

The University of Chicago

DEPARTMENT OF  
PSYCHIATRY  
NEWSLETTER

VOLUME 1, ISSUE 3      SPRING 2008

CHAIR'S MESSAGE...

Welcome!

This is the third of three seasonal (Fall, Winter, and Spring) newsletters that our Department will be publishing each year. These newsletters are designed to inform faculty, trainees, and staff of current news in the Department and to let other outside the Department know about us and our activities. Our Department is dedicated to its three missions: Education, Clinical Service, and Research and is structured accordingly. Currently, we are implementing a strategic roadmap so that we will be more robust in each of these areas in the coming years.



**Emil F. Coccaro, M.D.**

**E.C. Manning Professor & Chair**

**Department of Psychiatry**

“TOP STORY”

DEPARTMENT RENAMED:

DEPARTMENT OF PSYCHIATRY AND  
BEHAVIORAL NEUROSCIENCE



On March 13, 2008, the Department of Psychiatry received approval from Dean James Madara, M.D. and Provost Tom Rosenbaum, Ph.D. to name itself the “Department of Psychiatry and Behavioral Neuroscience”. The Department voted unanimously to do so on February 7th, 2008 with full institutional approval coming less than six weeks later. Extra-departmental support for the name change spanned departmental and divisional boundaries.

The Department's reasons for the name change included the facts that nearly half of the faculty are involved in funded research and that most of this involves behavioral neuroscience activity (nearly 80% of currently funded projects are behavioral neuroscience in nature) and that the Department's strategic plans include becoming more neuroscience-oriented over time and will involve infusing clinical approaches with insights from behavioral neuroscience. While some of our faculty are already working in behavioral neuroscience with others outside the department, the department plans for these collaborations to become richer and more varied over time as the Neuroscience Institute (NI) develops (continued on next page).

IN THIS ISSUE:

|   |     |
|---|-----|
| Top Story                               | 1-2 |
| Media Notes & Honors                    | 2   |
| Clinical News                           | 2-  |
| Education News                          | 3   |
| Research News                           | 3   |
| Department Events                       | 3   |
| Spotlight on Scholarship                | 3   |
| Faculty Spotlights                      | 4   |
| Clinical & Research Program Spotlights  | 4   |
| Spotlight on Trainees & Staff           | 5   |
| Listing of Clinical & Research Programs | 6   |



**UPCOMING EVENTS:**

- Resident's Research Presentations (M347; 6/2: 4-5 PM)
- Graduation & Faculty Appreciation at Home of the Chair (6/3: 6-9 PM)
- Grand Rounds: L168 (12-1:30 PM)  
Tim Wilens, M.D., MGH (4/10)  
Kate Keenan, Ph.D., U of C (4/17)  
Sanchez-Johnsen, Ph.D., U of C (5/22)
- Case Conferences L168 (12-1:30 PM)  
Elias Dakwar, M.D. (PGY-4: 4/24)  
Sandra Rodriguez, M.D. (PGY-4: 5/29)

## TOP STORY

Infusing behavioral neuroscience into training and clinical programs will also be taking place over time. Currently, there are several courses for Psychiatry Trainees in the area of the behavioral neuroscience of psychiatric disorders (Directed by Royce Lee, M.D. and Stephanie Dulawa, Ph.D.) and in research methods for the studying of these disorders (Directed by Kristen Jacobson, Ph.D. and Emil Coccaro, M.D.). All Psychiatric trainees are required to engage in a research project (many of which are behavioral neuroscience in nature), several of which are ultimately published in the peer-review literature.

In addition, there are two NIH Funded Training Programs in the Department. One is in Psychiatric Genetics (Elliot Gershon, M.D., Director) and the other is in Addictions (Paul Vezina, Ph.D., Director). The Psychiatric Genetics program is largely for Post-Doctoral Students. The Addictions program is both for Pre- and Post- Doctoral students.

