



# Department of Psychiatry Newsletter



September 15, 2005 Volume 4 Issue 3

## Update from Department Head **Dr. Athanasios Zis**

### Distinctions and Awards

Drs. Soma Ganesan (Adult Psychiatry) and Andrea Grabovac (Adult Psychiatry) were the recipients of a John Templeton Spirituality and Medicine Curriculum Award in the amount of \$30,000 over a three year period in support of their residency training course.

Dr. William G. Honer (Clinical Neuroscience) was appointed as Co-Director of the Michael Smith Mental Health and Addictions Network.

Dr. W. John Livesley (Behavioural Science) was elected Fellow of the Royal Society of Canada in the Academy of Humanities and Social Sciences.

Dr. A.G. (Tony) Phillips' (Basic Neuroscience) term as Chair, CIHR Institute of Neurosciences, Mental Health and Addiction Advisory Board was extended by two years beginning September 1, 2005.

Dr. Steven Taylor (Behavioural Science) was approved to Fellow status in the American Psychological Society (APS).

Dr. Lakshmi Yatham (Clinical Neuroscience) was elected President of the International Society for Bipolar Disorders.

### Results of June 2005 CIHR competition

Dr. Alasdair Barr (Clinical Neuroscience) received \$222,000 over a 3 year period for studying complexins as a neural substrate for cognitive function and dysfunction.

Dr. Timothy Murphy (Basic Neuroscience) received \$815,000 over a 5 year period for his in vivo 2-photon imaging of acute and chronic alterations in synapse structure associated with ischemia (stroke).

Dr. Lynn Raymond (Basic Neuroscience) received \$681,000 over a 5 year period to study the mechanisms of altered NMDA receptor trafficking in YAC mouse model of Huntington's Disease.

Dr. Steven Vincent (Basic Neuroscience) received \$358,000 over three years to study novel targets of nitric oxide signaling.

### NEW APPOINTMENTS:

#### **Professor:**

Craig, Ann Marie, (Basic Neuroscience)

#### **Clinical Associate Professor:**

Rabheru, Kiran (Geriatric)

#### **Clinical Assistant Professor:**

Bouffard, Rachel (Child & Adolescent-IMP)

Connolly, Mary (Adult - IMP)

Firstbrook, Peggy (Child & Adolescent-IMP)

Mathew, Biju (Clinical Neuroscience)

McIntosh, Diane (Adult)

Miller, Robert (Forensic- IMP)

Myette, Larry (MHECCU)

Nixon, Mary (Child & Adolescent)

Tesler-Mabe, Carlos (Adult)

Weinerman, Rivian (Adult- IMP)

#### **Clinical Instructor:**

Aarti, Jani (Adult - NMP)

Barker, Linda (Child & Adolescent Psychiatry)

Chapman, Andrea (Child & Adolescent)

Cohen, David (Geriatric)

Donaldson, Heather (Adult)

D'Oyley, Heather (Geriatric)

Kang, Shimi (MHP&S)

Griffiths, Brenda (Adult - NMP)

Jani, Aarti (Adult - NMP)

Preuss, Jennie (Child & Adolescent-IMP)

Randhawa, Ramandeep (Behavioural Science)

Shulman, Barbara (Adult)

Song, Wei Yi (Clinical Neuroscience-IMP)

Stern, Richard (Child & Adolescent-IMP)

Thompson, Darren (Geriatric)

Vincent, Merville (MHP&S)

### PROMOTIONS:

#### **Professor:**

Iverson, Grant (Clinical Neuroscience)

Jang, Kerry (Behavioural Science)

#### **Clinical Professor:**

Hewko Robert (Adult)

#### **Clinical Associate Professor:**

Burgmann Allan (Adult)

Hall Elizabeth Anne (Child & Adolescent)

Kiraly Stephen (Geriatric)

McMillan Janette (Behavioural Science)

Mok Hiram (Clinical Neuroscience)

Riar Kulwant (Forensic)

Weideman Rene (Behavioural Science)

#### **Clinical Assistant Professor:**

Anderson John (MHP&S)

Axler Auby (Behavioural Science)

Chernick Grant (Adult)

Davidson Jana-Lee (Child & Adolescent)

Levin Alexander (Adult)

Manjunath C.V (Clinical Neuroscience)

Richford Carole (Adult)

