



NEWSLETTER

A Time of Transition

By Elizabeth Casalegno, M.D., President

This past year has been a year of tumult for the Department of Psychiatry at UCLA. Some of you may be unaware of an article published in the Daily Bruin in February alleging racially biased practices within the department. The article detailed multiple instances of “faculty of color [speaking on the record about having been] passed over for promotions, ignored in department decision-making and deterred in their efforts to hire more people from underrepresented minorities.” The article further detailed instances of departmental leadership failing to address allegations of racism and failing to contribute to improving access to health care for underserved communities.



On the heels of the Daily Bruin article’s publication, an announcement was made that the Interim Chair of the Department of Psychiatry and Biobehavioral Sciences at UCLA, Dr. Alexander Young, would be stepping down from his role. This effectively left the department with no interim chair and with no process having ever been started to locate a permanent department chair. Residency recruitment efforts were also impacted as the article was published prior to medical students submitting their match preferences, which may have contributed to difficulties recruiting more underrepresented in medicine residents to the program.

While there is some hope on the horizon in the wake of the recent announcement that Dr. Helena Hansen assumed the role of interim chair on July 1st, the pathway forward for the department may continue to be challenging. The ripple effect of the chaos of allegations of racism within the department and the accompanying

changes in leadership has been decline in morale within the residency and fellowship training programs and a greater need for stabilizing figures, particularly from outside the department, including from our organization.

With this backdrop in mind, the Psychiatric Clinical Faculty Association has made efforts to maintain programming designed to improve resident and fellow morale and to continue to reform our own organization with respect to issues of diversity, equity, and inclusion.

With respect to resident and fellow morale, we have begun to emerge from our COVID bubbles and to offer more in-person social and educational activities for residents. Most recently, in mid-June, a barbecue was held to welcome new interns to all the UCLA Psychiatry affiliated programs. The event was held at the home of Lela and Van DeGolia and included hours of delightful conversation and delicious tacos. The month prior, in early May, the 2021/2022 UCLA Semel Psychiatry Interns attended a weekend intern psychotherapy retreat near Oceanside. The weekend featured a primer

Table of Contents

1

A TIME OF TRANSITION

By Elizabeth Casalegno, M.D.

3

DISTINGUISHED PSYCHIATRIST DEBORAH L. CABANISS: PSYCHODYNAMIC FORMULATION: AN EXPANDED APPROACH

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

4

RESIDENTS' RESILENCY

By Jennifer Manegold, M.D. and John
Horton, M.D., Co-Chief Residents

5

MEDICAL STUDENTS AT DGSOM

By Margaret L. Stuber, MD

6

REFLECTING ON THE REFLECTIVE PSYCHOTHERAPY EDUCATIONAL EXPERIENCE

By Caroly Pataki, M.D.

7

REFLECTING ON THE REFLECTIVE PSYCHOTHERAPY EDUCATIONAL EXPERIENCE

By Caroly Pataki, M.D.

8

REMEMBERING RALPH OBLER

By Allen T. Pack, M.D.

on psychotherapy, a review of difficult inpatient cases and experiences, exposure to multiple resources for expanding knowledge of psychotherapy topics, and many opportunities for questions related to career and mentorship. We also plan to offer an in-person dinner for residents associated with our annual Distinguished Psychiatrist Seminar Series, which will feature Dr. Deborah Cabaniss from Columbia, who is renowned for her knowledge and skill in delivery of psychotherapy education. Outside of these special events, we also continue to offer opportunities for both formal and informal mentorship, uniquely designed to provide guidance and perspective to the developmental processes of our residents and fellows.

