



# Department of Psychiatry Newsletter



September 8, 2009 Volume 8 Issue 1

## Update from Department Head **Dr. Trevor Young**

I hope that everyone has had an enjoyable summer and is enjoying this spectacular fall weather.

In the last newsletter I mentioned that we had started work on the strategic priority to increase our commitment to clinical research. As a first step in this process, Dr. Raymond Lam and Dr. Martha Donnelly developed a survey that was sent out to all clinical faculty to obtain their opinions about barriers and solutions to their participation in clinical research. The results of this survey will be used in developing strategies to encourage and support clinical research among the clinical faculty for clinical research over the coming years. A summary of these results is included in this newsletter.

The Department of Psychiatry and the Institute of Mental Health supported two major events in the past few months that were coordinated by Dr. Lakshmi Yatham. These included the Tri-University Symposium on May 13, 2009 and the Department's Annual Research Day combined with the Faculty Appreciation Dinner and Awards presentation on June 4, 2009.

An overview of these events, including the awards presented, is included in this issue of the newsletter.

In May the official formation of the Vancouver Coastal Regional Mental Health and Addiction Council was approved by the VCH Senior Executive Team. This council includes leadership from the Complex Mental Health and Addiction Program and the Department of Psychiatry. Pamela Miller and myself have been appointed as Co-Chairs for this council which will provide a mechanism to ensure region wide planning in the development of

mental health and addiction services for Vancouver Coastal.

The Quarter Century celebration held in April of this year, recognized a number of individuals who have reached a milestone of 25 years in their contributions to UBC and the Faculty of Medicine and there were several individuals in Psychiatry included on that list.

As many of you are aware, there are some significant financial challenges that UBC in general and the Department are facing with the global economic downturn and the impact this has had on the endowments. Even with these challenges, the department continues to grow. As of May 2009, the total number of faculty (GFT and Clinical) has increased by nearly 15%, the number of residents has increased by 10%, and the number of research staff has increased by 10% as compared to numbers in April 2008.

This issue of the newsletter includes contributions from Dr. Adele Diamond on her visit with the Dalai Lama and details from Dr. Raymond Lam on new research funding in the Mood Disorders Program. Contributions to this newsletter on items of interest to the Department as a whole are welcomed and encouraged. Please forward your contributions to Colleen Tinline at [colleen.tinline@ubc.ca](mailto:colleen.tinline@ubc.ca).

I would like to acknowledge those faculty who received new research funding awards, salary awards and service awards since the last newsletter. A number of notable appointments etc. have also been made since the last newsletter that I would like to acknowledge as well.

## **Congratulations to the following Faculty:**

- Jehannine Austin** - Peter Wall Institute Early Career Scholar Award
- Clare Beasley** - CIHR Scholar Salary Award
- Andrea Chapman** - Faculty of Medicine, Clinical Faculty Award for Excellence in Teaching
- Ann Marie Craig** - UBC Killam Research Prize
- Adele Diamond** - Faculty of Medicine - Distinguished Achievement Award for Service to the University and Community; YWCA 2009 Woman of Distinction Award for Technology, Science & Industry
- Michael Krausz** - Appointed as Medical Director, Vancouver Coastal Health Complex Mental Health & Addiction Program and The Burnaby Centre for Mental Health & Addiction
- Ray Lam** - CIHR Catalyst grant; CIHR Clinical Trials grant; Appointed as the Department Director of Scholarly Activity for postgraduate education
- Mark Lau** - CIHR operating grant; CIHR Catalyst grant
- Colleen Northcott** - APA Fellow for service advocacy/education
- John Ogrodniczuk** - CIHR Pillars III and IV Development Program funding
- Paul Pavlidis** - NSERC Discovery Grant
- Tony Phillips** - Appointed as Scientific Director of CIHR's Institute of Neurosciences, Mental Health and Addiction; 2009 CCNP Heinz Lehmann Award for outstanding contributions to neuropsychopharmacology; Faculty of Medicine Distinguished Achievement Award for Outstanding Contributions by a Senior Faculty Member.

**Editor** - Colleen Tinline

**Managing Editor** - Michelle Purcell

This newsletter is published 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: [colleen.tinline@ubc.ca](mailto:colleen.tinline@ubc.ca)

# Department of Psychiatry

## Newsletter

### Update from Department Head Con't

**Jun Feng Wang** – CIHR operating grant

**Todd Woodward** - Faculty of Medicine – Distinguished Achievement Award for Excellence in Clinical or Applied Research

**Lakshmi Yatham** - CIHR clinical trials grant; 2009 CCNP Medal for meritorious career and for outstanding contributions to neuropsychopharmacology

### Congratulations to the following faculty on their promotions:

#### Full-Time Academic Faculty Promotions & Re-Appointments - Effective July 1, 2008

**Dr. Robert Holt** – Promoted to Associate Professor with Grant Tenure

#### Clinical Faculty Promotions Effective July 1, 2009

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

Mohamed Abdel-Fattah	Susan Baer
Andrew Howard	Shimi Kang
Irfan Khanbhai	Michael Passmore
Ladan Sadrehashimi	Darren Thompson
Agnes To	

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

David Erikson

##### **Clinical Professor**

Peter Chan

### Please join me in welcoming the following new members to the Department:

#### Full-Time Academic Faculty Appointments: Effective January 1, 2009

Dr. Nichole Fairbrother – Assistant Professor

#### Clinical Faculty Appointments - Effective July 1, 2009

##### **Clinical Instructors**

Emma Adams	Magdalena Ilcewicz-Klimek
Leona Adams	Russet Jones
Dyebode Arojoye	Mohau Kolisang
Pradeep Balakrishnan	Dan Lin
Norma Barbieri	Luciella Nerenberg
Rishi Bhalla	Erica Lynne O-Neal
Jay Bondar	Michael Ocana
Brett Broster	Dorothy Reddy

### Dr. Trevor Young

Nelson Collins	Mandeep Saini
Barry Cooper	Paramjeet Sidhu
Jason Edward Coupland	Kevin Stevenson
Tim Crowell	Pieter Strauss
Theo De Gagne	Sonia Uppal
Kathryn Fung	Charles Whelton
George Hadjipavlou	George Wiehahn
Catriona Hippman	