Over time, the Department is planning to fill out its faculty so that selected clinical areas are integrated with behavioral neuroscience activity. One way to do this is to have behavioral neuroscience-oriented psychiatrists and psychologists work in tandem with clinicians in areas such as Mood & Anxiety Disorders, Aggression & Disruptive Behavior Disorders, Addictive Disorders, Eating Disorders to name only some clinical areas in which this kind of integration is planned.

###

## CLINICAL MISSION: ADULT PSYCHIATRY



In the winter newsletter, I outlined the outpatient programs in place to meet the needs of our training, research and clinical missions within the medical center. In this news letter, I would like to highlight one patient population that will require special attention- those with posttraumatic stress disorder (PTSD). PTSD is defined as an anxiety disorder that occurs after exposure to a life-threatening event where one reacts with intense fear, helplessness or horror. The traumatic event is: persistently reexperienced, for example, through flashbacks or dreams; there is persistent avoidance of situations that reminds one of the trauma and persistent symptoms of increased arousal such as an inability to sleep or constant hypervigilance. In a study published last month by the Rand Corporation, 20% of returning soldiers from the Afghanistan and Iraqi conflict will experience PTSD or depression. This may be an under estimate as many people will have delayed symptoms. It is especially likely in patients with a history of traumatic brain injuries, problems that as many as 19% of returning soldiers will experience. In addition, violence and injuries in our own communities can lead to PTSD from experiencing or witnessing violence, rape and severe motor vehicle accidents. Over the next several years, the Department of Psychiatry will need to prepare for this civilian population by having treatments available in our anxiety clinics and training our residents to be prepared to study and treat PTSD.

## HONORS & MEDIA NOTES

### ***Media Notes (Selected)***

***Andrea King, Ph.D.:*** Has three media notes: (1) Sun Times (1/28/08): This article focused on the Chicago STOP Smoking Research Project, with its examination of the medication naltrexone to see if it improves quit rates, and potential benefit for women smokers or those concerned about weight. (2) WBBM Radio (1/30/08): Dr King gave a radio interview and discussed effects of the Illinois smoking ban, sex differences in smoking cessation, and key points on the Chicago STOP Smoking Research Project. (3) NBC 5 News (1/31/08): NBC anchors mentioned a stop-smoking study at the University of Chicago, referring viewers to their website to learn more about the Chicago STOP Smoking Research Project.

***Shona Vas, Ph.D.:*** Was quoted in Chicago Health and Wellness magazine (01/08) on the importance of setting realistic and attainable goals for health behavior changes in an effort to help people stick to their New Year's resolutions. Negative effects of failure on mood were discussed and the importance of mastery and competence was emphasized.

***Angela Celio Doyle, Ph.D.:*** Had an interview with the Chicago Tribune RedEye (3/20/08), "Unhealthy Obsession: Worried about what the 'right' foods are? Some are calling it orthorexia" by Tracy Swartz.

## CLINICAL MISSION: C & A PSYCHIATRY



The Section of Child and Adolescent Psychiatry is growing! We have been actively recruiting faculty, and are happy to announce our newest member, Dr. Karam Radwan. Dr. Radwan is a Board-Certified Child and Adolescent Psychiatrist who trained at both the University of Michigan and at Northwestern University/ Children's Memorial Hospital. His adult psychiatry training was completed at The University of Missouri, Kansas City and he graduated medical school from the University of Damascus, Syria. This year, Dr. Radwan has been accepted into the Royal College of Physicians. He is currently in private practice as a Consultant to the Millersburg Clinic and Pomerene Hospital in Millersburg, Ohio. We look forward to him joining us later this summer as the Associate Training Director for the Child and Adolescent Psychiatry Residency.

