



NEWSLETTER

New vitality in clinical training

By Joshua Pretsky, M.D., President

I am delighted to be writing to you about the great increase in activity and vitality of the PCFA over the last couple of years. With a boost in momentum from David Coffey's bequest in 2012, we have added new programs that are deepening our engagement with the residency beyond our foundational work of teaching, supervising and providing resident psychotherapy.

Let's take a brief look at 2016; a year packed with events.

In February, we hosted the second annual David Coffey Memorial Film Night, organized by Dr. Mike Zito and nicely described in the chief residents' article. The event publicized PCFA to the broader UCLA community, as attendees came from the film school and various undergraduate departments, in addition



to the psychiatry department. Thanks to our Dr. Allen Pack for participating on the panel, and to discussion moderator Dr. Doug Russell, child psychiatry fellow.

In May, we hosted two major events. The second annual faculty mentoring night took place on May 3rd. As Dr. Sara Hyoun notes in her article, it was a great success. The second annual Intern Psychotherapy Retreat took place over the weekend of May 13-15 at St. Malo Beach in Oceanside CA. Thank you to Dr. Van and Lela DeGolia for generously donating their family beach house for this event. The retreat was staffed by Drs. Wayne Sandler, Zeb Little and Paul Puri, all members of the PCFA board. Many current second year residents said that last year's retreat was the highlight of their residency so far, and the interns this year have been singing its praises as well.

The Intern Welcome BBQ, now in its seventh year, takes place on Saturday June 18th from 2pm to 5pm. All PCFA members are invited to welcome the new interns during their orientation week. It will be a casual, friendly and tasty afternoon, featuring delicious taco stand fare and

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By John Z. Little, M.D., Ph.D., Director

some fun icebreaker and group building activities. It takes place at the Sunset Canyon Recreation Center Mesa Area, and all faculty are encouraged to attend.

In July we will host a Resident Psychotherapy Program Faculty Recognition evening at the UCLA faculty center. All faculty who are providing psychotherapy to a resident are invited for dinner, a program update, and a presentation and discussion. As we hear over and over, the Psychotherapy 483 program is cherished by the residents and helps UCLA consistently draw the best applicants year after year.

After a break in August, the Distinguished Psychiatrist Seminar Series returns on September 17th with Allan Abbass, M.D., a renowned psychodynamic psychotherapy researcher from Halifax, Nova Scotia. Dr. Abbass has published widely on short term psychodynamic treatments, neuroscience and psychodynamics, and the use of technology in supervision and education. During his talk he will use in-session video recordings to demonstrate the efficacy of psychodynamic interventions. This follows last year's presentation on transference focused psychotherapy and is part of an effort to present empirically supported psychodynamic treatment models to the community.

We hope to host a second faculty development evening in the Fall, this time for those involved in the Resident Supervision program. Stay tuned for those details.



FINALLY, the year culminates with the Holiday Party in December. Last year's inaugural party, graciously hosted by Dr. Wayne Sandler and Sally Robinson at their beautiful home in Beverly Hills, was a huge success. This year's party promises to be as elegant and enjoyable, and we encourage everyone to attend. Look for a "save the date" coming this summer.

Wait, there's more! The PCFA continues to support and develop its other ongoing programs and initiatives. These include:

The Video Supervision Project: Under the direction of tech guru Dr. Richard Metzner, this program now has three residents using therapy session video recordings for supervision. Thanks to Dr. Shirah Vollmer for signing on as the second supervisor on this pilot project.

The Psychopathology Digital Video Library: Dr. Metzner digitized and is in

the process of indexing a vast library of high quality patient interviews, showing a broad range of psychiatric conditions. Last fall, using samples from this library to discuss psychotherapy technique and clinical theory, Dr. Metzner and I provided a two session elective to the PGY4s in Westwood. Both faculty and residents noted how much more effective the learning experience was when we all observed the same session material in its raw form, not diluted by interpretation or selective recall. We hope to further integrate this resource into the residency experience.

The VA Intern Lunch Program: Every month the PCFA treats the PGY1s to lunch at the VA, followed by a short talk by one of the interns. A PCFA member attends along with

VA faculty for a pleasant, collegial and edifying hour.

