



PENN PSYCHIATRY PERSPECTIVE



Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

*Dwight L. Evans, MD
Ruth Meltzer Professor and Chair*

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Departmental Goings On

PBHMind Launches

On January 16, 2013, the Department of Psychiatry launched **Penn Behavioral Health Mind (PBHMind)**, a multifaceted program linking cutting edge scientists and practitioners in the mental health field. Through the program, professionals in the mental health and wellness arena can earn continuing education credits and Certificates of Advanced Training. The courses are developed and led by experts from the Department of Psychiatry and are designed to provide varying levels of knowledge to practicing clinicians. The course content is organized into 11 core topical areas, with three levels of knowledge acquisition - a symposia series, a lecture series delivered via webinars, and Learning Collaborative opportunities with a variable format designed by the faculty expert leading the Collaborative. This model, designed for psychologists, social workers, therapists, and other mental health practitioners, allows clinicians to tailor their continuing education experience based on their current interests and professional needs.



The inaugural PBHMind Symposium will be held March 1st-2nd, 2013 and will focus on OCD - "Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Across the Developmental Spectrum." For more information about this Symposium, upcoming courses, program costs, CE credits, and PBHMind as a whole, please visit - www.pbhmind.com.



Untreated Parkinson's Disease Patients No More Likely to Have Impulse Control Disorders

Research conducted by the Department of Psychiatry's **Daniel Weintraub, MD** suggests that medications used to treat Parkinson's may be to blame for increases in impulsive behavior, such as gambling. His paper published in *Neurology*, the medical journal of the American Academy of Neurology, indicates that the disease itself does not appear to increase the risk of impulsive activities, but dopamine treatments for it may. Lead study author Dr. Weintraub, Associate Professor of Psychiatry and Neurology,

said in a Penn Medicine news release that "for those with Parkinson's who screened positive for impulse control disorders at baseline, it will be interesting to follow the patients to see if treatment with dopamine agonists and other therapies will further increase risk over time."

To read the January 7, 2013 Penn Medicine news release, please visit http://www.uphs.upenn.edu/news/News_Releases/2013/01/weintraub/.

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Departmental Goings On

520-Day Simulated Mission to Mars Reveals Critical Data about Sleep and Activity Needs for Astronauts

The Department of Psychiatry's **David F. Dinges, PhD** and **Mathias Basner, MD, PhD** are leading a Penn team of researchers interpreting the voluminous data collected during the recently concluded 520-day simulated flight to Mars. In a paper recently published in the *Proceedings of the National Academy of Sciences*, the Penn scientists and a group from the Baylor College of Medicine reported that the extended mission impacted the sleep, performance, and mood of the six "astronauts" who participated in the experiment, which was conducted in Russia from June 2010 until November 2011. The data revealed that crew members became increasingly sedentary during the mission, and experienced disturbances of sleep quality, alertness deficits, or altered sleep. Dr. Dinges, Professor of Psychology in Psychiatry and Chief of the Division of Sleep and Chronobiology in the Department of Psychiatry, said in a Penn Medicine news release that "this is the first investigation to pinpoint the crucial role that sleep-wake cycles will play in extended space missions." Dr. Basner, Assistant Professor of Sleep and Chronobiology in Psychiatry, added that "taken together, these measurements point to the need to identify markers of differential vulnerability to abnormal decrease in muscular movement and sleep-wake changes in crew members during the prolonged isolation of exploration spaceflight and the need to ensure maintenance of the Earth's natural circadian rhythm, sleep quantity and quality, and optimal activity levels during exploration missions."

To read the January 7, 2013 Penn Medicine news release, please visit - http://www.uphs.upenn.edu/news/News_Releases/2013/01/dinges/.



