare coverage can eliminate disparities in survival rates of black and white women with breast cancer. Researchers at the National Cancer Institute closely examined more than 110,000 breast cancer cases in 11 states and cities. Prior to becoming eligible for Medicare black women have higher mortality rates associated with breast cancer than do white women. But once women reach 65, disparities in survival rates between the groups vanish. Researchers concluded that Medicare coverage is responsible for closing this gap and that providing health insurance on a broader scale would likely eliminate disparities in survival rates for younger women as well.

Cancer, June 1, 2003

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