



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

Behavioral Counseling Can Help People Lose Weight - But Can Primary Care Doctors Alone Provide the Counseling?



Thomas A. Wadden, PhD was the lead author of a review article published in the November 5, 2014 issue of *JAMA* that concluded that while intensive behavioral counseling can induce clinically meaningful weight loss, there is little research demonstrating that primary care practitioners alone can provide such care. The findings from the literature review suggest that a range of trained interventionists, who deliver counseling in person or by telephone, could be considered for treating overweight or obesity in patients encountered in primary care settings.

“After an exhaustive search, we found only 12 high quality randomized controlled trials that examined the behavioral treatment of obesity in patients encountered in primary care settings,” said Dr. Wadden in a Penn Medicine news release. “Of those, only two studies identified counseling interventions that produced an average loss of at least five percent of initial body weight, an amount likely to improve weight-related health complications.”

The authors argued that further research is needed to evaluate the effectiveness and cost of having behavioral counseling delivered by Centers for Medicare and Medicaid Services (CMS)-designated primary care practitioners, as compared with registered dietitians, nurses, health counselors, and other auxiliary health professionals. In addition, recent randomized controlled trials, including one included in the review, have shown that trained interventionists can effectively deliver weight loss counseling by telephone and/or Internet.

Overall, the researchers concluded that physicians and other primary care practitioners could readily learn to provide intensive behavioral counseling, like the other trained interventionists identified in the review. However, ever-increasing demands on practitioners’ time may favor their referring patients for behavioral weight loss counseling rather than trying to provide such care themselves. “A variety of trained interventions potentially could deliver effective, evidence-based weight loss counseling to the millions of Americans who would benefit from it,” said Dr. Wadden. “Primary care practitioners cannot be expected to go it alone in reducing our nation’s waistline.”

The review article was widely covered in the print and electronic media, including WHYY (Philadelphia) Newsworks, DailyRx.com, *MedPage Today*, *Medscape*, *Clinical Endocrinology*

Departmental Goings On

Behavioral Counseling Can Help People Lose Weight - But Can Primary Care Doctors Alone Provide the Counseling?

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News, Utah People's Post, and Diabetes Insider.

Dr. Wadden is the Albert J. Stunkard Professor of Psychology in Psychiatry and Director of the Center for Weight and Eating Disorders in the Department of Psychiatry. **Patricia Hong, BS**, a former research coordinator at the Center for Weight and Eating Disorders, was also a co-author of the article, joined by Adam Tsai, MD at Kaiser Permanente in Denver and Meghan Butryn, PhD at Drexel University.

View the November 4, 2014 Penn Medicine news release - http://www.uphs.upenn.edu/news/News_Releases/2014/11/wadden/

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>.

How Schizophrenia Starts and Progresses



Raquel E. Gur, MD, PhD was interviewed in two stories appearing in the November 2, 2014 issue of the *Philadelphia Inquirer* that discussed how schizophrenia starts and progresses. The first story focused on her on-going study of 250 at-risk children and 250 who are normal. This is a subsample of about 9500 children, who were studied as part of the Philadelphia Neurodevelopmental Cohort (PNC) in collaboration with the Center for Applied Genomics at The Children's Hospital of Philadelphia (CHOP), led by Hakon Hakonarson, MD, PhD. The investigators are analyzing genes and brain images, family history, neighborhood environment, and early life experiences, as well as measures of perceptual and cognitive abilities and emotion processing. **Ruben C. Gur, PhD**, one of the research team members, in collaboration with **Paul Grant, PhD**, will soon start testing the theory that acting may help at-risk youths recognize and express emotions better. Dr. Raquel Gur and collaborators from Neuropsychiatry, including **Christian Kohler, MD, Monica E. Calkins, PhD**, and **Paul J. Moberg, PhD**, will test cognitive retraining as a therapy. That program will focus on improving

attention, working memory (the ability to hold thoughts in your head while working with them), and problem-solving. Like other experts, Dr. Raquel Gur thinks early intervention will be better for schizophrenia, as it is for so many other diseases. "If you want somebody to continue on a fairly normal trajectory of development," she told the reporter, "you need to capture them before they fall off the track so much that it's difficult to bring them back."

The second story traced the progression of a Philadelphia area teen diagnosed with schizoaffective disorder, a combination of mood problems and schizophrenia. After years of treatment near home, the teen started seeing therapists in June at the Hospital of the University of Pennsylvania. A team of researchers there, led by Dr. Raquel Gur, is trying to figure out how to identify and begin earlier treatment of young people with schizophrenia. The key message for parents, Dr. Gur said, is to pay attention, especially when psychological problems begin to affect school performance or friendships. Don't ignore symptoms.

Dr. Raquel Gur is Professor of Psychiatry, Neurology and Radiology, as well as the Karl and Linda Rickels Professor in Psychiatry and Director of the Department of Psychiatry's Neuropsychiatry Section. Dr. Ruben Gur is Professor of Psychology in Psychiatry and Director of the Center for Neuroimaging in Psychiatry in the Department of Psychiatry.

