LETTER FROM THE CHAIR

I am delighted to welcome everyone to this newest issue of our Department’s newsletter. Thanks to the expertise of David Elkins, our webmaster, this on-line newsletter/magazine has become an important forum to inform others about our many clinical and academic activities. Importantly, I want to take this opportunity to introduce our newest faculty members, Drs. Nicole Kreiser and Danya Lewis, and to describe some of the added responsibilities we have assigned to existing faculty, especially Drs. Justin Petri and Shriti Patel. This is also a time to welcome and thank Ms. LouEllen Blackwelder for joining our Department as our new Practice Manager, a job that involves managing all of our Administrative Support staff in real-time and handling all things pertaining to budget and personnel. LouEllen is off to a great start and we are all benefitting from the experience and expertise she brings.

Dr. Nicole Kreiser is a clinical psychologist who joined us after completing a prestigious two-year post-doctoral fellowship in neurodevelopmental disorders at the Kennedy-Krieger Center of Johns Hopkins University (JHU). Dr. Kreiser is trained in the neuropsychological assessment of some of the most difficult to evaluate pediatric patients. She also is trained to administer the gold standard instruments for reliably assigning a diagnosis of autism spectrum disorder, including the Autism Diagnostic Observation Schedule (ADOS).

(continued on page 2)
LETTER FROM THE CHAIR (continued)

Dr. Kreiser has broad research interests and experience, and is focusing on comorbidity among patients diagnosed with an autism spectrum disorder, including comorbid anxiety disorders. In addition to her exciting research interests, Dr. Kreiser is a superb clinician who translates her understanding of cognitive neuroscience into innovative interventions. Dr. Kreiser has joined several collaborators within our Department, especially Drs. Urbano, Hartmann and Flaherty.

Dr. Danya Lewis attended medical school in Albany, New York and is a graduate of our own residency program in Psychiatry; thus, she is well known to, and respected by, our faculty. Dr. Lewis practiced psychiatry in rural Ohio for about a decade before taking on the academic challenges of a medical school Department of Psychiatry. As the sole psychiatrist for a large geographic area, she provided psychiatric assessment and care to a population ranging from childhood to senescence. Her experiences make her an ideal supervisor for our trainees, and she can work comfortably in the ED, Consultation Service and inpatient services of Sentara Norfolk General Hospital, our primary teaching hospital, as well as in our outpatient faculty practice.

I am also delighted to announce that, after many years educational service to our Department, Dr. Gregory Briscoe of VAMC-Hampton will be handing over the reins of Clerkship Director to our own Dr. Justin Petri. Dr. Briscoe distinguished himself as a national leader in medical student education and is serving as the President of the professional society representing Third Year Psychiatry Medical Student Clerkship Directors across the country. Dr. Petri is highly regarded by our medical students and contributed substantially to the high percentage of the graduating EVMS medical school class who chose residency training in our specialty. Dr. Petri is a superb teacher and clinical supervisor who will lead exciting educational research efforts in Psychiatry, particularly with respect to identifying the curricular requirements for the 21st century psychiatrist. Another valued faculty member, Dr. Shriti Patel, has agreed to serve as the Associate Director of Residency Training under the tutelage of our current Residency Director, Dr. Paul Sayegh.

Please enjoy this latest edition of this magazine. You will see that we excel in our teaching, caring and discovering!

Stephen I. Deutsch, M.D., Ph.D.
Anne Armistead Robinson Endowed Chair in Psychiatry
Professor and Chairman, Department of Psychiatry and Behavioral Sciences
UPCOMING EVENTS

Wednesday, April 12, 2017
Psychiatry Grand Rounds
LECTURE: 12:00 - 1:00 PM   Hofheimer Hall Auditorium
Jessica Kramer, MSEd, QMHP, NCC (Virginia Beach Department of Human Services and PATH Homeless Outreach)
Improving treatment efficacy and outcomes for people who are homeless

Wednesday, April 19, 2017
Autism Awareness Month movie presentation and open discussion
6:00 PM   Roper Auditorium, Lewis Hall, 700 W. Olney Rd
Free community screening of the Oscar-nominated documentary Life, Animated

Tuesday, May 9, 2017
3rd Annual Mental Health Summit (sponsored by EVMS Psychiatry and the M. Foscue Brock Institute for Community and Global Health)
WORKSHOP: 8:30 AM - 3:30 PM   EVMS
Keynote Speakers: Jennifer Burden, PhD (Deputy National Program Director of Mental Health Residential Rehabilitation and Treatment Programs) and Heidi Kulberg, MD, MPH (Director, Virginia Beach Department of Health)
Workshop Facilitators: Kate Neuhasusen, MD (Chief Medical Officer, Virginia Department of Medical Assistance Services) and Ashley Harrell (Policy & Planning Specialist, Virginia Department of Medical Assistance Services)

Wednesday, May 10, 2017
Psychiatry Grand Rounds
LECTURE: 12:00 - 1:00 PM
Aneel Ursani, MD (PGY2, EVMS Psychiatry) and Natalie Armstrong-Hoskowitz, MA (Psychology Doctoral Candidate, EVMS Graduate Psychology Internship)
Angels v. Demons: Is psychosis atypical or just feigned? A case study.