## E D U C A T I O N M I S S I O N



**Deborah Spitz, M.D., Director of Education.**

**Comings and Goings:** In June our two Chief Residents will graduate, and we will welcome our new class of PGY-1 residents. Graduating are Dr. Elias Dakwar, who will move to Columbia University in New York to do a Fellowship in Addiction Psychiatry, and Dr. Sandra Rodriguez-Davila, who will move to the University of South Florida to do a Geriatric Psychiatry Fellowship. We welcome six new interns: Dr. Rakesh John, who received his MBBS from JJM Medical college in Devangere, India and then spent several years training in psychiatry in Britain, obtaining membership in the Royal College of Psychiatry; Dr. Shoaib Memon, from Rosalind Franklin University of Medicine and Science/Chicago Medical School; Dr. Andrei Pankov, from Wayne State University School of Medicine; Dr. Sara Powers, from Oklahoma State University College of Osteopathic Medicine, who spent a month in our Department's Child Psychiatry section this year; Dr. Marie Truong, from Western University of Health Sciences/College of Osteopathic Medicine of the Pacific; and Dr. Xiaohong Yu, a graduate of Nanjing Railway Medical College who has extensive research experience in immunology and genetics and has been attending the research group on eating disorders in our Department.

## D E P A R T M E N T A L E V E N T S & A C T I V I T I E S

### **Upcoming Events:**

- Resident's Research Presentations (M347; 6/2: 4-5 PM)
- Graduation / Faculty Appreciation Reception at Home of the Chair (6/3: 6-9 PM)
- **Grand Rounds: L168 (12-1:30 PM)**  
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Sandra Rodriguez. M.D. (PGY-4: 5/29)

## R E S E A R C H M I S S I O N



**Emil Cocco, M.D., Director of Research**

We are delighted to say that, as of now, this year, the Department has submitted 48 grants to external agencies for funding. More than 80% of these grants were to NIH (e.g., 13 RO1s, 9 R21s, 5 Subcontracts, 4 RO3s). The rest were submitted to Private Foundations.

### **New NIH Research Grant Awards have gone to:**

Eunice Chen, Ph.D. (K23), Emil Cocco, M.D. (RO1), Harriet deWit, Ph.D. (F32 for Ina Hamidovic; Subcontract on RO1 with Cecilia Hillard, Ph.D. as PI at U Wisconsin), Elliot Gershon, M.D. (Subcontract on RO1 with John Sweeney, Ph.D. as PI at UIC), Chunyu Liu, Ph.D. (R21), Michael McCloskey, Ph.D. (RO3). In addition, Lisa Sánchez-Johnsen, Ph.D. is awaiting the award of a new R21.



**Enjoy the bubbly.....!**

## S P O T L I G H T O N S C H O L A R S H I P

### **Only a Very Partial List.....,**

**Chen EY, Le Grange D.** Subtyping Adolescents with Bulimia Nervosa. *Behaviour Research and Therapy*. 45:2813-2820, 2007.

**de Wit H,** Flory JD, Acheson A, **McCloskey M,** Manuck SB. IQ and Nonplanning Impulsivity are independently associated with delay discounting in middle-aged adults. *Personality and Individual Differences* 42, 111-121, 2007.

Kendler KS, **Jacobson KC,** Gardner CO, Gillespie NG, Aggen SA, Prescott CA. Creating a social world: A developmental twin study of peer group deviance. *Archives of General Psychiatry*, 64, 958-965, 2007.

Shi J, **Badner JA, Gershon ES, Liu C.** Allelic association of G72/G30 with schizophrenia and bipolar disorder: a comprehensive meta-analysis. *Schizophrenia Research*, 98: 89-97, 2008.

**King AC, Sánchez-Johnsen L,** Van Orman S, Cao D, Matthews AK. A pilot community-based intensive smoking cessation intervention in African Americans: feasibility, acceptability, and early outcome indicators. *Journal of the National Medical Association* 100: 208-217, 2008.

**Vezina P.** Evidence that dopamine response to amphetamine sensitizes in humans. *Neuropsychopharmacology Reviews* 33: 206-207, 2008.

