

Division of Behavioural Science

William E. Piper, Ph.D.

The **Division of Behavioural Science** covers diverse areas of teaching and research in three recently formed Programs (Psychotherapy, Anxiety Disorders, and Eating Disorders). William Piper is Head.

Psychotherapy Program

Overview: The Program's primary objective is to promote excellence in the teaching, research, and clinical practice of psychotherapy. Its leadership consists of William Piper (Director), Auby Axler (Associate Director: Training), Rene Weideman (Associate Director: Faculty Activities), and John Ogrodniczuk (Associate Director: Research and Evaluation). The following tasks have been central.

- Develop Membership. Currently 78 clinical and academic faculty.
- Improve Resident Curriculum. Two new courses have been added (Short-term Individual Psychodynamic Psychotherapy, Group Psychodynamic Psychotherapy). Imbalances in time allotted to therapies have been corrected. Faculty involved in Thursday seminars have increased considerably. Establish Resident Portfolio to Document Psychotherapy Cases and Evaluation of Competencies.
- Create Website:
<http://www.psychiatry.ubc.ca/psychotherapy/psychotherapy1.htm>.
- Conduct CME Events. An event with Moly Leszcz on "Boundaries in Supervision" was held on May 8, 2003. An event with Walter Stone on "Establishing an Effective Supervisor-Supervisee Relationship" was held on November 20, 2003.

Many members are actively involved in teaching. Some hold competitive research grants that support psychotherapy research. Most are members of the Clinical Faculty.

Future Directions:

- Improvement of the Resident Curriculum
- Implementation of the Resident Portfolio
- Dinner/Panel CME Events
- Faculty Involvement in Psychotherapy Research

Eating Disorders Program

Overview:

The Eating Disorders Program consists of 28 faculty at St. Paul's Hospital and the British Columbia Children's Hospital. Laird Birmingham is Director of the Program. At St. Paul's, Valerie Kaye is Psychiatric Director. Suja Srikameswaran is Practice Leader. At BCCH, Pierre Leichner is Psychiatric Director. Ronald Manley is Clinical Director.

The scope of activities includes multiple inpatient and outpatient programs. A new program for Readiness and Motivational Training was designed by Josie Geller. Laird Birmingham continues work on psychoneuroendocrinological aspects of eating disorders in conjunction with J. P. Chanoine (endocrine) at BCCH, Scott Lear (weight control and metabolism) at St. Paul's Hospital and Simon Fraser University, Emilio Gutierrez (warming and the autonomic nervous system) at the University of Santiago de Compostela, Ken Storey (hibernation) at Carlton University, and Pierre Beumont (treatment trials, neuroimaging, measurement) at the University of Sydney.

Teaching:

Pierre Leichner is Director of Education. He plans to involve program members in teaching at all levels and to create a subspecialty fellowship. Members teach around the world through the Eating Disorders Research Society, the Academy for Eating Disorders, and academic institutions.

Future Directions:

Laird Birmingham, Julia Hlynsky, and Tony Phillips will use new imaging facilities to test their hypothesis that dysfunction of the amygdala is a sine qua non of anorexia nervosa. A joint study with the iCapture Project has reported a relationship between anorexia nervosa and emphysema. Five program presentations will be given at the International Eating Disorders Meeting in May 2004.

Anxiety Disorders Program

Overview:

Peter McLean is Director. The Program's rationale includes:

- Anxiety disorders are the most prevalent class of mental disorder and are associated with significant chronicity, functional impairment, and disability (A Provincial Anxiety Disorders Strategy (2002);
- The Department of Psychiatry has not had a strong teaching presence in anxiety disorders;
- The Program will provide a formal presence that will facilitate the receipt of grants and program support from external sources.

Premier Campbell has endorsed the recommendations of the above report and committed the government to fulfilling its recommendations. Three years ago, the Anxiety Disorders Association of British Columbia was formed, and more recently, the Anxiety Disorders Association of Canada. These developments create opportunities for the Department of Psychiatry to take initiative and show leadership in the area.

Current Status: The Program is building its membership. It has made representation to the Postgraduate Training Program, offering to take responsibility for didactic and clinical supervisory initiatives.

