



NEWSLETTER

Mission: Possible

By David E. Sones, M.D., President

Our Mission

1. To promote and enhance the education in clinical psychiatry of all UCLA psychiatric residents, medical students and other health science trainees.

2. To represent the interests of the UCLA psychiatric clinical faculty in areas relating to our professional activities within the university.

3. To support the efforts of the administration and full-time faculty members in the UCLA Department of Psychiatry and Biobehavioral Sciences in advancing scientific knowledge, instilling professional standards and improving the mental health of our patients and the public at large.

4. To participate actively in teaching and preserving those components of professional identity that involve the doctor-patient and the psychotherapeutic relationship.



For the previous two years, this Mission was under the leadership of Joshua Pretsky, M.D. Josh did an outstanding job in his role as President of our organization and he has set the bar high for me and all future presidents.

The PCFA Board has been working hard to further our Mission by continuing our existing programs and implementing new ones. Some of the highlights follow and you can learn about more details in other articles in this newsletter.

Last year, Josh proposed the establishment of a new mentorship program to match Voluntary Clinical Faculty members with PGY-1 residents as a supportive contact for each individual resident as they go through their 1st and 2nd years of residency. This program is now off and running, under the leadership of one of our newest Board Directors, Tom Blair, M.D. There has been a strong interest among residents and Voluntary Clinical

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Faculty to participate in this program. Whereas past efforts at establishing similar programs have been unsuccessful due to difficulties coordinating schedules to meet in person, this time around we have offered the opportunity of video chatting with the hope of making this more accessible to the trainees

In the past, all Continuing Medical Education activities arranged by PCFA were sponsored by the Semel Institute. This process proved to be costly and overly burdensome. The Board elected to apply to be a provider of CME credits last year. The application has been submitted to the Institute for Medical Quality. Through the efforts of Lela DeGolia, our Executive Director, we are well on the way towards

program is one prong of an overall effort to assist members of the Medical School faculty who have succumbed physically or emotionally to the demands of working in a highly stressful environment. The plan is to offer teaching credits to members of the Voluntary Clinical Faculty who provide psychotherapy and/or psychopharmacological management services. The Board recently met with Dr. Miotto to acknowledge the scope of the problem and to address our concerns about this proposal. Three Board Directors, Richard Metzner, M.D., Allen Pack, M.D., and Shirah Vollmer, M.D., have agreed to have further discussions with Dr. Miotto to ensure that the program has the greatest opportunity to arrive at the intended outcome. Those faculty who

a membership directory, a convenient link to pay annual dues, and much more.

On Sunday, March 25, 2018, PCFA hosted the Fourth Annual David Coffey Memorial Screening of *Moonlight*, the recipient of the Academy Award for Best Picture in 2017, in Melnitz Hall. The screening was followed by a panel discussion that included two Voluntary Clinical Faculty members, Curly Bonds, M.D., and Vernon Rosario, M.D., as well as Rupinder Legha, M.D., a child and adolescent fellow. This was a great event, and an opportunity to increase awareness of our organization throughout the broader UCLA community. I hope you will be able to join us for upcoming annual events including the Distinguished



Dr. Andrew J. Gerber, 2017 DPSS honoree



Drs. Richard Metzner and Joshua Pretsky

completion of this process. Once in place, being a provider of CME credits will give us increased flexibility to arrange educational activities. We look forward to hearing ideas about programs that would interest you.

The Department of Psychiatry and Biobehavioral Sciences, under the direction of Karen Miotto, M.D., is in the planning stages of implementing a Physician Wellness Program. This

might be interested in participating in this program should contact me.

Through the Herculean efforts of Alex Lin, M.D., and Dr. Metzner, the PCFA website has gone through a major redesign. I recommend all Voluntary Clinical Faculty visit the updated site, which is your portal to all things PCFA. The site can be found at this address: <https://www.pcfala.net/>. Here you will find information about upcoming events, teaching opportunities,

Psychiatrist Seminar Series, Intern Welcome Barbecue, Holiday Party, and more.

For those of you who have not yet heard, James Spar, M.D., announced that he will be stepping down from his role as Residency Training Director after two decades of service. His dedication to the training program will be greatly missed. It was recently announced that Katrina DeBonis, M.D., will be replacing Dr. Spar as

Residency Training Director. Dr. DeBonis has been serving as Associate Director of Training and Co-Chair for the Medical Neurosciences II Block, which contains most of the pre-clerkship psychiatry content for second year medical students. She is the recipient of several teaching awards from the medical students, and I am quite certain that her influence was a significant factor in the markedly increased number of students deciding to enter psychiatry training programs. All who know Dr. DeBonis consider this to be an outstanding choice, and we look forward to working with her when she assumes her new role this summer.