David F. Dinges, PhD



Mathias Basner, MD, PhD

Penn Researchers Show Cocaine Addiction Resistance May Be Passed Down from Father to Son

A Penn research team led by **R. Christopher Pierce, PhD**, Associate Professor of Neuroscience in Psychiatry, collaborated with scientists from the Massachusetts General Hospital (MGH) in a study demonstrating that cocaine use may have physiological impacts that are passed to the succeeding generation, specifically from fathers to sons. Using an animal model, the investigators found that the rewarding effect of cocaine was decreased in the male offspring of male rats exposed to cocaine, but not female offspring. The findings were published in *Nature Neuroscience*. "We were quite surprised that the male offspring of sires that used cocaine didn't like cocaine as much," said senior study author Dr. Pierce in a Penn Medicine news release. "We know that genetic factors contribute significantly to the risk of cocaine abuse, but the potential role of epigenetic influences, how certain genes related to addiction are expressed, is still relatively unknown," Dr. Pierce added. "This study is the first to show that the chemical effects of cocaine use can be passed down to future generations to cause a resistance to addictive behavior, indicating that paternal exposure to toxins can have profound effects on gene expression and behavior of their offspring."



R. Christopher Pierce, PhD

Read the December 17, 2012 Penn Medicine news release at http://www.uphs.upenn.edu/news/News_Releases/2012/12/pierce/.

News and Announcements

In Memoriam - Kenneth D. Cohen, MD



Kenneth D. Cohen, MD, Clinical Professor of Psychiatry in the Perelman School of Medicine, passed away on Sunday, December 30, 2012. Dr. Cohen was a colleague, mentor, teacher, supervisor, and friend to many in the Department, and he committed himself to the field of Psychiatry with love and devotion. He could always be counted on to teach, inspire, and remind his colleagues of the irony of the human condition with his gentle humor and warm smile.

Dr. Cohen received a BA from the University of Pennsylvania and an MD from the Chicago Medical School. He completed his rotating internship at the Albert Einstein Medical Center and his residency in Psychiatry at the Philadelphia Psychiatric Hospital and Albert Einstein Medical Center, also in Philadelphia. Dr. Cohen was a graduate of the Philadelphia Association for Psychoanalysis (now incorporated into the Psychoanalytic Center of Philadelphia). He served in the U.S. Army as Chief of the Mental Hygiene Consultation Service and Chief of Neurology at Fort Meade in Maryland.

Dr. Cohen was a member of the Department of Psychiatry faculty since 1960 and a Clinical Professor of Psychiatry since 1991. He held a variety of hospital and administrative appointments over the years, including Clinical Director at the Philadelphia Psychiatric Center and Associate Chief of the Consultation-Liaison Service at the Presbyterian Medical Center. He held many committee chairmanships and administrative appointments at the Philadelphia Association for Psychoanalysis and the Psychoanalytic Center of Philadelphia. He was a member of the Department's Psychoanalytic Cluster Steering Committee. Dr. Cohen received numerous awards, including the Practitioner of the Year of the Philadelphia Psychiatric Society, inclusion in the "Top Docs" at *Philadelphia Magazine*, and the Penn Psychiatry Annual Award for Clinical Faculty in 2007. In 1988, he received the Department of Psychiatry's Earl D. Bond Award for distinguished teaching. The Department's Office of Education just nominated him for the American Psychiatric Association's (APA) Irma Bland Award for Excellence in Psychiatry Residency Teaching in recognition of his career contribution to the Penn Psychiatry Residency.

Dr. Cohen has truly been an inspiring senior teacher of psychodynamic therapy, psychoanalysis, and the doctor-patient relationship here at Penn, primarily in the Psychiatry residency. He has trained many of the leaders in Psychiatry in Philadelphia and his wisdom, judgment, balanced temperament, knowledge about psychotherapy, kindness, and compassion have been appreciated by literally generations of Penn faculty and residents. In addition to supervising two psychiatry residents per year every year since 1980, Dr. Cohen led a regular clinical case conference at the Philadelphia VA Medical Center for many years, and was a small group teacher in the Integrative Neuroscience Brain and Behavior Curriculum. Since 1997, he has been the Coordinator of the PGY-4 Advanced Psychodynamic Psychotherapy Course in the residency.

