



# NEWSLETTER

## A Productive and Fulfilling Year

By Joshua Pretsky, M.D., President

It has once again been a productive and fulfilling year for the PCFA. Thank you to all of our members who contribute to the training of our residents and fellows, and to our board of directors for its dedicated leadership in growing our organization.

Here are some highlights of this academic year: An educational psychotherapy appreciation dinner last July at the faculty center featured a presentation by Dr. Mark Thompson, who discussed "The Triadic Match: The Interactive Effect of Candidate, Supervisor and Patient," by Judy Kantrowitz.

In September, both Hatos Prizes were awarded at the annual meeting to Dr. Benjamin Bloxham for his paper, "Addressing Religion and Spirituality in Psychiatric Practice: A Fourth Year Psychiatry Resident's Perspective." Thank you to Dr. Elizabeth Casalegno and the prize committee members for their efforts. On that day, we had an excellent Distinguished Psychiatrist lecture by Dr. Allan Abbass, a leader in ISTDP (Intensive Short Term Dynamic Psychotherapy) training and



research. Thank you to Dr. Allen Pack, outgoing DPSS director, and our new DPSS director Dr. Zeb Little, for coordinating this event.

In November, at a faculty development dinner at Il Moro restaurant, I presented a review of the current literature on psychotherapy supervision. In December, we had our

second annual holiday party at the home of Drs. Allen Pack and Rikki Gordon. Thank you to them for opening their beautiful home to us and creating such a warm environment for this fun gathering.

In March, 50 attended the third annual Coffey Memorial Film Night screening of Still Alice. In addition to this wonderful, poignant film, attendees enjoyed a panel discussion with Drs. Mario Mendez, Behnaz Jalali, and Daniel Plotkin, led by Dr. Mark DeAntonio. Thanks to Dr. Adnan Majid, second year resident, for his efforts in organizing this event.

In May we had two major events. The annual resident-faculty networking dinner took place on May 2nd off site at the

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#### WE ARE IN THE BLACK

By Elizabeth Casalegno, M.D. Treasurer

New Center for Psychoanalysis. Resident feedback from last year indicated that this event is used mainly by second year residents to find a supervisor for the coming year. We responded by ensuring that all faculty at the dinner were available for supervision and the evening was a great success. Thank you to Dr. Sara Hyoun, chief resident, for planning this night. The Intern Psychotherapy Retreat took place from May 5th to 7th at the beautiful beach house of our executive director Lela DeGolia and her husband Dr. Van DeGolia. Thank you to the DeGolias for the donation of their home. This very important and formative training experience could not take place year after year without their generosity. Thanks also to the PCFA members who planned and staffed this event: Drs. Elizabeth Casalegno, Alex Lin, Paul Puri, Zeb Little, and Wayne Sandler. As part of the program, PCFA provided each intern with a copy of “Psychodynamic Psychotherapy: A Clinical Manual” by Deborah Cabaniss,



as a learning resource.

Next month, on Saturday, June 17th, the Intern Welcome Barbecue takes place at the home of Lela and Van DeGolia as it is commencement weekend on campus. We are looking forward to this more intimate setting and again thank the DeGolias for extending their home to us.

Also of note since the last newsletter, Dr. Richard Metzner announced a significant gift to the PCFA and we are extremely grateful to his and his family's generosity.

His gift will allow us to expand our programming and make an even greater impact. We also updated our bylaws, adding a new designation for emeritus board members and revising some administrative details. Thank you to Dr. David Sones and the by-laws committee for this effort. Finally, the board has taken an interest in the residency's efforts to enhance diversity. In April, second year resident Dr. T.C. Scotton and first year resident Nicolas Barcelo

## In 2016 the department launched an initiative to review and revise the ranks of the voluntary clinical faculty.



presented to the executive committee on their successful efforts to recruit highly qualified applicants from minority groups underrepresented in psychiatry. They reported that, as a result of their efforts, four applicants matched this year compared to two the prior year. Drs. Scotton and Barcelo asked for interested PCFA members to get involved as mentors or to provide lectures on equity, diversity and inclusion issues, including the role of unconscious bias. In 2016 the department launched an initiative to review and revise the ranks of the voluntary clinical faculty.