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

Darcy Cox	Catherine Hickey
Carmen Molgat	Fiona McGregor
Bruce Pipher	Emad Zaghoul

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

Phillip Adilman	Chris Gorman
Ivan Torres	

##### Research Associate Appointments:

Vikramjit Chopra

##### Postdoctoral Fellows Appointments:

Carrie Cutler	Thomas Sierocinski
Hua Tan	

##### Clinical Fellow Appointments

Alexander Gigante	Karine Paquet
Jenny Rogers	Monique Wong

##### Visiting Scholars/Scientist Appointments:

Gidon Felsen	Jeremy Gawryluk
Yoichi Niitsu	

##### Residents (PGY1)

Lindsay Bishop	Robert Clements
Nadeesha Fernando	Kenneth Heng
Willough Jenkins	Ingrid Jorgensen
Sheila Kegel	Kamyar Keramatian
Buldip Khosa	Jennifer Li
Jessica Morettia	Rocie Nino Osorio
Carina Perel-Panar	Jeremy Prenger
Nathan Unger	Julia Wong
Kevin Wong	

##### Staff Appointments:

Adam Barnett	Tanya Kamagiannis
Francesco Belardetti	Natasha Leech
Rachelle Blais	Candace Marshall
Kia Duthie	Jane McLeod
Hossein Faramarzi	Soroush Moghaddam
Jessica Ferguson-King	Jennifer Munch
Sarah Flann	Tanya Poitras

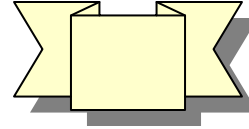
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## Update from Department Head Con't

Melodie Foellmi  
Jamie Grewal  
Christa Hercher  
Sara Hughes  
Angela Inglis  
Angela Wong (replacing Monique Sunderland)

Paige Safyer  
Dave Sanjay  
Jessicæ Sashaw  
Carlos Sierra  
Christopher Siu  
Brandilyn Willett



### Student Appointments:

#### **Graduate Research Assistants:**

Mathew Fingas  
Jan-Marie Kozicky  
Julie Robillard  
Emily Stewart  
Ning Zhou

Alex Leung  
Caroline bulla Quiroa  
Ravi Rungta  
Si (Fiona) Zhang

#### **Graduate Academic Assistants**

Christiana Banjo

#### **Undergraduate Academic Assistants**

Albert Gillian  
Andrea Blair Eng  
Jordan Hynd  
Julie Sou  
Joanna Zelichowska

Patrick Carolan  
Nathan Holmes  
Cassie McRae  
Liang Wang

#### **Co-op Students**

Roland Au  
Johnny Su

Ji Won (Rubo) Seo  
James Xu

#### **Work Study Students**

Emily Morris

### **Academic Appointment with Salary Award Policy – Important Update**

The Department Executive has reviewed and updated the Department policy on Academic Appointments that are supported by external salary awards. This policy now includes deadlines that **MUST** be met prior to the Department Head being able to sign off in support of a salary award application. Please familiarize yourself with this policy to ensure that your salary award application (or someone you are supporting for a salary award application) can be endorsed by the Department Head.

This policy is available under “Quick Find” on the Department’s website at:

<http://www.psychiatry.ubc.ca/FS/policy/aasap.htm>

### **Faculty of Medicine -Quarter Century Club Celebration:**

**Congratulations to the following individuals on reaching the 25 year mark in the Faculty of Medicine!**

Dr. Stephen Anderson  
Dr. Ronald Edwin Braunstein  
Dr. Elaine Drysdale  
Dr. David Irwin  
Dr. Jirina Knobloch

Dr. Ronald Manley  
Dr. Emlene Murphy  
Dr. Roy O'Shaughnessy  
Dr. Kristin Sivertz  
Dr. Steven Vincent



(left to right) Dr. Gavin Stuart, Dr. Trevor Young, Dr. Elaine Drysdale, Dr. Stephen Anderson

# Department of Psychiatry Newsletter

## Clinical Faculty Survey Results Summary

Submitted by Dr. Martha Donnelly

- ♦ There were 99 participants who practiced in all health authorities, but primarily the Vancouver Coastal and about half had practiced more than 15-years
- ♦ Almost all surveyed had found themselves asking questions from clinical experience that they thought would benefit from being investigated in an appropriate research project and many listed examples of questions that they had had
- ♦ Several barriers to doing research as a clinical faculty member were identified, including:
  - protected time
  - income
  - the need for infrastructure support
  - a lack of knowledge about methodology
  - the need for mentoring or working with a colleague
- ♦ Approximately 60% were interested in learning more about research methodology, how to conduct systematic review and how to do quantitative research
- ♦ About 50% were interested in learning more about how to read a paper or to do qualitative research with the following additional information:
  - the main methods for learning, which were endorsed, included a face-to-face course or mentored program
  - there was less interest in an Internet course
  - of the people who were interested, they seemed to think that about two half days a week for two-years might be an appropriate mentored time frame
- ♦ 73% of respondents believed that residents should be expected to complete an academic or research project during the residency
- ♦ 42% respondents said that they were already doing clinical research at the present time, albeit unfunded

### Communications Bulletin

We have recently revised the format in which the Department Communication Bulletins are being sent out. We are now sending out a listing of the topics with web links to the information, documents, etc. All Communication Bulletins are posted on the Department website under Information for Faculty and Staff. We are hoping that this change will further reduce the load on individual e-mails and will make it easier for people to find information sent out in previous bulletins. We welcome your comments on this change.

Please send to [colleen.tinline@ubc.ca](mailto:colleen.tinline@ubc.ca).

### Work Study & Work Learn Program

The Work Study and Work Learn Programs are again being offered through UBC. These are wage subsidy programs to hire students who qualify under this program to work on various projects on a part-time basis which help them develop new skills.

If you are interested in hiring a student under one of these programs, please see <http://www.students.ubc.ca/facultystaff/wagesubsidy.cfm?page=work> for more details on submitting a project proposal and hiring a student under this program

### Doing a Survey?

UBC IT is evaluating a new on-line survey tool and they are inviting Faculty of Medicine staff and faculty to try this tool.

