



# Department of Psychiatry Newsletter



June 15, 2006 Volume 5 Issue 2

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

Dear Colleagues and Friends\*,

This is the last time I will be communicating with you using this forum. In a few months we will welcome our new Department Head. As I am writing these lines, I am aware of the long list of outstanding applicants for the position, making the task of the Search Committee extremely difficult. The composition of the committee, which has broad departmental representation, and the search process and recruitment which is under the direction of Dean Stuart, leave no doubt that the new Head will be an individual with impeccable academic qualifications and a broad vision, who will provide strong leadership to the Department in the years to come.

I have had the honour and privilege to serve you and the Department in this capacity for nine years. Over this period of time, we together faced and overcame many significant challenges: the budget cuts, the implementation of a new Undergraduate Curriculum, the need to involve and recognize the Clinical Faculty's contributions, the drastic changes in the administrative structure of the health care system with impact on clinical care and service delivery, the doubling in size of the medical school, the adoption of distributed learning in multiple sites across the province, and the loss of senior and accomplished members of our faculty to retirement or to other institutions.

Please do not construe my recounting of these challenges as an excuse for not meeting all of our objectives or fulfilling all of your expectations. The responsibility for any failings remains mine and mine alone. And yet, I would like to believe that despite the obstacles, difficulties, and disappointments that you and I have encountered, there have been many successes. There are indeed many reasons for you to be proud and me to be grateful. I have been extremely gratified by the ever increasing contributions of the Clinical Faculty to our educational and research activities and the very prominent role they have come to play in the administrative structure and governance of the Department, by the ongoing successes of our Postgraduate Program, by your contributions to Undergraduate Education, and by, the dramatic and sustained increase in competitively obtained funding for salary awards and operating grants.

The addition amongst our ranks of three CRC Tier I Chairs, two BC LEEF Chairs and a large complement of very talented and productive junior Faculty, the ongoing successes and growth of the Division of Basic Neuroscience, the creation of the Provincial Neuropsychiatry Program and the Mood Disorders Center of Excellence, the recognition and incorporation to our academic governance structure of a number of excellent clinical programs as well as the development of new academic programs and divisions in areas such as Emergency Psychiatry, Psychotherapy, Reproductive Mental Health, Addictions, Clinical Neuroscience and Anxiety Disorders, the establishment of successful CME events, which can now be sustained without pharmaceutical industry sponsorship, such as the Annual Clinical Day Conference, innovative activities like the annual Frames of Mind Mental Health Film Festival, the development of a comprehensive Strategic Plan, and the launching of this quarterly Newsletter are additional reasons for me to be thankful and for you to be proud. I consider one of our greatest achievements the creation of the UBC Institute of Mental Health with its three new Endowed Chairs, which was made possible by the generosity of an anonymous donor, the support of the President of the University and the commitment to mental health by the Premier of British Columbia.

None of these developments and successes would have been possible or perhaps even imaginable if it was not for your hard work, spirit of cooperation, talent, ingenuity, and dedication. For this and the trust and affection you have bestowed upon me over the last nine years, I thank you from the very bottom of my heart.

Farewell my friends.

\* This letter is addressed to our faculty, students, staff and members of the community at large who understand the plight of those afflicted with mental illness and of their families and support the mission and activities of the Department of Psychiatry. I would also like to use this opportunity to thank Dean Cairns and Dean Stuart for their endurance and understanding during my term of office.



## 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.cinemathèque.bc.ca](http://www.cinemathèque.bc.ca)

### June 21, 2006 7:30 p.m.

'Brothers' Denmark 2004

Director: Susanne Bier

Discussant: Dr. Greg Passey

### July 20, 2006 7:30 p.m.

Derailroaded: Inside the Mind of Larry

'Wild Man' Fischer USA 2005

Director: Josh Rubin

Discussant: Luke Meat

### August 16, 2006 7:30 p.m.

Big City Dick: Richard Peterson's First Movie USA 2004

Directors: Scott Milam, Todd Pottinger, Ken Harder

Discussant: Todd Pottinger

### Teaching Hospital/Division/Program Education Rounds

Information /details available at :  
[www.psychiatry.ubc.ca/cme/rounds/](http://www.psychiatry.ubc.ca/cme/rounds/)