The Department extends its deepest condolences to Dr. Cohen's wife, Ann, and the rest of the Cohen family. We will all miss Ken greatly.

(We thank Richard F. Summers, MD for contributing to this memorial.)

For more about Dr. Cohen, please see the "Voluntary Faculty Profile" feature about him in the Spring 2008 issue of Penn Psychiatry Perspective - <http://www.med.upenn.edu/psych/newsletter.html>

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.



Alzheimer's Disease – Caregivers at Risk

Melissa Gartenberg Livney, PsyD, a clinical geropsychologist at the Penn Memory Center in the Department of Psychiatry, was interviewed in a NBC Nightly News story about the extraordinary demands on caregivers who look after people with Alzheimer's disease. In the NBC Nightly News story, Dr. Livney said, "Alzheimer's disease is 10 or 15 years of slow and steady loss of the person you once knew. Caregivers often suffer in silence and feel guilty when they don't feel up to the work." Even worse, she added, "People who are more distressed tend to be at greater risk for developing cognitive impairment themselves. They are putting themselves at greater risk for cardiovascular problems." At the Penn Memory Center, Dr. Livney runs a psychoeducational group for caregivers of family members with dementia. "People need to give themselves permission to take care of themselves," she said in the story. "That's what we focus on. We don't spend much time talking about the disease and functional aspects of caring for someone with dementia. We try to help people understand how to take care of themselves."

For the full December 11, 2012 NBC Nightly News story, please visit - http://vitals.nbcnews.com/_news/2012/12/11/15847389-caregivers-neglect-their-own-health-in-order-to-look-after-others?lite.

Penn Researchers Use fMRI to Study Drug Addiction

An article in the *Philadelphia Daily News* detailed the ongoing research of Department of Psychiatry scientists in Penn's Center for Studies of Addiction to better understand the neurobiology of addiction. They are using fMRI (functional magnetic resonance imaging) to develop more effective treatments and, perhaps eventually, personalized medicine tailored to each addict's biological strengths and vulnerabilities, which are shaped by genetics, life experiences, and drug use. The Department's **Teresa Franklin, PhD**, Research Assistant Professor of Neuroscience in Psychiatry, **Anna Rose Childress, PhD**, Research Professor of Psychology in Psychiatry, and **Daniel D. Langleben, MD**, Associate Professor of Psychiatry, are quoted in the article. By imaging the brain prior to, during and following treatment, the imaging technology will help allow investigators to predict who will respond to treatment and who will not. Dr. Franklin said the team's research could potentially be applicable to controlling other compulsive behaviors, such as gambling and overeating. "If medication is needed to fight addiction, then so be it," she said.

View the January 18, 2013 Philadelphia Daily News article at - http://articles.philly.com/2013-01-18/news/36417589_1_addiction-anna-rose-childress-opiate-addicts.

Awards and Honors

National Clinical Recognition

Thirty-three (33) Department of Psychiatry physicians were recognized as "2011-2012" Best Doctors in America." The list, compiled by Best Doctors, Inc., is composed of physicians who have been selected by the consensus of their peers, and is published every two years.

Eighteen (18) Full-Time or Emeritus Faculty members in the Department were recognized:

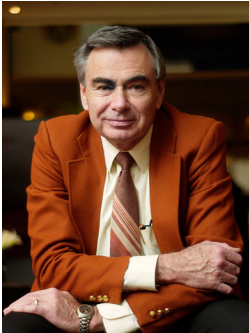
Steven Arnold, MD, Robert Berkowitz, MD, Wade Berrettini, MD, PhD, James Cornish, MD, Charles Dackis, MD, C. Neill Epperson, MD, Dwight Evans, MD, Laszlo Gyulai, MD, Kyle Kampman, MD, Charles O'Brien, MD, PhD, David Oslin, MD, Anthony Rostain, MD, MA, James Stinnett, MD, Joel Streim, MD, Michael E. Thase, MD, Joseph Volpicelli, MD, Robert Weinrieb, MD, and Daniel Weintraub, MD.