The Hatos Prizes: The 2015 21st Century Psychiatry Prize was awarded to William C. Darby, M.D. for "Ethical Considerations of the Limits of Confidentiality in the Psychotherapeutic Setting: When Doing No Harm Means Avoidance of Informed Consent." The 2015 Alex Rogawski Memorial Prize was presented to Thomas R. Blair, M.D., M.S. for "Mental Health Professionals Respond to HIV/AIDS: San Francisco in the 1980s." Past prize winning papers can be accessed at the Journal of the Psychiatric Clinical Faculty Association (JPCFA) on our website (<http://www.semel.ucla.edu/pcfa/journal/articles>). Thanks to PCFA Treasurer Elizabeth Nakamura, M.D. for coordinating this program.

My goal as president is to add more programs that enhance resident education and the volunteer faculty's experience of

PCFA members serve an essential role in residency education.

community. In service of that, the board is working to maximize the efficiency of our operations, get the best value for our money spent, and enhance our revenue. As our treasurer Dr. Nakamura describes in her article, this year we have updated our annual dues collection process and the board greatly appreciates your support with this change. President-elect Dr. David Sones is leading a revision of our bylaws, and Dr. Metzner, serving as webmaster, is continually updating and enhancing our website (www.semel.ucla.edu/pcfa).

As a PCFA member you serve a vital and essential role in residency education. Your generous commitment of time and donation of annual dues helps make the UCLA psychiatry residency one of the top programs in the nation. I would love to hear from you if you have an idea, suggestion or feedback.

➔ You can reach me at pretsky@ucla.edu.

PCFA tackles budgetary growth

By Elizabeth Nakamura, M.D., Treasurer

Our organization has seen tremendous growth in its programming in recent years, and the residents and fellows at UCLA are increasingly seeing us as important partners in their psychiatric education. While this growth has been a boon for our residents, the dynamics of our organization's income and expenses have shifted substantially. In 2013, we spent just over \$26,000 on residency-related activities. In 2015, our residency-related expenses had grown to \$46,000, an increase in expenses of \$20,000!

Unfortunately, while our expenses have been increasing, our income has remained essentially stagnant. This combination of growing expenses and stagnant income resulted in a \$23,000 deficit during the last fiscal year. At the beginning of this calendar year, the Board began reviewing our organization's expenses in light of this information and has opted to cut several programs. However, given rising administrative and programmatic costs, our projected budget deficit for this year (assuming no change in income) would be \$25,000.

While our organization is in no immediate danger of fiscal ruin due to our reserves provided by the David Coffey estate, it was clear to the board that this pattern could not continue or these reserves could be exhausted in a matter of years. As a result, the board determined to focus this year on increasing our income.

The projected budget deficit this year without any increase in income would be about \$25,000.

Historically, only about one third of our members contribute to our organization in the form of annual dues, and annual dues have previously been \$100 per member. This generates, consistently, around \$15,000 per year in income.

Therefore, we have been focusing our efforts on increasing both the total number of members contributing dues and the amount that each member is being asked to contribute (increasing from \$100 to \$200). In 2016, 101 of our members have contributed in the form of annual dues, totaling \$19,550. At this time last year, only 34 members had contributed dues.

Please know that your participation with dues is critical to our organization. Full participation of PCFA members will allow our organization to continue to expand its activities and further its mission to enhance the teaching of clinical psychiatry to residents, fellows, and medical students.

➔ If you have not yet paid your dues, you can make your payment by credit card via the PCFA website (www.semel.ucla.edu/pcfa/donors/online-donations) or by mailing your check to 760 Westwood Plaza, Room 48-136, Los Angeles, CA 90095-1759. We thank all of you for your help.





