

Psychiatric Clinical Faculty Association Newsletter

Paul Bohn, *Editor-in-Chief*

Lela DeGolia, *Editor*

Spring 2014

President's Column

As the current President of the PCFA I find myself in a unique position. If it were not for the untimely death of David Coffey in January 2012, I would not have replaced him as President-elect. David was a dedicated member of the Clinical Faculty, and he was actively engaged in promoting the PCFA's mission. What makes my position unique is that David left a generous bequest which I have the responsibility to help direct over the next two years. I feel it is important to honor David's vision and interests by executing many of his ideas.

A vision without execution could be considered an hallucination. Keeping this in mind, I will describe what the PCFA is doing to promote and enhance clinical psychiatric education for all psychiatry residents, medical students and other health trainees at UCLA.

Due to the closure of several psychiatric facilities in Los Angeles, there has been an increase in the service demands of the residency. The clinical faculty strives to maximize teaching within the time constraints of these increased service demands. The ability to observe therapy being provided, whether by yourself or others, would add a valuable dimension to this teaching. Understanding this, the PCFA has directed funds toward current technologies in two ways.

First, we started a pilot project using Samsung split screen technology to capture video recordings of residents providing therapy to their patients. The goal of this project is to provide a simple and convenient method for residents to tape therapy sessions with their patients. This will

facilitate later review of the sessions with their supervisors.

A second area where funds are being directed is in the building of a digitalized video library. The library will eventually be available to residents and faculty via the PCFA website. We are fortunate that Dick Metzner generously volunteered both his limited time and his limitless expertise to spearhead both of these projects. Note that the impetus for this video library project arose directly from resident requests. The residents emphasized how this library will enhance the teaching of psychotherapy by directly illustrating psychotherapy principles. Since the editing is best done by a fellow psychiatrist, the board decided to provide Dick Metzner with the equipment necessary to more easily maintain and edit the vast material available.

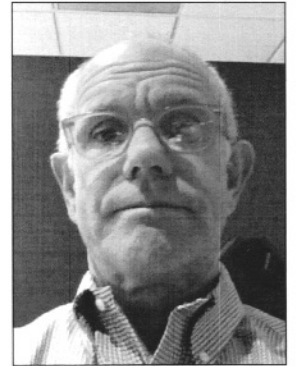
Another project that David Coffey was involved with was Psychiatry and the Cinema. A sponsored event occurred on 4/16/14 at which Roman Polanski's movie "Repulsion" was screened. Dr. Behnaz Jalali was the discussant from the Department of Psychiatry and Ron Kelly was the discussant from the UCLA School of Theater, Film and Television. James Greenberg author of Roman Polanski: A Retrospective also participated as a discussant. We funded the event from the David Coffey Fund. We plan to sponsor similar Psychiatry and the Cinema nights at regular intervals and to call them the Dr. David Coffey Memorial Film Night.

Other ongoing programs that the PCFA maintains include the Psycho-

therapy Program. This program, which is in its' 22nd year, is where residents participate in their own psychotherapy provided by clinical faculty at a nominal fee

(\$35.00 session). The funds collected are then redirected back to the PCFA to fund resident activities. Another ongoing program is the Distinguished Psychiatrist Seminar, now in its' 18th year. Prior participants were: James Masterson, Glen Gabbard, Ethel Person, Robert Michels, Otto Kernberg, Robert Naborski, Martin Horowitz, Lenore Terr, Vamik Volkan, Roy Menninger, Russel Meares, John Gunderson, Anthony Bateman, Margaret Kraft Goin, Richard Green, Peter Kramer, and Allen Francis. The next speaker on October 17, 2014 will be Dr. Salman Akhtar. Quite a distinguished list!

Other ways in which we support the education of the residents is in the yearly Hatos Prizes. These are divided into the Alex Rogawski and 21st Century Prizes. For the past 18 years we have requested scholarly papers that address either "Psychiatry's Role in the New Millennium" (21st Century Prize) or areas of interest of Alex Rogawski's (i.e., role of preventive efforts in psychiatry, psychodynamic understanding and its application to community psychiatry, the role of psychiatry in



Wayne C. Sandler, M.D., Ph.D.

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Distinguished Psychiatrist Seminar Series

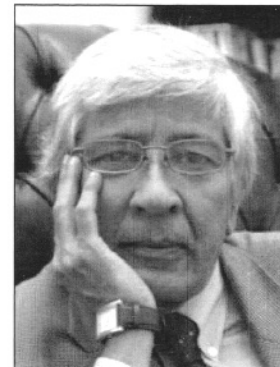
Allen T. Pack, M.D.

Controversy. That may as well be Allen Frances' middle name. Not that he exactly channels Ariel Sharon, but he is totally fearless at speaking his mind. We got the best of him this past October as our Distinguished Psychiatrist. He opined at length about the new DSM, its creation and its impact. He not only discussed its impact on psychiatry, but also on mental health care delivery as a whole in the coming decade. He was not optimistic. We found him to be a delightful mix of eloquence and humility. His case conference on Friday night with the psychiatry residents was equally involving. Held at Napa Valley Grille, it was the best attended resident conference in our series with "standing room only". The case was complex, the discussion was lively, and pretty much everyone present took part. Dr. Frances shone, not only as a clinician, but also as a facilitator.