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News and Announcements

In the News

How Schizophrenia Starts and Progresses

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View the first November 2, 2014 *Philadelphia Inquirer* story at -http://www.philly.com/philly/health/mental-health/20141102_How_schizophrenia_starts.html

View the second November 2, 2014 *Philadelphia Inquirer* story at - http://www.philly.com/philly/health/mental-health/20141102_One_teen_s_progression_into_serious_mental_illness.html

Parents of Addicted Children Find Much Needed Support In One Another



Jacqueline Hudak, PhD, LMFT spoke to WHYY (Philadelphia) radio in a November 6, 2014 segment about parents of addicted children. The occasion for the story was the gathering of parents of addicts for a summit called "Other Faces of Addiction" for people who support addicts in recovery. Parents of addicts are in a bind - how to love and support their children in recovery, but not enable their drug habits. And, on top of that, how to do so without neglecting their own mental health. "The addiction field deals with this by the 'tough love' stance... [which] runs very counter to what comes intuitively as a parent," said Dr. Hudak, Clinical Director of the Center for Couples and Adult Families in the Department of Psychiatry.

View and listen to the November 6, 2014 WHYY (Philadelphia) Newsworks segment at - <http://www.newsworks.org/index.php/health-science/item/74839-for-parents-of-addicted-children-finding-much-needed-support-in-each-other>

Biologically Caused Aggressive and Anti-Social Behavior Can Be Improved by Increasing Omega-3 Intake



Adrian Raine, PhD discussed his research providing evidence that biologically caused aggressive and anti-social behavior can be improved by increasing Omega-3 intake in an October 30, 2014 *Penn Current* story. Dr. Raine, the Richard Perry University Professor of Criminology, Psychiatry, and Psychology, has been conducting groundbreaking research on the

biological causes of aggressive and anti-social behavior for 37 years. "Biology is not destiny," he told the publication. "People have thought it is, but it is not. We can change a brain that is biologically predisposed to crime and violence."

In his latest study, conducted on the African island nation of Mauritius and published online on August 22, 2014 in the *Journal of Child Psychology and Psychiatry*, his research team supplemented the diets of at-risk children with Omega-3 to see if it would repair the brain and improve the children's aggressive, antisocial behavior. The researchers found that the Omega-3 supplements significantly reduced these behaviors not only in the treated children by 42 percent, but also in their parents; this reduction accounted for 61 percent of the treated

children's improvement. Importantly, improvements were sustained six months after the treatment ended, showing long-term reductions in behavior problems. Approaching aggression and violence as a public health problem, Dr. Raine's team viewed these findings as indicative of the community-wide impact that could come from treating the whole population. Repairing the brains of people predisposed to violent behavior, in conjunction with relevant social interventions, could very well prevent the next generation of serious adult violent offenders from ever committing violent crimes.

"To me, violence is like a jigsaw puzzle. It's made up of lots of different pieces," Dr. Raine said. "We've known about the social pieces for a long time, such as child abuse, poverty, discrimination, but recently we've been turning over these biological pieces: poor prefrontal functioning, structural impairments to the brain, low physiological arousal, poor nutrition. So, the challenge is putting all these pieces together to explain the whole of crime and violence."

View the October 30, 2014 *Penn Current* story at - <http://www.upenn.edu/pennnews/current/2014-10-30/latest-news/penn-professor-pieces-together-jigsaw-puzzle-violence>

News and Announcements

In the News

Parenting: Helping Children Through Grief



Steven J. Berkowitz, MD was interviewed in an October 13, 2014 WTOP (Washington, DC) radio story about the best way for parents to guide a child through grief, as in facing the reality of death of a loved one. Dr. Berkowitz told WTOP that the best thing parents can do is to acknowledge, not ignore, their own emotions and the emotions of their child. "Parents need to recognize that if you're feeling it, your child is feeling it," he said. Dr. Berkowitz noted that it is important to be authentic with one's feelings, even crying in front of children, adding that it is equally important for parents to let their kids know they will get through their grief together, as a family. Dr. Berkowitz is Associate Professor of Clinical Psychiatry and Director of the Penn Center for Youth and Family Trauma Response and Recovery in the Department of Psychiatry. He was recently appointed Co-Chair for a new Task Force on School Violence for the American Academy of Child and Adolescent Psychiatry.

View the October 13, 2014 WTOP article at - <http://www.wtop.com/14113719902/Parenting-Helping-children-through-grief>

Surprising Ways Stress Wreaks Havoc On Your Health



Tracy L. Bale, PhD commented in an October 24, 2014 *Yahoo! Health* article on how stress can shrink your brain, throw off your gut bacteria, lower your sperm count, or make you crave junk food. Asked how an individual can control responses to stress, Dr. Bale told *Yahoo! Health*, "You can't really change how your body responds to stress, but you can prioritize the things that you know are healthy for you. For example, set aside time in your

schedule to exercise early in the day. Give yourself permission to prioritize the things that are healthy for you instead of making them a bonus because everything else comes first." Dr. Bale is Professor of Neuroscience in Psychiatry in the Department of Psychiatry in the Penn Perelman School of Medicine and Professor of Neuroscience in the Department of Animal Biology in the Penn School of Veterinary Medicine.