Wednesday, May 17, 2017
Psychiatry Grand Rounds
LECTURE: 9:00 AM - 4:00 PM   Lester Hall, Room 104
Joseph Rhinewine, PhD (Director, Portland Mindfulness Therapy, Portland, OR)
Acceptance and commitment therapy II
**RECOGNITION, AWARDS, AND ANNOUNCEMENTS**

**Barbara Cubic, PhD** was awarded the Ivan Mensh Award for Distinguished Achievement in Teaching from the Association of Psychologists of Academic Health Centers and the award was presented at a ceremony in March in Detroit.

**Kristen Nelson, MD** (PGY-4 resident) has been accepted into the UCLA Addiction Psychiatry Fellowship.

**Kathrin Hartmann, PhD** was highlighted in the December 8, 2016 edition of the EVMS Pulse (EVMS’ digital newsletter) in “The psychology of picking the perfect presents.” See: [http://www.evms.edu/pulse/archive/thepsychologyofpickingtheperfectpresents.php](http://www.evms.edu/pulse/archive/thepsychologyofpickingtheperfectpresents.php)

**Serina Neumann, PhD** was highlighted in the January 24, 2017 edition of the EVMS Pulse in “Is it just the winter blues - or is it SAD?” See: [http://www.evms.edu/pulse/archive/isitjustthewinterbluesorisitsad.php](http://www.evms.edu/pulse/archive/isitjustthewinterbluesorisitsad.php)

**Serina Neumann, PhD** was highlighted in the February 14, 2017 edition of the EVMS Pulse in “Five ways to keep your relationship goals in check”. See [https://www.evms.edu/pulse/archive/fivewaystokeepyourrelationshipgoalsincheck.php#.WKRiDf2ktms.email](https://www.evms.edu/pulse/archive/fivewaystokeepyourrelationshipgoalsincheck.php#.WKRiDf2ktms.email)

**Jennifer Flaherty, PhD** was awarded a grant from the Hampton Roads Community Foundation to study the MMPI-A-RF in child neuropsychology. The project is being carried out by Dr. Flaherty with the assistance of **Richard Handel, PhD** and **David Elkins, MS**.

**Greg Briscoe, MD** was an Editorial Board member for the Journal of Technology in Behavioral Science.

**Greg Briscoe, MD** was a reviewer for APA’s Practice Guideline for the Pharmacological Treatment of Patients with Alcohol Use Disorder.

**Justin Smith, MD** (PGY-3 resident) and **Stefan Mianowski, MD** (PGY-2 resident) have been selected as Chief Resident and Assistant Chief Resident, respectively, for the 2017-2018 academic year.

We wish to congratulate **Teal Kozikowski, MA** on her recent April 1 marriage in Florida and want to extend our wishes for a happy lifetime ahead.

**John Thurston, MD** (PGY-4 resident) and his wife welcomed a new baby boy into their family. Dominic was born on January 13.

RECENT EVENTS

- December 14 - Psychiatry Grand Rounds presentation with Clay Warren, PhD entitled “Measuring sex communication in a family”
- January 11 - Psychiatry Grand Rounds presentation with Michael Stutts, PhD and Hamid Okhravi, MD entitled “Defining and diagnosing dementia and mild cognitive impairment”
- February 3 - Seventh Annual Insights into Autism conference entitled “Communication and relationships across the spectrum”
- February 8 - Psychiatry Grand Rounds presentation with Stefan Mianowski, MD and Jenn Irish, MA entitled “When disordered eating isn’t: Differentiating between delusional disorder and anorexia”
- March 8 - Psychiatry Grand Rounds presentation with Carrie Jones, PhD entitled “Drug discovery in academia: Development of novel therapeutics for autism spectrum disorder and schizophrenia”
- March 31 - Graduate Student Research Conference presentation with Daniel Weinberger, MD entitled “Genomic insights of brain developmental disorders in neurology and psychiatry”

NEW PERSONNEL

We would like to recognize the following new employee:

- LouEllen Blackwelder (Practice Manager) joined our department in January. She received her Master’s Degree in Business Administration from VCU and most recently served as the Associate Administrator for “Transplant Surgery and Vascular Surgery” in the VCU Health System.
Virginia Consortium Program in Clinical Psychology (VCPCP)