Regarding increasing our organization's attunement to issues of diversity, equity, and inclusion, the PCFA has been working to increase the pipeline of available supervisors from diverse backgrounds by interfacing more with current residents from underrepresented in medicine

backgrounds that we hope will eventually join our ranks of volunteer clinical faculty. We have also been working to expand and diversify our organization's leadership within the board of directors and executive committees. As well, we have focused our educational programming in recent years on EDI programming, including with the prescient selection of Dr. Helena Hansen as our Distinguished Psychiatrist Seminar Series speaker in 2020, prior to her appointment to the UCLA faculty. In addition to promoting EDI educational activities from the platform of DPSS, we will also be hosting a CME event featuring Dr. Monique Bowen from Antioch University in New England on July 16th via Zoom. Her presentation is titled, "Incorporating Racial Justice Principles into Psychodynamic Psychotherapy Supervision". We hope that many of the participants within our membership will use this talk as a launching pad for participation in a companion study group that will start and meet regularly following the event to continue the necessary, ongoing work of increased awareness and

change in handling race, racism, and diversity in supervision.

Whether your primary volunteer teaching activity is teaching an interview course or supervising an inpatient supportive psychotherapy group for junior residents; teaching in the UCLA outpatient general and specialty clinics or Resident Psychotherapy Clinic; teaching weekly resident didactics; engaging with the Psychodynamic Psychotherapy Concentration curriculum; or providing experiential learning opportunities through our Reflective Psychotherapy Education program or process groups, we hope that you know how valuable you are to the residency and fellowship educations of the UCLA psychiatry training programs. And while you all give of your time, energy, and experience already beyond what can be reasonably expected, we ask that you continue to engage with our organization and to do so even more actively. In these uncertain and changing times, the residents and fellows need you more than ever.

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Highlights

The faculty and the residents intersect at the intern psychotherapy retreat and the intern welcome BBQ. The cross-fertilization was deeply appreciated.



Distinguished Psychiatrist Deborah L. Cabaniss, M.D.

Psychodynamic Formulation: An Expanded Approach

J. Zeb Little, M.D., Ph.D.

Over the years, the Psychiatric Clinical Faculty Association's Distinguished Psychiatrist Seminar Series has had the good fortune to host many notable psychiatric educators. Some were known for their brilliant insights into psychopathology, some for mastery of a therapeutic technique, and others for elucidating sociocultural influences that envelope the therapeutic dyad. Rarely, however, have we had the opportunity to learn from an educator who has dedicated her career to teaching other clinicians how to think clinically. This year's Distinguished Psychiatrist Award recipient, Dr. Deborah L. Cabaniss is such an educator, a teacher's teacher, who has dedicated herself to the art of teaching others how to think analytically and how to communicate psychodynamic principles in order to facilitate their incorporation into clinical work.

Dr. Cabaniss joins us from Columbia University and the affiliated New York State Psychiatric Institute where she is a Professor of Clinical Psychiatry and the Associate Director of Residency Training. She serves as Columbia University's Director of Psychotherapy Training and sits on the Executive Committee of the Columbia University Center for Psychoanalytic Training and Research. She is a member of the Columbia Academy for Psychoanalytic Educators and is a founding member of the American Psychoanalytic Association's Psychoanalytic and Psychodynamic Teacher's Academy.

Dr. Cabaniss graduated *summa cum laude* from Yale University with a Bachelor of Arts in Biology before entering medical school at Columbia University where she was inducted into the medical school honors society Alpha Omega Alpha. She received her Psychiatric training at the New York Psychiatric Institute and served as the program's Chief Resident in her final year. Her training in Psychoanalysis was through the Columbia University Center for Psychoanalytic Training and Research where she received her certificate in Psychoanalysis in 1996 and remains on their faculty today.

Dr. Cabaniss has written several books aimed at teaching principles of Psychodynamic Psychotherapy and has dozens of original articles to her credit. In addition to her extensive list of publications, she has served on the editorial boards of both *The Journal of the American Psychoanalytic Association* and *The International Journal of Psychoanalysis*. Additionally, her book *Psychodynamic Formulation*, named a "Highly Commended Book in Psychiatry" by the British Medical Association, has the additional commendation of being the recommended text for participants of PCFA's Intern Psychotherapy Retreat.

In her Distinguished Psychiatrist Seminar Series lecture titled "Psychodynamic Formulation: An Expanded Approach," Dr. Cabaniss will discuss how clinician educators can better use psychodynamic formulation in their clinical practice and in teaching the next generation of psychiatrists the importance of psychodynamic thought in understanding and treating their patients.