### Other Activities

### August 19—22, 2006

#### Conference

Brain Development & Learning:

Making Sense of the Science

CME Credits available

Info: [http://www.interprofessional.ubc.ca/brain\\_dev\\_and\\_learning.html](http://www.interprofessional.ubc.ca/brain_dev_and_learning.html)

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 Day House Dr. Jonathan Fleming

In the 70's and 80's, Residents of the Department of Psychiatry at UBC could participate in a unique learning opportunity either as 6 month, participant-observers or as registrants in one of the many workshops given in the revived Frat House on Wesbrook Mall known as Day House.

Day House was the final iteration of the genius of Dr Ferdinand ("Ferdo") Knobloch whose interest in and work with groups and therapeutic communities grew out of tragedy when, during the war as a political prisoner, he and his first wife Zuzana were incarcerated in a concentration camp. Although Zuzana was to die there, Ferdo survived and, as with that other famous survivor of concentration camp ordeals, Viktor Frankl, turned his experience through therapeutic processes into benefit for others.

As his *Gratias agit* award by the Government of Czechoslovakia in 2004 states, "The camp experience showed him both the destructive and healing power of a community and profoundly influenced his theoretical thinking." That thinking was also shaped by his education in Prague where the theoretical development of his ideas on Integrated Psychotherapy were nurtured by the inspiration and guidance of the Prague philosophy of science, particularly the work of the logical empiricists, Phillip Frank (successor to Albert Einstein in Prague and one of his many biographers) and Rudolph Carnap, one of the major philosophers of the twentieth century.

Dr Knobloch's interest in therapeutic communities accelerated after he returned to Czechoslovakia in 1949 following studies in the United Kingdom amongst many historical luminaries including Hans Eysenk, Melanie Klein and, of course, Maxwell Jones whose earlier work, as an army psychiatrist, demonstrated the efficacy of group programs and the importance of "group atmosphere" as part of the healing process.

With his second wife, Dr. Jirina Knobloch, Ferdo developed a network of treatment centres for Integrated Psychotherapy practicing what was to become the focus of their book *Integrated Psychotherapy*, in 1979, that summarized the ideas of several hundred publications in seven languages on psychotherapy, personality theory, the philosophy of science as well as musical and evolutionary psychology and was later translated into German, Japanese, Chinese and Czech. Ferdo's contribution to the field is acknowledged in Prochaska and Norcross' *Systems of Psychotherapy—A Transrhetorical Analysis* (2003, page 481) where they state, "Even the Iron Curtain isolating Eastern Europe and the governments there...could not stop psycho-

therapy integration. From 1950 to 1968 in Czechoslovakia, Ferdinand Knobloch created an integrated approach combining various theories, as well as embracing individual, group, and family modes of treatment. Inspired by the therapeutic community, this integrated psychotherapy predated many contemporary approaches and foreshadowed several contemporary principles of psychotherapy."

Following a visiting professorship to the USA, Dr. Knobloch came to UBC where he was appointed a full Professor in 1971 and developed his program first on East One at the Health Sciences Centre Hospital and then, across the road, at Day House. When it became apparent that the building that originally contained Day House but which had been refurbished and shared by both the UBC Division of Behavioral Sciences and the Division of Mental Health



Policy and Services – was to be demolished, Dr. Elliot Goldner suggested that an event to acknowledge Day House and its founder be organized.

On March 2nd 2006, a dinner meeting was held at the Peter Wall Institute to acquaint the current Residents in the Department with the Day House program and to introduce them to Day House alumni – past Residents, therapists and patients – as well as some senior Faculty of the Day House era, to share memories and knowledge about this unique therapeutic enterprise.

Dr. Knobloch – remarkably agile and sharp in his ninetieth year - began by thanking his co-workers and then gave a short presentation on the theoretical underpinnings of Day House noting that group work allowed rapid access to the identification of self-defeating behaviors and their treatment within the therapeutic community setting; work that was often not possible in individual work. This was followed by playing the video that was shown to new referrals to Day House illustrating the group process during both work and play. Following the video, Dr. Knobloch asked the current Residents for their impressions about what they had heard and seen and a lively exchange occurred. The intensity of the therapy – in which confrontation played an important part – limit setting through rules and sanctions and the strong sense of community was noted followed by questions about the length of stay, the disorders treated, drop-outs from treatment and the reasons for the closure of the program.