Fifteen (15) Associated Faculty members in the Department were recognized:

Christos Ballas, MD, Henry Bleier, MD, Lawrence Blum, MD, Sarah DeMichele, MD, Josephine Elia, MD, David Fink, MD, Newell Fischer, MD, Ruth Fischer, MD, Rollin Gallagher, MD, Paul Kettl, MD, Marc Lipschutz, MD, Michael McCarthy, MD, Robert Sadoff, MD, Andrew Stone, MD, and Robert Toborowsky, MD.

News and Announcements

Leadership Appointments



A Penn Leadership Position to Improve Student Safety

The Department of Psychiatry's **Charles P. O'Brien, MD, PhD** and Joann Mitchell, University VP for Institutional Affairs, will chair a new Commission on Student Safety, Alcohol and Campus Life. Dr. O'Brien is the Kenneth E. Appel Professor of Psychiatry, Director of the Center for Studies of Addiction in the Department of Psychiatry, and an expert on alcoholism and other addictions as they intersect with public policy. The Commission will review the status of student social life at Penn with a primary focus on consumption of alcohol and other drugs and the consequences for student conduct. It will pay particular attention to the potential for sexual violence and other forms of injurious behavior that can result from excessive alcohol consumption. It will also assess the efficacy of existing programs that are designed to ensure responsible student conduct and safety, and make recommendations for enhanced or new programs, policies, and practices to improve the quality and safety of student life.

Leadership Appointments In the Department of Child and Adolescent Psychiatry and Behavioral Science at The Children's Hospital of Philadelphia (CHOP)

- **Alexander M. Scharko, MD** was appointed Director for the Consultation Liaison Service.
- **Terri L. Randall, MD** was appointed Associate Training Director for the Child and Adolescent Psychiatry Residency Program.
- **Stewart Anderson, MD** was appointed Director of Research.
- **Thomas Power, PhD** was appointed Chief Psychologist and Associate Chief for Academic Affairs.

Upcoming Events

Department of Psychiatry Grand Rounds – February 14 and February 28

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates in the locations indicated. The next two lectures are listed below. For more information about Grand Rounds and the 2012-13 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

February 14, 2013

Women's Health and Psychiatry Module - "The Effects of Stress and Stress-Related Biological Processes in Human Pregnancy on Fetal, Birth, Infant and Child Health Outcomes: An Overview of Recent Findings from the UC Irvine Development, Health and Disease Research Program"
Speaker: Pathik D. Wadhwa, MD, PhD, Professor of Psychiatry & Human Behavior, Obstetrics & Gynecology, Pediatrics, and Epidemiology; Director, UC Irvine Development, Health and Disease Research Program, University of California, Irvine, School of Medicine
Location: BRB II/III Auditorium

February 28, 2013

Women's Health and Psychiatry Module - "Women's Health and Psychiatry Case Conference"
Speaker: Deborah Kim, MD, Assistant Professor of Psychiatry; Chief, Perinatal Division, Penn Center for Women's Behavioral Wellness, Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania
Location: 3535 Market Street, 16th Floor, Conference Room D

Announcements

Enrollment Now Open for PBHMind

The inaugural PBHMind Symposium will be held March 1st-2nd, 2013 and will focus on OCD – "Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Across the Developmental Spectrum." Department of Psychiatry presenters will include **Martin Franklin, PhD, Diana Antinoro, PsyD, David Yusko, PsyD, and Joelle McGovern, PhD**. The OCD Symposium will be held at the Claudia Cohen Hall Terrace Room in the Perelman School of Medicine at the University of Pennsylvania, located at 249 South 36th Street in Philadelphia.

For more information about this Symposium and upcoming courses, program costs, CE credits, and PBHMind as a whole, please visit - www.pbhmind.com.