Short-term Goals:

- Complete membership drive.
- Develop information exchange involving guest-speaker discussions, research rounds and CME activities.
- Clarify postgraduate teaching responsibilities.
- Develop cooperative and thematic research endeavours.

Non-Program Member of the Division

Kerry Jang has been very involved in Patient Based Learning (PBL) of medical students. He has served as Block Chair, Week Captain, and Tutor. He has also provided seminars to residents in psychiatry. His research focuses on behavioural genetics of common psychiatric conditions such as the personality disorders, PTSD, and mood disorders. Current research focuses on gene-environment interactions and correlations. He wishes to establish his twin study as a national resource for genetically informative data.

Division of Adult Psychiatry

Dr. J. Mark Levy

The Division of Adult Psychiatry

The Division of Adult Psychiatry was added to the Department of Psychiatry organizational structure over a year ago. Dr. J. Mark Levy was appointed head of the Division. Initially there were approximately eighty five members. The membership has since grown with new appointments.

The clinicians who serve under the umbrella of the Adult Division provide clinical care to adults experiencing a wide variety of psychiatric problems. They work in a number of sites including private practice, Greater Vancouver Mental Health Services, Riverview Hospital, St. Paul's Hospital, Vancouver General Hospital and UBC Health Sciences Center, practicing inpatient and outpatient psychiatry.

In addition to providing general psychiatric care, a number of clinicians have special areas of expertise. Three areas of expertise have been defined as Programs with the Division of Adult Psychiatry. The Programs within the Division of Adult Psychiatry are:

- Cross Cultural Psychiatry
- Sexual Medicine, and
- Reproductive Mental Health Program.

Cross Cultural Psychiatry

The Cross Cultural Psychiatry Program is under the direction of Dr. Soma Ganesan. Clinically, the Program is centered out of the Outpatient Department of the Vancouver General Hospital. The Program provides culturally sensitive and language specific assessments and treatment. Patients with anxiety disorders, including Post Traumatic Stress Disorder, Mood Disorders and severe Adjustment Disorders are seen through this program. An important component of the program is the PTSD Clinic, headed by Dr. Greg Passey, with help from Dr. David Yaxley.

The language services currently offered are in Cantonese, Farsi, French, Hindi, Hungarian, Japanese, Mandarin, Punjabi, Russian, Taiwanese, Urdu and Vietnamese.

The members of the Cross Cultural Program teach medical students and residents in the Department of Psychiatry. Lectures are also given to students in psychology, social work and occupational therapy.

Continuing Medical Education presentations have been given at the Department of Psychiatry Clinical Day and at the World Congress of Psychiatry.

The members of the Program are also involved

in community presentations in print, on radio and on television.

Current research includes a study of postpartum depression in Chinese women.

Distinctions and Awards include the involvement of members with the BC Division, Canadian Mental Health and the Advisory Council of the BC Ministry, Mental Health.

Sexual Medicine

The Sexual Medicine Program is headed by Dr. Rosemary Basson. The members of the Program are an internationally recognized group of clinicians and researchers who provide biopsychosocial assessments and treatments for sexual problems of patients throughout British Columbia.

The Program addresses all of the DSMIV Sexual Disorders, but not Gender Identity Disorder.

Clinical services include:

- Assessment, diagnoses and treatment recommendations
- Diagnostic second opinion
- Brief therapy
- Limited long term therapy and
- Consultation to physicians and hospital based programs.

The physicians of the Program are involved in teaching at undergraduate, postgraduate and fellowship levels, as well as providing continuing medical education for community physicians.

The program is active in various research projects related to human sexual functioning. Some highlights of research activities include Dr. Elliott's involvement as the local PI for a multi-centered trial using sildenafil in women with spinal cord injury. She was also the PI for two spinal cord studies on sexual and reproductive health in men with spinal cord injury.

Dr. Basson was the local PI (with Dr. Thomson co-investigator) using lasofoxifene for mid life women with desire disorder and, secondly, those with arousal disorder.

Dr. Stevenson was the local PI for a multi-centered trial looking at the use of flibanserin in the treatment of women's hypoactive sexual desire disorders.

Distinctions and Awards include Drs. Basson's, Elliott's and Stevenson's membership on the Canadian Male Sexual Health Council.