An 'open mike' session followed dessert and Dr. John Wade - noting he was a rheumatologist and, therefore, the only sane member of the audience – started by describing his brief experience at Day House as a Medical Student Intern and remarked how impressed he was by the rapid therapeutic work done by the patients in that setting. Next a former patient, Bette Laughey, whose beautiful paintings were shown throughout the evening, provided a first-hand and moving account about how her Day House experience had transformed her life. She remarked that beneficial change was always noticed within the group and gave an excellent description of how a member of another "family" had done some work within group that drastically and positively changed that individual and their relationship to the other members of the program.

Dr. Miles, former Head of the Department of Psychiatry, spoke of working with and learning from Dr. Knobloch and was the first of the evening to publicly acknowledge that Ferdo was a genius. Dr. Leslie Cockill, now working with patients with Eating Disorders and seen earlier in the video working as a second year Resident, described the "magic" of the Day House experience and how she continued to use some of the group techniques learnt during her six month rotation in her current practice.

Dr. Judith Schoenholtz-Read who had worked closely with Ferdo for fourteen years at Day House reported that her initial job interview included sitting in the middle of a group of patients and answering questions on why she wanted to be a therapist. She noted that the everyday therapeutic work was intensive but the collaborative alignment with the patients and the ability to use the power of the group for therapeutic benefit assisted in preventing burnout. Of course it wasn't all work; Judy remarked that the best theatre in Vancouver took place on Friday afternoons at the Day House when the patient plays, which sometimes ribbed the therapists, provided risible relief and insight about the week's work.

Dr Patti Schwartz told the gathering about her training at Day House as a Resident in 1975 and how her interaction during a "bopping" exercise with a patient took the concept of transference off the printed page and into the realm of experiential learning and, in thanking Ferdo for this teaching, agreed with Dr. Miles' assessment of Ferdo as a genius.

**Dayhouse** continued

Dr. Hyclav Hyrman - who of those present had known Ferdo the second longest, after Jirina - told the audience that he was going to be a gynaecologist until he worked with Ferdo in Prague. They worked together until their separation at the time of the Russian invasion to be reunited again when Ferdo asked him to come to Vancouver to help run Day House.

Dr Ingrid Pacey was asked as a senior Resident to help Dr. Knobloch in the early days on East One. She found herself - after watching the video - yearning for the group process and remarked that psychiatry had perhaps become too biological and too short-term and currently seemed to ignore the reality that meaningful change takes time, human contact and compassion, as exemplified by the work at Day House.

Dr. Britt Bright was the penultimate speaker. She had worked as a Resident in 1978 at Day House but returned three years later to run the After Care Program for the next six years. Again acknowledging the creative genius of the Knoblochs, she remarked on the difficulty of replicating their work yet hoped that there were enough alumni present to consider restarting a Day House-like program which, in her opinion, was badly needed in the Vancouver area.

The last speaker, Charlotte Granewell, was a former patient at Day House. She began by noting she was shy and although she was still shy she had been given tools through her Day House experience to cope with shyness and her life. She described the "Break In" ceremony at Day House and how at first it was an obstacle for her but one she overcame. She spoke movingly of Dr. Knobloch's deep humanism and how, on noting "I still needed help" he employed her to assist with his practice and, when necessary, took her out of herself by keeping her busy researching for him in the library or helping out in other ways, "to keep an eye on me; to be sure that I was coping."



She too acknowledged his genius but also noted that he could be "difficult" - a trait endorsed by Jirina from the front of the audience - but with obvious respect and great love she added, "He gave me the tools that I could fight with him. Not win but fight. And we argue still! He gave me the tools to feel I counted enough that I could come head to head with this man.... And I say thank-you, thank you and it was very interesting."

The audience - alumni, colleagues and Residents - applauded as the evening drew to a close. Typical of his enduring vitality and enthusiasm, Ferdo looked as though he could go on for a few more hours as the group said their farewells and offered their thanks to a great therapist, educator, humanist and friend.