August 22, 2016

Alexis Chappel
“Cognitive performance as a function of right-sided low-frequency rTMS administration using CNS Vital Signs”
Chair: Serina Neumann, PhD, EVMS

Erin Kurtz
“An etiologamal model of posttraumatic stress disorder in female OEF/OIF/OND Veterans: Adding military sexual trauma as a risk factor”
Chair: Michelle Kelley, PhD, ODU

Michele Laaksonen
“The relationship between trauma-related shame, disordered behaviors, and contextual factors of sexual trauma beyond trait-shame and sex-guilt”
Chair: Desideria Hacker, PhD, NSU

Emily Oettinger
“Executive dysfunction as a trait marker for depression in children and adolescents”
Chair: James Paulson, PhD, ODU

Valerie Ward
“Do trait positive and trait negative affect predict progress and discharge outcomes in an inpatient medical rehabilitation population?”
Chair: Michael Stutts, PhD, EVMS

Takeisha Williams
Chair: Kathrin Hartmann, PhD, EVMS

December 25, 2016

Amy White
“Body image and quality of life among postsurgical bariatric patients”
Chair: Barbara Cubic, PhD, EVMS

May 28, 2017

Sara Brock Davis
“Sense of belonging, emotion regulation, perceived social support and mental health among college students”
Chair: Robin Lewis, PhD, ODU
RECENT AND UPCOMING GRADUATES (continued)

Psychiatry Residency Program (PGY-IV)
Niketa Desai, MD, University of Sint Eustatius
Amer Khan, MD, Windsor University
Kristen Nelson, MD, American University of the Caribbean
John Thurston, MD, Ross University School of Medicine

Clinical Psychology Internship Program
Nathalie Hoskowitz, Sam Houston State University
Yelena Khvatskaya, Binghamton University / SUNY
Cathleen LaLonde, University of Detroit, Mercy
Jennifer Irish, Fuller Theological Seminary
Ashley Louie, University of Tulsa

Art Therapy and Counseling Program
Katherine Ann Efimetz, BA
“Art therapy assessment: A study of males’ bird’s nest drawing”
Chelsey Lynette Fawthrop, BA
“A self-study exploration of the experience of quilting: Implications for art therapy”
Jaimee LeiAnn Foster, BA
“Process painting with a woman diagnosed with breast cancer”
Susan S. Garnett, BFA
“Building a conceptual model of equine art therapy”
Nicole Ga Mun Ho, BFA
“Professional bereavement of oncology nurses: A literature review”
Gabrielle Ann Irvine, BA
Ashley Jenkins, BFA
“Working through unresolved bereavement through fiber arts and reflective writing: A heuristic study”
Tuesday J. Johnson, BS
“The graduate school experience of art therapy students of color”
Tanisha A. Leonard, BA
“Self-study of the usefulness of visual journaling to facilitate reflection on personal and professional growth”
Casey Ann McDaniel, BA
“Community art and the role of an art therapist: A qualitative study”
Alisa Marie Stuckert Simmons, BA
“Exploring the lived experience of being a spouse and caregiver to a combat-wounded veteran and an art therapy student: An art-based, heuristic study”
Julia D. Willinger, BA
“A mixed method study investigating the efficacy of art therapy on teaching stress management techniques and improving social/emotional intelligence of adolescents with learning disabilities”
Psychiatry Residents, December 2016 (from left to right): Drs. Aneel Ursani, Justin Smith, Amer Khan, Kristen Nelson, Ryan Wade, Alison Stempel, Stefan Mianowski, Brian Bui, and Robert Busch

EVMS
PSYCHIATRY AND
BEHAVIORAL SCIENCES
PUBLICATIONS


PRESENTATIONS


Ohana, Ware, et al. (2017, June). Orthodox Jewish parents struggle with safe sleep positioning guidelines. Presentation at the National Sleep Meeting, Boston, MA.

Ohana, Ware, et al. (2017, June). Sleep time is not increased in Orthodox Jewish children despite lack of screen-time. Presentation at the National Sleep Meeting, Boston, MA.


Sanford, Ware, et al. (2017, June). Effect of sleep fragmentation on the microbiome-gut-brain axis. Presentation at the National Sleep Meeting, Boston, MA.

Ware, J. C. (2016, November). Sleeping with the microbiome. Presentation at the 8th Annual Meeting of the Virginia Academy of Sleep Medicine, Richmond, VA.
(from left to right): Dr. Helen Foster (VCU), Shannon Maj (EVMS MS4), Virginia State Representative Linwood Lewis, and Alyssa Warren (EVMS MS4). This meeting took place to discuss the need for increased money in mental health and ways to encourage the opening of more psychiatric facilities in Virginia, as well as to meet with psychiatry residents from Virginia Commonwealth University (VCU) and additional Virginia state delegates.