Residents' memorable

By Alaina Burns, M.S., M.D. and
Jason Jalil, M.D., Co-Chief Residents

Entering the 2015-2016 academic year as Chief Residents was an intimidating role for us; we were still finishing our third year of residency and were already tasked with leading a group of 56 residents. All of this while juggling clinical demands, institutional issues, and meetings with the chairman; arranging noon conferences; following-up with our psychotherapy cases and returning patient voicemails; and attending to what personal lives we had left! We, nonetheless, were honored by the opportunity to work with such an exceptionally talented and diverse group of individuals (undoubtedly, the Best in the West!). This year, our residents had the opportunity to take part in one of the most productive years in recent memory, including the conferring of a variety of prestigious awards and scholarships, election to the boards of local and national organizations (including the Southern California Psychiatric Society and the American Psychiatric Association),

exposure to a variety of psychotherapeutic modules, publishing and presenting on an international level, conducting cutting edge research, and plenty of weddings and births!

To start the academic year, we welcomed fifteen new interns: twelve in the categorical track, two in the research track, and one in the Harbor track. Dr. Sibylle Delaloye joined us this year as a fourth year resident after transferring from Dartmouth. Dr. Delaloye not only took the reins of residency and life in Southern California, but also successfully handled being Chief of the Resident Psychotherapy Clinic! The residency's annual fall retreat in September has changed significantly over the years, and this year it continued to evolve. Yes, we spent two days soaking up the sun in Lake Arrowhead, but our Town Hall was one of the most constructive in years, establishing a concise and valued list of agenda items for this year's Residency Oversight Committee (ROC). Notably, some of the agenda

items brought forth included a desire for more structured CBT training, increased opportunities for RPC and psychotherapy for our PGY-I and -II residents, and improved didactics. By the time this newsletter reaches our readers, most of these issues will have been addressed, and changes will have been implemented.

In November we began our annual recruitment season, which ended with the national residency match in March. Our residency program received over seven hundred fifty applications, and we invited approximately one hundred ten applicants to interview. Our applicant pool increased by fifty percent since last year! We were thrilled to have fourteen students from UCLA applying to a residency in psychiatry—this was by far the largest number of UCLA students applying to the field of psychiatry in the past two decades. With the continued support of the PCFA, the residency was able to host

the extremely popular happy hours for applicants held at a nearby restaurant in Westwood; most importantly, it was an opportunity for applicants and residents to mingle. In March, we were absolutely amazed with the results of the match process, having recruited fifteen of the brightest and most sought-after medical students in the country. We are privileged to have six UCLA graduates among our 2016-2017 intern class, in addition to graduates from the University of Texas, UCSE, UCSD, Brown University, the University of Toledo, the University of Minnesota, Southern Illinois University and Northwestern.

This year, with the help of several residents and the continued generosity of the PCFA,



Oppenheimer; Dr. Robert Lemelson, a cultural anthropologist; Mr. Alex Franklin, a producer and filmmaker; and the PCFA's very own Dr. Allen T. Pack. Following the screening, Dr. Doug Russell, child fellow, ably guided the discussion. There was the Second Annual Speed Mentoring dinner event with the PCFA and a return of

another to the University of Vermont! Following graduation, our fourth year residents will be moving on to new and exciting careers. Several of us have signed on to fellowship programs, either through the VA (MIRECC) or UCLA-NPI (Addiction Psychiatry, Geriatric Psychiatry); some will be dabbling in

year comes to an end

we helped further the organization's mission of developing relationships between PCFA members and residents, particularly amongst the first and second year classes. The Welcome Barbecue in June was one of the best attended to date, and interns still look back to it as one of the highlights of their orientation! Our own Dr. Alaina Burns presented a challenging psychotherapy case to Dr. Frank Yeomans in front of a group of residents and

Intern Psychotherapy Retreat (now to be proclaimed as an annual occasion!). Let us not forget an astounding holiday party at Dr. Sandler's home, involvement at our fall retreat, textbooks provided to our PGY-III residents, the intern lunch series, Classics Club presentations, didactics and supervision. This year was one of the most interactive years between our residents and the PCFA members; we think many of the residency's accomplishments this

the world of private practice psychiatry, while many others will be working for the mental health systems of UCLA, the VA or Kaiser Permanente. Many, if not all of the graduates have expressed interest in continuing to be involved with the PCFA following graduation.