See [http://www.med.ubc.ca/about\\_us/Calendar\\_of\\_Events.htm#survey](http://www.med.ubc.ca/about_us/Calendar_of_Events.htm#survey) for more information on who to contact about trying this out

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## UBC Network for International Collaboration on Education and Research

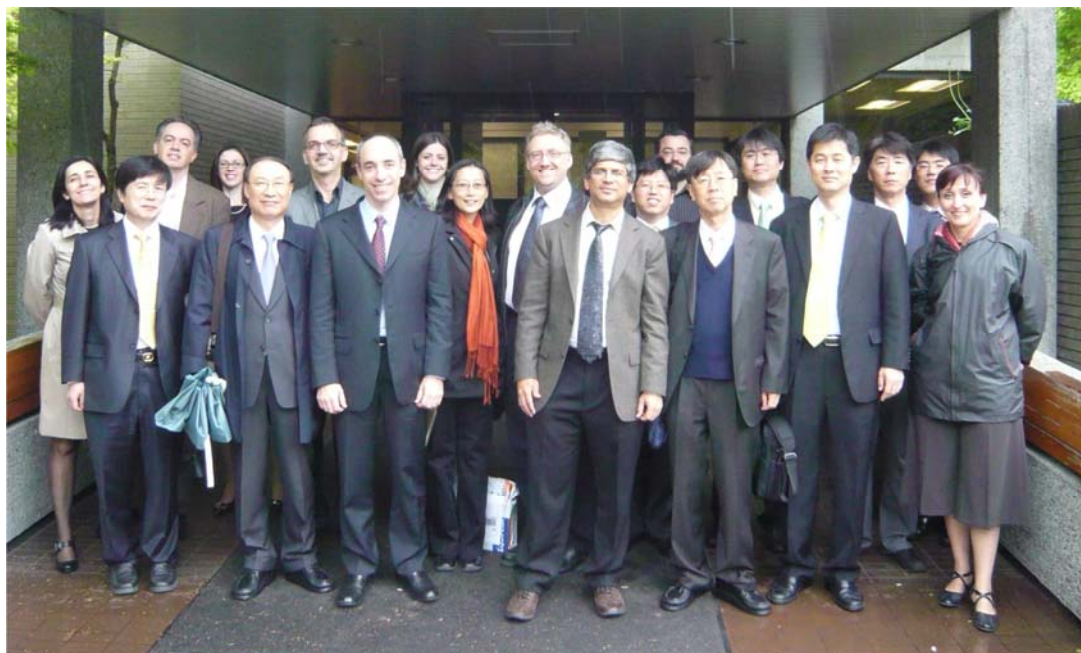
UBC-NICER hosted the Tri University Symposium on May 13<sup>th</sup> at the Life Sciences building at UBC in Vancouver. The main objective of the symposium was to further foster research and educational collaborations between UBC and international partner institutions. The symposium was attended by delegates from the Seoul National University (SNU), Seoul, Korea as well as from the Institute of Psychiatry (IOP), Sao Paulo, and the Federal Reserve University of Rio Grande do Sul, Porto Alegre, Brazil, in addition to those from the UBC. Dr. Aysegul Ozerdem from Turkey was also invited as the department is currently exploring collaborative agreement with Dokuz Eylul University Medical School in Izmir, Turkey.

The meeting began with a welcome from Dr. Lakshmi Yatham who outlined the vision for the network and reported on the activities of the network thus far. Dr. Yatham indicated that the fellows and residents who came to the UBC from these Institutions have done exceptionally well. For instance, Dr. Marcia Sant'Anna from Brazil published several high impact papers during her fellowship training period in Vancouver and won prestigious awards such as Samuel Gershon Young Investigator Award from the International Society for Bipolar Disorders and the APA Young Minds Award from the American Psychiatric Association. Similarly, Dr. Mauricio Kunz and Dr. Lee won the awards for best paper presentations at the Department of Psychiatry

Research Days and Dr. Andreazza won the Samuel Gershon Young Investigator Award from the International Society for Bipolar Disorders. Several collaborative research studies are being carried out at these institutions including oxidative stress markers, the optimal duration of atypical antipsychotic therapy study funded by the CIHR and the lamotrigine trial for bipolar depression. There are plans for other fellows and faculty to visit the UBC and the UBC faculty and trainees to visit the collaborative institutions.

The rest of the day focused on research and educational opportunities at these institutions and a review of some of the research work conducted. Dr. Honer, Dr. Schulz and Dr. Philips presented on schizophrenia, substance abuse and basic science research at the UBC. Dr. Lee outlined the history of department of psychiatry at SNU while Dr. Kwon and Tae Hyon from Korea presented on schizophrenia and bipolar disorder research studies at SNU. Dr. Lafer described research opportunities at the IOP in Sao Paulo and Dr. Almeida and Dr. Sant'Anna presented research studies of cognition and oxidative stress in bipolar disorder.

The meeting was a huge success and our international colleagues very much enjoyed their stay in Vancouver. The next UBC-NICER meeting will be hosted by the Brazilian Colleagues in March 2010 in Rio De Janeiro



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## 24th Annual Dep't Research Day & Faculty Dinner & Awards

### Annual Department Research Day & Faculty Dinner Awards—June 4, 2009

The main objective of the Department's Research Day is to showcase some of the research being conducted at UBC. The Research Day provides an opportunity for faculty, residents, fellows, post-docs and graduate students to present their research in the main program as oral presentations or as posters during the reception in the evening. This combined event provided an opportunity for those involved in research to share information on research being conducted in the department with clinicians and other researchers and to acknowledge all individuals in the department on their accomplishments over the past year. In addition, this year's event was approved by UBC Division of Continuing Professional Development as an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada. We would like to acknowledge the Institute of Mental Health for its contribution in support of this event.

The Department's Annual Research Day and Faculty Appreciation Dinner and Awards has been a combined event for the past two years. The Clinical Faculty Business Meeting is also coordinated to occur at this event. Research day started with registration and lunch followed by oral presentations in basic science and then oral presentations for clinical science. After a short break, the oral presentations continued with a number of faculty presentations, the plenary guest presentation from Dr. Ken Shulman, University of Toronto ("Early detection of dementia; Promises and Practicalities) and a tribute to Dr. Peter MacLean. The poster presentations immediately followed these speakers and presenters and the evening concluded with the Faculty Appreciation Dinner and Award presentations. A special thank you to Dr. Ken Shulman and Dr. Steve Vincent for taking on the difficult task of judging all of the excellent posters. Thank you to all the presenters and speakers for making research day a successful event and congratulations to all award winners.