## FACULTY SPOTLIGHT



### **Stephen Dinwiddie, M.D.**

#### **(Professor of Psychiatry)**

graduated from Eastern Virginia Medical School in 1982, after which he pursued training in psychiatry at Washington University in St. Louis from 1982 – 1986. He is board certified in general psychiatry, with subspecialty qualifications in addiction psychiatry and in forensic psychiatry. He remained on the faculty at Washington University until 1996, at which time he joined the faculty at Rosalind Franklin Medical School and became medical director at Elgin Mental Health Center, a large public-sector psychiatric hospital. After 5 years in that position he left to join the faculty at the University of Chicago, where he is now Professor of Psychiatry. Currently, Dr. Dinwiddie is director of the electroconvulsive therapy service (now based at Mercy Hospital and Medical Center). He is also active in doing work in forensic psychiatry and has been retained as an expert in cases from Illinois, Indiana, Missouri, Nebraska, North Carolina and elsewhere. He has one outpatient clinic with residents per week and consults to other hospital services, including the kidney transplant program and the pain service. He has also authored over 60 peer-reviewed publications and over 20 book chapters. His clinical and research interests include electroconvulsive therapy and psychiatric genetics. In addition to clinical teaching of students and residents, he is in charge of resident courses on general psychopathology, addiction psychiatry, and forensic psychiatry.

## FACULTY SPOTLIGHT



### **Judith Badner, M.D., Ph.D.**

#### **(Associate Professor of Psychiatry)**

came to University of Chicago in 1998. She received her SB in Biology from MIT in 1982 and went on to graduate school and medical school at the University of Pittsburgh, ultimately enrolling in the M.D.-Ph.D program. She obtained her M.S.Hyg. and Ph.D in Human Genetics in 1985 and 1988 respectively, and her M.D. in 1990. She then completed her psychiatry residency at McLean Hospital (prior to the merger with MGH) between 1990-1994. She then moved to NIMH to do a psychiatric genetics fellowship, beginning an enduring collaboration with Dr. Elliot Gershon which continued through their move to the University of Chicago. Currently, Dr. Badner is a clinician and a researcher. She sees general psychiatric patients and supervises a resident's general clinic. Her research interests are in statistical genetics, primarily analyzing data to identify genes for complex genetic disorders which includes most psychiatric disorders as well as developing improved methodologies for analyzing such data. Her current projects include identifying genetic variants which regulate expression of different genes within the brain, looking at gene-gene interactions in a whole genome association scan for bipolar disorder, performing a whole genome linkage study on a large collection of bipolar pedigrees, and looking at gene-gene interactions of candidate genes for amphetamine and caffeine response.

## CLINICAL PROGRAM SPOTLIGHT



### **Personality Disorders Clinic, Directed by Royce Lee, M.D.**

**Assistant Professor**, provides psychopharmacological treatment to adult patients with personality disorder, while providing the opportunity for residents to acquire supervised training in this relatively new area of psychiatry. Most of our patients are in psychotherapy conducted outside of the clinic.

The clinic emphasizes several realities of personality disorder. Firstly, the importance of an individualized approach to each patient. Psychiatric diagnosis is still unable to reduce heterogeneity or meaningfully predict treatment response, and clinical test of brain function remain out of reach. However, clinical histories from patient can meaningfully guide treatment choices and allow a qualified estimate of prognosis. Therefore, knowing the patient as a real person helps to reduce the uncertainty of the clinical situation. Secondly, continuity between Axis I and Axis II disorders becomes apparent with exposure to patients with personality disorder. Comorbid anxiety, affective, impulsive control, and substance disorders are the rule and not the exception. The treatment of comorbid conditions often takes priority, especially when the symptoms are acute or life threatening. Thirdly, despite reputation to the contrary, personality disorder patients are usually gratifying to treat, so long as one does not require rapid remission.