Many, if not all of the graduates have expressed interest in continuing to be involved with PCFA.

faculty at this year's "Distinguished Psychiatrist Seminar Series." As always, we had a series of Psych Movie Nights that peaked with The Second Annual David Coffey Memorial Movie night, featuring Joshua Oppenheimer's Oscar-nominated documentary "The Act of Killing." This was one of the most well-received events of the year. The event was highlighted by a panel discussion between the filmmaker, Dr. Joshua

year, including such a successful match, were a direct result of this involvement, and we are forever thankful to the PCFA and its members,

So, where to next? Three of our current third year residents fast-tracked into Child/Adolescent Psychiatry Fellowship; one will remain at the NPI, while two others will make their way eastward to the program at Columbia/Cornell and

The PCFA's mission to promote and enhance the education of the program's residents in addition to advancing scientific knowledge, and maintaining the standards of the profession, has continued to be a success this year. Our feeling of being welcomed into the professional community

as peers has fostered a relationship that we will not only continue to cherish, but will also instill in our students, as the next generation of psychiatrists. On behalf of all the residents, we thank the PCFA for standing by its mission and guiding us down our career and life paths. From our standpoint as well, it has been both an honor and a pleasure working with the PCFA this year and serving with the Executive Committee.

DPSS helps mitigate risk for residents

By Allen Pack, M.D., Founder DPSS



“more art than science”. The systematic approach is efficient, but also a mixed blessing. It lends an illusion of certainty to save us from the frightening experience of listening. We enter the consultation room with a preordained outline, cull and parse data from the interview, fill in the blanks, and discard what seems to be chaff. It allows us to exit the room untouched by the patient’s angst, our own identity intact. If you will, ready to prescribe.

Issues of risk and safety suffuse psychotherapeutic intervention.

but nevertheless moved. There is a mountaineering term, “on belay”. It means you are tied to a rope and another climber who is secured is holding the rope. If or when you fall, you will be caught. What would have been an inconceivable move without protection becomes possible, or even interesting. An understanding of psychodynamics within oneself and the other allows the therapist to sit quietly, “on belay”. We can experience that undefended affective resonance with the patient with which we can then auscultate the psyche, just as we hear the heart, laying a stethoscope on the chest, quietly listening. This is different from utilizing an acronymic checklist.

Twenty years ago we initiated a program, the Distinguished Psychiatrist Seminar Series, to remind our evolving specialty that medical doctors practicing psychiatry not only could, but also should, be capable of performing psychotherapy, not just prescribing drugs. Numeric diagnostic manuals and treatment algorithms are so specific as to appear unquestionable and powerful in a field often called

Psychotherapy, on the other hand, has much more to do with our readiness to listen. Listening requires that listeners have the security that they will survive, not be swept away by what is heard, not be left vulnerable to some ill-defined threat,

The same issues of risk and safety suffuse psychotherapeutic intervention. Therapeutic statements such as confrontation and interpretation are intended to change patients’ understanding of their state of mind or their behavior. While patients are looking for help, these characterologic issues tend to feel sacrosanct, and a novel interpretation can be unwelcome or upsetting. It calls into question their accustomed identity, sometimes their sense of reality. The therapist faces rejection, or even outrage, reactions that can foster reluctance to act. Another impediment for therapists is that having worked at achieving an intimate empathy with the patient, they can often block their own insight into the psychological process as a result of that connection, adopting the patient’s defenses as their own. This process plays out



in projective identification. Therapists are required to oscillate from self to other to self again, mapping the territory and commenting on the journey with a modicum of fearlessness. Their map is a proper education. Their guide is the clinical supervisor.

The Psychiatric Clinical Faculty Association has been dedicated since its inception to providing this kind of education and supervision for the psychiatric residents. In what amounts to an inherently high emotional risk endeavor one can never have too much support. To that end, we bring to Los Angeles each year leading lights in psychiatry and psychotherapy. Last year Frank Yeomans presented the system he innovated with Otto Kernberg, Transference Focused Psychotherapy (TFP). This is an intense, sitting-up, manualized version of psychoanalysis. It is a remarkably powerful treatment, and his presentation was well attended and well received.