2022 DISTINGUISHED
PSYCHIATRIST
SEMINAR SERIES

SAT SEP 10TH
**UCLA James West
Alumni Center**

SCHEDULE:

8:30 Continental
Breakfast

9:00 Annual Meeting
of the PCFA

10:15 Break

10:30 Presentation:
Dr. Deborah Cabaniss

12:00 Question and
Answer Session

12:30 Adjournment

Residents' Resilency

Jenny Manegold and John Horton



Jennifer Manegold, MD.



John Horton, MD

As chiefs during the 2021-2022 academic year, we entered and held our roles during continued uncertainty. Our year was undeniably shaped by events, global to hyperlocal: the COVID-19 pandemic extending into the third academic year with new variants and surges; an unlawful Russian invasion into Ukraine; encroachment on reproductive rights across the country, acts of community violence and structural racism affecting morale, department unity, and vision for our field; changing leadership in our department, medical school, and county Department of Mental Health; a record-breaking number of applications to our residency program during another virtual recruitment season; and designing a new UCLA psychiatric hospital in Mid-City Los Angeles. The innumerable challenges and upheaval strained residency education and brought increased focus to the elements of our training experience that hold us steady, affirm our values, and propel us forward.

Through hardship, there continue to be incredible bright spots and our residents find ways to thrive. At the beginning of the year, we welcomed an incredible new intern class, full of energy and ideas, that promises to carry our residency to new heights. From garnering national attention with viral tweets about representation in medicine at the VA to winning competitive grants to pilot school-based mental health interventions and psychoeducation for families of justice-involved clients, there is no shortage of will to change our field for the better. During yet another virtual recruitment season, we saw a record-breaking number of applications, just shy of 1000, only to be met by record-breaking resident involvement. More than half of residents participated in screening, interviewing, and spending the virtual interview day lunch hour with our applicants - it truly was a team effort! In a short-lived window of COVID-19 suppression,

we were able to return to Lake Arrowhead for our annual residency retreat where our residency family could unite over wine-soaked dinners, laughs, and the ever-important Town Hall. Having cancelled retreat in 2021, the energy this year was second to none. The growing focus on support, wellness, and mentorship in the residency led to the addition of two new program leaders: Dr. Alaina Burns as an Associate Program Director and Dr. Sarah Nguyen as Director of Resident Mentorship and Professional Development. We hope to close out our year with the first in-person graduation in three years at the newly renovated UCLA Faculty Club. This class of 2022 is the first to move through all of residency under the leadership of Dr. DeBonis and signals the first graduation of a new generation in our training program's long history.

We feel incredibly indebted to the PCFA in helping bolster us, in strengthening the essential programming offered to residents, and being a supportive salve during this year often bringing us back together. The class of 2024 was able to have a "make-up" intern psychotherapy retreat in the fall of 2021 and the class of 2025 just had its psychotherapy retreat in Oceanside. I wish you all could have seen the interns beaming after that weekend - it truly was a needed pause and look forward at the therapy work more and more of our residents are seeking. This year's Distinguished Psychiatrist Seminar Series with Dr. Beverly Stoute offered a rich exploration into developmental aspects of race awareness, implicit bias, and structural racism through an analytic lens. Dr. Josh Pretsky's experiential psychodynamic psychotherapy concentration continued to see increased interest in the rising PGY-3s and will graduate its second class of participants in June. After Herculean PCFA advocacy, the former Psychotherapy 483 program has been revived as R-PEP to offer an experiential learning option for

2021-2022

Medical Students at DGSOM

Margaret L. Stuber, MD

residents, with a growing roster of volunteer faculty. Lastly, Resident Psychotherapy Clinic (RPC) remains the psychotherapy standard for our residents and the volunteer faculty involved no doubt deserve a double dose of appreciation. In addition to a focus on reviewing therapy work, the supervision space for many this year doubled as a reflection and processing space, served to provide career guidance, perspective on evolving and worsening mental health crises, and a forum for skill building in our virtual training world. Lastly, and perhaps as the truest marker of fresh starts, we are looking forward to the upcoming 11th annual PCFA Intern Welcome BBQ hosted by Van and Lela DeGolia.