This October much will change. We will switch the location to the Faculty Club, since the Alumni Center will be in the midst of construction. The format will change as well. We'll have the customary lecture following the faculty association meeting, but then a complimentary lunch will be served accompanied by a second presentation. That means more CME: four hours altogether. Note that if you wish to attend the luncheon session, you must RSVP at least one week in advance.

Our Distinguished Psychiatrist for this year will be Salman Akhtar, perhaps the most popular psychoanalytic lecturer in the country at this time. He has over 300 publications; this includes

eight volumes of poetry! He serves as a professor at Thomas Jefferson Medical College. He has lectured broadly, both nationally and internationally. He is the recipient of



Salman Akhtar, M.D.

numerous awards in both the fields of psychiatry and psychoanalysis, most notably the Irma Bland award as the Outstanding Teacher of Psychiatric Residents in America. As most of you know, the raison d'être of the Distinguished Psychiatrist Seminar Series is just that: to provide our residents a modicum of teaching in the area of psychoanalytic psychotherapy by the luminaries in the field.

Dr. Akhtar's two lectures will be the paired phenomena of generosity and gratitude. His topics are in a different universe from the DSM, and different as well from the more common conflict-driven psychoanalytic topics. No offense to the memory of Melanie Klein.

Mark your calendar for Saturday, October 18th and remember to get back to us before the event with your RSVP for lunch.

Editor's Column *Paul Bohn, M.D.*

Airplanes are a great place to get work done. I'm currently seated in the coach section on a brutal 11 hour Lufthansa return flight from Florence, Italy. I just finished editing the last of the PCFA's 2014 Newsletter articles. Now I need to decide on a topic for the Editor's Column.

I'm on my way home from the Sixth Tri-annual International Symposium on Psychoanalysis and Art. The ambitious conference theme this year was: "Art/Object: The Artist, The Object, The Patron and the Audience." The conference was fantastic! Among the 175 international attendees, I met psychoanalysts (MD and non-MD), artists, art collectors, and art therapists from all over the world. The people, the city, and the lectures were all incredible.

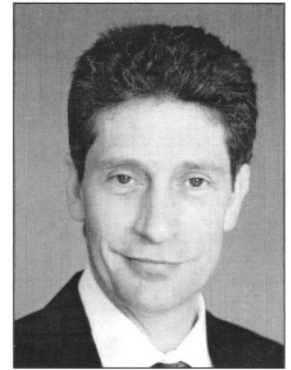
Socializing with international colleagues was the highlight for me (Ask Mike Gales and Heather Silverman, who also attended; I think they would agree.). One standout night I ate dinner with 5 other psychoanalysts from around the world: London, Israel, Holland, and Istanbul (Turns out there are only 50 analysts in the entire city of Istanbul; it's still wide open there!). The discussion was intellectually stimulating with topics ranging from treating PTSD in Israeli bomb victims to practicing psychoanalysis in a predominantly Muslim country tilting

toward Sharia law. However, the erudite nature of the conversation deteriorated substantially after the second bottle of Chianti Classico. We were laughing so hard that the waiter had to ask us to keep the volume down, which was particularly impressive given we were in Italy. Later he jokingly threatened to refuse to let us finish our last bottle of Chianti. Who knew psychoanalysts could be so rowdy!

As for the city, Florence is an astoundingly beautiful, easily navigated, historically amazing, tourist's paradise. And this is an understatement. Largely due to their intense rivalry with neighboring cities, the Medici family fought a metaphorical "war of aesthetics." They used their abundant banking wealth to make the city an art capital of Europe. The high quality and sheer quantity of Florentine art are indeed intimidating. The list of Florentine artists is the "who's who" of the Italian Renaissance: Galileo, Giotto, Ghiberti, Michelangelo, da Vinci, Machiavelli, Botticelli, Brunelleschi, Donatello, Dante, and several other hard to spell names. In the end, of course, we are the true beneficiaries of their cultural competition.

The symposium lectures were well done, although more slides would have been nice. Compelling talks included "Art, Empathy and Neuroscience" by art historian David Freedberg with

discussion by mirror neuron expert Vittorio Gallese. Call me twisted, but my favorite lecture was, "Fashion as Fetish," by art historian and fashion writer Amy Fine Collins. Her



Paul Bohn, M.D.

highly entertaining talk first detailed the history of foot fetishes, and later used psychoanalytic theory to explain women's motivations for wearing high-heeled shoes (After this talk a colleague and I visited the Ferragamo Shoe Museum of Florence for homework.).

If this sounds appealing, mark your calendars for May, 2017; you have plenty of time to plan (<http://www.florence-psychoart2014.com>). The Symposium is held every 3 years and is always in Florence.

By the way, for those of you interested in honing your CBT or ERP (Exposure and Response Prevention) skills, consider attending the upcoming OCD Foundation Conference, which is being held in LA this year on July 18th, 19th and 20th.

