Psychiatry Research Day

Congratulations to Dr. Tara Snelgrove who was the recipient of the Janssen Ortho Award at this year’s Psychiatry Research Day. Her presentation was entitled, “Moral Distress, Collaboration, Work Satisfaction, and Ethical Climate in Acute Care Psychiatry.”

Many thanks are extended to all of the presenters who participated at our Research Day including:

- Drs. B.J. Sethi and Loveleen Uppal, “Correlation of Psychiatric Disorders and Deficiency of Omega 3 Fatty Acids in Children and Adolescents”
- Dr. Andrew Latus, “What is a Mature Minor?”
- Dr. Weldon Bonnell, “Omega-3 Fatty Acid Supplementation in the Treatment of Attention Deficit/Hyperactivity Disorder”
- Dr. Robert Meadus, PhD, RN, “Qualitative Research in Mental Health Care”
- Sarah Smith, Med II, “Review of Pilot Dialectical Behavior Therapy Skills Group for Adolescents with Chronic and Severe Inability to Regulate Emotional Responses”

Special thanks to evaluators Dr. James Valcour and Dr. Hubert White for their contribution.
Annual Resident Retreat

The annual resident retreat was held on June 11, 2012 at Bianca’s restaurant. The retreat was well attended by the resident body. During the day, residents learned about topics from child psychiatry, psychopharmacology, emergency psychiatry and adult general psychiatry. A session covering exam preparation and transition from residency to practice was also included. Resident feedback regarding the retreat was very positive and the interactive learning was clinically useful and done in a relaxing environment. As a group, the resident body would like to thank the Discipline of Psychiatry, with special thanks and much appreciation to our presenters: Dr R Rajan, Dr. A Latus, Dr. L Phillips, Dr. S Noble, Dr. E O’Keefe, and Dr. J Dolezalek.

—Naomi Mifflen-Anderson

News & Announcements

CARMS MATCH RESULTS/
Congratulations to the following candidates who successfully matched to the program in the 2012 CaRMS Match: Temitayo Peluola, Jetinder Gill, Teresa Watson, Sinthujan Karunakaran, Irina Mihaescu, Chistine Mikail.

FINISHING RESIDENTS
Best wishes to the following residents who have completed the program: Andrew Latus, B.J. Sethi, Loveleen Uppal, Anna Hofner and congratulations to all on successfully completing the Royal College Exams.

DR. JAMIE KARAGIANIS (ADJUNCT PROFESSOR):
Dr. Karagianis has left Lilly Canada and returned to Ontario to start a private practice in the small town of Port Severn, ON and reports he is happy to be closer to his family and cottage. He begins his new role as Psychiatrist-in-Chief on July 1st at Waypoint Center for Mental Health Care. Dr. Karagianis is looking forward to blending administrative, program development and clinical responsibilities in the Chief’s role. His new address is 99 Lone Pine Road, Port Severn, ON L0K 1S0.

ENFORCEMENT OF UNIVERSITY POLICY REGARDING TRAVEL REQUEST FORMS
As per a recent notification from administrative services regarding travel request forms it is imperative that specific procedure be followed as outlined by Financial Services. Travel Claims will not be approved without the submission of a pre-approved Travel Request form. Simultaneous submission of Travel Claims for reimbursement and Travel Request forms will no longer be accepted. If you are planning conference leave, you are required to have your Travel Request Form completed and submitted to the Chair of Psychiatry for first approval at least six weeks prior to travel. This will allow two weeks for further approval processing, as you are required to have obtained final approval at least four weeks prior to departure.
Academic Appointments Update

**Dr. Amin Muhammad** will be resigning from his GFT position as of July 15, 2012 and will continue on a part-time basis as Clinical Professor with Memorial University.

**Dr. Nizar Ladha** has retired from his position as Associate Professor as of April 30, 2012.

**Dr. Erin O’Keefe** was appointed Clinical Assistant Professor effective November 1, 2011.

**Dr. Catherine Hickey** will begin her GFT position as Assistant Professor effective October 11, 2012.

**Dr. Anna Hofner** will be joining Eastern Health at the Health Sciences Center in July, 2012.

**Dr. Andrew Latus** will be providing locum services at the Janeway for July and August and joining permanently in the fall.