Revised guidelines for maintaining a voluntary clinical faculty appointment were created in 2016 and are published on the Semel website ( <https://www.semel.ucla.edu/vcf/guidelines> ). These guidelines now contain grounds for non-renewal and grounds for termination of a VCF (voluntary clinical faculty) appointment. The department has, accordingly, enhanced its effort to enforce reporting of teaching credits, done via an annual online form through the academic personnel office. The department is now prepared to not renew or to terminate appointments for failure to submit the annual teaching form or failure to fulfill the minimum number of teaching hours required. I support this current effort and appreciate all those in the department and on VCFAAAC (voluntary clinical faculty academic appointments and advancements committee) who are acting to maintain a high standard for the voluntary clinical faculty.

The PCFA board of directors is concerned that some voluntary clinical faculty have trouble finding assignments and we are now taking steps to assist our members with this. First, I recently queried the membership for availability to supervise residents in psychotherapy for the coming year. There was a hefty response and, in collaboration with the RPC (Resident Psychotherapy Clinic) chief resident, Dr. Heather John, we expanded and updated the supervisor list to 60+ members who are now available for supervision. This list is shared internally amongst the

residents and is their main source for supervisors. Second, we have created a page on our website which posts teaching opportunities ( <https://www.semel.ucla.edu/pcfafa/teaching-opportunities>) as they arise. That page was last updated on 6/1/17 and Dr. Alex Lin, board member and new webmaster, will be managing this effort along with other planned website upgrades. Third, we have interfaced with the newly created DGSOM Behavioral Wellness Center (BWC) (<http://medschool.ucla.edu/current-mental-health>) and are talking with them about the services they need from PCFA members and arranging for VCF to obtain teaching credit for providing those services. The BWC provides health and well-being presentations and workshops to medical students, residents, fellows and faculty, and seeks psychiatrists to present on topic areas of expertise. The BWC also needs community psychiatrists to refer to for treatment of trainees in need across all specialties. I will be in touch with you by email in the next few months with more information about these opportunities. Fourth, PCFA is in the process of applying to become a CME provider through the Institute for Medical Quality . While only in the initial stages of a lengthy application process, when we obtain provider status we hope to offer our members opportunities to teach CME level lectures and workshops to fellow faculty and trainees. Becoming a CME provider will also cut the substantial expense we pay to the university for hosting CME accreditation of the Distinguished Psychiatrist Seminar lecture.

It has been a great pleasure serving as PCFA president. Now entering the last six months of my two year tenure, I more deeply appreciate how vital you, the voluntary clinical faculty, are in making 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, question or feedback. [pretsky@ucla.edu](mailto:pretsky@ucla.edu) .

# Paying It Forward, Teaching Listening To Our Residents

By Shirah Vollmer, M.D., Editor

In the continuing plea for a psychiatry of days gone by, I have accepted the job as Editor of the above Newsletter. I have been a member of the board of this organization since 1995 serving in various capacities including child psychiatry liaison, member of the retreat committee, member of the diversity committee, secretary and now Editor of this newsletter. This organization is a support to the psychiatry trainees in UCLA affiliated programs including the San Fernando Valley Program and the UCLA-Harbor program. We provide low-cost psychotherapy to trainees, along with supervision of trainees. In addition we provide many didactics. For example, in addition to my work on the board of the PCFA, I do individual supervision to four adult psychiatry residents, a shift for me, as I used to provide supervision for child psychiatry fellows. In addition, I give the adult psychiatry residents lectures on childhood assessment, and in the past, I gave the child psychiatry fellows a class on child psychotherapy. Now, I am adding on by helping this newsletter publicize our work, as I feel the strong pull to remind psychiatrists,

at all levels in their careers, that listening is an important art, which could sadly be lost, if we are focused on fifteen or thirty minute appointments, with infrequent follow-up. It is my hope that by carrying the torch of listening,

**Listening is an important art, which could sadly be lost, if we are focused on fifteen or thirty minute appointments, with infrequent follow-up.**

both by teaching this art and by doing this art with trainees, then psychiatry will maintain one of its major therapeutic tools, that is, the talking cure.

Thanks for all you do!  
Shirah Vollmer

# Psychoanalysis and Neuroimaging Come Together for the DPSS Lecture

By J. Zeb Little, M.D., Ph.D., DPSS Chair



*Dr. Andrew J. Gerber MD, PhD*

honoring Dr. Andrew J. Gerber MD, PhD as the 2017 award recipient. Dr. Gerber comes to us from the Austen Riggs Center where he is Medical Director and CEO. He also holds Associate Clinical Professorships at the Child Study Center of Yale University and Department of Child and Adolescent Psychiatry at Columbia University Medical Center.