Well thank god, the column wrote itself!

PCFA's Fifth Annual Intern Welcome Barbeque.

Please come help us welcome and celebrate our new colleagues on the eve of their internship!

The beginning of internship is a significant milestone for every psychiatrist, and we hope to mark that moment with our collegial spring celebration. All interns, residents, faculty and their families are invited. This year's event is set for Sunday, June 22nd, the day before the interns actually start work!

A barbeque dinner will be served.

Sunday, June 22, 2014, from 2:30 to 5:30 p.m., at the UCLA Sunset Canyon Recreation Center (on the UCLA campus).

RSVP to Ms. Lela DeGolia: ldegolia@mednet.ucla.edu



Chief Residents' Column *Michael Boucher, M.D. and Yvonne Yang, M.D.*

In one of his last lectures to our PG4 class, Dr. Gitlin gave us practical career advice relevant to multiple professional environments, including private practice, large organizations, and academic institutions. Towards the end of the lecture, he paused, and admitted a deeply held bias he wanted to share. He believes that teaching is a fundamental aspect of psychiatry, and that no matter what career path we choose, he implored us to continue to teach, to give back, and to nurture future generations of psychiatrists. As he told us, "You think you've learned a lot in these four years? You'll be amazed at how much you learn in the next four years and beyond, and how much wisdom you will have to share."

The PCFA is the very embodiment of this dictum. Clinical faculty serve as role models and teachers. As chief residents, we are in the privileged position to be both the beneficiaries of the PCFA's efforts, as well as the liaison between the clinical faculty and the residency at large. Looking back over the year, it is humbling to see the PCFA's vital and engrained role in the UCLA Psychiatry Residency Program.

The year began with water balloons and delicious tacos, at the PCFA Welcome BBQ for Interns. Fun and carefree, the event brought the class together with the help of food and some silliness, a theme we returned to many times this past year. Before becoming chiefs, we didn't realize how big a role the PCFA played in creating a sense of camaraderie and cohesion for the residency. We knew they sponsored the Retreat and Recruitment Happy Hours, but this year, we saw the larger picture. Much of what makes this residency great are the residents themselves, and their relationships with each other. Those relationships begin at the PCFA Welcome BBQ in June, and they grow stronger and more entwined at the annual



**Co-Chief Resident
Michael Boucher, M.D.**

retreat in September. Throughout the fall and winter, we have regular happy hours for residents and applicants, all sponsored and supported by the PCFA. These happy hours bring the residents together to relax, to have fun, to be a little silly, and to grow closer, as friends and as colleagues. This camaraderie helps the residents endure the daily grind of our intense training program, as well as to weather the storms of unexpected change. This year in particular, we have had more than our fair share of unexpected change. This summer, one intern left the program for personal reasons, and in the fall, another intern announced his plan to switch specialties and leave at the end of the year. The intern class came together, started their own process group, and supported each other, taking on extra call and rearranging schedules. This winter, they welcomed a new intern into the class, Erik Paschall, and in July, they will be welcoming two new PG2s into the fold, the Harbor intern, Viet, and a transfer resident, Heather.

In the PG4 class, our friend and classmate, Elana Miller, was diagnosed with cancer, and began a grueling course of chemotherapy. Known to the PCFA in her role as the chief resident of the Resident Psychotherapy Clinic, Elana is a strong advocate for therapy and therapy training. She helped spearhead a PCFA-funded initiative to videotape therapy sessions as a way to enhance supervision and training. Thankfully, Elana responded well to the chemo, and she is expected to make a full recovery. News of her diagnosis gave everyone in our class a

scare; however, it brought us closer together, to help support Elana and her family.

These are but a few of the ways that our residents support and rely on each other, and the PCFA plays a large and important role in fostering this environment. It is in this role that the PCFA is most visible during the PG1 and PG2 years.

However, by the PG3 and PG4 years, the PCFA begins to exert its academic might. Acting as the stewards of our psychotherapy training, the PCFA supervises therapy trainees, teaches a psychotherapy didactic curriculum, and provides low-cost psychodynamic psychotherapy for interested residents. In fact, the psychotherapy program has proven so popular that the PCFA has created a waitlist, and Dr. Russell is actively seeking out new clinical faculty psychotherapists, particularly within the South Bay and the San Fernando Valley. Additionally, many faculty volunteer in the UCLA, VA and community clinics, supervising us in the medication management clinics that form the bulk of our clinical training.

Our PCFA teachers serve two important roles, as educators sharing their knowledge and wisdom, and as role models, demonstrating to us the very definition of the clinician-educator. Dr. Gitlin encourages us to teach and nurture the next generation of clinicians as we move forward in our careers. On the brink of graduation, we turn yet again to the PCFA, to guide us down the path from student-trainees to teacher-mentors.



**Co-Chief Resident
Yvonne Yang, M.D.**

Report on UCLA Child Psychiatry *Gayle Polsky, M.D.*

The tradition of excellence continues in the division of Child and Adolescent Psychiatry at UCLA. This marks another year of growth and success within the department led by Sheryl Kataoka, MD and Marcy Forgey, MD. Dr. Forgey has done an outstanding job providing leadership of the program while Dr. Kataoka was on sabbatical for the second half of the academic year. While on sabbatical, Dr. Kataoka has been spending time mentoring fellows and residents on school mental health research projects and providing child psychiatry consultation to LAUSD and their school based health centers.