## RESEARCH PROGRAM SPOTLIGHT



### **Behavioral Neuroscience Research Laboratory (BNRL), directed by Paul Vezina, Ph.D.**

**Associate Professor**, works to understand the environmental and neurobiological determinants of motivated behavior. Its NIH-funded research program focuses on the contribution of the cholinergic, dopaminergic and glutamatergic systems of the basal ganglia. Using drug-taking as a model, a number of inter-related multidisciplinary research projects in the rodent aim to determine how plasticity in these systems can enhance the generation of motivated behaviors like drug seeking and drug taking. In some experiments, viral-mediated gene transfer is used to characterize the role played by identified intracellular signaling pathways in forebrain medium spiny neurons (in particular those involving CaMKII and DARPP-32) in enhanced drug-induced behavioral output. Other experiments are delineating how exposure to different psychomotor stimulants (e.g., amphetamine or cocaine) regulates the cellular location of glutamatergic AMPA receptors as well as proliferation of dendritic spines in these cells. Yet other experiments aimed at identifying nAChR fields in brain necessary for behavioral sensitization by nicotine. Overall, the goal of the BNRL is to characterize the neurobiological events that give rise to and regulate various motivated behaviors so as to better understand the circumstances surrounding their expression and, ultimately, to uncover avenues for therapeutic intervention.

## SPOTLIGHT ON TRAINEES



**Marcela Almeida, M.D. (Chief Resident for 08-09).**

Dr. Almeida will be the overall Chief Resident in Psychiatry. Daughter of a Brazilian psychiatrist, she spent much time in her medical school years working in a psychiatric hospital, participating in clinical and research activities which she presented at international meetings. After receiving her MD in 2002, she worked as a general doctor in the rural area of her state in Brazil, where she faced severe poverty and lack of resources. "This taught me a lesson about humanity and charity I could never learn from books", she says. She then worked in one of the main psychiatric hospitals in Brazil. Dr. Almeida has lived in many countries, attending high school in Rome and completing some of her medical training in Norway, Portugal and Michigan. She chose to pursue Psychiatry Residency training in the United States. At The University of Chicago, Dr. Almeida has developed particular interests in education and research, and has developed clinical interests in Women's Mental Health, Refractory Mood Disorders, Geriatric Psychiatry and Neuropsychiatry. She was awarded the American Association of Directors of Psychiatry Residency Training Resident's Mentorship Award in 2007.

## SPOTLIGHT ON TRAINEES



**Theodote K. Pontikes, M.D. (Chief Resident, Inpatient Psychiatry, 2008).**

Dr. Pontikes is a Chicago native who earned both her B.S. (Biochemistry) and her M.D. degrees from the University of Illinois at Chicago. As a PGY-4 resident, she will be a fellow of the MacLean Center for Medical Ethics at The University of Chicago, and will serve as Chief Resident on The University of Chicago Inpatient Psychiatry Service at Mercy Hospital. Her professional interests include Psychosomatic Medicine; Child and Adolescent Psychiatry; and Transcultural Psychiatry. Dr. Pontikes ultimately plans to practice in an urban setting with an academic affiliation, where she can provide care for medically vulnerable populations and be active in medical education. She is interested in establishing public policy on mental health care based on research focused on eradicating disparities in the U.S. and abroad. Dr. Pontikes has received numerous awards, including selection as a 2008 fellow of the Health Emotions Research Institute; a 2007 recipient of the APA's Disaster Psychiatry Fellowship; a (2006-07) recipient of the Chicago Institute for Psychoanalysis Fellowship; and a 2006 grant recipient of AACAP's Educational Outreach Program. She is multilingual (English, French, Greek, and Spanish) and enjoys the fine arts, as well as participating in community activities and cultural affairs.