THIS YEAR, IN SEPTEMBER, Allan Abbass will speak about Intensive Short Term Psychotherapy (ISTP). This is the evolved version of Davenloo’s initiative in the 60’s and 70’s. Dr. Abbass is its leading spokesperson, hailing from Halifax, Nova Scotia. Friday night he will preside at a residents-only dinner and case conference, Saturday morning he will address the clinical faculty at large after the Annual Meeting. Put this on your calendar – you will not be disappointed.





Speed mentoring dinner wins kudos

By Sara Hyoun, M.D., PGY-3



On Tuesday, May 3rd, 2016, the Speed Mentoring dinner event was held at the New Center for Psychoanalysis. Fourteen residents and eight PCFA attendings gathered for an evening of buffet-style dinner, drinks, mentoring, and networking. Dinner was set up in an open space, conducive to mingling and easy introductions. After dinner and drinks, the attendings gave a brief synopsis of their interests and current practice styles. Then in a round-robin fashion, each attending met with eager residents, comprised mostly of PGY-2s who were on the hunt for a Resident Psychotherapy Clinic (RPC) supervisor. Each attending sat at a table to which the residents singly or in pairs rotated every five to six minutes. The residents posed questions pertaining to their training and future careers. They discussed RPC supervision options. They listened to advice about how to start a private practice and how to remain a pivotal part of academia. They shared their interests and concerns about psychiatry and its future. All in all, it was a refreshing and fun way for the residents to connect with, network with, and learn from the PCFA.

Just like last year, the resident response was overwhelmingly positive. Below are some resident quotes about the evening:

"This is where you start to learn what else one really needs to fill the gaps of training. How to distinguish yourself as not just a doctor, but a professional."

-ASHLEY COVINGTON, PGY-2

"I came for different reasons this year and it was just as worthwhile. In some ways, more so. It shows the richness of the specialty we have chosen and opens our eyes to the people we will call our colleagues in just a few short years."

-ERIK PASCHALL, PGY-3

"I am continually stunned by the generosity of the PCFA and its members. The mentoring night provided me a much needed opportunity to network with community psychiatrists, ask their perspectives on new questions I'm developing as a resident, and to reach out for professional mentoring and supervision. Thank you to everyone who helped make this event possible!"

-LEILANI SHARPE, PGY-2

no crudelissimo paruit. Ductus capti-
uus vindicta et seruus: tamen quia phi-
losophus: maior emente se fuit. ad tri-
tunivium. Iudeo eloquentie fonte ma-
nantiem. de ultimis hispanie galliaru-
q; finibus quosdam venisse nobiles
legimus: et quos ad contemplationem
sui roma non traxerat: unius homi-
nis fama perduxit. Habuit illa etas
inaudita omnibus seculis. celebra-
dumq; miraculum: ut urbe tantam

et multa apud reuerentis quidam;
Hoc enim misterio ebdomadis et o-
gdoadis: futurum gentium predicator
instruendus erat. Rursumq; post an-
nos quatuordecim assumpto barna-
ba et tyro. reposuit cum apostolis euā-
gelium: ne forte in vacuum curret
aut cucurisset. Habet nescio quid la-
tentis energie viue vocis actus: et in
aures discipuli de auctoris ore trans-
fusa: fortis sonat. Unde et elchines cū
rodi regularet. et legeret illa demosthenis

PCFA straddles

By Richard Metzner, M.D., Acting Editor



*"Only kings, presidents, editors, and people with
tapeworms have the right to use the editorial 'we.'"*

-MARK TWAIN

Our first act as editor will be to dispense with the first person plural. I'm only standing in for editor Paul Bohn, whose recent marriage prevented him from putting this virgin edition to bed.

And what an edition it is! The PCFA Newsletter has been produced for many years under the able stewardship of Executive Director Lela DeGolia. Lela has now taken us to the next level by working with gifted designer Karim Sahli to create this lively high tech edition, which can be either printed and mailed or accessed electronically.