This year marked the second year of fellows participating in an international elective. Dr. Smitta Patel went to India with several faculty members who are specialists in trauma treatment as part of a basic medical mission and trauma screening project. Dr. Patel has been making this trip for the last several years, but this is the first year with a UCLA contingent. Dr. Samantha Stewart went to Brazil to do trauma research as well.

In other awards, co-chief fellow Dr. Jessica Jeffrey has been serving as PRITE fellow and as the resident representative for the California Academy of Child and Adolescent Psychiatry. Co-chief fellow Dr. Roya-IjadiMaghsoodi has been serving as a resident representative for the Southern California Society of Child and Adolescent Psychiatry. First year fellow Dr. Vandai Le was selected as the Jerry M. Wiener Representative to the Council of the American Academy of Child and Adolescent Psychiatry.

Dr. Royaljadi-Maghsoodi was selected as the recipient of the Greenblatt Fellowship Award. This award is given annually to the second year fellow who most exemplifies Dr. Gertrude Rogers Greenblatt through a deeply humane commitment to children requiring psychiatric care, exceptional talent and skill in clinical

work, and an unusual sensitivity and concern for the needs and feelings of others, whether they be patients and families, or students and colleagues. She will receive the award at Grand Rounds on Tuesday, May 13.

This year, two successful retreats were held. The fall retreat was held at the Getty Museum, and we were able to have the spring retreat at Malibu and Vine, thanks to a generous donation by the PCFA. The fellows enjoyed both opportunities for program improvement and team building exercises at these gorgeous venues.

After a highly successful recruitment season, we are excited to welcome the Child and Adolescent Psychiatry Fellowship Class of 2016. Andrea Carter, MD (UCLA), Elizabeth Horstmann, MD (Columbia), Brian McPhee, MD (UCLA), Douglass Russell, MD (UCLA), Emily Todd, MD, PhD (UCLA), Michelle Wu, MD (USC), and in the Research Track Artha Gillis, MD, PhD (UC Davis).

In other news, the fellowship has recently re-organized the second year curriculum to include a 6-month experience learning family focused treatment and psychopharmacology management in the Child and Adolescent Mood Disorders Program. In addition, there will be a 4-month

experience in the new Child and Adult Neurodevelopmental Clinic, where fellows will learn how to conduct comprehensive evaluations for neurodevelopmental disorders and to provide both somatic and non-somatic treatments.

As always, the PCFA continues to provide support for the education of the fellows. Whether it is in Individual Supervision, the Clinical Practicum, Process Groups, Lectures, Recruitment, or Retreat, the PCFA has a critical role to play. The fellowship is thankful for everything the PCFA does, and in an effort to show the department's sincere gratitude, the annual PCFA Child Faculty appreciation dinner will be Thursday, May 29th. Save the Date!

We know that this next upcoming year will be as exciting as the last.

I am honored to serve as the liaison between the Child Fellowship and the Psychiatric Clinical Faculty Association. Thank you for this opportunity.



Gayle Polsky, M.D.

Please watch for announcements of PCFA's 2014-15 annual events:

June 22nd, 2014	Psychiatry Intern Welcome Barbeque, at UCLA Sunset Recreation Center
September, 2014	Residents' Psychotherapy Program Provider Dinner and Discussion (Date and location TBD)
October 18th, 2014	Distinguished Psychiatrist Seminar and PCFA General Meeting, at UCLA Faculty Center (CME offered)
December, 2014	PCFA Resident and Faculty Holiday Party (Date and location TBD)
January 2015	Psychotherapy Supervision Training Dinner and Discussion (Date and location TBD, CME offered)
April, 2015	David Coffey Memorial Psychiatry and Cinema Dinner and Screening (Date and location TBD)