Although the building has gone; the spirit lives on!

**Book Review** Dr. Pierre Leichner**The Truth About Drug Companies: How They Deceive Us and What to Do About It**

**By: Marcia Angell, MD  
Random House, 336pp., 2004**

While visiting with Professor Walter Vandereycken from Leuven University this spring, I learned that he was writing an academic book on the issue of the relationship between drug companies and the medical profession. He had decided to do so because most of the books available on the subject are written for the lay public. And although they all seem to point in the same direction, they do not review the academic literature thoroughly on this contentious topic and this book is no exception.

It was also coincidental that while driving through the vineyards of the Loire valley, the headline news on the radio was a medical journal article revealing that most doctors involved in drug research had subsidies from the pharmaceuticals industry. The commentary emphasized the need for doctors to disclose their sources of support.

At this time when the SSRI bubble seems to be breaking up and the conflict of interest in the relationship between doctors and the pharmaceutical industry is being brought to the surface, this 2004 publication seems to predict the problems that lie ahead.

The 300 pages on the book are subdivided into 13 chapters. The main points are made in the introduction and then elaborated with examples in each chapter; however, because they are often interconnected the effect is that the content reads as repetitious too often. I could not help but wish that this book was about half the size in order to deliver its punch succinctly once.

Many of the areas covered are well known to most medical readers. In particular, the marketing strategies used by the industry. These include the lures, bribes, kickbacks and the postgraduate and continuing education masquerade. Perhaps less well known and of interest is the information in the chapters on how much the industry spends on research and development and the use of "me too" drugs in maintaining high revenues.

The review on the American laws such as the Bay-Dole Act was also enlightening in explaining how the industry slipped into partnerships with all too willing academic departments. The chapter on patent laws is also informative regarding all the loopholes industry lawyers can use to extend the exclusivity of the drug before generic companies can produce it. The influence of lobbyists on the American Congress is also well described.

Lastly, the cracks in the system are reviewed. The Canadian drug retail pipeline to the States opened a crack if only to create pressure on Congress to look at the issue of cheaper drugs in other countries. The growing number of investigations and lawsuits from consumers and whistle blowers leading to big settlements are surely an annoyance but of greater concern is the relative lack of innovative drugs that could dry up the pipeline as the others become generics eventually.

The author however concludes that the industry should be saved, but that it should shift its emphasis from "me too" drugs to innovative ones, get out of medical education and become more transparent. The FDA should be strengthened, relevant laws reformed and uniform pricing established. She also suggests a number of direct questions to ask one's doctor prior to accepting a prescription.

In summary, this is a useful book on current issues facing the pharmaceutical industry written for the lay public by someone with a declared bias. It is clearly written but could be much shorter. There is a need for a more academic review of this topic.

## A Sabbatical in France

Dr. Pierre Leichner

**Editor's Note:** Dr. Pierre Leichner is a Clinical Professor in the UBC Department of Psychiatry with a particular interest in Eating Disorders. For Dr. Leichner's fall semester as an exchange 3rd year Fine Arts student from the Emily Carr Institute of Art & Design, he and his wife spent the last 5 months in Lyon, France at the École National des Beaux Arts. His artistic work to date has been mostly mixed media that can be categorized as political art. For his current project, Dr. Leichner has decided to do an autobiographical installation about his first 13 years growing up in Marseille. Below are a number of images from this installation that Dr. Leichner is currently preparing which will be titled: 0 a 13. Interestingly, Dr. Leichner views his training as an artist as helpful to his psychiatric work as it has helped him examine and question the truth and rationale of his psychiatric training.



A number of faculty members have asked us for information on how they can be involved in teaching without having access to Clinical Clerks (Year 3). Here are the other opportunities teaching of medical students. With the expansion of the school, we will need more teachers and supervisors in all these areas!

### Year 1 – Clinical Skills

- Generally have special interest in Communication Skills
- 14 week teaching commitment
- Usually GFT's or experienced clinical faculty

### Year 2 – Psychiatry Clinical Skills

- Clinical faculty from Department of Psychiatry
- Sessions involve teaching psychiatric interviewing techniques and require the participation of psychiatric inpatients
- Tutors should have access to appropriate patients; currently been able to schedule sessions at the site where tutors have admitting privileges (e.g. Burnaby Mental Health Services, Burnaby General Hospital, Lion's Gate Hospital, Richmond Mental Health Services, Royal Columbian Hospital, Riverview Hospital, etc.)