Last Fall, I had an opportunity to do some Missionary work for PCFA. Each year, the Residency Program conducts a retreat

establishing a tradition that has now carried on for thirty years. This past Fall, I was able to interact with the residents in a setting that is far less formal than campus or my office. Based on my observations, I can say that this group of residents is amazing. The enthusiasm, passion, and energy were palpable. Additionally, both residents and faculty members in attendance expressed considerable appreciation of our organization.

At the time of this writing, I have only been presiding over PCFA for a few

months. During this brief time, I have been impressed by the incredible effort that PCFA members have put forth in the service of our Mission. The Voluntary Clinical Faculty have played an essential role in attracting the finest physicians, helping to maintain the status of UCLA Psychiatry as one of the top programs in the country.

I would love to hear from you if you have an idea, suggestion, question or feedback. dsones@ucla.edu.

I recommend all Voluntary Clinical Faculty visit the updated site, which is your portal to all things PCFA at PCFALA.NET. Here you will find information about upcoming events, teaching opportunities, a membership directory, a convenient link to pay annual dues, and much more.

at UCLA Lake Arrowhead Conference Center. I was especially looking forward to attending for two reasons. My wife, children, and I had attended the Bruin Woods family camp at the conference center each year for over 10 years, and I welcomed a return to the site of so many fond memories. Additionally, I was fortunate to be a member of a group of third year residents who organized the first retreat at Lake Arrowhead in 1988. At the time, we had no idea that we were

Editor's Note

By Shirah Vollmer, M.D., Editor

As Editor of this newsletter, I am so pleased to see how we, as psychiatry clinical faculty, have continued to pass the baton to our students to say that psychotherapy still matters, and it still matters that it is done by psychiatrists. Our board works tirelessly, now under the leadership of Dr. Sones, to give the adult residents from UCLA, from Harbor, and from Olive View/Sepulveda, along with the child fellows in these programs, the support they need to grow professionally into psychiatrists who are skilled with listening, thoughtfulness and deep caring of patients who need our help. We do this by offering them

psychotherapy for a very reduced fee. We do this by offering as much supervision as they choose to partake, and we do this by giving them didactics which center around the doctor/patient relationship. We do this by having meetings and social gatherings throughout the year to remind

them that they are part of a larger psychiatric community, and now we added on by offering mentorship to young trainees who want career guidance. This newsletter is a way of saying thank you for all you do and to remind you that your efforts are not just valuable, but essential, to our

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mission to promote the training and development of well-rounded psychiatrists. During the year, we soldier on, but as we review our work in this publication, we have a chance to reflect on our value as an organization. Indeed, we need to soldier on. The trainees need us. Thank you again for all you do.

Distinguished Psychiatrist Laurence J. Kirmayer and the Place of Culture in the Clinical Encounter

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



Laurence Kirmayer

In the early years of Transcultural Psychiatry there was little awareness of the need to take into account other cultural perspectives when defining what is mental illness and how it should be treated. Investigators did not yet appreciate the distorting effect of culture on their perceptions and understanding. A central tenet of transcultural research is we all make assumptions and decisions based in our worldview when attempting to understand another person's experience. Even when we are open to differences in viewpoint, our thoughts and perceptions are unconsciously filtered through the lens of our culture, its values and assumptions, and this changes what we expect, experience and feel.

When we engage another person, being unaware of these distorting effects causes us to come across in ways we don't intend, to have expectations that are not shared, and to misunderstand one another's intentions.

Culture is so entwined with

our thinking, even when we are trying to be aware, we don't appreciate its effects leading to unintended discrimination and bias. The field of Transcultural Psychiatry terms this phenomena Implicit Bias and defines it as an unconscious framework of attitudes and stereotypes used to understand the world and make decisions about how to feel and act.

Failure to take Implicit Bias into account has been shown to underlie a range of negative health effects.¹ Psychiatry has been slow to adopt culturally aware perspectives, but efforts are being made on many fronts. Research on brain and behavior now considers the distorting effects of bias in patient selection. Social programs may incorporate cultural perspectives, which diminish disparities and improve utilization of services. More clinicians are aware a patient's culture may change their clinical presentation, impact their priorities, or influence the clinician's treatment decisions. And, the APA now recommends we routinely include an assessment of each patient's culture for diagnostic

and treatment planning using the Cultural Formulation Interview available in the back of the DSM-5.

This year's Distinguished Psychiatrist has been a central figure in chronicling the evolution of thinking in Transcultural Psychiatry. His research has helped verify the cultural distortions western science imposes on the understanding of what constitutes mental illness and the role culture plays in prominent psychiatric theories.² Please join us in welcoming this year's Distinguished Psychiatrist, Laurence J. Kirmayer M.D. for an enlightening presentation of his work and how a culturally-informed approach to mental health care can help us better understand our discipline, our patients, and ourselves.