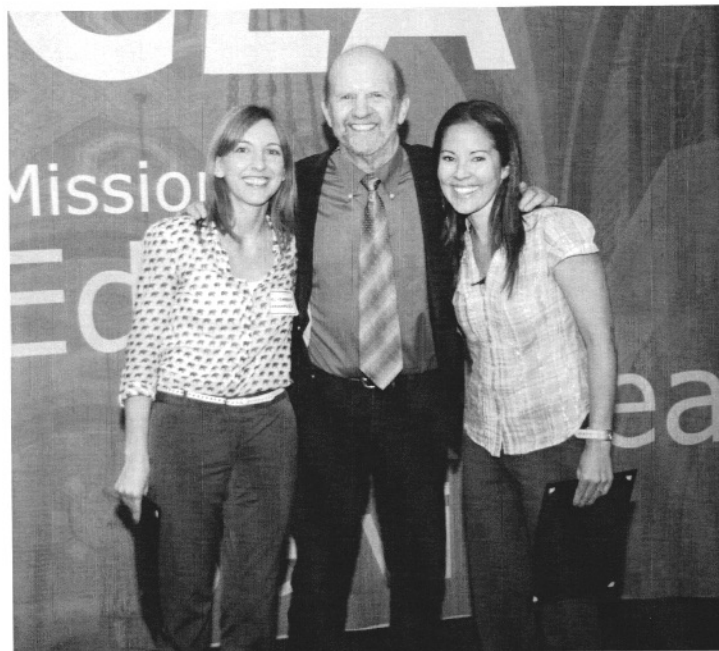
2013 PCFA Annual Meeting



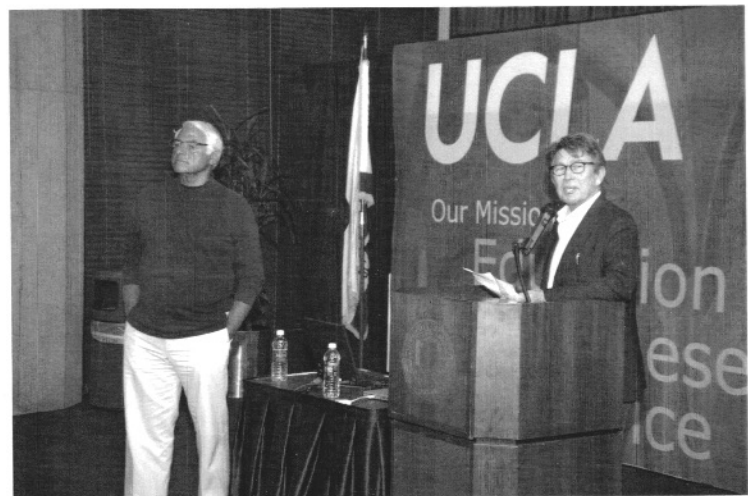
Dr. Thomas Strouse updates members on the state of psychiatry at UCLA



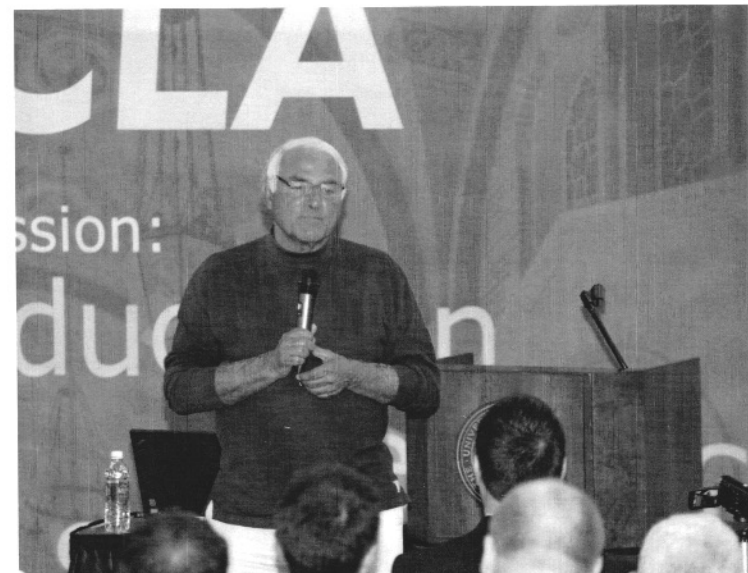
PCFA President, Dr. Robert Ashley, opens the annual meeting



Dr. Richard Metzner with the 2013 Hatos winners, Elizabeth Nakamura and Misty Richards



Dr. Allen Pack introduces Dr. Allen Frances



Dr. Allen Frances, 2013 Distinguished Psychiatrist Honoree

2013 Intern Barbeque



Rick Rickles, Ralph Obler, Zeb Little and Spouses



Josh Pretsky gets ready for the catch



Dr. Richard Metzner and friends



Residents share a moment together



It's a great turnout for the 2013 Intern Barbeque

Update on Medical Student Education

Margaret L. Stuber, M.D., Assistant Dean of Student Affairs for Well-Being and Career Advising,

Daniel X. Freedman Professor of Psychiatry and Biobehavioral Sciences • mstuber@mednet.ucla.edu

There have been a lot of exciting changes in education over the past year at David Geffen School of Medicine. First, there were changes in the Dean's office. In November, 2013, Clarence Braddock, MD, MPH, came from Stanford to join us as Vice Dean for Education. Since then we have had a new interim Associate Dean for Admissions appointed, and searches started for a new Associate Dean of Student Affairs, and for an Associate Dean of Graduate Medical Education. Neil Parker, MD, the person who previously held all three of those positions (Admissions, Students Affairs, and GME) is taking a well-deserved sabbatical.

Other changes were in the structure of the curriculum. The class of 2018 will have a shorter pre-clerkship phase of school, so as to provide six

more weeks of sub-internships before applying for residency. They will also be the first class at DGSOM for almost two decades to leave the strict pass/fail system of evaluation. Both of these changes came at the request of students who felt that they would offer students a better competitive position for residencies.