Dr. Gerber received his PhD in psychology from the Anna Freud Centre and University College London where he worked with Peter Fonagy investigating the process and outcomes of young adults in Psychoanalytic

Since its inception 21 years ago the Distinguished Psychiatrist Seminar Series has received international attention attracting many of the most respected names in our field including Otto Kernberg, James Masterson, Robert Michaels, Glenn Gabbard, and Frank Yeomans just to name a few. And, while the program's success has depended on the effort of many individuals over the years, since the beginning the DPSS has benefited from the guidance of Dr. Allen T. Pack. It has been his determination and leadership that helped create the internationally respected program we have today. We all owe a debt of gratitude to him for his commitment to psychiatric education and our organization.

Continuing the Distinguished Psychiatrist Seminar Series' tradition of excellence this year we have the distinct pleasure of

therapy. He completed his medical training at Harvard Medical School and his psychiatric residency and child fellowship training at New York-Presbyterian Hospital and Columbia University respectively. He went on to complete a research fellowship with Dr. Bradley Peterson at the New York State Psychiatric Institute where he performed comparative neuroimaging studies in children eventually becoming the Director of their MRI Research Program.

Dr. Gerber has numerous grants and publications in the areas of developmental psychopathology, attachment, and functional neuroimaging of social cognition and transference. He is a leader in the planning and teaching of psychoanalytic research as head of the Science Department at the American Psychoanalytic Association where he is also chair of their Committee on Scientific Activities. In addition to his other responsibilities, Dr. Gerber serves as Secretary of the Psychoanalytic Psychodynamic Research Society and is a member of the Psychotherapy Research Committee of the American Academy of Child and Adolescent Psychiatry.

Dr. Gerber will present a lecture titled Psychological Sciences in a 21st Century Psychoanalytic Hospital in which he will discuss the role of residential psychiatric care in the 21st century and the utility of integrating neuroimaging and psychoanalytic knowledge to better understand the causes and consequences of mental illness.

➔ **THIS YEAR'S DISTINGUISHED PSYCHIATRIST SEMINAR SERIES WILL BE HELD AT THE UCLA FACULTY CENTER ON SATURDAY OCTOBER 7TH, 2017 FROM 10:30-12:30PM. IT WILL BE PRECEDED BY THE PCFA ANNUAL MEETING BEGINNING AT 9AM.**





# Speed Mentoring: Matching Residents to Supervisors, 21st Century Style

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



The annual Speed Mentoring dinner took place at the New Center for Psychoanalysis on Tuesday, May 2nd, 2017. Since starting this dinner event three years ago, I am thrilled to report that it has become a highly anticipated spring event for residents and the most popular way to find a Resident Psychotherapy Clinic (RPC) supervisor. This year's event brought seventeen residents and eight PCFA attendings together for an evening of buffet-style dinner, drinks, mentoring, and networking. The attendings gave a brief synopsis of their career paths, interests, and current practice styles, and then in a round-robin fashion, each of them met with eager residents, comprised mostly of PGY-2s hoping to find an RPC supervisor for the next academic year. Each attending sat at a table to which the residents rotated in pairs every 5-6 minutes. The residents posed questions pertaining to their training and future careers. They discussed RPC supervision options. They listened to advice on 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 an engaging and fun way for the residents to connect with, network with, and learn from the PCFA.

As in the years past, the resident response was overwhelmingly positive. Below are some resident quotes about the evening:

*"It was inspiring to see the breadth and diversity in the practice patterns of the PCFA faculty. Talking with them helped to open my eyes to all of the exciting paths that my future career could take."*

-DR. WENDI BENALT, PGY-1

*"The PCFA speed mentoring dinner was a great way to talk to, network with physicians, and get a feel for the different types of practices that they have. I really appreciated having time to speak with physicians willing to provide mentorship to residents in training."*

-DR. ERIN SAMPLIN, PGY-2

*"It was great to meet a group of psychiatrists with diverse practice styles and expertise. The speed-mentoring event was valuable not only because it helped me find a therapy supervisor; it also made me excited about the range of experiences in patient care, leadership, and innovation that are possible in psychiatry."*

-DR. LIZ MOORE, PGY-2

# An Amazing Match Year Amidst Changing Staff at the VA

By Cheryl Hendricks, M.D. and Sara Hyoun, M.D. Co-Chief Residents.