The agenda and a detailed listing of the oral and poster presentations can be found on the department website at <http://www.psychiatry.ubc.ca/Events/ResearchDay.htm>

The following awards were presented following at the Faculty Appreciation Dinner. Congratulations to all award recipients!



Dr. Ken Shulman

### Category Awards (Research Day Awards):- Presented by Lakshmi Yatham

Tsung-Yi Li Award for Clinical Research – Ana Andreazza McGeer  
Award for Basic Science— Regina Dalhaus Zeldowicz  
Basic Science Poster Award - Fiona Choi Zeldowicz  
Clinical Science Poster Award- Karine MacRitchie

### Undergraduate Teaching Awards:-presented by Janette McMillan

Teaching Excellence Year 3 – Rachel Boulding  
Teaching Excellence Year 3 – Betty Tang  
Teaching Excellence Year 3 – Randall White  
Teaching Excellence Year 4 – Roger Shick  
Jay C. Cheng Memorial Prize – Ingrid McFee  
Annette E. Hacking Memorial Award – Julia Wong



### Postgraduate Teaching Awards presented by Andrea Chapman

CanMed Award –  
1<sup>st</sup> place – Alan Bates  
2<sup>nd</sup> place – Chris Robertson  
3<sup>rd</sup> place – Jennifer Wide  
4<sup>th</sup> place – Mitesh Patel  
Natalia Abrahm  
Kathryn Wynn  
Resident Undergraduate Teaching Award – Kyle Burns

### Postgraduate Teaching Awards presented by L. Trevor Young

George Davidson Research Award - Jenny Rogers  
Significant Contribution to Research – Alan Bates  
Significant Contribution to the UBC Psychiatry Residency Program – Kam Athwal  
Significant Leadership – Chris Robertson

UBC Psychiatry Residents Association Annual Award for Teaching Excellence

BCCH – Andrea Chapman  
VGH – Robert Hewko  
RCH – Chris Babbage  
SPH – Samantha Kelleher  
RGH – Ingrid Sochting  
Victoria – Chris Blashko and Kiri Simms

CME Award presented by Caroline Gosselin –  
– Stacy Elliott



# Department of Psychiatry Newsletter

## Department IT Update

### Website Updates

<http://www.psychiatry.ubc.ca/Welcome.htm> :

Over the past few months we have been working on adding some additional content to the department's website and have been re-organizing it a bit along the way to make it easier for people to find what they are looking for. These changes include:

- ♦ adding a link on the home page "Information for Clinical Faculty" to provide a more direct path to the information about Clinical Faculty appointments and related topics
- ♦ adding a new link on the home page called "Faculty List" where we will be maintaining a listing of all those with a faculty appointment that includes what program they are associated with and links to their bio's and research interests
- ♦ adding and updating program descriptions for each of the Programs as well as posting additional information as provided by the Program Directors; adding additional links as appropriate

We are also planning on posting some helpful information and tools for supervisors, managers and investigators regarding human resources and finance to better support faculty in these activities in the department. If there is additional content that you would suggest be posted on the Department website, please submit your suggestions to

[colleen.tinline@ubc.ca](mailto:colleen.tinline@ubc.ca) and it will be taken forward for discussion at the IT Advisory Committee.

### Survey

In order to better serve Department members and gather metrics, to measure ourselves against in the future, we are preparing an IT Survey. It will be reviewed by the IT Advisory Committee and we would be pleased if you could complete one for us, when it is released, in the Fall.

### File Storage Restructuring

Our SAN space (P: drive) and quotas have now been restructured to reflect last Fall's Departmental restructuring. Please use the new paths to your files (e.g. P:\ClnBehav) from now on. The old paths will cease to work in December 2009. Additional space is available for \$10/Gb/year. This space is backed up daily and archived semi-annually. You can restore recently changed files yourself, following the procedure at <http://www.psychiatry.ubc.ca/FS/ts/IT/storage.htm>

### Help Desk

We are currently using a database (Paradox) that was custom created by Colin Bryant in 1995, to keep our computer records (service history, software licensing, networking details etc.) This in house database worked fine when it had 50-60 devices entered and was being used by a single IT staff member. It currently has over 700 computer devices and is used by two IT Staff and lacks some of the standard functions of help desk software for an IT supported environment of the size the IT staff currently support.

Forrester reports, on the industry, that "although 53% of users are satisfied with the help desk's support overall, 41% are on the fence with their opinion. Courtesy of staff is not an issue, but areas like time to resolve requests, timeliness of status updates and even help desk expertise could use improvement in users' eyes". We think this reflects your views too, so we are currently comparing help desk tools and will be asking for volunteers to trial the new system, before implementing it completely.

### Did you know?

It costs more than \$500 of extra labour to prepare and transfer you to a non-standard (like one you bring from Future Shop) computer model, than it does to one of our Departmental standard models.

Please contact [PsychIT@exchange.ubc.ca](mailto:PsychIT@exchange.ubc.ca) for Technical Support and quote your computer's inventory number (front of towers or bottom of notebooks).

# Department of Psychiatry Newsletter

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## Education Program News

### Neuroscience Graduate Program

Congratulations to following on their graduation in the Neuroscience Graduate Program - Spring 2009

Elvisa Adams, MSC  
Gary Lee Evans, MSC  
Keith Brian Godfrey, PhD  
Ying Jia, MSC  
Kristen Jamie Kokotilo, MSC  
Khaliq Hussein Kurji, MSC  
Conny Hsin-Cheng Lin, MSC  
Ian Linfoot, MSC  
Kimberly Louise Schmidt, MSC  
Kathryn Anne Westendof, MSC  
Martin Alexander Williamson, PhD  
Wei Xiong, PhD



### Undergraduate Education Activities

#### Undergraduate Education Annual Retreat “Train the Trainers” Vancouver, BC

On March 27, 2009 the UGE Committee held a retreat focused on “Train the Trainers” at the Hotel Pacific Palisades, Vancouver. There were faculty, residents and administrators from all sites, VFMP, IMP, NMP and SMP.