## SPOTLIGHT ON TRAINEES



**Berdine Chong, M.D. (Chief Resident, Consultation Psychiatry, for 08-09).**

Dr. Chong will be the Chief Resident on the Psychiatry Consultation-Liaison Service for the 2008/2009 year. Dr. Chong graduated from Creighton University Medical School and completed her Internship in Internal Medicine at Legacy Emanuel Hospital and Health Center Program in Portland, Oregon prior to joining the Department of Psychiatry at the University of Chicago. Currently a PGY-3 resident, she is actively involved in medical student education as a preceptor group leader for students in their third-year psychiatry rotation, which she enjoys immensely. Dr. Chong is interested in Geriatric Psychiatry and is planning to pursue a fellowship in that field.

## SPOTLIGHT ON TRAINEES



**Nicholas (Nick) Patniyot, M.D. (Chief Resident, Emergency Psychiatry, 2008, and Inpatient Psychiatry, 2009)**

Dr. Patniyot will be the Chief Resident on the Emergency Psychiatry service for the 2008/2009 year, and will share the Chief Residency responsibilities on the Inpatient Psychiatry Service at Mercy with Dr. Theodote Pontikes. He was born in Australia and spent his childhood in South America before moving to Texas. He received his BA in psychology at Rice University, followed by his MD at the University of Texas at Southwestern. His academic interests include forensic and geriatric psychiatry, as well as ethics and psychodynamic theory and psychotherapy. He is considering fellowship training that will enable him to integrate some of these interests. He also enjoys oil painting, baseball, and reading fiction.

## CLINICAL PROGRAMS

### Adult Psychiatry Programs:

Mood Disorder Program\*  
Anxiety Disorder Program\*  
Personality Disorder Program\*  
Aggression Disorder Program\*  
Obesity Program\*  
Psychotic Disorder Program\*

Inpatient Psychiatry  
Consultation-Liaison Psychiatry  
Adult Clinical Neuropsychology

### Child & Adolescent Programs:

Mood & Anxiety Disorder Program\*  
ADHD and Disruptive Disorder Program\*  
Developmental Disorder Program\*  
Eating Disorder Program\*

Inpatient Psychiatry  
Consultation-Liaison Psychiatry  
C&A Clinical Neuropsychology

**\*Call Intake @ (773) 702-3858**

## RESEARCH PROGRAMS

Behavioral and CBT Treatment Studies of Impulsive Aggression (Dr. McCloskey)

Behavioral Genetic Studies of Aggression and Antisocial Behavior (Dr. Jacobson)

Behavioral Neuroscience Research Laboratory (Dr. Vezina)

Biologic & Pharmacologic Treatment Studies of Impulsive Aggression (Dr. Coccaro)

Biological and Treatment Studies of Nicotine and Alcohol Addiction (Dr. King)

Biological Studies of Stress and Personality (Dr. Lee)

Eating Disorder Treatment Studies (Dr. le Grange)

Human Neuropsychopharmacology (Dr. de Wit)

Molecular Genetics of Mood & Psychotic Disorders (Drs. Gershon, Badner, and Liu)

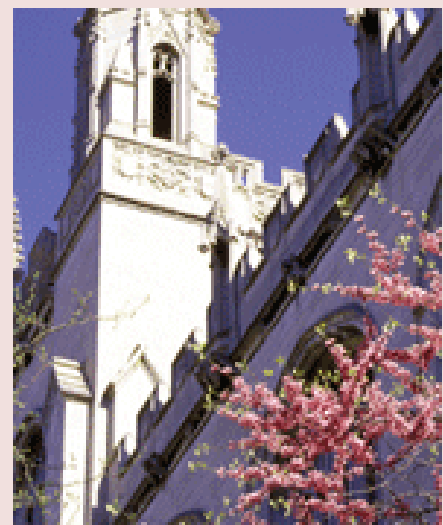
Molecular Psychopharmacology (Dr. Dulawa)

Multi-Cultural Health Research Program (Dr. Sanchez-Johnsen)

Obesity Research Treatment Studies (Dr. Chen)

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