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➔ THIS YEAR'S DISTINGUISHED PSYCHIATRIST LECTURE WILL BE HELD AT THE UCLA LUSKIN CONFERENCE CENTER ON SATURDAY, OCTOBER 6, 2018, FROM 10:30 - 12:30 PM. THE LECTURE WILL

BE PRECEDED BY THE PCFA ANNUAL MEETING AT 9:00 AM.

1. Kreiger N. *Embodying inequality: a review of concepts, measures, and methods for studying health consequences of discrimination.* *Int J Health Serv.* 1999;29(2):295-352.

2. Shim RS. *The Evolution of Cultural Psychiatry. The Evolution of Cultural Psychiatry.* *Psych Ann.* 2018;(48)3:134-135.

VCFAAAC Report:

Advancement

By Saul Faerstein, M.D., VCFAAAC Chair

To be a member of the clinical faculty of the DGSOM is an opportunity to be a member of a community of excellence. We are described by the department guidelines as “community volunteer clinicians who teach the application of clinical and basic sciences in areas of patient care.” We give much of our time and energy to enrich the education of medical students, residents and fellows but we get much in return for our efforts. At UCLA we teach the best and the brightest and we constantly learn

are well rewarded, without pay, by the teaching and clinical contributions we make year in and year out.

There are some rewards we get for our service and one of them is the faculty title as a member of the DGSOM. You recently received a letter from VCFAAAC reminding you that your ongoing service to the department is rewarded by advancement in the academic ranks, from the Clinical Instructor level up to Clinical Professor. There are many members of the VCF who have remained at one level for many years and have never sought promotion even if they qualify to move up the academic ladder. Some say that the reward of teaching is enough for them. It is gratifying to hear that, but we would like to recognize your contributions with an academic title to reflect your long and meaningful service.

The process of promotion is not difficult or complicated. You should consult the Guidelines for Maintaining a Voluntary

Clinical Faculty Appointment (which you can find on the PCFA website) to see the criteria for advancement. Talk to your CTS (Clinical Teaching Supervisor) about moving up. If you have been a Clinical Instructor for two years and have earned

60 credits (or teaching hours) per year, you would qualify for consideration for promotion to Assistant Clinical Professor (Voluntary). If you have been an Assistant Clinical Professor for eight years with a minimum of 70 credits per year for 4 of the 8 years, you should consider applying for advancement to Associate Clinical Professor (Voluntary). If you have served at the Assistant Clinical Professor level for 6 years with a minimum of 80 credits per year for 3 of the 6 years, you may qualify for advancement to Clinical Professor (Voluntary). Each advancement also requires a level of excellence as evidenced by outstanding teaching, leadership, research, contributions to the department, and/or institutional or departmental participation or governance. Also considered is the recognition you have earned locally, regionally, nationally or internationally as a result of professional endeavors. If you and your CTS agree that you merit advancement, the process can be initiated by a letter to VCFAAAC.

During my tenure on the VCFAAAC I have always found that we have encouraged and tried to facilitate the process of promotion for our deserving faculty. The OAP (Office of Academic Personnel) has been helpful and supportive with the process and will help you meet all the requirements. Your CTS should also be helpful.

➔ If you have any questions, please call me or contact Marisa Vela in the OAP (Semel B7-405) at 310.825.0125

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from them and broaden our knowledge as we teach. We are surrounded by the finest faculty as any in the country whom we consider our colleagues and friends. It is a distinct privilege to be a member of the volunteer clinical faculty and we

An Eventful Year in Medical Education at DGSOM

By Margaret Stuber, M.D., Vice Chair for Education in Psychiatry,
Assistant Dean for Well-Being



2017 -18 has been another eventful year in medical education at the David Geffen School of Medicine (DGSOM) at UCLA. Probably the most exciting for many of us is the number of graduating medical students who chose Psychiatry for their residency training! We had 18 students match in Psychiatry in 2016, more than ever before. Psychiatry has become more popular nationally, but out of a class of about 180 this still represents a higher percentage than the 5.5% of graduating seniors in the U.S.

Also exciting is that 7 of the 15 entering interns at the Semel residency are graduates of DGSOM! Given the very high caliber and selectivity of the Semel residency, this speaks to the quality, as well as quantity, of the DGSOM students applying in Psychiatry.

The opportunities for training in psychiatry in Los Angeles also changed significantly this year. Charles R. Drew University has a newly accredited psychiatry residency program, which admitted a first year class for 2018. This

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program has a mission to train psychiatrists for underserved urban populations. They attracted many excellent applicants.