**Faculty:** Dr. J. McMillan, Dr. R. Boulding, Dr. P. Chan, Dr. A. Chodkiewicz, Dr. J. Fabian, Dr. C. Froese, Dr. K. Fung, Dr. C. Gosselin, Dr. S. Kelleher, Dr. A. Koo, Dr. C.V. Manjunath, Dr. A. Miller, Dr. H. Mok, Dr. C. Murray, Dr. N. Hanon, Dr. W.Y. Song, Dr. E. Tam, Dr. B. Tang, and Dr. E. Zaghoul.

**Residents:** Dr. C. Anderson, Dr. J. Barley, Dr. J. Lee, Dr. G. Millar, and Dr. F. Proulx.

**Administration:** Leonor Blanche, Carri Folk, Toi Leslie, Denise Marcotte, Christy Schwarz, Maureen Wong and Angela Wong.

Dr. T. Young joined the UGE Committee meeting in the morning to meet all the participants.

The retreat was a full day of four workshops for the faculty and residents. The administrators held a separate workshop focusing on program processes and delivery.

The morning workshop, attended by all Faculty, was focused on the Clinical Reasoning Exam. In the afternoon, the Faculty were divided into three groups to rotate among three workshops:

Case Development facilitated by Dr. P. Chan;  
MiniCEX Review facilitated by Dr. S. Kelleher;  
Assessments, Loggings and Communications facilitated by Dr. W.Y. Song.

All DSSLs and the resident reps are now more cognizant of the standards of assessment in the MiniCEXs and how these are reflected in the Clinical Reasoning Exam. The Case Development session produced three solid cases—more importantly, the information and process of writing up and expanding cases was practised. It is hoped that the DSSLs and resident reps will help disseminate these topics at their home sites.

The administration group clarified, standardized and streamlined processes. Several suggestions of topics for future retreat were proposed.



“Train the Trainers” Retreat  
March 27, 2009  
Vancouver, BC

# Department of Psychiatry Newsletter

## Education Program News Con't

### Postgraduate Education

#### Resident Graduation:

Congratulations to the following Residents on their graduation and on passing the Royal College exams:

Kyle Burns	Eve Cabalo	Lindsay Davis
Patricia Frew	Sam Iskander	Sam Miremadi
Jenny Rogers	Andrea Tuka	Monique Wong



The Resident Graduation dinner was held on May 2, 2009 at the Westin Bayshore, Vancouver. It was a huge success with faculty members and fellow residents joining the grads and their families to help them celebrate this significant milestone in their lives. In all over 130 people attended. The grads chose Dr Sam Kelleher to be the Master of Ceremonies for the evening and the PGY4 Residents who organized the event set an Oscar-style theme for the night. Each grad was nominated in categories such as Best Multi-tasker, Best Dresser, Best Mom and Best Driver. Of course, the grads all won their category and each received, in place of an Oscar, The Siggy Award - a Sigmund Freud bobble-head doll.




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#### Welcome Reception for PGY1 and PGY2 Residents:

The annual Welcome Reception for PGY1 and PGY2 Residents was held on Thursday July 9 at the MSAC building and was another successful postgrad event. In all, approximately 75 residents and faculty members attended. This was an outdoor event and the weather cooperated by giving us a beautiful sunny day (which as you all know isn't guaranteed in Vancouver, even in July).

## Continuing Medical Education

### ECT Conference – February 17, 2009

Dr. Andrew Krystal, Professor of Psychiatry and Behavioral Science at Duke University, provided an intensive all-day conference on Electroconvulsive Therapy for B.C.'s ECT clinicians at the Liu Institute for Global Studies. The day was made possible thanks to a generous gift by Mr. Gordon Shrum through the Vancouver Hospital Foundation. Dr. Krystal is recognized worldwide for his pioneering work in EEG interpretation in ECT. He reviewed the latest developments in the field, and offered a detailed hands-on EEG interpretation workshop. The group appreciated this rare opportunity to spend a day with an expert in our field.



Group photo of conference participants (Dr. Krystal is wearing the striped tie in the middle of the photo).



## 2010 Olympics and Paralympic Games

“Game Time”, the newsletter of the UBC 2010 Olympic and Paralympic Secretariat, will be distributed monthly for the duration of the summer and every two weeks beginning in September and will include important information about UBC and the Games, changes to the campus, educational offerings, and opportunities emerging around and about the Games.

Individuals can subscribe to the newsletter and ensure that they receive information in a timely manner at <http://www.ubc.ca/2010/newsletter.html>. For more information, please visit <http://www.ubc.ca/2010/>.

UBC Reading Week will be extended by one week due (Feb 15 – 26, 2010) to the games and events at UBC

## In The News

**Dr. Anthony Phillips** has been appointed Scientific Director of CIHR's Institute of Neurosciences, Mental Health and Addiction. The CIHR news release on his appointment can be found at:

<http://www.cihr-irsc.gc.ca/e/39135.html>

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## UBC Medicine – The Magazine of the UBC Faculty of Medicine

**Volume 5/No 1/Spring 2009**

### **Drilling down on brain function**

This issue of the UBC Medicine magazine covered a number of projects, research and faculty in the Department of Psychiatry, including reports titled:

- ♦ The Centre for Brain Health (Unifying research and treatment under one roof)
- ♦ Seeking solutions to Vancouver's drug scourge
- ♦ Family donation bolsters Alzheimer's research at UBC
- ♦ UBC researchers take aim at plaques
- ♦ Brain Child – Strengthening the prefrontal cortex
- ♦ Looking inside the living brain

Please see [http://www.med.ubc.ca/media/med\\_mag.htm](http://www.med.ubc.ca/media/med_mag.htm) for the web posting of this magazine issue.