Our chief year began in June 2016 and what a year it's been! The 2016-2017 academic year was notable for major staffing changes at the Veterans Affairs Medical Center (VA), which were quite disruptive to the resident experience, impacting both education and patient care. During this difficult transition our 57 residents have leaned heavily on support from the volunteer clinical faculty, perhaps more than in prior years and we are ever thankful for the additional mentorship and guidance. Through the ongoing generosity of the PCFA and through many resident initiatives, the chaos is subsiding and we are happily ending the year with improved resident morale.

The changes in the Psychiatry Department at the VA were challenging for all residents, but the PGY2 and PGY3 classes were most directly impacted. Many beloved attendings left the VA en masse, clinics felt like factories churning out documentation of hurried visits, and residents grasped at any semblance of stability to remain focused on their training and education. Resident morale dropped significantly for many months in the first half of the year, but the

PCFA's support helped to buoy us all. The high quality of the PCFA-sponsored events throughout the year and the willingness for PCFA members to step-in to guide residents were very much appreciated in this time of incredible flux. The feedback from the residents repeated the same theme -- "Thank goodness for the PCFA."

The year started off with the ever popular PCFA Barbeque where the volunteer clinical faculty welcomed our fifteen enthusiastic interns (twelve categorical, two research, and one Harbor Track) as well as their loved ones to UCLA. Throughout the year, the gracious mentorship and education from the PCFA continued through didactic teachings and the Classics Club, which has been revamped this year under the leadership of our dedicated Medical Education and Resident Psychotherapy Chief, Dr. Heather John (PGY4). Resident feedback has been overwhelmingly positive for the newly designed Classics Club. This year rather than have residents wade through a text and attempt to interpret it for their colleagues, one of the expert volunteer clinical faculty leads the discussion on a classic paper from the psychotherapy

literature. Residents have found that the texts are much more approachable in this format and they hope that it will continue in coming years.

The annual residency retreat in Lake Arrowhead, held in September, was unique this year in that a meeting was held specifically for the residents to discuss the VA changes with the leadership of both the VA and the residency program present. It was not mandatory but over 90% of the residents attended, a testament to the residents' commitment and pride in ensuring the continued success of the residency program. Many of the difficulties the residents were facing were addressed and action plans were put into place. Residents formed VA Resident Action Committees through which the residents provided valuable feedback to the VA administration with respect to the inpatient and outpatient restructuring of the VA. The Town Hall at the retreat was also a success with similar concerns as previous years coming to the forefront, including a strong desire to improve the didactic curriculum. The rest of the three-day retreat was a time to kick back and enjoy the sun, lounging by

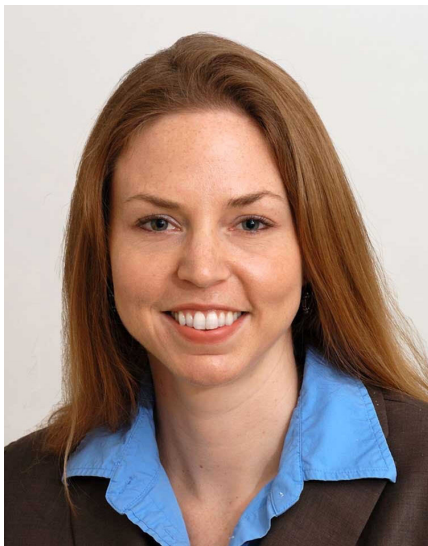
the pool, hiking, a friendly game of ping pong, resident-led yoga, and the party. The retreat theme this year was “Make UCLA Great Again,” and with the first presidential debate falling on our second night of retreat, our retreat organizer, Dr. Sid Puri (PGY3) made certain that we could all view it together on the big screen in the conference room.