Tomita Todd (Forensic)



## Event Calendar

### **'Frames of Mind'**

A Department of Psychiatry sponsored Mental Health film series held at the *Pacific Cinémathèque*

1131 Howe Street, Vancouver

Tickets : \$8.50 (7.00 students) at the door or on-line at [www.cinémathèque.bc.ca](http://www.cinémathèque.bc.ca)

#### **September 28, 2005 7.30 p.m.**

"Vincent and Theo"

Director: Robert Altman

#### **October 19, 2005 7:30 p.m.**

"Love is the Devil: Study for a Poitrait of Francis Bacon"

Director: John Maybury

#### **November 16, 2005 7:30 p.m.**

"Basquiat"

Director: Julian Schnabel

#### **December 21, 2005 7:30 p.m.**

"The Living Museum"

Director: Jessica Yu

### **Teaching Hospital /Division/Program Education Rounds**

Information /details available at :

[www.psychiatry.ubc.ca/cme/rounds/](http://www.psychiatry.ubc.ca/cme/rounds/)

**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](mailto:harryk@telus.net).

## Remembering Dr. Milton Miller **Dr. Jonathan Fleming\***



Dr. Milton H. Miller, M.D.  
September 1, 1927—April 20, 2005  
Head, UBC Department of Psychiatry  
1972 - 1978

Certain commonalities emerge when reminiscing with Residents-of-the-Seventies who trained at UBC when Dr Milton Miller was Head of the Department: faces relax into smiles and eyes stare off and sparkle as a favourite memory – usually humourful – comes to mind.

Always friendly and congenial, Dr. Miller had additional awe-factor to that owed by Residents to Department Heads - he was a renowned Existential psychotherapist. The early seventies was a time when psychotherapy skills were more revered than somatic therapy skills and, as junior Residents, we were eager to learn how to cure with words rather than pills. Dr. Miller was a consummate, charismatic and effective teacher. He was eager to teach and we to be taught; often he would invite us to sit in on his therapy sessions.

Some of his techniques were baffling; he might start off a session standing on a chair or, during a lull in the therapeutic endeavor, stand on his desk or pull out an *oosik* from his desk drawer, drop it in the lap of a particularly discursive or withdrawn patient and ask them to identify it. The intent and timing of these interventions was never entirely clear but, in his hands, they seemed to work.

All of us have retained pearls from Dr. Miller's teaching sessions; topping most Resident's lists are the Miltisms - "begin at the beginning," "who can make you cry" "why now" and, perhaps most important of all, "if the patient was you or someone you love." Some of us had difficulty defining where the beginning actually was within the existentialist framework but without knowing it - Cameron and Kline's seminal papers on formulation would not be published until 1978 - we had learnt useful interview and formulation techniques.

Dr. Miller liked to be involved and led by example. It was no surprise that in his late fifties, without training or experience of the game, he eagerly participated in the inaugural Resident-Faculty soccer match and almost scored a goal. His enthusiasm fueled others and he encouraged active participation. He persuaded Residents to become involved when the World Federation of Mental Health meeting was held in Vancouver; many of us helped in writing or editing the proceedings.

His interests were diverse; he read widely and was an accomplished musician. At some point – he had toured China with the World Health Organization – he developed a keen interest in Asia and how best to deliver mental health services to the poor and underprivileged. He became fluent in Mandarin and when he became Chair of Harbour, UCLA a poster with Chinese characters ordained his office. Rumour had it that any candidate for the Residency who accurately interpreted their meaning ("In clear water there are no big fish") was a shoe-in for a position!

His interest in providing care for what he called "the sickest of the sickest of the sick" was remarkable and constant. It reflected his deep humanism. In Vancouver he promoted the development of mental health services for the Downtown Eastside and tried to expand academic Psychiatry to northern BC. He was always a champion for patients with severe and chronic mental disorders and for the disadvantaged.

But he also knew how to have fun. Whether it was being Santa in the traditional garb, smoking a meerschaum pipe and playing seasonal, piano tunes at the Department's Christmas party or speeding Resident's off to lunch at the Faculty Club in his open convertible, laughter was never far away.

He never took himself too seriously but he was earnest about his purpose; a purpose set when a high school classmate developed a major mental illness. He encouraged us to love our work, be proud of our training, to know that we were among friends and to remember what he considered an obligation: to take ourselves as far as we could go, especially when it came to doing our best for our patients.