Another new residency program is starting at Oliveview Medical Center. As most of you know, for the past 30 years there has been

a psychiatric residency program in the San Fernando Valley which partnered Oliveview Medical Center, a county-funded program, with Sepulveda VA, and UCLA Resnick Hospital. This program is splitting, and out of it will come a county-based program at Oliveview, and a VA-based program which will now be located at the West LA VA. The county-based program will continue to have an emphasis on serving the San Fernando Valley and to developing expertise in psychotherapy. The VA-based program will have an emphasis on community psychiatry, with opportunities in health services research. Current residents will

have a choice about which of these two programs to join. Neither program admitted interns for 2018.

The choice of the creative and inspiring Dr. Katrina DeBonis to become the new Residency Training Director for the Semel program is wonderful for the residents. However, it does create some holes in the medical student education program. She has been not only the third year clerkship director, but also the director of the second year course in medical neurosciences. This year she was recognized by the second year medical students as their outstanding teacher of the year with a Golder Apple. Searches are now starting for these courses.

Meanwhile, DGSOM is starting the process of curricular redesign. We last did a major change in the curriculum in 2003. Our medical school program is excellent, but it is time for consideration and renewal, bringing in what has been learned in medical education over the past 15 years. The national emphasis on well-being and resiliency, as well as the growing recognition of the importance of psychiatric partnerships in medical settings ensures that psychiatry will be a part of these developments.

As always, we in the DGSOM depend on the wonderful contributions of the voluntary clinical faculty. We continue to have opportunities for small group teaching, and for providing clinical preceptorships for those of you with a clinical practice which would be able to incorporate students. We also welcome faculty who are willing to volunteer to provide psychotherapy for medical students.

Thank you for all you do!

Finding Our Voices

By Lavanya Wusirika, M.D. and Cassidy Zanko, M.D.

cry for us. We stretched Friday lunch meetings into a “Wellness Plus” hour where we engaged in mindfulness-based exercises and brainstormed desired institutional improvements. Apart from our weekly meetings, our first retreat of the year at Malibu Wine Safari was constructive, dynamic and brought a feeling of solidarity. Our second retreat at Manhattan beach for a mindful scavenger hunt cemented everything we have learned and achieved at UCLA.

Beyond UCLA, we have a national climate of incredible advocacy borne out of fear and struggle. Teens all around the country are finding their voices to speak up about gun control. Women of all backgrounds rose together to share stories about their #metoo trauma. Our national differences are more apparent than ever, but so is our strength.



During recruitment happy hours, an interviewee remarked, “Everyone here is so dynamic! What is in the water at UCLA?!”

In a two-year training program, time passes quickly and it is easy to sit content with the status quo. Our UCLA fellows, however, have taken a different path.

We began this year at Dr. Kataoka’s house for a weekend brunch, all dressed up in our UCLA jackets, to welcome the incoming first year class. Our class was riled up with ideas for constructive changes to help the incoming fellows and the first year class was impatient to dive in. Each of us felt tasked with a big undertaking - succeeding in our training while also leaving our mark on a large institution like UCLA. Our eager program directors, Drs. Kataoka and Richards, supported us from the get-go with their fire and energy.

With this energy, our class dove into our niche areas of interest - genetics, speech and language disorders, forensics, maternal mental health, literature, race disparities, resident education and wellness. We also mentored first year fellows to help them discover their own interests. One fellow put it best: “I’m trying to remember what made me passionate for life and channel that here”. Pedal to the metal, we wrote, headed panel discussions, taught classes, authored protocols and did more mindful breathing than ever.

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Becoming child psychiatrists in this age means addressing the national climate head-on with patients and families and exercising our advocacy arms both locally and nationally. Systematic change may happen slowly, but it always starts with one voice.

The knowledge and skills we gained and exercised in this program have allowed us to grow personally and professionally. As we take our next steps, our experience as graduates of the UCLA Child Psychiatry program will make us leaders in our rapidly changing field. For these reasons (and for all the fun times too!), we are grateful to UCLA, our program directors, our attendings and the PCFA in supporting us in these endeavors.

A Year of Many Changes and Successes in the Residency Program

By Ashley Covington, M.D. and Jonathan Heldt, M.D., Co-Chief Residents

What a fantastic year to be chiefs and have an opportunity to share all of our residents' achievements. Time and time again our residents continue to be a driving force in programmatic innovation and change. To say our program has evolved this year seems like an understatement. It has been a whirlwind of progression and change, and as chiefs we've had the fortunate and unique opportunity to work closely with both our residents and faculty. Although walking in the anomalous gray between administrator and resident presents its challenges, it also presented us with front row seats of the continued transformation within our program. Additionally, with any transition, there typically exists a foundation of support; for our program the PCFA continues to serve as this support just as much as ever. We might even say the PCFA is like a mood stabilizer, a little "glue" to help keep our residency thriving. So get ready and buckle up as we get you up to speed with the many changes and successes in the program this past year.