**Ms. Lisa Bendzsa** was appointed as a Clinical Lecturer in January 2012. She will be providing supervision in long term psychodynamic psychotherapy.

Publications

**Psychosis in temporal lobe epilepsy: atypical presentation**, Priya Gandhi, Boluwaji Ogunyemi, Andrea MacDonald, Amin Muhammad Gadit

Psychiatry Department, Memorial University of Newfoundland, St Johns’, Canada

**Correspondence to** Professor Amin Muhammad Gadit, amin.muhammad@med.mun.ca. *BMJ Case Reports* 2012; doi:10.1136/bcr.11.2011.5169

**Obsessive compulsive disorder with psychosis NOS, in an asexual male: a diagnostic challenge**, Thomas Smigas, Joannie Nevue, Amin Muhammad Gadit, Psychiatry Department, Memorial University of Newfoundland, St Johns’, Canada

**Correspondence to** Professor Amin Muhammad Gadit, amin.muhammad@med.mun.ca. *BMJ Case Reports* 2011; doi:10.1136/bcr.09.2011.4807

**Psychosis in temporal lobe epilepsy-role of electroconvulsive therapy**, Naomi Mifflen-Anderson, Amin Muhammad Gadit, Psychiatry Department, Memorial University of Newfoundland, St Johns’, Canada **Correspondence to** Professor Amin Muhammad Gadit, amin.muhammad@med.mun.ca. *BMJ Case Reports* 2012; doi:10.1136/bcr.03.2012.6056
Psychotherapy News

By Dr. Greg Radu, Psychotherapy Program Director

1. The Gill Ratcliffe Foundation made a generous donation of $15,000 in support of our Psychotherapy Program. This funding will be used to help support the education mandate of the psychotherapy program and to provide our community of learners with access to external lecturers, to organize seminars and other structured learning activities, to ensure supervision and training materials, all for the purpose of achieving proficiency in several psychotherapies including psychodynamic and cognitive behavioral therapies and mindfulness.

A respected philanthropist, Elinor Gill Ratcliffe is the founder of the Gill Ratcliffe Foundation, which supports education, the arts and families in need and has made a difference in the lives of many. Her involvement in humanitarian work and philanthropy started more than three decades ago and has made a lasting impact on numerous organizations and causes, communities and individuals in Newfoundland and Labrador and beyond. She has supported a broad group of social, cultural, educational and charitable causes among them the Newfoundland Regiment and the Historic Sites Association, the Vera Perlin Society, Daffodil Place, the George Street Soup Kitchen, the YMCA – YWCA of Northeast Avalon and the Shallaway Newfoundland and Labrador Youth in Chorus. At The Rooms, the Elinor Gill Ratcliffe Gallery will house an exhibition on the social contemporary history of Newfoundland and Labrador. The Gill Ratcliffe Foundation also provided substantial funding to Memorial University for the Jarislowsky Chair in Culture Change.

On behalf of all of our psychiatry residents and faculty, thank you very much Elinor for your contribution. We are extremely grateful for your generosity.

2. A three half day workshop on Cognitive Behavioral Therapy for depression and anxiety in adults was presented to faculty in November 2011, at the historic Monroe House in the heritage district of downtown St. John's. Faculty from all our teaching hospitals attended the interactive training which consisted of a mix of theoretical learning and experiential practice. The training introduced participants to ways to think about and approach a patient's history and current issues from a CBT perspective and enhanced theoretical and practical knowledge of CBT structure and technique as applied to depression and anxiety. The workshop was led by Drs. Greg Radu and Peter Mezo.

3. A one day workshop in Dialectical Behavior Therapy led by invited speaker, Dr. Margo Rivera, Director of Psychotherapy at Queen's University and Clinical Leader of the Personality Disorders Service at Providence Care in Kingston, was provided to psychiatry residents, faculty and Eastern Health mental health professionals in June 2012. The participants were provided with informed approaches and tools to offer concrete assistance to individuals struggling with suicidality, self-harm behaviors,
emotion dysregulation and anger management. Special thanks go to Drs. Kim St.
John, Kevin Hogan, David Craig and Weldon Bonnell for working with Dr. Greg
Radu to plan and organize the event.