These students are responding to a national situation which is worrisome. In response to the doctor shortage in the United States, medical schools started increasing their class size five years ago. However, there was no corresponding increase in number of residency positions. In addition, international medical graduates were added in to the Match, further increasing the number of students competing for the same number of residency slots. Although UCLA medical grad-

uates continue to do very well, the competition is fierce, and the chance of going unmatched has increased.

This all means we definitely continue to need you to volunteer as Therapists for Medical Students! We also encourage you to consider acting as a Tutor in one of our Small Group Courses, or as an Advisor for one of our Well-being Groups. Feel free to email me for details if you are interested in any of these opportunities.



Margaret L. Stuber, M.D.

President's Column

(continued from page 1)

primary care, or transcultural issues in psychiatry). Last year's winners were Dr. Elizabeth Nakamura for her paper entitled "Should Psychiatrists Have a Role in the Gun Control Debate?" and Dr. Misty Richards for her paper, Cross-cultural Comparisons of Attitudes Toward Schizophrenia Amongst the General Population and Physicians in Japan and the United States." Dr. Nakamura, who previously attended the PCFA Board and Executive Meetings as chief resident, is now a clinical faculty member. She has recently volunteered for and been voted onto the PCFA Board and Executive Committee. As both a recent graduate and an actual member of the millennial generation, the executive community unanimously approved her as the

PCFA Awards Coordinator. She will interface with the residents regarding award opportunities. These awards will include the Hatos Prizes, and possibly a new award created from the Coffey Funds to support resident leadership and innovation.

The PCFA is continuing the Terzian Book Fund which began in 2003. This was a fund established in the memory of Sherry Terzian, a faculty member and the first librarian at the UCLA Neuropsychiatric Institute. Using this fund, we provide a book for third year residents at UCLA, Harbor and San Fernando. This is a way to help the residents add to their personal library.

Dr. Coffey was also involved in establishing the annual PCFA picnic. June 22, 2014 will be the fifth annual intern picnic. The picnics are held at the Sunset Recreation Center and provide an opportunity for the clinical

faculty to interface with the interns and to welcome them to UCLA.

The Volunteer Clinical Faculty is dedicated to maintaining the high quality of the UCLA Psychiatric Residency. Clearly the clinical faculty makes invaluable contributions to the UCLA psychiatry residency culture. Our mentoring plays an important role in training residents as both compassionate clinicians and competent leaders. I recall the Oslerian Principal that a "good" doctor treats the disease and a "great" doctor treats the person who has the disease. Through our vital involvement we help UCLA psychiatry residents realize their full potential as "great" doctors.

Report of the Psychotherapy Program (Psychiatry 483) *Andrew T. Russell, M.D.*

It has been my continuing pleasure to serve as teaching supervisor for the Psychotherapy Program and as faculty liaison to the Psychiatry Clinical Faculty Association (PCFA). This program is now in its 22st year. As many of you know, it was founded and led by Robert Pasnau, M.D for many years; it continues to be an honor to follow in his footsteps. I am ably assisted in the administration of the program by Lela DeGolia, Executive Director of the PCFA. In addition, Mark Thompson, MD and Van DeGolia, MD continue to be essential to the program's success. Mark or Van schedule individual meetings with all the residents interested in the program and then arrange their assignment to available PCFA faculty. This is not easy given geographic, scheduling and availability issues, not to mention special interests of the residents. Many thanks to Drs. Thompson and DeGolia for the many hours they contribute to the program.

This program, which provides a personal, educational, and affordable psychotherapy experience, sets the UCLA residency program apart from

the vast majority of training programs in the country – it continues to help us recruit the best and the brightest.

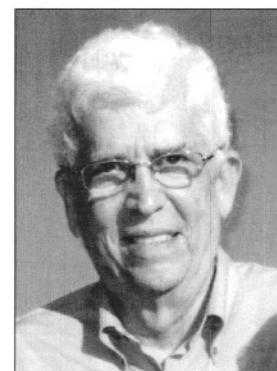
Demand for the program remains high. So far this year, 26 residents contacted me and were referred to Dr. DeGolia or Thompson for assignment. In addition, a number of residents and fellows continued in the program for a second or even third year. Fifty-three faculty have volunteered to participate in the program, although some may not be available during the course of any given year. Last year they provided more than 1100 hours of psychotherapy. We added several new faculty to meet the demand over the last 20 months. These include Susan Donner, Ramsi Kiriakos, Stan Leiken, Arsalan Malik, Larry Newman, Dan Plotkin, Wayne Sandler, Jonathan Salk and Heather Silverman. Your participation is appreciated! As demand remains high, we have had some difficulty making prompt assignments for a number of the residents, particularly from Sepulveda and Harbor programs. We are trying to recruit new faculty in the valley and south bay to meet that need.

The residents pay \$35 per session

to their therapist which in turn is donated to the PCFA. These monies have been used to support a variety of training related initiatives and activities.

In 2012-13 we collected over \$39,000 to that purpose. Faculty seeing more than one resident include Thomas Brod, Daniel Fast, Robin Frasier, Donald Freeman, Malcolm Hoffs, Jim Rosenblum, Bella Schimmel, Joanne Seltzer and Sam Wilson. My apologies if I have left anyone off this hard working list.