In November, recruitment began with three significant changes from years past: 1) two READI days (Recruitment for Equity, Advocacy, Diversity, and Inclusion) were created for applicants with a specific interest in promoting those principles, 2) due to low resident morale, there seemed to be a reactionary, united drive by the resident body to organize into a well-oiled machine of recruitment prowess, and 3)

Dr. Nicolás Barceló (PGY1), Dr. Sonya Shadravan (PGY2), Dr. T.C. Scotton (PGY2), Dr. Nichole Goodsmith (PGY2), Dr. Uchenna Okoye (PGY3), and the incoming program chiefs Dr. Ashley Covington (PGY3) and Dr. Jonathan Heldt (PGY3). Not only did they improve recruitment, they also initiated a movement in UCLA Psychiatry at the resident, faculty, and leadership levels. Now in place is an exciting, proactive plan for increasing

Behnaz Jalali and Dr. Mark D’Antonio, the warm holiday party hosted this year by Dr. Allen Pack, the generous funding of UCLA Psychiatry jackets from North Face, and the consistent and much needed mentorship and supervision of the volunteer clinical faculty. In the week this newsletter goes to press, the PCFA-funded events, the annual Speed Mentoring Dinner and Intern Psychotherapy Retreat, will be taking place. Both of these are

## Not enough can be said about the importance of the PCFA’s close involvement in the resident’s training and education.



*Cheryl Hendricks, M.D.*

the extremely popular happy hours, so generously hosted by the PCFA, were moved to the W Hotel. These changes, no doubt, had a tremendous impact on recruitment, which culminated in an unprecedented match in March. Of the over 700 applicants, with around 100 interviews granted, we matched 15 of our highest ranked recruits, and matched higher on our list than any other year in known UCLA history.

The READI days were created by a remarkable group of residents including



*Sara Hyoun, M.D.*

equity, diversity, and inclusion throughout the residency program and neuropsychiatric hospital in all aspects of education, training, competency, and staffing.

Other PCFA staples that helped keep the residents afloat this year in the sea of VA uncertainty were the much appreciated Distinguished Psychiatrist Seminar Series, this year with Dr. Allan Abbass, the phenomenal Annual David Coffey Memorial Movie night featuring “Still Alice” with expert panelists Dr. Mario Mendez, Dr. Daniel Plotkin, Dr.

in their third year and they have been resoundingly lauded as events that make the residents feel they belong to a Greater Los Angeles community of psychiatrists who show by example how to care for patients and mentor one another.

So, where to next? Four of our current 3rd year residents fast-tracked into Child/Adolescent Psychiatry Fellowship; three will remain at the NPI, while another is heading east to Duke! Following graduation, our 4th year residents will be moving on to new and exciting careers. A few are destined to fellowship programs including Community and Global Mental Health fellowships at UCSF and one resident will stay at UCLA to become part of the first UCLA Forensics fellowship class. Others have signed on to work at UCLA, VA, DMH, Kaiser Permanente, Lamp on Skid Row, and private practice.

Not enough can be said about the importance of the PCFA’s close involvement in the residents’ training and education. In this year’s unstable environment, the PCFA and its members made it possible for us to maintain strength and normalcy. On behalf of all 57 residents, we thank you humbly and wholeheartedly. Our paths are bright and exciting, thanks to the light you provide.



# Modeling Curiosity in Child Psychiatry at UCLA

By Natalie Ramos, M.D. and  
Misty Richards, M.D., Co-Chief  
Child Fellows

As another year comes to a close, we are struck with the wonderful memories we have collected from our time as trainees in the Child and Adolescent Psychiatry Program at UCLA. We feel privileged to help children and families in times of crisis and to do this under the supervision of international leaders in the field. It is an honor to help shape the next generation through providing quality patient care, education, and modeling curiosity.



*Natalie Ramos, M.D.*



*Misty Richards, M.D.*

We are grateful to the PCFA for not only providing valuable resources towards nourishing our education and professional development, but for remaining curious about our experience as trainees in a rigorous program. It is clear that PCFA members care about the delicate balance between personal and professional life, as the importance of this concept has been reinforced time and time again. Many of our fellows participate in the resident psychotherapy program, which has been a tremendous gift from the PCFA. Through this program, fellows are allowed a space to process complex thoughts and emotions with some of the best therapists in Southern California, which undoubtedly bolsters morale

and leads to improved patient care. Additionally, many PCFA members serve as mentors, providing invaluable advice ranging from how to engage patients in psychodynamic psychotherapy to how to transition from trainee to attending. Perhaps most important, the PCFA has made it clear that they value the trainee perspective and voice, which has been encouraging and incredibly empowering.