He was a delightful man.

\* with helpful hints from Drs Clark, Kirkpatrick, Klonoff, Krell, Wilt and Zis.

## UNsung HERO AWARDS

*Editor's Note: At the Department of Psychiatry 2005 Annual Clinical Day, the Planning Committee acknowledged two Unsung Heroes selected from the attendees' nominations. The categories for the two awards were:*

- 1) *a community mental health professional who quietly serves his or her community and merits long overdue recognition*
- 2) *an unsung hero from the Volunteer community with extraordinary volunteer service and advocacy in the field of Mental Health.*

### Professional Category



Dr. Michael Cook has been working, since his graduation from UBC Dept of Psychiatry residency program in 1991, primarily in adult-oriented community service, at the Kitsilano Fairview Mental Health Team in Vancouver, as well as providing Outreach to the Campbell River and North Island (Port Hardy) Mental Health Drug and Alcohol Centres. Additionally he sees students at UBC Student Health Services.

He is a graduate of the University of Saskatchewan, Saskatoon, where he grew up and received his BA in psychology, and of McMaster University, Hamilton, where he obtained an MA in social anthropology, and subsequently his MD. After doing an internship at St Paul's Hospital, Vancouver, he worked for six years as a general practitioner (the last three at Riverview Hospital). He was the proud recipient of the J.C. Wilt prize for psychotherapy on graduating from his residency, and subsequently was surprised and pleased by being named for the residents' teaching award.

Known for his flawless timing and fiscal management he has recently taken on his first mortgage, which has resulted in some sleepless nights, but also room to accumulate more books than he'll ever be able to read. He recently attended the annual conference of the Association of European Psychiatrists, which he heartily recommends, both for the opportunity to travel and for exposure to quite different clinical and ethical philosophies, not to mention inflated hotel prices.

### Volunteer Category



Keli Anderson has been advocating for 6 years for child & youth mental health services since her son was diagnosed with Bipolar Disorder at the age of 10. She is Executive Director and founding member of The F.O.R.C.E. Society for Kids Mental Health Care and has been extensively advocating for, and promoting, early intervention information, programs and services for children's mental health.

Keli was part of the committee responsible for recommending and shaping the only child and youth mental health plan in Canada and continues to be part of the monitoring group that is seeing to the implementation of the plan.

One of the initiatives from the plan is The FRIENDS early intervention, anxiety prevention program that is now offered to grades 4/5 students across BC. Keli has been instrumental in advocating for this program and in having the training offered to parents in BC in the Fall of 2005.

## BC Provincial Eating Disorders Program Dr. C. L. Birmingham

*Editor's Note: Dr. Laird Birmingham is the Director of the UBC Dept. of Psychiatry Eating Disorders Program. He is also the Provincial Director of the BC Provincial Eating Disorders Program and has been invited to submit the following article.*

The British Columbia Provincial Eating Disorders Program (BCEDP) is a small government funded body that communicates eating disorder treatment needs to the government, helps communication between primary, secondary, and tertiary care givers, and assists the Provincial Eating Disorders Resource Centre in decision making and communication with government.

The BCEDP has three employees, a physician (the Provincial Director), a nurse (the Nurse Coordinator), and a dietitian (the Provincial Dietitian) (Fig. 1). They meet with an advisory committee (Provincial Eating Disorders Advisory Committee or PEDAC) three or four times a year. The PEDAC has representatives from regional eating disorders clinics, the tertiary-care programs and various government agencies. The Eating Disorder Resource Centre is another component of the provincial program (Fig. 1). The resource centre is available to the public over the internet, by telephone, or in person.

### What does the Provincial Program do?

**Teaching:** The Provincial Director and Nurse travel to four cities within the province each year. In each community they hold a public forum, workshops with the hospital and community eating disorders treatment teams, and an update lecture for the physicians. Visits are rotated so that most regions of the province are visited every three years.

**Patient care:** The BCEDP has no treatment responsibilities. It provides advice and consultation but no treatment. Occasionally the Provincial Director will speak directly with the administration of a hospital or region if eating disorder services are withdrawn. Or, for example, a prolonged admission for the treatment of anorexia nervosa may be so costly that the hospital administration will ask for reassurance from the Provincial Director that it is needed.