The academic year began with two breaths of fresh air with the addition of our new

associate program director (APD), Dr. Katrina Debonis and returning program coordinator Ron Lopez who helped lead and welcome this year's intern class. As always, the PCFA was a part of this warm welcoming to the interns at the annual PCFA barbeque hosted at the beautiful DeGoliass' home. Aside from the intern class being welcomed, we also had the addition of two new PGY2 residents (Drs. Isabella Morton and Keerthan Somanatha), and a new PGY4 (Dr. Dan Inouye). The PCFA's generosity continued right out the gate, as the UCLA psychiatry track jackets made a comeback and our Classics Club lunches continued with the help of our psychotherapy chief Dr. Brandon Schneider. Dr. Schneider has also been working on coordinating the upcoming group relations conference this May, has created a database for residents to find psychotherapy cases, and has been meeting with Dr. DeBonis to revamp psychotherapy curriculum.

We had the fortune of several new chiefship positions that for us were indicative of the passion and dedication our senior residents have for mentoring our junior

residents. Aside from our traditional inpatient, outpatient and emergency chiefships, we also had equity, diversity and inclusion (EDI), anxiety, interpersonal therapy, global and community psychiatry (GCP), VA inpatient, and addiction chiefships. As a result of the expanding interests and participation of our senior residents, a full-on restructuring of the Residency Oversight Committee (ROC) was instituted. Subcommittees transitioned from class-based to interest-focused and were led by the associated chiefs and faculty chairs that were overseen by our new chair of education and ombudsman Dr. Steve Marder.

Our newest and much needed additions to the subcommittees included increased faculty efforts as well. The EDI subcommittee chaired by Drs. Xavier Cagigas and Gail Wyatt worked diligently with our EDI chief, PGY4 Dr. Uchenna Okoye to create dinners and monthly meetings for networking and education. PGY3 Dr. Nikki Goodsmith (awarded the 2017 APA Public Psychiatry Fellowship and membership into the APA Council on International Psychiatry) with the help of

the CGP faculty chair Dr. Enrico Castillo made enormous progress in building a comprehensive program for residents and faculty. They are currently reimagining and expanding didactics related to CGP, offering site visits (such as a recent tour of Twin Towers mental health facilities), lunch talks, and formal mentorship. The GCP subcommittee also assisted three residents to participate in international electives in South Africa and Japan.

Additionally, due to the efforts of PGY2 residents Drs. Maya Smolarek and Juliet Edgcomb, a Womens in Psychiatry group was organized to serve as a community for mentorship, affirmation, and education in the workplace like protocols to address sexual harassment by patients. Our PGY4 Anxiety Chief Dr. Margaret

PGY3 Dr. Adrienne Grzenda (2017 APA Research Fellow, Laughlin Fellowship, and Research Colloquium award). Additional award recipients for this year's 2018 APA conference include PGY2 Laura Halpin (APA Leadership Fellowship), PGY2 Nicolas Barcelo (APA/SAMHSA Fellowship), PGY1 Michael Mensah (APA/SAMHSA Fellowship), PGY2 Juliet Edgcomb (APA Child Fellowship), and PGY2 Isabella Morton (Public Psychiatry Fellowship).

On the inpatient side of things earlier this year, our Resident Action Committee (RAC) continued to meet with VA leadership to maintain a proactive dialogue and even coordinated new and improved call rooms for our residents. Our VA inpatient chief PGY3 Dr. Kyle Smith was

Harrison Lyu and Stuart Downie worked hard getting feedback from residents and working with hospital administration to streamline this process.

As we entered into the fall, our annual resident retreat at Lake Arrowhead in September was bittersweet for us all. Drs. Maya Smolarek and Lindsey Law did a

The dedication and responsiveness of the PCFA has been an invaluable reminder of the restorative nature mentoring can have on trainees' morale.



Ashley Covington, M.D

Distler provided introductory lectures on management and treatment of anxiety to our PGY2s. Dr. Distler was also a co-chief with Dr. Brandon Schneider in the addiction clinic and arranged a field trip promoting education on Sex Addiction. We've also had many of our residents accomplishments extend beyond the program itself, including PGY3 Dr. Emily Wood (NIMH Outstanding Resident Award), Dr. Juliet Edgcomb (2017 American Psychiatric Association Foundation Research Colloquium Travel Award), and incoming program chief



Jonathan Heldt, M.D.

a complimentary presence to RAC and introduced a lecture series on personality disorders, coordinated lunch talks, and is now nominated for a teaching award due to his efforts. On the UCLA inpatient side, our residents' adaptability was again demonstrated following an inspection by the Joint Commission and Centers for Medicare & Medicaid Services resulting in a multi-million dollar renovation of our inpatient units and a notable increase in timely documentation requirements. Not surprisingly, the zealous nature of our phenomenal inpatient PGY4 chiefs Drs.