Dr. Basson is an invited member of the International Academy of Sex Researchers. She was also the Vice Chair of the Second International Consultation on Men and Women's Sexual Dys-

function, and the Scientific Chair of the International Society for the Study of Women's Sexual Health Annual Scientific Meeting, October 2002.

Of special recognition is the service Dr. Bill Maurice has given to the Department of Psychiatry. He will be retiring this year. I wish to thank him for his valuable contributions to the Department and Sexual Medicine.

Reproductive Mental Health Program

The Reproductive Mental Health Program provides outpatient care for women with mental health issues pertaining to pregnancy, the postpartum period, the menstrual cycle and menopause. The Program operates out of BC Women's Hospital and St. Paul's Hospital. The co-directors of the Program are Dr. Sheila Misri, and Dr. Diana Carter.

As with the other Programs, the Reproductive Mental Health Program is involved in teaching medical students, psychiatry residents and family practice residents. An important goal of the Program is to educate physicians and communities so they will be able to provide support and treatment to women in their own communities. To do so, the Program does talks, presentations, workshops, public forums, conference presentations and media presentations at hospitals and in the community. Drs. Carter, Misri and Ryan give a course on Psychiatric Disorders in Pregnancy and Postpartum at the APA Annual Meeting.

The Reproductive Mental Health Program has a history of being actively involved in research activities. Highlights of recent and current research activities include:

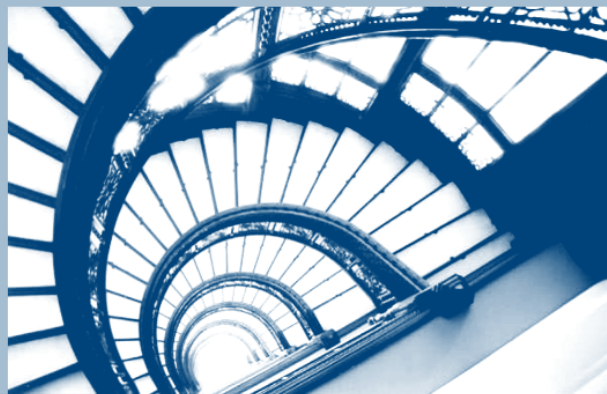
- an ongoing study of the effectiveness of group therapy in the treatment of postpartum depression
- treatment of postpartum depression with CBT vs CBT plus paroxetine
- behavioral and developmental outcomes of infants following prenatal exposure to SSRI's
- bright light therapy in postpartum depression.

Among the distinctions of the Reproductive Mental Health Program is the development of a tool, Reproductive Mental Health Practice Guidelines Manual, which is an aid to practitioners throughout the Province. On an individual level, Dr. Sheila Misri has been recognized in the National Register's Who's Who in Executives and Professionals, 2002-2003, Library of Congress, Washington, D.C.

UBC Department of Psychiatry 3rd Annual Clinical Day Conference

▶▶▶▶ Friday June 11, 2004

UBC Robson Square
800 Robson St., Vancouver, BC



www.cme.med.ubc.ca Register Online!

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▶▶▶▶ Conference Overview

The third annual Department of Psychiatry Clinical Day will focus on providing updates on a diverse range of psychiatric topics. Participants will have an opportunity to choose from a wide-range of small group workshops for a hands-on practical learning experience. A keynote speaker, and panel will round out the day. Sessions are designed to be as interactive as possible.

▶▶▶▶ Keynote Address

The Future of Clinical Faculty

Dr. Derryck Smith, Head, Division of Child & Adolescent Psychiatry;
Clinical Prof, Dept of Psychiatry, Faculty of Medicine, UBC

▶▶▶▶ Panel

Update on Schizophrenia

Dr. Bill MacEwan, Moderator
Dr. William Honer
Dr. Lili Kopala
Dr. Tania Lecomte

▶▶▶▶ Invited Speakers & Topics

Psychiatric Illness in Pregnancy and the Postpartum: An Update
Update on New Medications for Treating Adult ADHD
Applications of Motivational Approaches to the Eating Disorders
Science versus Faith: Clinical Dilemmas and Challenges of Cross Cultural Psychiatry
Psychiatric issues in Parkinson's Disease
Huntington's Disease
Psychiatry & Art: A Walkabout Tour at the Vancouver Art Gallery
You Too Can Treat Somatoform Disorders: An Approach to Management
Interpersonal Psychotherapies in the Depressed Medically Ill
Cognitive Behavioural Therapy in Adults and Children with Anxiety Disorders
Psychopharmacology of Substance Disorders
Detection of Malingering in Civil and Criminal Settings
An Intensive Day Treatment Program for Patients with Personality Disorders
Assessing and Managing the Non-Consummated Relationship
Residents' Workshop: Starting up a Clinical Practice - Billing and
Other Practical Issues
Analyze This: Videocritiques of Faculty CME Presentations