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## Contributions from Department Members

### News from the Mood Disorders Program (submitted by Dr. Raymond Lam)

The Mood Disorders Program celebrated unprecedented success in the most recent research grant competition from the Canadian Institutes of Health Research (CIHR). Jun-Feng Wang and Mark Lau each received a CIHR operating grant for their research programs. Mark Lau and Raymond Lam each received a CIHR Catalyst Grant in the Workplace Mental Health special competition - 4 grants were awarded across Canada, and they received the two in BC. Lakshmi Yatham and Raymond Lam each received a clinical trials grant from the CIHR Randomized Controlled Trials competition. The RCT competition is different from other CIHR programs in that it encompasses clinical trials across all of medicine, not specifically for psychiatry, and it has a two-stage application process so only very good applications are allowed to be entered. There were 12 grants funded out of 59 applications, of which 3 were in mental health, so to have two funded grants within the same program is extraordinary. The total amount of CIHR funding from these 6 grants exceeds \$3.2 million. Congratulations to all the investigators!

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### Meeting with the Dalai Lama (submitted by Dr. Adele Diamond)

After returning from a meeting with the Dalai Lama, and a small group of other scientists, monks, and lamas, at the Dalai Lama's official residence in Dharamsala, India, in April of this year, Dr. Adele Diamond returned with a report on a few of her wonderful experiences there and has included web links to photos.

Passover began during the week when Dr. Diamond was in Dharamsala and so she organized a seder of about 30 people -- jewish scientists, buddhist monks, Westerners, Tibetans, young, and old. The chef where the meeting participants stayed requested recipes from Dr. Diamond. He made horseradish (with beets) from scratch and charoseth. Dr. Diamond brought a box of matzot from Vancouver, haggadot (traditional ones and ones for Darfur, a feminist haggada, etc). The wife of another jewish scientist brought yamulkas. As it turned

out, one of the young jewish scientists was the son of an orthodox rabbi from Texas and he led the seder. Dr. Diamond sat next to an extraordinary monk and human being, Matthieu Ricard, in his Tibetan Buddhist robes and a yamulka, both of them sitting, without intending to, under a picture of the Dalai Lama. Dr. Diamond describes this as being magical and as the best seder she has ever attended. See [http://devcogneuro.com/videos/Dharamsala\\_photos/Passover%20Seder%20in%20Dharamsala/](http://devcogneuro.com/videos/Dharamsala_photos/Passover%20Seder%20in%20Dharamsala/) for photos taken at the seder.

Dr. Diamond's husband, Don Druin, had the idea to buy plain white kites and have schoolchildren in Vancouver decorate them for the Dalai Lama. Over half of the kites ended up going to schoolchildren at a "Bamboo School" sponsored by Matthieu Ricard's monastery in Kathmandu. It brought them such joy!

When Dr. Diamond and her husband returned from their trip, Dr. Diamond showed the photos and videos to the children who had made the kites. They got such pride and such pleasure from seeing that they had brought pleasure to other children, and one said, "They are on the other side of the world, but we are all connected."

See <http://www.mindandlife.org/conf09.dharamsala.html> for more information about this meeting and the following link for the full collection of photos from Dr. Diamond's trip [http://devcogneuro.com/videos/Dharamsala\\_photos](http://devcogneuro.com/videos/Dharamsala_photos)

The Dalai Lama will be returning to Vancouver September 27 -29, 2009, and on Sept. 29 at the Orpheum Theatre Dr. Diamond will be talking with him in a more public forum (the events of Sept 27 will be at the Chan Centre at UBC).

See <http://dalailamacenter.org/peacesummit/2009/index.php> for more information.

# Department of Psychiatry

## Newsletter

### In Memory

**Dr. Hamish Nichol**  
**A Wonderful Life**  
**December 25, 1924 – August 23, 2009**  
 (submitted by Dr. A.P. Zis)

Our colleague Dr. Hamish Nichol died unexpectedly on August 23, 2009. He is survived by his wife Christine and sons Alan, a radio-oncologist with the BC Cancer Agency and Craig, a hydro-geologist at UBC Okanagan.

Hamish was a candid man. I was his student, and he was my mentor. On the 30<sup>th</sup> of August I attended a memorial service held on campus organized by family and friends.

Hamish was born on Christmas day in 1924. He grew up at the Ericsburg family farm, near Underberg, in South Africa. After graduating from college he joined the Royal Navy and during the second world war he served as a sublieutenant in the Atlantic and Mediterranean. He studied Medicine at Cambridge and Neurology and Psychiatry in Birmingham and London before moving to New York to study Child Psychiatry at Bellevue Hospital Medical Centre and the Albert Einstein College of Medicine.

He joined the Department of Psychiatry at Vancouver General Hospital and UBC in 1961 and became the Head of the Division of Psychiatry, a position he held for 10 years. During this period he was instrumental in establishing the foundations of what is now recognized as one of the best clinical and training programs of the UBC Department of Psychiatry and Children's Hospital. He also served the Department successfully as Director of Residency Education, and the Royal College of Canada as an examiner for nearly twenty years.

Hamish was an effective and compassionate clinician. His approach was broadly based on the "temperament" theory and the work of Thomas, Chess, and Birch showing how the infant's innate patterns of behavior are already present at birth can influence the adjustment of an individual throughout his or her life. Hamish was also a highly successful teacher widely recognized by his students and peers. His broad and diverse training and background, extensive knowledge and clarity of thinking stood him well with his peers. His essential qualities and personal attributes of candidness, integrity, commitment, boundless energy, curiosity, enthusiasm, and interest for the plight of the less fortunate earned him respect and affection from patients and students alike.

These qualities kept Hamish busy and productive long after he retired from UBC in 1989 and until the day of his death. Professionally he continued his private practice and joined the Pacific Voice Clinic at the Vancouver General and UBC Hos-

pitals. With Drs. Linda Ramage and Murray Morrison he co-authored the textbook: *Management of the voice and its disorders* published by Singular, San Diego, California, now in its second edition.

Hamish however always lived a full life, which extended well beyond his clinical and academic roles. He was an avid and adept fly fisherman, a sailor, a very successful potato farmer, and a devoted rugby fan. He enjoyed the natural environment of our Province and advocated reservation. His family life was happy and indeed he believed he was very fortunate throughout his life. He believed in social justice and always tried to help others. I consider that I am fortunate to have been his student and colleague. He was supportive of my choices during my residency, played an important role in my decision to return to Canada, and facilitated my joining the UBC Faculty upon my return.

I shall never forget,  
 Thanasis Zis.

