

## New Members

The following is a list of new Life members and Members in Training who have joined us this year. The IAPA family extends a warm welcome to all of you. Let us thank all those who have been tirelessly working to recruit new members.

LM Milind Kale, W. Hartford, CT  
 LM Gurender Sahani, Avon, CT  
 LM Madhavi Prakash, Brookline, MA  
 LM Lajpat Ganndi, Woodbury, NY  
 LM Jessy Colah, Baldwin, NY  
 LM Rajinderpal Singh, Midlothian, VA  
 LM Shilpa Srinivasan, E.Columbia, SC  
 LM RP Rajarethinam, Ann Arbor, MI  
 LM Haidari Shikari, Chicago, IL  
 LM Haresh Tharwani, Apex, NC  
 LM Shital Mehta, Bourbonnais, IL  
 LM Sujit Varma, Hibbing, MN  
 LM Sanjay Vaswani, Bakersfield, CA  
 LM D. Natarajan, Regina, SK  
 LM Anil Sipahimalani, Mounds View, MN  
 LM Raj Mishra, Chester, VA  
 LM Anu Matorin, Houston, TX  
 LM Vijay Chennamchetty, Heber, CA  
 LM Greesh Sharma, Ph.D., Morrisville, PA  
 MT Lily Arora, NYC, NY  
 MT Vikramjit Singn Gill, Morgantown, WV  
 MT Subhashree Ramesh, Voorhees, NJ  
 MT Navdeep Dhaliwal, Louisville, KY  
 MT Chetana Kulkarni, W.Toronto, ONT  
 MT Nikhil Palekar, Brooklyn, NY  
 MT Payal Shah, Brooklyn, NY  
 MT Katherine Ram, Toronto, ON  
 MT Mamta Sapra, Brooklyn, NY  
 MT Subhadeep Barman, Burlington, VT

MT Jisha Philip, Ridgewood, NY  
 MT Maju Koola, Albuquerque, NM  
 MT Gulam Noorani, Hackensack, NJ  
 MT Sandeep Dhingra, Rego Park, NY  
 MT Srijan Sen, NewHaven, CT  
 MT Mridul Mazumder, Columbia, SC  
 MT Shri Vaish, Smyrna, GA  
 MT Vinay Saranga, Beaver Creek, OH  
 MT Khyati Brahmbhatt, Philadelphia, PA  
 MT Vikrant Mittal, Hamden, CT  
 MT Sibly Simon, Chicago, IL

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# The Forum

Number 77

January 2008

## Dr. Juthani receives the Tarjan Award



Dr. Nalini V. Juthani received the Tarjan Award, given annually by the American Psychiatric Association to an outstanding IMG leader. Dr. Juthani received this award at the Institute of Psychiatric Services meeting, in New Orleans

in November 2007. The IAPA family is proud of her achievements and continued contributions to the field of psychiatry.

**Dr. Juthani** is Professor of Clinical Psychiatry at the Albert Einstein College of Medicine (AECOM) in New York. She was the Residency Program Director and Assistant Dean for Undergraduate affairs at the Bronx Lebanon Hospital Center for 25 years. In addition, she serves on the Admissions and Promotions Committees of AECOM. She has recently joined the Accreditation Council for graduate Medical Education (ACGME) as an Accreditation Representative.

Nalini is a diplomat of the American Board of Psychiatry and Neurology (ABPN) and she has served as a Board Examiner for 10 years. She was also appointed as a member of the Residency Review Committee (RRC of Psychiatry ACGME). She has served on the Executive committee of the American Association of the Directors of Psychiatric Residency Training (AADPRT) and is a Distinguished Fellow of the American Psychiatric Association (APA). She has received numerous awards in the field of psychiatry education, Religion and Psychiatry to mention a few.

Nalini's notable contribution is to the education, mentorship and development of IMGs. During her tenure as a psychiatric program director and assistant Dean at Bronx Lebanon Hospital she has trained more than 125 IMGs from all over the world and 500 medical students from **cont. on page 3**

## Editorial

Welcome to the winter edition of the newsletter. The IAPA meeting in San Diego in May 2006 was a grand success. The scientific session lecture "Sexual Addiction: one more addictive disorder" by Dr. Ashwin Patkar and the panel discussion on the topic "Indians and Sexuality: From Ancient Indian Text to Modern Indian Cinema" moderated by Dr. Shiv Hatti was well received (see inside for more information). The panel included Dr. prakash Desai who spoke about "Lessons from Ayurveda on Sexuality and Sexual Dysfunction" Dr Vernon A. Rosario, Associate Clinical Professor, Semel Institute for Neuroscience and Human Behavior at UCLA spoke on "Lesbian Gay and Bisexual South Asian-Americans" and Dr. Mohan Agashe, Advisor, Government of Maharashtra on Mental Health Policy & Program Honorary Director, D.A.T.E. gave an interesting account on "Sexuality in Modern Indian Cinema". This was followed by the presentation of awards at the evening reception which was organized by the California chapter. The guest list included many of our leaders in IAPA who hold positions in various APA components and the Assembly and several prominent members of the American Psychiatric Association.