As we look back at this year, we are extremely grateful to have the mentorship, guidance, and support of the steadfast PCFA. We thank all the members of the PCFA for their investment and belief in our residents. The work you have done and will continue to do inspires us. We hope that our accomplishments and successes of today and beyond can reflect our collective appreciation. We could not have done it without you.

With pride and excitement, we want to welcome your new chief residents for the 2022-2023 academic year, Drs. Mary Youssef and Jeremy Flores. As we sign off, we want to offer that we will not be going far - Jenny to Child and Adolescent Psychiatry fellowship at UCLA and John to Hospice and Palliative Medicine fellowship at UCLA. We hope you all will stay in touch.

Lots of change
at DGSOM!

Biggest is the start of the new curriculum. We are moving from the traditional 2 years of basic sciences and 2 years of clinical rotations (which has existed since 1910!) to basic sciences from August through September of the next

year, followed by 48 weeks of the required clerkships, many of which are now shorter. The third year is a Year of Discovery. They may do research, immersive community work, a masters degree, or other such options to become "an MD plus". The 4th year is much as it is now: sub internships and residency applications. Students also spend time in an Early Authentic Clinical Experience, working with underserved and vulnerable populations, rather than just practicing physical exams and history taking.

The role of the Voluntary Clinical Faculty is changing, with a greater emphasis on medical student teaching. Small groups will continue to exist, although the format and content will be different. Doctoring 1 and 2 have been phased out, and System Based Healthcare will cease to exist after December 2022. Appointment and management of the VCF is centralized. With all of this in process,



it is not yet clear what the implications will be for our VCF.

Psychiatry continues to attract a large number of our students. We had 13 graduates matching in Psychiatry. Three entered our NPI program, four went to UCSF, and one each to

Baylor, Stanford, Olive View, Mt. Sinai (triple board), Pennsylvania, and NY Metropolitan C. I have been meeting with the current 4th year students who are interested in psychiatry, and am impressed with the quality of the students!

Administration is also changing. We are also searching for a new Division Director for the Child and Adolescent Division, and for a new Dean of the medical school. Dr. Alex Young stepped down from his Interim Chair position after two years on June 30, 2022. Helena Hansen, MD, PhD is now Interim Chair, while the search goes on for a permanent Chair of Psychiatry and Director of the Semel Institute. Dr. Hansen just came to UCLA a little over a year ago, so she brings a fresh perspective. Her PhD is in Anthropology, and her subspecialty training is in Addiction Psychiatry. She is a very accomplished academician, and is committed to Equity, Diversity and Inclusion.

Reflecting on the Reflective Psychotherapy Education Program (R-PEP)

By Caroly Pataki, M.D.



Hello and Greetings! I want to extend my best wishes for your health and safety once again this year in these continued challenging times. I hope that next year will find us in a safer and less challenging time!

We are very excited to be rolling out the Reflective Psychotherapy Education Program (R-PEP) and very grateful to the many devoted clinical faculty who spent many hours helping to craft this innovative course! We are appreciative of the work and input from the psychiatry program training directors, trainees, full time faculty, and of course Lela DeGolia, our executive director of the Psychiatry Clinical Faculty Association.

As many of you know, the R-PEP is a modified version of the former longstanding Psychotherapy 483 program. As part of the recent UCLA update of the voluntary clinical faculty teaching guidelines, it is no longer permitted to include a treatment component within the psychiatric training program curricula. R-PEP offers a 1:1, mentor/supervisor/facilitator intensive psychotherapy training experience for psychiatry residents and fellows from all the UCLA affiliated programs, but not psychotherapy. There are no fees for educational sessions within the training program.

Voluntary clinical faculty members and trainees who are interested in participating in the Reflective Psychotherapy Education Program (R-PEP) course can learn more about it by contacting me at CPataki@mednet.ucla.edu.

Mark Thompson, MD (mark@jmarkthompson.com) will continue to make the 1:1 assignments between interested trainees and participating clinical faculty.