In summary the psychotherapy program continues to thrive and provide a very special experience for our residents and faculty. Our main problem, high demand for the program, is a nice one to have. It has been a pleasure to help coordinate it this year. Many thanks to all who have contributed to the program's success.



Andrew T. Russell, M.D.

Treasurer's Report for Fiscal Year 2013 *David E. Sones, M.D.*

The Psychiatric Clinical Faculty Association remained in a good financial position through the end of the last fiscal year. Thanks to monies generated by the Psychotherapy Program and the generous contributions of our membership, our income over the previous year exceeded our expenses.

Due to funds provided by the bequest of David Coffey, M.D., the PCFA has a sizable reserve. Our organization has decided to utilize some of these funds by investing in pilot educational activities, including improving our technology to enhance training. A large portion of this reserve has been invested in a stock fund. An ad

hoc committee has been tasked by the Board with developing a formal policy statement to guide our organization's investment strategy over the coming years.

A special thanks is owed to Lela DeGolia, our Executive Director, for continuing to manage our finances. She has worked diligently to maintain our online QuickBooks account, through which we can easily track our financial status. Ms. DeGolia also worked with our bank to open a brokerage account for the organization, which was no easy task.

Our organization strives to represent the interests of the faculty who volunteer their services. In order to

fund activities that enhance the educational opportunities in clinical psychiatry at the university, we rely in large part on the contributions of our membership.

If you have not already done so, please send your \$100 annual contribution for 2014 to PCFA using the self-addressed envelope enclosed with this newsletter.



David E. Sones, M.D.

Training for Psychotherapy Supervisors

The Psychiatric Clinical Faculty Association has launched a pilot program to provide training to faculty members who supervise residents in psychiatry. We were pleased to invite Richard Tuch, M.D., an esteemed member of our faculty, to present at the UCLA Faculty Center on Wednesday January 29th

In his presentation, Dr. Tuch challenged the audience with a controversial position that questioned what the supervisor can and cannot honestly offer the supervisee. Tuch asserted that while supervisors are oftentimes better situated to be able to make sense of what's going on between the resident and his patient, they are simultaneously poorly positioned to precisely know how to best utilize this knowledge—thus leaving it to the resident to decide what to do about what's been gleaned about the dynamics of the case. This idea runs counter to the typical assumption that it is the job of the supervisor to instruct the supervisee about how best to go about conducting the treatment under discussion. Tuch suggests that a first-hand experiencing of the patient generates knowledge that is often hard to put into words—a gut level sense of the patient that is better attuned to when, whether and how to intervene (tact and timing) with a given patient.

Tuch observed that seeing clinical material from a distance permits the supervisor a broader vision of the panoramic process of the material, better positioning him to understand the meaning of the material unencumbered by the distraction of having to relate to the patient on a moment-to-moment basis. The supervisor retains his “presence of mind” that oftentimes is eroded when one is in the room with the patient experiencing the moment and one's own countertransference reactions. Tuch noted how he'd learned this to be the case when he'd gone to see his own supervisor, Dr. Norman Tabachnik—who has just passed

away—while a psychiatric resident at UCLA. Tuch began presenting his process notes and was struck by the realization that he better understood the material now that he was no longer in the room with the patient. For this neophyte, the task of being “fully present in the room” interfered a bit with his other therapeutic responsibility—to be thinking about the patient whilst sitting with him.

The implications of Tuch's position do not suggest that supervisors are not to instruct residents on matters of technique. Surely there is much a supervisor can offer with regards to the general issues of how one conducts treatment—tricks of the trade, how to handle difficult situations that often arise, etc. He did note, however, that studies strongly suggest that supervisees rated technical advice about how best to handle a given case “least helpful” of all the input supervisors have to offer.

The dangers of a supervisor having too much to say about how a case should be conducted is illustrated by the too frequent situation where a resident introduces interpretations by the

supervisor during the very next session with the patient, ignoring the fact the patient may have already moved on, meaning the patient may be more concerned with other matters. Introducing an “otherness” into the room in the form of an interpretation that was grafted on to the supervisee rather than issuing organically from him, introduces the shadow of the supervisor's presence that may well “spook” the patient. Accordingly it is wise to counsel residents to not make a habit of running back to the consulting room to try on for size suggested interpretations without regard for “where the patient is presently at.” This illustrates the saying: “You can't step in the same river twice.”

Dr. Tuch's presentation was very enlightening and was well received by all in attendance. We thank Dr. Tuch for participating in this program. Plans are in the works to invite other speakers in the future. We hope that you can attend.



2013 NAMI Walk, \$3,200 raised, 80 walkers.

Photo by: Sunnie Dishman, a nurse on adult psychiatry 4E.

Technology Update *Richard Metzner, M.D.*

Time: The not so distant future.

Place: The Semel Institute.

You are a UCLA psychiatric clinical faculty supervisor. The resident you supervise is presenting her latest video. The split-screen image shows her nodding blankly while the patient reports a litany of events with arms folded self-protectively. Because of the split-screen recording you are able to delve into issues that may never have come up had you not been able to see the unspoken subtext of their interaction.