While we acknowledge that this year has indeed been challenging due to the political climate, we remain hopeful that the mental health services we collectively provide can help support individuals, families, and communities. We believe that the first step towards helping others is practicing self-care. We have taken the opportunity to practice wellness through our training program and with the generous support from the PCFA. During the fall, trainees in the Child and Adolescent Program attended retreat at Malibu Wines where we sipped on wine while enjoying a safari in an open-air vehicle. This opportunity allowed our trainees to decompress a bit, enjoy each other's company, and breathe in the beauty of Malibu. We believe this experience also facilitated a wonderful exchange of ideas, laying the foundation for a productive and fast-paced year. For spring retreat, we look forward to touring The Broad Museum in Downtown Los Angeles followed by

dining together over Mexican food to brainstorm ideas for improving our training program. Finally, we are excited to announce our graduation at the Culver Hotel in June, a historic landmark and boutique hotel in Culver City.

There have been many professional and personal successes for trainees this year. Professionally, we have one fellow who received the prestigious Laughlin Fellowship (The American College of Psychiatrists), another the Ginsberg Fellowship (American Association of Directors of Psychiatric Residency Training), and several who published papers and received competitive grants towards research in child and adolescent psychiatry. We also collected some of the best and brightest trainees in the country for match this year, including three UCLA residents. Personally, we have celebrated two beautiful engagements while also rejoicing in the birth of two children to second year fellows. All of this under the guidance and supervision of incredible training directors, Sheryl Kataoka (Training Director) and Marcy Forgey (Associate Training Director).

The fellows are thankful to the PCFA for embracing trainees in the Child and Adolescent Program. Through your thoughtfulness, contributions, and forward-thinking mentality, we have thrived and truly benefited. We hope to make you proud!

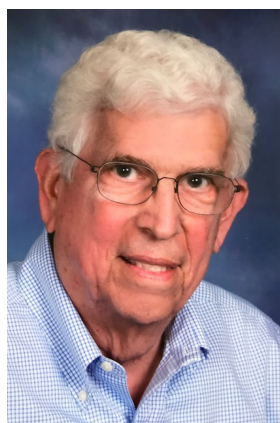


# 26 Years of the Psychotherapy Program: Going Strong

By 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). The psychotherapy program was founded 26 years ago by Robert Pasnau, M.D., and it continues to be at the heart of the mission of the PCFA to serve our residents. Over 50 clinical faculty provide a personal, educational and affordable psychotherapy experience to residents and fellows from the UCLA Westwood, San Fernando Valley and Harbor programs. As their “reward” our faculty receive teaching credit and meet the requirements for serving on the UCLA Clinical Faculty. The availability of individual psychotherapy at a reasonable cost sets the UCLA programs apart from the vast majority of training programs in the country – it continues to help us recruit the best and the brightest.

I continue to be ably assisted in the administration of the program by three key individuals. The first is Lela DeGolia, Executive Director of the PCFA. She is the glue that holds it all together,



keeping us organized while maintaining our faculty roster and the financial books. Amongst the faculty, 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 they arrange their assignment

to available PCFA faculty. Many thanks to Drs. Thompson and DeGolia for the many hours they contribute to the program!

Demand for the program remains high with 30-40 residents participating each year. This past year our faculty provided more than 1,100 hours of psychotherapy. We still need additional faculty in the Valley and South Bay to meet the needs of the Sepulveda and Harbor residents. 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 2015-2016 we collected almost \$39,000 to that purpose. Faculty currently seeing more than one resident include Chris Benson, Thomas

Brod, John Donlou, Daniel Fast, Robin Frasier, Jim Rosenblum and Samuel Wilson. Welcome to new faculty Paul Benson, Timothy McCaffrey, and Esther Wein.

Last fall we again held a dinner to thank our faculty and 25 attended. The dinner is one way of expressing our appreciation for the faculty's hard work and also includes an educational component. We are planning another event this summer and hope everyone can attend.

New for this year, we have been working on a streamlined, on-line referral process for the residents. Thanks to the hard work of Heather John, PGY-4, who is the Psychotherapy Chief Resident, we have developed a confidential way for the residents to apply to the program followed by a questionnaire 3 months later so the residents can evaluate the application and referral process. This should give us some data and insight into the resident's experience so we can make future improvements.

For faculty participating in the program, please continue to let us know as soon as a resident leaves therapy and/or if you are available to see a new resident. Be on the alert for our annual request to indicate your availability for the 2017-2018 year. The Department of Psychiatry continues to look more closely at teaching hours as a requirement for voluntary faculty status and it is important for everyone to remain active throughout the year to meet the teaching requirements. If a faculty member does not have a resident assignment for two years and does not have other teaching hours, the Department will likely begin the process of dropping the faculty member from the voluntary faculty rolls.