#### Clinical Skills Contact

Amanda Jones, Program Coordinator, Clinical Skills, Years 1 & 2  
Telephone: (604) 875-4111 ext 68788  
Email: ajsjones@interchange.ubc.ca

#### Psychiatry Clinical Skills Faculty Contact

Dr. Elton Ngan  
Telephone: (604) 822-0737  
Email: ngan@interchange.ubc.ca

### Year 2 – Brain & Behaviour

- Must hold Clinical Faculty Appointment
- Be willing to take Problem Based Learning training
- Commit to 3 times per week for 4 – 5 week block
- Does not have to be an expert, the tutor is a facilitator of student learning
- Residents welcome

#### Brain & Behaviour Contact

Nora Houlahan, PBL Program Manager  
Phone: (604) 875-4500  
Email: houlahan@interchange.ubc.ca

#### Psychiatry Brain & Behaviour Faculty Contact

Dr. Kerry Jang  
Telephone: (604) 822-7895  
Email: kjang@interchange.ubc.ca

### Year 4 – Selectives and Electives

#### ***Learning Objectives***

Each selective must provide the educational objectives of the rotation. Students are required to prepare personal objectives for their electives and to obtain the consent of the supervisor for these objectives.

#### ***Educational Activities***

At the start of year 4, a 16-week electives and selectives program complements the clinical experiences of clerkship experiences in year 3. These electives and selectives are intended to provide direct clinical experiences at a senior clerk level. To provide a broad variety of clinical experiences, no student may do more than 12 weeks in any one discipline in year 4 (fall and spring terms). Each elective/selective must outline the academic activities developed to facilitate student learning, i.e., rounds, seminars, tutorials, etc. Most electives and selectives provide an opportunity for increasing responsibility in direct patient care under appropriate supervision in both inpatient and ambulatory care settings. However, some electives and selectives may focus on non-patient care activities such as pathology, laboratory medicine, radiology, and clinical epidemiology. The elective/selective will describe any special features which provide any unusual educational opportunities for the student.

*Please contact us for the development form.*

#### ***Year 4 Elective / Selective Contact***

Karen Ng,  
Psychiatry Undergraduate Education Coordinator  
Telephone: (604) 822-7312  
Email: karen.ng@ubc.ca

#### ***Psychiatry Year 4 Faculty Contact***

Dr. Peter Chan  
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Email: pechan@interchange.ubc.ca

## **PSYCHIATRY DEPARTMENT HEADSHIP SEARCH**

You are invited to Research Presentations and Open Forums – Vision Statements followed by a question and answer period by the candidates for the Department Headship

### **DR. ALLAN YOUNG**

*Research Presentation:*

Tuesday July 4, 2006 from 11:00 am to 12:00 noon

*Open Forum – Vision Statement:*

Wednesday July 5, 2006 from 10:00 am to 11:00 am

### **DR. L. TREVOR YOUNG**

*Research Presentation:*

Thursday July 6, 2006 from 11:00 am to 12:00 noon

*Open Forum – Vision Statement:*

Friday July 7, 2006 from 10:00 am to 11:00 am

### **DR. JACQUES BRADWEJN**

*Research Presentation:*

Monday July 10, 2006 from 11:00 am to 12:00 noon

*Open Forum – Vision Statement:*

Tuesday July 11, 2006 from 10:00 am to 11:00 am

### **DR. DONALD ADDINGTON**

*Research Presentation:*

Tuesday July 18, 2006 from 11:00 am to 12:00 noon

*Open Forum – Vision Statement:*

Wednesday July 19, 2006 from 10:00 am to 11:00 am

All sessions will be held in Room 2N A/B, 2 nd Floor North Wing, Detwiller Pavilion,  
2255 Wesbrook Mall (beside UBC Hospital Main Entrance)

*Open Forum – Vision Statement:*

Tuesday July 11, 2006 from 10:00 am to 11:00 am