fantastic job organizing a "Spirit Animal" themed few days. The spirits of our residents were aligned as ever, and with the VA saga behind us it allowed for a shift in focus centered around enrichment rather than repair. Of particular significance was the continued momentum of the resident EDI efforts by leading an EDI discussion group which had the largest number of both faculty and resident attendees in a single non-mandatory meeting. It was particularly meaningful for us as chiefs, as this was the first time we had faculty attendings join in the past four years. In the spirit of fun, we decided to jazz up townhall with a dose of therapeutic laughter and incorporated attending trivia and bingo allowing our residents to learn about the fun-loving faculty (which surprisingly included several arrests during their younger years). As always, our residents eloquently presented their recommendations that effectively created this year's ROC working list which included PGY3 outpatient clinical transition day(s), formalized research mentorship program, and designated RNPH educational patients to name a few. Another highlight of our annual retreat is the time residents get to enjoy with one another and the faculty in a relaxed, casual atmosphere, whether that's hiking, lounging by the pool, playing tennis, or getting their vitamin D some

other way. Several of us got to enjoy some flower power fun in the sun with this years new PCFA president Dr. David Sones who joined us for tie dying! In line with this years' notion of transformation, the three days ended with one more changeover, as Dr. Spar announced his retirement this coming July after 43 years on UCLA faculty and the last two decades as our program director.

our residency was once again portrayed with a providential air by continuing happy hours at the W Hotel which provided a time for relaxed dialoguing with applicants and a beautiful space to do it in. We were fortunate enough to match 15 spectacular residents including two research track residents, and as chiefs it's extremely rewarding to see the outcomes of a collaborative effort when our residents

PGY2 class to ease the work burden on our residents. With the notable positive impact of Dr. DeBonis' warm, enthusiastic, and diligent personality, the residents can rest assured that she will appoint excellent APD's for the upcoming academic year.

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The other highlights of this past year were largely a reflection of the allegiant efforts by the PCFA. The dedication and responsivity of the PCFA has been an invaluable reminder of the restorative nature mentoring can have on trainees morale. The resident feedback utilized by the PCFA in planning events for our residents has been demonstrated on several occasions, whether this was the well attended PCFA holiday party at the stunning home of Dr. Bernie Bierman or the creation of a pilot mentorship program for junior residents by Dr. Thomas Blair. Most recently in response to the residents' desire to expand EDI education, the fantastic Annual David Coffey Memorial Movie event hosted by the PCFA and PGY3 Dr. Adnan Majid (Head of our residency Cinema Interest Group), featured "Moonlight", with expert panel discussants Drs. Curly Bonds, Rupinder Legha, and Vernon Rosario.

For our residents, the uncertainty of who would be the next program director promoted healthy coping skills as we sublimated into recruitment season this November. We provided transparency to the applicants regarding the upcoming selection of a new program director and gave reassurance that Dr. Spar would still be available the next academic year to guide the incoming program director. It was a competitive season to say the least, with 832 applications (23 of which were UCLA students) for only 100 interviews spots. Due to the popularity of the EDI days last year, a third EDI day was added, and further improvements made that extended beyond the interview day itself and included incorporating a holistic review process to reduce implicit biases within our screening process using the following domains: 1) leadership, 2) resilience, 3) research and/or community service, 4) humanism and social justice. This inventive change stressed a balance of academically and experientially rounded applicants. We were also happy to announce a newly revised research track to to this year's applicants that seems very promising. Thanks to the PCFA support,

work together, promoting a commonly shared sense of pride within our residency.

As the year progressed into early spring, we as chiefs were granted the incredible privilege of serving on the Program Director Selection Committee with five of our UCLA attendings in addition to PCFA member Dr. Joshua Pretsky. After a month long interviewing process and deliberation, the committee presented its recommendations to Dr. Whybrow, and at the end of March Dr. Katrina DeBonis was announced as the incoming program director for the 2018 academic year. This announcement brought great assurance to the residents in an especially timely manner as it paralleled the unfortunate news that the Sepulveda VA residency program would be ending this July. For our NPI residents this would translate into higher number of patients per resident during inpatient rotations and the potential for increase call as well. Due to the joint efforts of Dr. Spar and Dr. DeBonis, these impending concerns have already started to be addressed and have even resulted in a sixteenth resident, Dr. Justin Key, being added to next year's

Last and certainly not least, we feel the PGY4 post graduate plans are proof of the powerful impact the PCFA has had. Nearly 42% of the graduating class will be starting some version of a private practice. Other plans for our residents include two fellowships (Mood and Forensics) at UCLA and several other outside fellowships including MIRECC, Child and Adolescent, Geriatrics, and Integrative Medicine. Other upcoming graduate plans include staff and faculty positions at Didi Hirsch, West LA VA, John George, and UCLA.