Dr. S. Misri
Dr. M. Weiss
Dr. J. Geller
Dr. K. Singh
Dr. M. Illing
Dr. L. Raymond
Dr. O. Robinow and Docent
Dr. A. Scamvougeras
Dr. A. Axler
Dr. M. Whittal & Dr. L. Miller
Dr. D. Marsh
Dr. J. Noone & Dr. R. O'Shaughnessy
Ms. H. Paul
Dr. R. Basson
Dr. A. Thibeault and Members of the BCPA

Mr. J. Stanton

▶▶▶▶ Registration

Online - www.cme.med.ubc.ca

By Phone - 604-822-7301

By Fax - 604-822-1727 (registration form available for
download at the CME website)

▶▶▶▶ Target Audience

UBC Dept of Psychiatry Faculty and Residents
Community-based Psychiatrists
Community-based GPs and Family Physicians
Community-based Mental Health Professionals



The Division of
CONTINUING MEDICAL EDUCATION

#105 - 2194, Health Sciences Mall, Vancouver, BC Canada V6T 1Z3.
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Update from Department Head **Dr. Athanasios Zis**

Leadership Chair in Depression Research

The Government of B.C. has established a Leading Edge Endowment Fund of \$45 million, matched equally by private donors, as part of its New Era commitments. The Leading Edge Endowment Fund will support 20 permanent BC Leadership Chairs to attract to the province key internationally renowned individuals.

The BC Leadership Chairs are designed to provide a unique opportunity for pre-eminent individuals to perform research in an outstanding environment, which will position the province as a leader in the knowledge-based economy. The Department of Psychiatry was granted one of the BC Leadership Chairs to recruit an outstanding individual at the professorial level for a Chair in Depression Research.

The search committee has been struck and an advertisement has been placed in key national and international journals. The members of the search committee are Dr. A.G. (Tony) Phillips (Chair), Heather and Lloyd Craig (ex-officio), Dr. Max Cynader, Dr. William Honer, Dr. Michael Myers, Dr. Joanne Weinberg, Dr. Lakshmi Yatham and Dr. Athanasios P. Zis (ex-officio). The successful candidate is expected to provide leadership in innovative research that will generate new knowledge relevant to the:

- Molecular, genetic, neural determinants and mechanisms of depression
- Development of novel therapeutic approaches, technologies and clinical procedures to improve treatment for depression and related illness.

The deadline for applications is June 1 st, 2004.

Research funding surpasses the 7 million mark!

According to a report by the office of Associate Dean Research, Faculty of Medicine, the Department of Psychiatry research funding for the year 2002-2003 reached \$7,325,567, an increase of 59% over the previous fiscal year. This compares very favourably with a 1% only increase for the Faculty of Medicine as a whole. Even more encouraging was the fact that two thirds of these monies were obtained through peer-review competitions and more than one third was accounted by Tri-Council funding!

CIHR competition results (September 2003)

The results were announced in January 2004.

Dr. Alaa El-Husseini, Division of (Basic) Neuroscience, in association with Dr. Yu Tian Wang (Department of Medicine) received \$366,000 to study "regulation of excitatory synapse specificity and development by manipulation of postsynaptic elements".

Dr. Robert Holt, Division of Clinical Neuroscience, received nearly \$100,000 over a two year period for "a novel genomics approach to studying DNA copy number variation in schizophrenia and bipolar disorder".

Dr. Tania Lecomte, Division of Clinical Neuroscience, received \$143,000 over a two year period to study the effects of "deux interventions de pointe dans le traitement des symptômes psychotiques chez des jeunes présentant un premier épisode de schizophrénie".