### William Carleton Gibson, 1913-2009

William Carleton Gibson, who played a key role in the development of the Faculty of Medicine, died July 4 at his home in Oak Bay. He was 95.

A memorial service was held for Dr. Gibson 2 pm Friday, July 17, 2009 at the West Point Grey Baptist Church, 4509 W. 11th Avenue in Vancouver.

During his almost thirty years at UBC, Dr. Gibson was a Professor of neurological research, a Research Professor of Psychiatry, a Professor of the History of Medicine (and later Head of that department) and Assistant to the President on University Development.

When the UBC medical school opened, Dr. Gibson was a researcher and clinical Associate Professor. Soon after, he became Director of the Kinsmen Laboratory for Neurological Research.

The Faculty of Medicine obituary can be found at: [http://www.med.ubc.ca/media/Gibson\\_obituary.htm](http://www.med.ubc.ca/media/Gibson_obituary.htm)

The Times Colonist obituary can be found at: <http://www.timescolonist.com/entertainment/Obituary+William+Gibson+true+builder+UVic/1773852/story.html>

The Globe and Mail obituary can be found at: <http://www.timescolonist.com/entertainment/Obituary+William+Gibson+true+builder+UVic/1773852/story.html>

# Department of Psychiatry Newsletter

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## Selected Upcoming Events

Details for all these events (and others) can be found on the Department Event Calendar at:

<http://www.psychiatry.ubc.ca/Events.htm>

**Sept 12 – 15: World Congress on Huntington's Disease**  
See [www.worldcongress-hd.net](http://www.worldcongress-hd.net) for details

**September 16, 2009, 8:00 P.M. - Frames of Mind**

*Please note this one-time only special start time of 8:00 PM \*\**

The Institute of Mental Health, UBC Department of Psychiatry and Pacific Cinémathèque present:

**About Face: The Story of Gwendellin Bradshaw**

**Wednesday, September 16, 2009 - \*\* 8:00pm \*\***

USA 2009. Director: Mary Katzke

**VANCOUVER PREMIERE! FILMMAKER IN ATTENDANCE!**

In 1980, at an Alaskan campground, a young mother likely suffering from post-partum psychosis threw her 10-month-old baby into a roaring campfire. Gwendellin Bradshaw sustained 2nd and 3rd-degree burns over most of her body, losing fingers, an ear and half of her scalp. She spent most of the next four years in the hospital, and grew up never seeing a photo of her mother or knowing much about her, except that she was put into a mental hospital after the terrible incident at the campground. Now, as a young adult, Gwen is estranged from her father and suffers from depression, drug and alcohol abuse, and an unshakeable sense of aloneness. In 2004, she was temporarily confined to a mental hospital after attempting suicide. This experience galvanizes her to search for her absent mother — a decision that sets off a five-year journey for healing and acceptance. On her search Gwen discovers a half-sister living in Minnesota; attends a gathering of burn survivors; finds God; and ultimately, miraculously (and with the help of a retired police detective) tracks down her mother in Vermont during the brief four-hour window between her release from a mental hospital and her departure on a bus for parts unknown. Will this meeting finally give Gwen the sense of belonging and peace she has been looking for? *Colour, Digibeta video. 80 mins.*

Post-screening discussion with **Mary Katzke** and **Dr. Carolyn Steinberg**.

**Ms. Katzke** is a documentary filmmaker living in Anchorage, Alaska. She holds a degree in Radio, Television and Film from the University of Texas and an MFA in Writing and Directing Film and Television from NYU's Tisch School of the Arts. In 1982, she founded Affinityfilms, Inc, a nonprofit production company dedicated to instigating positive change and specializing in social issue documentaries. [www.affinityfilms.org](http://www.affinityfilms.org)

**Dr. Steinberg** is an Infant/Preschool Child Psychiatrist who has been working at Richmond Hospital in the Early Childhood Mental Health Program for the past three years. Trained at the University of Toronto, the University of Western Ontario and the University of Alberta, she is now a Clinical Assistant Profes-

sor at the University of British Columbia.

*Co-sponsored by Richmond Hospital's Department of Psychiatry.*

Moderated by **Dr. Harry Karlinsky**, Clinical Professor, Department of Psychiatry, University of British Columbia.

*Frames of Mind* is a monthly film event utilizing film and video to promote professional and community education on issues pertaining to mental health and illness.

**For more information, full reviews, trailers and ticketing information, visit our website or facebook page**

**HYPERLINK "[http://](http://www.framesofmind.ca/)**

**[www.framesofmind.ca/](http://www.framesofmind.ca/)" [www.framesofmind.ca](http://www.framesofmind.ca/) | [Facebook](#)**

**| [Twitter](#)**

**Sept 17 & 18: Cognitive Therapy for Psychosis: A 2-day workshop** with Professor David Kingdon, University of Southampton, UK. Henry Esson Young Building, Riverview Hospital

**Sept 29: Developing and Submitting a Successful NIH Grant Proposal** - This workshop is designed for UBC investigators who wish to submit a highly competitive, strong grant application to the US National Institutes of Health (NIH).

See [http://www.research.ubc.ca/EventView.aspx?](http://www.research.ubc.ca/EventView.aspx?eventID=224)

[eventID=224](http://www.research.ubc.ca/EventView.aspx?eventID=224) for detail. Seating is limited. Register by September 22, 2009.

**October 1: Course: Transference-Focused Psychotherapy for Borderline and Narcissistic Personality Disorders (For Clinicians Only)** – Dr. Frank Yeomans

The course is a series of 12 sessions using live multi-party video conference. The Course is limited to 6 participants. For more details please see

<http://137.82.210.188/Page6527.aspx?PageMode=Hybrid>

**October 2: A Psychology of Action: The Role of the Body in the Treatment of Trauma and Attachment** - Presented by Dr. Pat Ogden, PhD

When: Friday October 2, 2009, 9:00 – 4:00

Where: Cascade Community Church, 35190 Delair Road, Abbotsford

Cost: \$145 (includes continental breakfast) For more details: See Communication Bulletin for August 28, 2009 at:

<http://www.psychiatry.ubc.ca/FS/Bulletins/bulletins0907.htm>

# Department of Psychiatry Newsletter

## Selected Upcoming Events Con't

**October 15-16: Canadian Conference on Physician Health**— Registration is now open for this year’s conference themed ‘Building Resilient Medical Communities. See

[http://www.cma.ca/index.cfm/ci\\_id/89085/la\\_id/1.htm](http://www.cma.ca/index.cfm/ci_id/89085/la_id/1.htm) for more information.