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

# The Birth of the Behavioral Wellness Center

Margaret L. Stuber, M.D.,

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



**I**n a year of enormous change, the David Geffen School of Medicine is no exception! Probably the most exciting event thus far in 2017 is the match of 13 students into psychiatry! We have a similar number from the Class of 2018 interested in psychiatry.

The biggest change in the School of Medicine this year in terms of impact on the PCFA is the creation of the Behavioral Wellness Center. As many of you know, Dr. Paula Stoessel retired in July 2016, after a wonderful career at UCLA, helping our medical students and residents get mental health support quickly and well. The medical school decided that the need was sufficient that they would invest in creating the Behavioral Wellness Center (BWC). This opened officially on August 1, 2016. (It is always impressive when it takes multiple people to take your place after you retire!)

The BWC consists of a full-time social worker, Lindsay Rickel, as well as the equivalent of two full-time psychologists and one full-time psychiatrist. Lindsay does intakes and triage. The psychologists and psychiatrists have evening and weekend hours as well as daytime appointments,

to accommodate the needs of DGSOM trainees. All of the services are free to the medical students and resident (all specialties). UCLA will bill insurance if the resident or student has insurance, but waives co-pays and deductibles. Karen Miotto, MD, who most of you know, is the Medical Director of the BWC.

Those of you who have been providing psychotherapy as part of the psychotherapy training program for our psychiatric residents will not be involved with the BWC. That program will remain separate, and continues to be headed up by Andrew Russell, MD.

The BWC will not be able to see residents or students in specialized or intensive, long-term therapy. If PCFA members wish to see such students or residents (not just psychiatry residents) in their practices it is possible to get teaching credit for doing so. However, it should be noted that if a PCFA member is receiving teaching credit for seeing a resident or student that faculty member cannot also bill insurance. This is a somewhat new ruling. The Voluntary Clinical Faculty office in the department of Psychiatry is clear that you cannot get paid while also getting voluntary credit for the same action (the charge for the psychotherapy teaching program is different, as this money is not kept by the PCFA members). Members of the PCFA are encouraged to waive co-pays and deductibles when they see UCLA trainees for insurance, as the School does, but this is not mandatory.

➔ If you are interested in being on the list of PCFA members who want to see medical students and residents, you can let Lindsay Rickel know at 310-825-9695.

Probably the most exciting event thus far in 2017 is the match of 13 students into psychiatry.

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\* Denotes members serving on the Board's Executive Committee

We are pleased to announce that we will present

## the Melvin Mandel Distinguished Service Award to Dr. Richard J. Metzner

at the PCFA Annual Meeting on October 7, 2017.

*CONGRATULATIONS, DICK!*

## PLEASE WATCH FOR ANNOUNCEMENTS OF PCFA'S 2017-2018 ANNUAL EVENTS

June 17, 2017	Psychiatry Intern Welcome Barbecue at the home of Van and Lela DeGolia
July 2017	PCFA Psychotherapy Program Dinner (date and location TBD)
October 7, 2017	Distinguished Psychiatrist Lecture and PCFA General Meeting at the UCLA Faculty Center (CME offered)
Fall, 2017	PCFA Supervisors Dinner (date and location TBD)
December 2017	PCFA Resident and Faculty Holiday Party (date and location TBD)

The PCFA would like to congratulate two of its members on receiving excellence in teaching awards from the Department of Psychiatry and Behavioral Sciences. The awards are given each year to faculty members for their outstanding and consistent contributions to the education of medical students, residents and fellows.

Debra Vilinsky, M.D. received  
**the Medical Student Volunteer Faculty  
Excellence in Teaching Award.**

Victoria Huang, M.D. received  
**the Volunteer Clinical Faculty Excellence in  
Teaching Award.**



# We Are In The Black

By Elizabeth Casalegno, M.D., Treasurer

We reached out and you responded! In last year's newsletter, we brought to the membership's attention a concerning problem. Our organization has seen tremendous growth in its programming in recent years, but our income was not keeping up with our expenses. Through a combination of programmatic cuts, a rigorous campaign to increase participation and total collections of dues from our members, and growth in our investments, we were able to conclude the 2016 fiscal year in the black.