The Mentorship program continues to provide trainees with guidance and support early in their training when their schedules. Trainees in the mentorship program

may also participate in the R-PEP when their schedules become compatible.

Thankfully, one constant this year is continued trainee interest in R-PEP from the Semel-UCLA, and its affiliated psychiatry and child and adolescent psychiatry residency programs and child and adolescent psychiatry fellowship program: Greater Los Angeles VA, Harbor-UCLA, and UCLA-Olive View. Many psychiatry residents have recently expressed keen interest in the new model of R-PEP and are looking forward to experiencing this course.

R-PEP will provide a unique intensive 1:1 experience for trainees to learn about psychotherapy as they progress in their training and develop as clinicians. We believe that one of the best ways to learn and refine psychotherapeutic skills is to be trained by an expert clinician.

We are looking forward to receiving feedback from participating trainees and voluntary clinical faculty over the next year about their experience and the valuable benefits of R-PEP as they move through the program.

Thank you to all involved in the creation of R-PEP for your thoughtfulness, hard work, and insightful contributions to this course. Your efforts are very much appreciated!

Your Financial Contribution is More Important Than Ever

By Elizabeth Casalegno, M.D.



Thank you so much for your participation in the Psychiatric Clinical Faculty Association. You and your fellow members provide the core of the clinical teaching for UCLA's psychiatric residencies and fellowships. But as you know, the PCFA's reach extends far beyond our day-to-day volunteer clinical faculty appointments. As has been detailed throughout this newsletter, our organization continues to provide a breadth and depth of exciting programming and educational opportunities for both residents and fellows, as well as our members.

These important activities are dependent upon your financial support. As you may know, funding for our organization's activities and programs comes almost entirely from your annual dues. This is even truer in the wake of changes to the former Psychotherapy 483 program (now known as the Reflective Psychotherapy

Education Program or R-PEP), which is no longer able to collect fees from residents who participate in the program. In years past, these fees accounted for about half of our total annual income.

While our organization works to find new sources of income to match the continuation and expansion of activities offered by the PCFA, we suffer from a more immediate problem, which is that our current expenses are significantly exceeding our income. While we have been able to draw from substantial reserves and investment earnings form the generous contributions of the David Coffey estate and Richard Metzner in years past, the recent market volatility has led to massive losses in these investments. While we hope that these investments will rebound as the economy improves, this outcome is far from certain.

We would like to thank the 55 members of our organization that have already contributed for the 2022 fiscal year.

➔ To learn more about all the work we are doing or to donate, please visit the PCFA website at <https://www.pcfala.net>

➔ You can also mail a check to PCFA, 760 Westwood Plaza, Room 4B-149, Los Angeles, CA 90095-1795.

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Remembering Ralph Obler (1927 -2022)

Allen T. Pack, M.D. | *Cartographer of Inner Space*

I liked my uncle Ralph better than my father. He always had this unguarded smile when we met, no sense of unfinished business, no unmet expectations, no judgements or competition, just open interest. Ralph Obler might have been the same man, with a mustache: the same open countenance, available and curious and alert. They had the same name, the same demeanor, and the same influence on me. I cried when I heard of each man's passing. But this is supposed to be an obituary, not a eulogy: let me remind you of Ralph Obler's identity as a man and husband and father and psychiatrist.

Ralph passed away April 14 this year at 95. He came from Elmira, upstate New York, served in the U.S. Navy during W.W.II, and then attended Union College, about which he had many stories. He got his M.D. at the University of Buffalo, and met his wife, June, there as well. His psychiatric residency was at the University of Colorado after which he and June and their children came to Los Angeles. Here he joined the attending faculty at UCLA, started a private practice, and completed his analytic training. True to his character, he served on multiple hospital attending

staffs, held a clinical (teaching) position at UCLA NPI for 68 years, was a member and officer in the SCPS, the L.A. Psychoanalytic, APA, LACMA, CMA, etc. He also served on the Board of our Psychiatric Clinical Faculty Association, where he took the role of True North when we took to wandering a bit too much. He will be missed not only by me and his many friends and colleagues, but also by legions of patients and trainees and most of all, his family.