**Achieve consensus:** Discussion at the PEDAC often results in the speedy resolution of such issues as: where monies are most urgently needed, the responsibility of a region to provide certain treatments, and what services should be available at the secondary versus the tertiary care level. For example, if one region is temporarily overburdened with work another region may be able to provide help. PEDAC agreed that our funding is insufficient to deal

with the management of obesity. As well, we agreed that the tertiary care programs must accommodate patients equally from anywhere within the province.

**Information:** The Eating Disorder Resource Centre disseminates information on the available treatment resources, counsels distraught patients and families, and has a large lending library. It also keeps a database of treatment facilities and help care professionals in BC, and keeps any associated patient critiques on file. The resource centre does information searches when requested by health care professionals, promotes prevention through the distribution and implementation of our manual, when requested. The centre is also responsible for the provincial component of the Eating Disorders Awareness Week that is held in Canada. In addition to organizing activities for this event, the center's director is responsible for promoting awareness of eating disorders. The development of a website has made the communication of standards of care and contact information much more accessible.

**Research:** A yearly stipend has been set aside for epidemiological studies in eating disorders (Epidemiology Project).

### Program Components

The BCEDP consists of four components: our staff; PEDAC, the Epidemiology Project; and the Eating Disorders Resource Center.

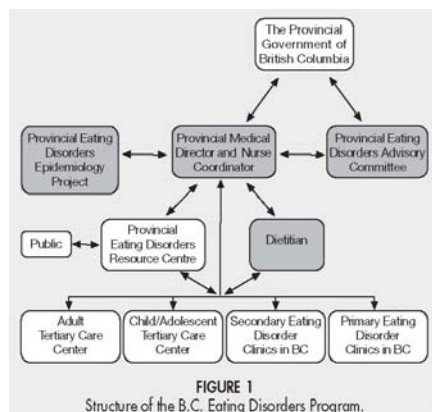


FIGURE 1  
Structure of the B.C. Eating Disorders Program.

### Staff

The staff consists of the provincial Director, the Nurse Coordinator, and the Provincial Dietitian. The Director is responsible for troubleshooting difficult cases, identifying and dealing with systematic problems, making recommendations to govern-

ment, planning, supporting the Eating Disorders Resource Center, and carrying out epidemiological research. The Provincial Nurse Coordinator facilitates program development and ongoing planning in collaboration with the Director, and educates other professionals and health-care providers, both on-site and across B.C. She provides consultations to planning groups, health institutions, community groups, policy makers, organizational leaders, and teaching institutions. The Dietician provides education and consultative services to other health-care professionals in B.C. and develops, implements, and evaluates nutritional treatment guidelines. In addition to consulting on individual cases, the Dietician reviews nutritional protocols from health care facilities across B.C.

### Provincial Eating Order Advisory Committee (PEDAC)

The PEDAC has about 25 members representing government, health-care authorities, health-care providers, and consumers. The committee meets three or four times a year to share information, discuss problems, and set priorities of need.

### The Epidemiology Project

The epidemiology project is under the direction of the Provincial Director and is located in the Center for Health Evaluation and Outcome Sciences. Government can request statistics from the epidemiology project but for the most part the research is driven by the interests of the researchers.

### Eating Disorders Resource Centre

The Eating Disorders Resource Center provides: referral information for treatment; a library of printed and audiovisual learning materials; and education and research on eating disorders.

### Conclusions

Our program stands as one example of an administrative structure that is an attempt at improving care by enhancing communication between government and care givers.

This article was adapted, with permission, from Birmingham CL, Lauritzen L, Jonat LM. British Columbia Provincial Eating Disorders Program: an organizational description. *Eat Weight Disord.* 2004 Dec;9(4):306-8

## Frames of Mind A Monthly Mental Health Film Series

### The Madness of the Muses

“But if a man comes to the door of poetry untouched by the madness of the Muses, believing that technique alone will make him a good poet, he and his sane companions never reach perfection, but are utterly eclipsed by the performances of the inspired madman. - Plato, *Phaedrus* 245

The importance to the creative process of those subjective experiences whose presence can be due to, or intensified by, psychiatric illness is one of the arguments for the purported relationship between creativity and madness. The validity of this link remains an intensely controversial topic within academic circles. Nevertheless, the notion of the “mad artist” is endemic within society and, in turn, has been reflected, indeed embellished, within the medium of film. “The Madness of the Muses” – a special “Frames of Mind” mini-series featuring films about visual artists – will examine the potential links between creativity, artistic temperament and mental illness from both a psychiatric and aesthetic perspective.