Each year, words fall short when expressing our sincere gratitude and appreciation to the ceaseless mentorship, guidance, and support the PCFA has provided. We thank all the members of the PCFA for their investment and belief in our residents. We hope that the accomplishments, successes, and careers shared in this newsletter can be a symbol of our gratitude and a token of our appreciativeness.

The Psychotherapy Program: Learning from Experience

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 27 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. Fifty 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.

Once again, I need to express my thanks to 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. If anything, interest

seems to be growing. Through March, 32 residents have contacted the program. This late in the year, it has been more difficult to assign residents as most of the available faculty are already seeing a resident and several are seeing more than one. We will be trying to recruit some additional faculty to meet the demand. If you enjoy seeing patients in longer-term individual psychotherapy, and might be interested in joining the program, please let me, Mark or Van know! 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 2016-2017 we collected almost \$35,000 to that purpose. Faculty currently seeing more than one resident include Thomas Brod, John Donlou, Daniel Fast, Robin Frasier, Jim Rosenblum, Heather Silverman-Gales and Samuel Wilson. Welcome to new faculty Elise Block and Lee Sadja.

This year we have utilized a confidential, on-line method to apply to the program using Google Forms, followed by a questionnaire three months later so the residents can evaluate the application and referral process. 22 residents used this process to apply to the program. 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 2018-2019 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.

Highlights



Group photo from the intern psychotherapy retreat, Oceanside, May 2017



Drs. Casalegno, Lin, Sandler and Puri at the intern psychotherapy retreat, May 2017



Interns and PCFA members visiting at the intern welcome barbecue, June 2018



Getting acquainted at the intern welcome barbecue



Breakfast before the PCFA annual meeting, October 2017



Drs. Zeb Little and Andrew Gerber following Dr. Gerber's Distinguished Psychiatrist Lecture, October 2017

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Dr. Joshua Pretsky addressing the PCFA members», October 2017



Dr. Elizabeth Casalegno with the 2017 Hatos winner, Dr. William Connor Darby



Residents and faculty enjoying themselves at the PCFA holiday party



Visiting with old friends at the PCFA holiday party



Drs. Rupinda Legha, Vernon Rosario and Curly Bonds at the David Coffey Memorial Screening of Moonlight, March 2018



Attendees gather in the lobby before the screening of Moonlight, March 2018

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* Denotes members serving on the Board's Executive Committee

PLEASE WATCH FOR ANNOUNCEMENTS OF PCFA'S 2018-2019 ANNUAL EVENTS

- | | |
|-----------------|--|
| June 23, 2018 | Psychiatry Intern Welcome Barbecue
at the home of Van and Lela DeGolia |
| August 2, 2018 | Psychotherapeutic Psychopharmacology
Dinner & Lecture Program
with David Mintz, M.D., 6-8 p.m. |
| October 6, 2018 | Distinguished Psychiatrist Lecture and PCFA General
Meeting at the UCLA Luskin Conference Center
(CME offered) |
| December 2018 | PCFA Resident and Faculty Holiday Party
(date and location TBD) |



PCFA's 9th 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 23rd, the day before the interns actually start work! A barbecue dinner will be served.