As a result, I am pleased to report that the Psychiatric Clinical Faculty Association remains in good financial standing at this time. We continue to maintain a sizable reserve from funds contributed to our organization several years ago by the David Coffey estate. We also continue to maintain a financial policy statement that guides our utilization of our investment funds,

as well as other financial decisions made by the board.

We are extremely grateful to those members who have already taken the opportunity to contribute their annual dues this fiscal year (111 and counting!). We are already about two-thirds to our budgetary goal of \$30,000 for member dues contributions this fiscal year.

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/](http://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.

# Thank you!

## Voluntary dues to the Psychiatric Clinical Faculty Association

Dr. Elizabeth Casalegno, Treasurer (2016-2018), would like to thank the following members for their 2016 & 2017 (to date) voluntary dues:

George Allen	David Fogelson	Charles McDaniel	David Ruderman
Winston Alt	Robin Frasier	Alicia Maher	F. David Rudnick
Robert Ashley	David Friedman	Arsalan Malik	Lee Sadja
Daniel Auerbach	June Fujii	Barnet Malin	Shahin Sakhi
Bernard Bail	Susan Fukushima	Stephen Marmer	Jonathan Salk
Paul Barkopoulos	Michelle Furuta	Wansoon Martin	Alan Sandler
Jeffrey Becker	Michael Gales	Jeremy Martinez	Wayne Sandler
Alexander Beebee	Elizabeth Galton	David May	Daniel Schaefer
Sarah Bein	Jeffrey Gandin	Kristen Melnyk	Douglas Schave
David Bender	Shoshana Gerson	Richard Metzner	Bella Schimmel
Christina Benson	Arnold Gilberg	Samuel Miles	Ernest Schreiber
Robin Berman	Irvin Godofsky	Franklin Milgrim*	Irwin Schulz
Bernard Bierman	Roderic Gorney	Mary Moebius	J. Martin I.
Thomas Blair	Rhodora	Robert Mordecai	Schuster
Sheldon Bloch	Gonzales	Sarah Mourra	John Sealy
Elise Block	Neil Haas	Mohan Nair	Maria Seliverstov
Harold Boerlin	Cassandra	Nitin Nanda	Joanne Seltzer
Paul Bohn	Harewood	Joseph Natterson	Thomas M.
Pamela Summit	Abraham Havivi	Francisco Navarro	Shiovitz
Bohn	Timothy Hayes	Elisa Newman	Daniel Siegel
Daniel Borenstein	Jacqueline Heller	Ralph Obler	Frederick Silvers
Walter	Robert Hoffman	Judith Orloff	Jerald Simon
Brackelmanns	Christine	Allen Pack	Joseph Smurda
Thomas Brod	Hradesky	Alireza Pakkar*	David Sones
Robert Carroll	Mark Hrymoc	Richard Palmer	Leon Sones
Janice Carter	Victoria Huang	David Paster	Carol Spar
Elizabeth	Susan Josephson	Alpa Patel	Lance Steinberg
Casalegno	Sheldon	Michael Paul	Harvey Sternbach
Marissa Caudill	Kardener	James Perkins	Mark Thompson
Allen Chroman	Ramzi Kiriakos	Solomon Perlo	Richard Tuch
Thomas Ciesla	Karen Kleeman	Daniel Plotkin	Debra Vilinsky
Philip Cogen	Jilian Kleiner	Charles Portney	Shirah Vollmer
Eleanor Curry	Matthew Koury	Joshua Pretsky	Andrew Wang
Talin Dadoyan	Melvin Lansky*	Paul Puri	Lawrence Warick
Marcia Daniels	Doryann Lebe	Timothy Pylko	Esther Wein
Ryan Davis	Stanley Leiken	John Raiss	Allen Weiner
Van Dyke	Alex Lin	Karen Reckamp	Diane Weiss
DeGolia	Robert Linden	William Resnick	Samuel Wilson
Park Dietz	Alexis Link	Burton Roger	Robert Winston
John Donlou	J. Zeb Little	Vernon Rosario	Burton Wixen
Susan Donner	Mark Lipian	James Rosenblum	Nancy Wolf
Carole Edelstein	John Lundgren	Wendy Rosenstein	Loren Woodsen
Edward Elliott	Paula Lunt	Richard	Farzin Yaghmaic
Daniel Fast	Maria Lymberis	Rosenthal	Margaret Yates
Deborah Fein	Deborah Lynn	Nancy Rosser	Melanie Zermeno

\*donated above the requested amount.