View the October 24, 2014 *Yahoo! Health* article at - <https://www.yahoo.com/health/5-surprising-ways-stress-messes-with-your-health-100845677127.html>

The New Retirement Splurge: Plastic Surgery



David B. Sarwer, PhD was interviewed in an October 16, 2014 *MarketWatch* story about people undergoing plastic surgery in retirement. He said that doctors should ask patients about their motivations and their expectations for surgery. People should generally avoid making major life decisions within six to 12 months of divorcing or the death of the spouse, Dr. Sarwer said. People who have been widowed or divorced should not consider a procedure as a way to speed the grieving process, he cautioned. Dr. Sarwer is Professor of Psychology in Psychiatry and Surgery and Consultant to the Edwin and Fannie Gray Hall Center for Human Appearance at Penn.

View the October 16, 2014 *MarketWatch* story at - <http://www.marketwatch.com/story/the-new-retirement-splurge-plastic-surgery-2014-10-16>

News and Announcements

Awards and Honors

Regional, National, and International Honors

Dr. Raine Honored By The Athenaeum of Philadelphia and Academy of Experimental Criminology



Adrian Raine, PhD received the 2013 Athenaeum Literary Award from The Athenaeum of Philadelphia for his book, *The Anatomy of Violence: The Biological Roots of Crime* (Pantheon, 2013), which discussed the biological foundation for violent behavior. This award, according to the Athenaeum, was established in 1950 to “recognize and encourage literary achievement among authors who are bona fide residents of Philadelphia or Pennsylvania living within a radius of 30 miles of City Hall at the time their book was written or published. Nominated works are reviewed on the basis of their significance and importance to the general public as well as for literary excellence.” Dr. Raine was also elected President of the Academy of Experimental Criminology (AEC) in 2013, and will serve until 2015. The AEC was founded in 1998 in order to recognize criminologists who have successfully led randomized, controlled, field experiments in criminology. The Academy recognizes outstanding achievements in experimental criminology through election of Fellows and Honorary Fellows, and by bestowing prestigious awards. Dr. Raine is the Richard Perry University Professor of Criminology, Psychiatry, and Psychology.

Dr. Williams Receives Several Honors



John P. Williams MD, Clinical Assistant Professor of Psychiatry, recently received several honors. In November 2014, he received the Jack Greenspan Award from the Philadelphia Psychiatric Society. The Greenspan Award is “presented to a psychiatrist who has been out of training for up to five years and has established a private practice, who has excelled in preserving, protecting, and defending the practice of psychiatry in Pennsylvania, or has made a substantial contribution to the Philadelphia Psychiatric Society and/or organized psychiatry.” Dr. Williams was also appointed by Governor Tom Corbett to the Board of Pardons of the Commonwealth of Pennsylvania and, on January 1, 2015, he will become President of the Academy of Cognitive Therapy, an international board certifying mental health clinicians in cognitive behavioral therapy.

Announcements

New Year, New You!

The University of Pennsylvania’s Albert J. Stunkard Weight Management Program builds on decades of research expertise to provide the highest quality of weight loss treatment. To learn more about discounts for Penn and UPHS employees, visit the Stunkard Program website at <http://www.med.upenn.edu/weightloss/> or call 215-746-4100 to register for a FREE orientation.

Hall Mercer Child and Parent Center Winter Program

The Hall Mercer Child and Parent Center Winter Program schedule and information are now available on the website. Please visit <http://www.med.upenn.edu/hallmercer/program.shtml> to learn more.

Center for Couples and Adult Families

The Center for Couples and Adult Families (CCAF) is the primary home of family oriented work within the Department of Psychiatry at the University of Pennsylvania. For information about our services, visit <http://www.med.upenn.edu/ccaf/index.html>.

News and Announcements

Upcoming Events

Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates. All Grand Rounds for the 2014-2015 academic year will be held in the BRB Auditorium. The next two lectures are listed below. For more information about Grand Rounds and the 2014-15 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>. To join our email listserv, please send an email to nataliec@upenn.edu.

December 18, 2014

Trauma Module
Post-Traumatic Stress Disorder (PTSD)
Speaker: Carmen McLean, PhD
Assistant Professor of Psychology in Psychiatry
Center for the Treatment and Study of Anxiety
Department of Psychiatry
Perelman School of Medicine at the University of Pennsylvania

January 22, 2015

Trauma/Forensic Module
Epidemiology/Childhood Trauma
Speaker: Douglas J. Wiebe, PhD
Associate Professor of Epidemiology
Department of Biostatistics and Epidemiology
Perelman School of Medicine at the University of Pennsylvania



upcoming [events]

*Happy Holidays and Best Wishes for a
Joyous New Year from Penn Psychiatry!*