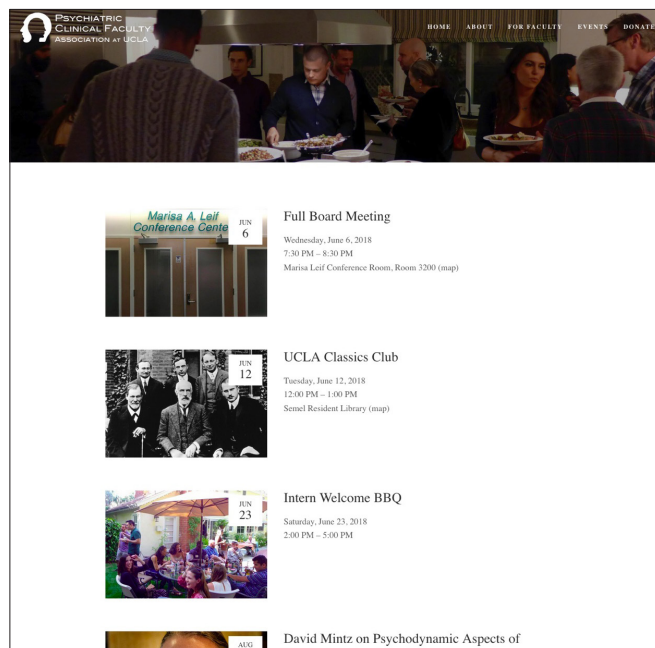
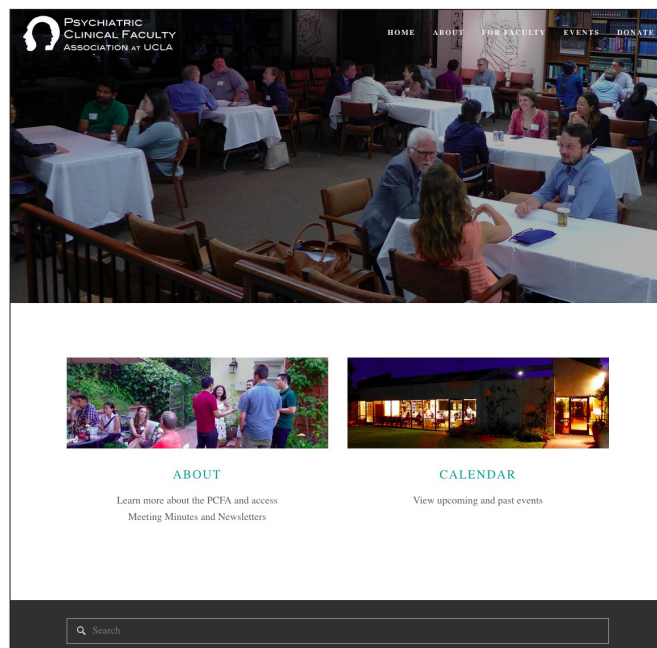
**Saturday, June 23rd, 2018,
from 4:00 to 7:00 p.m.
At the home of Van and Lela DeGolia,
16850 Adlon Road, Encino.**

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

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Website Announcement

By Alex Lin, M.D



I'm pleased to be joining Dick Metzner as the PCFA co-webmaster; Dick will be continuing as an emeritus webmaster, providing a coherent vision and mentorship for future expansion of the website.

This past year, we have expended considerable effort in transferring the main portion of the website to Squarespace. We believe that the change has given the website a more modern aesthetic, will increase our ability to provide more timely updates, and will hopefully prove both easier to navigate and more useful to our faculty.

We'd like to highlight several sections of the website. Current Teaching Opportunities is a new area where we will list credit-earning activities, as we learn of them. Academic Advancement provides information on how to apply for and to

maintain your academic appointment, and we encourage faculty members to apply for promotion, when appropriate. Our entire membership is listed in the Members section, and we offer Semel profile pages to all members. Only a little over one-third of our faculty are currently taking advantage of this. Residents rely on the information provided in the profile when they choose supervisors, so please contact us to create a profile page. If you've already created one, please contact us annually to ensure that it is up-to-date.

And finally, the Journal (JPCFA) and the Online Digital Psychopathology Library (ODPal) are website innovations that will be re-introduced in the hopefully not-too-distant future. The Journal will contain articles from faculty, an archive of Hatos-winning papers, and Distinguished Psychiatrist Speaker Seminar (DPSS)

videos. Dick and I encourage all faculty to write for the journal; the article need not be length or academic in the conventional sense. Musings about patients, theory, or the state of resident education would all make for good reading.

You can use any of the 3 following URLs to access the PCFA website:

pcfala.org
psychiatricfaculty.org
pcfala.net

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

FISCAL FITNESS

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

As an organization our financial stability remains tied to the goodwill of the membership. Income is generated through the collection of dues and the income from the resident psychotherapy program. As of this date only 65 members have contributed their 2018 dues. Funds collected are

one in 2017 from Richard Metzner and the Metzner Family Trust. These funds are invested in accordance with the financial policy of the PCFA Board that guides the utilization of investment funds. We have done well with these investments but can not rely on them to support resident activities.

We have been fortunate to have had two sizable contributions from two of our Board members, which allowed the PCFA to maintain programs.

used to support the activities that enhance the culture within the residency. In order to maintain our program support we need to have full participation of the membership in the staffing of Psychotherapy 483 and in dues contributions. Optimal participation would allow us not only to maintain but expand programming for the residency.

We have been fortunate to have had two sizable contributions from two of our Board members, which allowed the PCFA to maintain programs. The first contribution was from David Coffey in 2014 and the most recent

It is not easy to ask people who contribute many hours to the mission of enhancing the teaching of clinical psychiatry to also contribute dues, however, it is necessary in order to continue the high quality of UCLA's Psychiatric Program.

We are grateful to the 65 members who have already contributed their annual dues for 2018. Our goal remains to have the entire membership contributing both their time and their dues.

➔ If you have not yet paid your dues, you can make your payment by credit card via the PCFA website (www.semel.ucla.edu/pcfadonors/ 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. Wayne Sandler, Treasurer (2018-2020), would like to thank the following members for their 2017 & 2018 (to date) donations:

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