**Oct 16: A Day for Psychiatric Educators** – This Workshop is for All Undergraduate and Postgraduate Teaching Faculty. Master exceptional teaching skills.

See <http://137.82.210.188/Page6245.aspx?PageMode=Hybrid> for more details and to register. Space is limited. So, register early

**October 16:** Workshop for All Undergraduate and Postgraduate Teaching Faculty

See <http://137.82.210.188/Page3501.aspx?PageMode=Hybrid> for more details

**November 13: Risk Assessment Workshop – START Training** – The Forensic Mental Health Teaching Unit/ Department of Forensic Mental Health Science at the Institute of Psychiatry, Kings College London. For more information see:

<http://forensic.iop.kcl.ac.uk/TeachingUnit>

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Please see <http://www.psychiatry.ubc.ca/Events.htm> for links to various event calendars including the Department of Psychiatry, Faculty of Medicine, Brain Research Centre and UBC in general .

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### Rounds

**Sep 09 [Malingered Psychosis in Criminal Forensics](#)**  
UBCH Rm 1C13, Detwiller Pavilion

**Sep 14 [Hira Panikkar Memorial Lecture: Connecting with High-Risk Mothers Over the Internet](#)** BCCH  
C&W Shaughnessy Building Room D308

**Sep 14 [Primary Progressive Aphasia](#)** VGH 855 West 12th Avenue Centennial Pavilion, 5th Floor D, Conference Room

**Sep 16 [“Benzodiazepines...The Good, the Bad, and the Ugly”](#)** Richmond Hospital Ralph Fisher Auditorium - Main Floor - New Building 7000 Westminster Hwy, Richmond, B.C.

**Sep 16 [Psychological Treatment of PTSD & Driving Fear in Transportation Accident Survivors](#)** UBC Detwiller Pavilion Room 1C13

**Sep 16 [Attention Deficit Disorder with/without hyperactivity...A Continuum & Co-Morbidities](#)** UBC Mood Disorders Research Rounds

**Sep 17 [Human Behavior: Genetics' Bag of Tricks](#)**  
BCCH C&W Shaughnessy Building Room D308

**Sep 21 [Speech-Language Pathology's Role in Modern Healthcare](#)** VGH 855 West 12th Avenue Centennial Pavilion, 5th Floor D, Conference Room

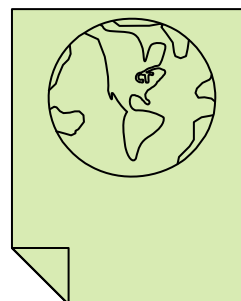
**Sep 23 [Review of Bradyphrenia](#)** UBC Detwiller Pavilion Room 1C13

**Sep 28 [Tardive Dyskinesia and Parkinsons](#)** VGH 855 West 12th Avenue Centennial Pavilion, 5th Floor D, Conference Room

**Sep 30 [Case Presentation](#)** UBC Detwiller Pavilion Room 1C13

To view details and updates of Grand Rounds activities, please visit

<http://www.psychiatry.ubc.ca/teaching/CME.htm>



## Selected Upcoming Deadlines

**September 11: UBC Calendar Updates** – Faculty - Please contact [archana.harit@ubc.ca](mailto:archana.harit@ubc.ca) about updating your listing in the UBC Calendar. To review the Draft listing, please see <http://www.psychiatry.ubc.ca/FS/FacUpd09.htm> for a list to this file or access from the Quick Find List on the Department Website home page at <http://www.psychiatry.ubc.ca/Welcome.htm>

**September 15: March of Dimes Prize in Developmental Biology**— A cash award of \$250,000 and a silver medal awarded to investigators whose research has profoundly advanced the science that underlies our understanding of birth defects.

**September 18, day's end, Paris Time: The Fondation Leducq** – The Fondation Leducq, a French non-profit organization dedicated to promoting international research in cardiovascular and neurovascular disease, is issuing call for applications for its 2009-2010 Transatlantic Networks of Excellence in Cardiovascular Research Program. Please see <http://www.flcq.org/> for more information on applying.

**November 20: Kaiser Foundation Award Nominations Excellence in Aboriginal Programming** – The Award recognized an individual or group that has made a significant contribution to reducing the impact and negative effects of alcohol and other drug use, or concurrent disorders involving substance use and mental health issues, in Aboriginal communities or among Aboriginal Peoples through the development of effective and innovative community programming.

**Excellence in Aboriginal Programming** - The Award recognized an individual or group that has made a significant contribution to reducing the impact and negative effects of alcohol and other drug use, or concurrent disorders involving substance use and mental health issues, through the development or implementation of effective and innovative community programming.

**Excellence in Leadership** – This award recognizes an individual who has demonstrated significant leadership within their community or sector to address the impact and negative effects of alcohol and other drug use, or concurrent disorders involving substance use and mental health issues.

## Funding Opportunities and Deadlines Websites

- ♦ <http://www.med.ubc.ca/research/gad/dfo.htm> (Faculty of Medicine)
- ♦ <http://www.ors.ubc.ca/funding/deadlines.htm> (Office of Research Services)
- ♦ <http://www.research.ubc.ca/index.aspx> (Office of the Vice President – Research) – links to electronic forms for a variety of funding opportunities as well as direct links to granting agency websites
- ♦ <http://www.psychiatry.ubc.ca/FS/Bulletins.htm> (Department Communication Bulletins with previously distributed deadline information)

See <http://www.med.ubc.ca/research/gad.htm> for links to important information on Faculty of Medicine Grant Application Procedures and mentorship services to assist faculty with their grant proposals.

**\*NOTE: CIHR has revised the New Investigator Award timeline** – CIHR no longer requires registration for this competition. However, registration is still required for the Operating Grant competition.

Please see [http://www.med.ubc.ca/research/gad/application\\_timelines.htm](http://www.med.ubc.ca/research/gad/application_timelines.htm)