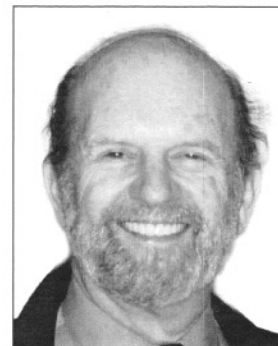
While supervising another resident, you suggest a diagnostic possibility that he hasn't considered. He confesses that he has never seen a

equipment. After some initial technical problems, the first split-screen enabled supervisory sessions were successfully concluded. If you are interested in learning more about becoming an SSPP supervisor, please let me know (rmetzner@ucla.edu).

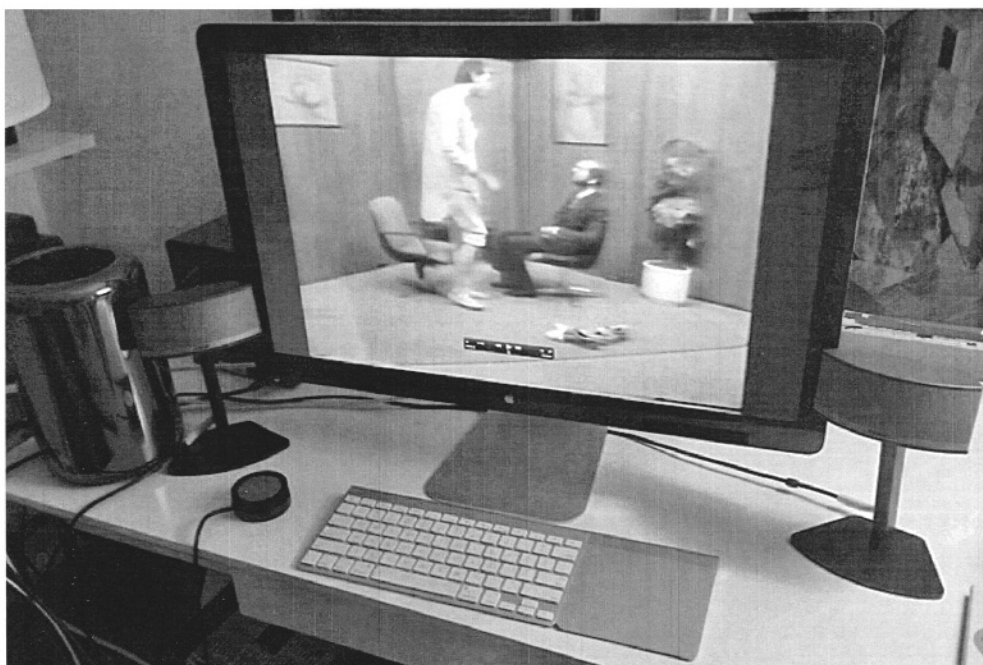
ODPaL was also launched at the same time with the placement of the first video ("Psychotic Patient with Grandiose Delusions") on a password-protected "Clinicians Only" part of the online PCFA Journal (<http://www.semel.ucla.edu/pcfa/journal/clinicians-only>). Check it out. If you don't already have your Semel Institute website username and password, ask Lela

cated to the task. Using Final Cut Pro X editing software cases will be prepared for placement on the PCFA website over the next twelve months. The videos cover a wide range of categories. They include diagnostic interviews and therapeutic sessions conducted by faculty and trainees. All were recorded with signed patient consent for use in UCLA medical education. Residents who have seen clips from the collection have expressed great interest in having them as a resource. It is anticipated that faculty and trainees will use the library in a wide array of clinical teaching activities. One possibility is a series called "Then and Now" in which brave senior faculty members are shown watching and commenting on interviews they performed when they were residents.

David Coffey loved technology. It is with bittersweet emotion that we are seeing his gift bring forth a future that we wish we could be sharing with him.



Richard J. Metzner, M.D.



patient with that diagnosis. You refer him to the PCFA Online Digital Psychopathology Library (ODPaL). The next time you meet, he tells you that the ODPaL case evidenced many characteristics similar to his, and that he will revise his treatment strategy accordingly.

Thanks to Dr. David Coffey's posthumous gift, PCFA can now implement projects like these. The Split-Screen Pilot Project (SSPP) was launched in late 2013 with purchase of the required recording and playback

Degolia to help you obtain them (LDe-golia@mednet.ucla.edu).

The extensive ODPaL source material was recorded in the 1970's, when Drs. Barnett Addis, Garrett O'Connor and I managed the departmental media centers at NPI and Brentwood VA Hospital. The videotapes have been preserved in excellent condition and are being digitized professionally. The first twenty VHS tapes now occupy 750 gigabytes on PCFA's new Mac Pro computer dedi-

PCFA Website Profiles

We are still adding member profiles to the PCFA website. If you haven't yet submitted your profile, please take a few minutes to complete the form and return it by mail or email to the PCFA office. We will then send you your UCLA ID Number so that you can access the website and view your completed profile. The profiles provide a wonderful resource for the UCLA psychiatry residents.

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