Distinctions and Awards

Dr. John Higenbottam, Division of Mental Health Policy &

Services, was appointed to the editorial board of the Psychiatric Rehabilitation Journal.

Dr. Alaa El-Husseini, Division of (Basic) Neuroscience, was the recipient of the prestigious and highly coveted EJLB Scholar research award (one of only two Canadians for 2003!).

Dr. Harry Karlinsky, Division of Adult Psychiatry, was the recipient of a 2004 Lil Hewton Bursary from Friends of the Archives - CAMH, in order to pursue archival research related to the history of psychiatry.

Dr. A.G. (Tony) Phillips, Division of (Basic) Neuroscience is the first Canadian to be elected to the US/Canada Regional Committee of the International Brain Research Organization.

Dr. Julian Somers, Division of Mental Health Policy & Services and his telehealth group were awarded 1.5M from Health Canada over a three year period for a project entitled "Integrating primary care with multi-disciplinary team: Collaborative care for substance use and concurrent disorders".

Dr. Steve Taylor, Division of Behavioural Science, was elected to the status of Fellow of the Canadian Psychological Association.

Dr. Lakshmi Yatham, Division of Clinical Neuroscience, received a "grant in aid" from Astra Zeneca totaling nearly 1.5 million over a period of 3 years for "A Prospective Study of Clinical Outcome, Brain Morphology, Cognitive and Other Functional Outcomes in Patients After a First Episode of Mania".

Dr. Chunilal Roy, Professor Emeritus

Dr. Chunilal Roy passed away on January 11, 2004. A graduate of the University of Calcutta Medical College, he emigrated to Canada in 1967. He joined the Department of Psychiatry at UBC in 1973 and promoted to the rank of Clinical Professor in 1994.

Dr. Roy who practiced clinical psychiatry at VGH for a number of years was internationally known for his work in developing psychiatric services in prison settings, raising awareness of mental health issues and fostering collaborations of various international professional organizations in mental health. For his work he received several international awards and distinctions including a Knighthood by the Order of St. John (Knights of Malta), the Fancisco Fajardo-Primero award from the Government of Venezuela, an Honorary Consul appointment for Western Canada from the Government of Burkina Faso. Most recently he was appointed as Chevalier de l'ordre de la Legion d'Honneur by the Government of France.

Annual Research Day

I am pleased to announce the Nineteenth Annual Department of Psychiatry Research Day will be held **Thursday, April 1, 2004**. Residents, Graduate Students, Undergraduate Students, Fellows and Interns should submit abstracts for presentation to Barbara Humphries by e-mail at barhumph@interchange.ubc.ca. Presentations on completed projects, work in progress or particularly interesting clinical cases are welcome. Deadline March 26, 2004.



Event Calendar

'Frames of Mind'

A Mental Health film series held the 3rd Thursday of each month at the *Pacific Cinematheque 7:30 P.M.*

1131 Howe Street, Vancouver
Tickets \$7.50/6.00 at the door or on-line at www.cinematheque.bc.ca

March 18, 2004

"Protection"

Discussant: Bruce Spangler

April 15, 2004

"Our House"

Discussants: Drs. Byrne & Friedlander

Teaching Hospital /Division/Program Education Rounds

Information /details available at :
www.psychiatry.ubc.ca/cme/rounds/

Other Activities

March 27, 2004 9:00 - 4:30 p.m.

UBC Psychology Clinic Workshop

'Empirically-supported interventions for generalized anxiety & social anxiety disorders'

Info: Amy Janeck (604) 822-1958

April 1, 2004

Department of Psychiatry Annual Research Day

For more information call Archana Harit (604) 822-7610

April 2, 2004 8:00-5:00 p.m.

Child & Adolescent Bipolar Symposium

Sheraton Wall Centre Hotel-Vancouver
Info: Dr. J. Davidson (604) 875-2931 or email jx davidson@cw.bc.ca

May 13-16, 2004

1st Annual Frames of Mind Mental Health Film Festival—stay tuned!

Editor - Dr. Harry Karlinsky

Managing Editor - Michelle Purcell

This newsletter is published quarterly as a vehicle to promote communication within the UBC Dept. of Psychiatry as well as with its wider community. Feedback and suggestions for invited submissions can be forwarded to the Editor at harryk@telus.net.