Wednesday, September 28 – 7:30 pm

#### Vincent and Theo

Great Britain/France/Netherlands 1990. Director: Robert Altman  
Cast: Tim Roth, Paul Rhys, Jip Wijngaarden, Johanna Ter Steege, Wladimir Yordanoff, Jean-Pierre Cassel

An unflinching and powerful portrait of the Dutch painter Vincent van



Gogh, acknowledged today as one of the world's greatest artists, but in his lifetime completely unrecognized (Vincent sold only one painting throughout his entire career). *Vincent and Theo* opens at Christie's auction in London, where in 1988 “Sunflowers” sold for nearly 40 million pounds. Cut

to the 19th century, with a destitute Vincent (Tim Roth) lying in bed in his slovenly artist's studio, staring glassy-eyed at his older brother (and lifelong supporter), Theo (Paul Rhys). Avoiding the painfully earnest sentimentalism of a traditional biopic, the film instead focuses on the intense and symbiotic relationship between the unstable, impoverished Vincent and his more practical art dealer brother. When Theo's continued best efforts to find a market for his brother's work fail, this, combined with Vincent's increasing emotional neediness, leads both brothers into a struggle with depression and madness. *Vincent and Theo* is not only a tribute to one of the greatest painters who ever lived, it also provides insight into the creative process and the eternal struggle between artist and audience, and between art and commerce. “An Altman masterpiece” (Peter Travers, *Rolling Stone*). *Colour, 35mm. 138 mins.*

Wednesday, October 19 – 7:30 pm

#### Love Is the Devil: Study for a Portrait of Francis Bacon

Great Britain/France/Japan 1998. Director: John Maybury  
Cast: Derek Jacobi, Daniel Craig, Tilda Swinton, Anne Lambton, Karl Johnson

“One of the nastiest and most truthful portraits of the artist-as-monster ever filmed” (Stephen Holden, *New York Times*), *Love is the Devil* offers a riveting and disquieting depiction of a riveting and disquieting painter. Recognized during his lifetime as “England's greatest living painter,” Francis Bacon (played here in a fearless, astonishing performance by Derek Jacobi) created violent and disturbing paintings portraying the human body in all its ugliness and anguish – his works a constant probing of the horrors of existence.



The film is set in London during the late 1960s and early 1970s, during the height of Bacon's fame. It tells of his unlikely seven-year affair with George Dyer (Daniel Craig), a lower-class petty thief thirty years his junior. The artist is initially besotted with the beefy but brainless Dyer, but soon tires of him. In their sex life, Bacon is a masochist; in their public life, he is a sadist, casually tormenting the self-destructive Dyer, who is driven to bouts of depression, overdoses of alcohol and pills, and eventually, to suicide. The film's provocative sexual content and willingness to delve into the less attractive aspects of Bacon's flamboyant personality made it a controversial project; the filmmakers were denied access to Bacon's paintings by the artist's estate. Director John Maybury turns this disadvantage to his favour, using lighting, composition and distorted lenses to capture the sense of Bacon's own smeared images. The result is “a claustrophobic atmosphere of constant, restless nastiness – a gleefully gross phantasmagoria of nicotine-stained, unhealthy-looking English eccentrics” (Gemma Files, *Eye Weekly*). *Colour, 35mm. 90 mins.*

Post-screening discussions with **Ramon Kubicek**. A writer, artist and educator, Ramon currently teaches film history as well as art and design history at Emily Carr Institute. He has published short fiction, poetry, and criticism, worked on documentary films, and is the co-author of *One Source – Sacred Journeys: A Celebration of Spirit and Art*.

Evenings moderated by Dr. Harry Karlinsky, Director of Continuing Medical Education and Professional Development, Dep't of Psychiatry, UBC.

“The Madness of the Muses”, co-sponsored by Gallery Gachet and the Art Studio continues in November/December:

*Basquiat* (USA 1996/Director: Julian Schnabel) – Wednesday, November 16, 7:30 pm  
*The Living Museum* (USA 1999/Director: Jessica Yu) – Wednesday, December 21, 7:30 pm