4. Our Psychotherapy Training Program strengthened the working alliance with the
Memorial Institute for Research and Intervention in Anxiety and Mood (MIRIAM)
Lab Group by enhanced involvement of faculty from the Discipline of Psychiatry and
the Department of Psychology in joint research projects and student supervision.
Psychiatry residents are invited to explore clinical research opportunities in the areas
of anxiety and depression by contacting one of the following: Drs. Sarah Francis
(sfrancis@mun.ca), Peter Mezo (mezo@mun.ca), Greg Radu (gmradu@mun.ca) or
simply visiting the lab website (www.mun.ca/psychology/miriam/home).

5. The Psychotherapy Program has completed and will soon email out the
recommended reading lists for adult and childhood psychotherapies. We
considered ‘best research evidence’ based practice evidence for the included
psychological treatments which are organized and presented by psychiatric disorder.
We included in our recommended lists research supported psychological treatments
as identified by the Society of Clinical Psychology of the American Psychological
Association. The readings are already available at the Health Sciences Library where
they can also be accessed online on the library website. Our thanks go to Drs. Peter
Mezo, Anna Hofner and Pam Morgan, MLIS, MBA, Information Resources Librarian
at the Health Sciences Library for their amazing work.

6. A new comprehensive collection of recommended psychotherapy resources,
including text books and DVDs, was purchased by the Health Science Library at the
request of and in consultation with our Psychotherapy Program. We are grateful
to Pam Morgan, the library liaison for Psychiatry at the Health Sciences Library for
making possible this significant contribution to our Discipline. Please feel free to
contact Pam at pmorgan@mun.ca as she can provide expertise and assist you with
designing workshops, demonstrations or tutorials, with building effective literature
searches to support research and practice and finally with accessing journal articles,
books and other relevant information.

7. The supervision of PGY-4 residents engaged in long-term psychodynamic
psychotherapy will be provided starting in July 2012 by our new part time faculty
colleague, Lisa Bendsza. Lisa is a registered psychologist who runs a busy private
psychology practice where the focus of her work is intensive psychodynamic
psychotherapy with individual adults and couples. She trained and practiced
in South Africa, Great Britain and Canada. The psychodynamic psychotherapy
supervision course is an experiential course in which residents will be learning
through working with a patient whom they will see on a weekly basis at the START
clinic for approximately one year. Weekly supervision sessions at the START clinic,
integrated into the academic half days, are also part of the required training in
psychodynamic psychotherapy.
8. The six session didactic module in crisis intervention and supportive psychotherapy was presented this year to our junior residents by Dr. Heather Hair, Assistant Professor of Social Work at Memorial. Heather brings significant experience in teaching graduate level classes and providing workshops on brief psychotherapy and counseling. She is trained in Marriage and Family Therapy, Community Psychology and Social Work. In her seminar series, she drew from the brief therapies literature to develop assumptions and skills for supportive, time-sensitive, crisis responsive, client-centred psychotherapy practice that can be used for each intervention opportunity. She critically examined the strengths and limitations of brief psychotherapeutic conversations and considered throughout the applicability of effective therapeutic moments with diverse peoples.

Critical Appraisal Sessions

The critical appraisal sessions are going well and everyone is learning a lot. Please extend an invitation to any clinical clerks, nurses, allied health professionals that may wish to attend.

TIME: Bi-Weekly, Fridays, Alternating Schedule with Grand Rounds, Noon – 1 PM

PLACE: Janeway Psychiatry Conference Room

FORMAT: These sessions are intended to be interactive, rather than didactic. The paper to be critically appraised should be circulated by email early in the week. The presenter chooses the article.

RESIDENTS: Remember, attendance is mandatory.

FACULTY AND STAFF: These sessions have been registered with the Royal College via the Self-Approval process and are eligible for Category 1 MOCOMP Credits.