Content is king, of course. President Josh Pretsky's article illuminates PCFA's expanding activities. Elizabeth Nakamura's report on fiscal challenges highlights the importance of member financial support. Alaina Burns, Jason Jalil and Sara Hyoun provide the residents' perspective on PCFA's contributions. Marge Stuber addresses the opportunities

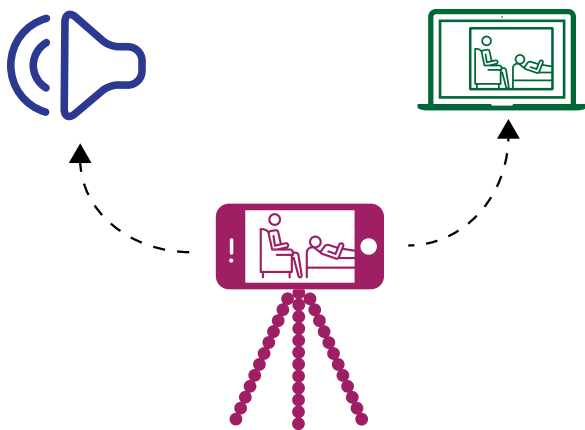
for guiding medical students. Allen Pack clarifies the role of psychodynamic supervision in mitigating the experience of risk in psychotherapeutic training. Zeb Little provides a heartfelt memorial for friend and colleague Rick Rickles.

Along with the easy task of editing these well-written articles, I have another welcome job, which is that of reporting to you on how technology is impacting our ability to teach psychiatry.

Before I get specific, let's trip out together for a moment on some shared human history. In the past five hundred years the Gutenberg Revolution transformed the way information was created from a dearth of precious hand-inscribed documents to a massive plethora of machine printed pages. Out of this quantitative abundance of available information came a qualitative shift in social structures. The printed word was the seed of democratic institutions.

Fast forward to social media. The computer is to social media what movable type was to the printed page. The post-Gutenberg revolution seems to be the next step in individual empowerment. In the digital age the big institutions that once prospered by creating media (e.g., newspapers, recorded music companies) are fighting for survival. A person with a digital device, on the other hand, can hack a database or record a candid video or retweet a message that can shake the world.

two revolutions



Recording on resident's iPhone transmits wirelessly to laptop and speaker in supervisor's office. Tripod and mount are provided by PCFA at a cost of about \$20.

Zoom in from shaking world to my office. The digital video library sitting on the PCFA Mac Pro hard drive was recorded in the 1970s courtesy of a million dollar federal grant. To produce high quality videos back then required a studio full of cameramen with massive TV cameras, a director with a room full of switchers and effects generators, professional lighting, microphones and audio mixers. The Gutenberg Revolution was in full bloom.

In my office today, however, a psychiatry resident is enjoying the post-Gutenberg revolution. She brings me a video of her last psychotherapy session with a patient close to her age, who had signed a form consenting to be recorded. I see both of them interacting on the screen of her mobile phone, which is mounted on a small tripod and can be wirelessly linked to my laptop. I hear them through the same external speakers that I use with that laptop.

Their voices are loud and clear. The information I need to supervise her work is there on her own device, produced by her.

I recently sat in on a discussion between psychotherapists about whether or not to let their trainees bring such recordings to them for supervision. One particular trainee had been supervised previously using video and told his new supervisor how helpful it had been. This supervisor

was not experienced with video and felt “pressured” by the trainee. The two therapists discussed whether to confront the trainee with his “need to control the supervision.”

Isn't it also possible that this interaction reflected a conflict between a Gutenberg-era supervisor with a top down power orientation and a post-Gutenberg trainee bringing in self-produced data to facilitate his own learning? The PCFA video supervision project suggests that combining these two perspectives may produce optimal results. We are finding that by bringing the skills and knowledge of experienced supervisors to bear on recordings made by media-savvy trainees at negligible cost to training institutions, the supervision can reach more deeply into what actually occurs between patient and therapist than memory or note-based supervision.

I'm guessing that Johannes Gutenberg would have resonated with the untethered spirit of the post-Gutenberg era. Thanks to Lela, Karim, Mark Twain and everyone else who contributed to this “electrifying” digital edition, so can we.

More medical students drawn to psychiatry

Margaret L. Stuber, M.D.,

Vice Chair for Education in Psychiatry, Assistant Dean for Well-being



Interest in pursuing Psychiatry as a career is on the upswing nationally and at the David Geffen School of Medicine (DGSOM). In 2015 we had ten students match in Psychiatry, and it looks like there will be closer to fourteen applying next year. This is almost twice what we have had in some recent years. The students matching in Psychiatry this year are impressive, and matched at Yale, USCF, and Stanford, as well as Harbor and the UCLA San Fernando program. I am also thrilled that five of our graduating seniors will be interns at UCLA Semel this summer! In addition, we have another DGSOM graduate who will be joining our residency after completing another residency. It will be a wonderful class.

We continue to need and value our voluntary clinical faculty for teaching. These early positive experiences with you are what get students interested in the field, and help them to bring a psychosocial perspective to their later careers. Please let me know if you are interested in teaching in any of the three years of the Doctoring curriculum, or in the second year Psychiatry block. We are recruiting now to start in August. These are all small group teaching opportunities, so you get to know the students.

We are also actively recruiting mentors for the entering first year students, the class of 2020. This is a new program that we piloted this past year. Mentors work with

first and second year students, serving as role models and support. It is a voluntary program for the students. The students choose a mentor from a list of faculty. The students tell us they are interested in a match not just by specialty, but by a number of variables such as place of practice (often looking for work with underserved), gender, area of research, ethnicity, religion, nationality, generation in the United States, having young children, or hobbies, such as music or marathons. Mentors can have three to ten mentees, and can meet with students in groups or individually. Mentors are reimbursed for taking students out for meals (no alcohol, however). Some students will meet with a mentor only once, while others will continue a relationship over years. The idea is to encourage career exploration, and offer support during the adjustment to medical school.

With the media currently filled with stories about physician, resident, and medical student burnout, and the Center for Disease Control announcement about increased rates of suicide nationally, it is a time when we are focusing on well-being. We hope the mentoring can help with this. We are also having a series of interventions

Mentors and teachers are needed to guide the next generation of psychiatrists.

to address things like “imposter syndrome”, emotional intelligence, and microaggressions, as well as helping to develop resilience, mindfulness, and reflective thinking. Thank you so much for all you do for our students and residents!

➔ For details on any voluntary clinical faculty teaching or mentoring opportunities, please send me an email at mstuber@mednet.ucla.edu or call me at (310) 825-5213.

President Joshua Pretsky
is pleased to announce
that he will present

the Melvin Mandel Distinguished Service Award to Dr. Allen Pack

at the PCFA Annual Meeting
on September 17, 2016.

CONGRATULATIONS, ALLEN!

PCFA'S UPCOMING 2016 EVENTS

June 18, 2016	Psychiatry Intern Welcome Barbecue at the UCLA Sunset Recreation Center
July 14, 2016	PCFA Psychotherapy Program Dinner at the UCLA Faculty Center
September 17, 2016	Distinguished Psychiatrist Lecture and PCFA General Meeting at the UCLA Faculty Center (CME offered)
Fall, 2016	PCFA Supervisors dinner (date and location TBD)
December, 2016	PCFA Resident and Faculty Holiday Party (date and location TBD)

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* Denotes members serving on the
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Donations to the Psychiatric Clinical Faculty Association

Dr. Elizabeth Nakamura, Treasurer (2016-2018), would like to
thank the following members for their 2016 donations:

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Andrew Wang	Jeremy Martinez	Robin Frasier
Arnold Gilberg	Joanne Seltzer	Ryan Davis
Arsalan Malik	John Donlou	Samuel Miles
Barnet Malin	John Sealy	Samuel Wilson
Bernard Bail	Jonathan Salk	Sarah Mourra
Bernard Bierman	Joseph Smurda	Shahin Sakhi
Burton Wixen	Joshua Pretsky	Sheldon Kardener
Carole Edelstein	June Fujii	Shirah Vollmer
Christina Benson	Karen Kleemasn	Shoshana Gerson
Christine Hradesky	Karen Reckamp	Solomon Perlo
Daniel Auerbach	Lance Steinberg	Stanley Leiken
Daniel Borenstein	Lawrence Warick	Susan Donner
Daniel Fast	Lee Sadja	Susan Fukushima
Daniel Plotkin	Loren Woodson	Susan Josephson
Daniel Schaefer	Marcia Daniels	Thomas Brod
Daniel Siegel	Mark Hrymoc	Thomas Ciesla
David Bender	Mark Thompson	Thomas Shiovitz
David Fogelson	Matthew Koury	Timothy Hayes
David Paster	Michelle Furuta	Van Dyke DeGolia
David Sones	Nancy Wolf	Vernon Rosario
Deborah Fein	Neil Haas	Victoria Huang
Doryann Lebe	Park Dietz	Wansoon Martin
Douglas Schave	Paul Barkopoulos	Wayne Sandler
Edward Elliott	Paul Bohn	Wendy Rosenstein
Eleanor Curry	Paul Puri	William Resnick
Elisa Newman	Philip Cogen	Winston Alt



PCFA's 7th Annual Intern Welcome Barbecue.

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
early summer celebration.
All interns, residents, faculty
and their families are invited.
This year's event is set for Saturday,
June 18th, the weekend before
the interns actually start work!
A barbecue dinner will be served.

**Saturday, June 18th, 2016,
from 2:00 to 5:00 p.m.
UCLA Sunset Canyon Recreation
Center, Upper Mesa Area
(on the UCLA campus).**

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

PCFA Director William Rickles dies at 82

By John Z. Little, M.D., Ph.D., Director

William “Rick” Rickles, M.D. M.S. died peacefully on April 4th, 2016 after a brief illness. He was a loving husband, father and grandfather as well as a loved and respected member of the psychiatric, psychoanalytic and neurophysiology communities.

Rick was born in Marshall, Texas on August 22, 1933. He attended Southern Methodist University for his Bachelor’s degree followed by a Masters degree in Neurophysiology at Baylor Medical School. He completed his degree in medicine at Harvard University Medical School and went on to become a Grass Fellow at Wood’s Hole Marine Biological Institute. He subsequently joined the Air Force as a flight surgeon where he was soon asked to lead the military’s nascent Primate Research Laboratory at New Mexico’s Holloman Air Force Base. Following his military service, Rick moved to Los Angeles to complete his

residency at UCLA’s Neuropsychiatric Institute, and went on to spend fifteen years as director of their Psychophysiology Research Laboratory. During this time he completed his Psychoanalytic training at the Los Angeles Psychoanalytic Society and Institute. After stepping down from his position at UCLA to focus on his private practice, he joined the UCLA psychiatric clinical faculty. In that role he lectured, supervised and taught group process to residents. In 2011 he became a member of the PCFA Executive Board.

Rick was an active researcher, lecturer and clinician who blended elements from his analytic and biological training to create cutting edge treatments that included early use of virtual reality and neurofeedback in the treatment of anxiety disorders, all while maintaining an active analytic practice. He never tired of learning and regularly engaged in new research

endeavors, frequently publishing his results. He remained an active member of the psychoanalytic and neurophysiology communities throughout his career with frequent lectures and presentations in both local and national meetings that drew on his broad education and experience.

He embraced his friendships and enjoyed a wide range of interests outside of academics. He was on the ski patrol of Mount Baldy for many years, was an avid tennis player, book club member, and photographer. He played piano and recorder, and loved Renaissance and Baroque music. When he met his wife Patti in the early 1990’s, he joined her in learning to ice skate and soon found a love for ice dancing which they pursued together for many years. Blessed with an active mind and abundant energy, Rick was known for his enthusiastic embrace of new experiences from Gestalt therapy and Tavistock groups during the 60’s to recent ventures into horticulture and flying drones. Many evenings he could be found ferrying family and friends through the Venice Canals in his motorized canoe.

Rick is survived by his wife Patti, daughter Nicolette, sons Ricky and Derek, and grandchildren River and Lukas. He will also be remembered by his many friends, colleagues and patients who benefited from his loving presence in their lives.

➔ A memorial service will be held on Sunday June 26th from 2-4pm at the New Center for Psychoanalysis, 2014 Sawtelle Blvd. Los Angeles, CA 90025.