In response to our request for articles and reports we are encouraged by the enthusiastic response from our readers and contributors who have contacted us about various issues of interest for publication in this newsletter. We encourage readers to check out our website: [www.myiapa.org](http://www.myiapa.org) for relevant information about the organization and a host of related topics. Membership information and forms are also available. We would like to hear your views and comments.

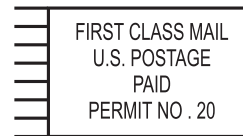
Please remember to cast your ballot for the APA election.

Antony Fernandez, MD and Radhika Sriram, MD

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## President's Message

Dear Friends,

Greetings!

It is with a sense of great pride that I take over as the President of the Indo American Psychiatric Association for 2007-2009. Founders of our esteemed association had a vision to start an institution which will continue the tradition of service to the mentally ill in their new homeland, to educate the new generations about unique psycho-cultural issues affecting the Indo Americans and to promote research. The past Presidents of our organization have upheld this vision and contributed to furthering these goals. I commit myself to continue these long-standing traditions and move our organization on its path to excellence.

What is an organization but a sum of its members? We all bring to this organization our best. To ensure its steady growth and development, it is critical that we keep on inspiring the younger generation of Indo American Psychiatrists to participate actively in this process. To that end, last year we added a Member in Training, Dr Sudepta Varma to the Executive Committee. Her presence immediately brought to our attention the need to focus on the needs of the younger generation. This year we added an Early Career Member to our Executive Committee and appointed Dr Varma to this position. I have appointed Dr Arshdeep Singh Jawandha as the Member in Training on the Executive Committee.

I ask all of you to encourage those Indo American Psychiatrists who are not members of our organization to join us. Our strength arises from our numbers. Psychiatrists of Indian origin are making their mark locally, nationally and internationally. Hence, it is important that we let our collective voices be heard by the policy-makers. We also must work hand in hand with organizations like the American Psychiatric Association and make sure our concerns are addressed. For that purpose, IAPA can be your forum. Similarly, collaboration with our sister organizations like the Indian Psychiatric Society, British Indian Psychiatric Association, Indo Australian Psychiatric Association, Indo Canadian Psychiatric Association is critical to achieve these shared goals.

I am very fortunate to have Dr Shiv Hatti as the President Elect, Dr Rudra Prakash as the Secretary and Dr Vani Rao as the Treasurer working with me. Drs Geetha Jayaram, Malini Patel and Sudha Prathikanti as Councilors are voices of wisdom and reason. Drs Antony Fernandez and Radhika Sriram have very graciously accepted my request to continue as the Editors of FORUM. They will be assisted by Drs Sudepta Varma, Anu Matorin, and Vijay Chennamchetty as Contributing Editors and Drs Anand Pandurangi, Chowdary Jampala and Rudra Prakash will serve on the Editorial Board. Our website [www.myiapa.org](http://www.myiapa.org) will be updated by our knowledgeable webmaster [webmistress ?] Dr Sudha Prathikanti.

I wish you all a Happy New Year.

With warm regards,

Sincerely,

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R. Viswanathan, M.D., D.Sc.

## Chapter Reports

### Pittsburgh Chapter:

We had two chapter meetings this past year - March and September 07. In March, nearly 20 members heard Dr M.S. Keshavan speak at the Tamarind Restaurant on Mental Health and Spirituality-an Eastern Perspective. The presentation was very well received judging by the questions that followed. It was wonderful to see Drs Asha and MS Keshavan back in Pittsburgh where they resided for several years prior to their move back to Detroit. The credit for organizing this meeting goes to two members: Dr Srihari Bangalore and Dr Karthi Namasivayam.

In September, we had a much smaller gathering, 7 members at the Orchid Restaurant in Pittsburgh. Mr. Chad Daversa, Executive Director presented on membership benefits of joining the International Society of Bipolar Disorders - ISBD (based in Pittsburgh). He also encouraged IAPA members to consider attending the ISBD Bipolar Conference being held in India (Delhi/Agra) from January 27 to January 30, 2008. He spoke about travel fellowships for residents and fellows that might be interested in attending the conference in India.

Dr Rohan Ganguli, a fixture here in Pittsburgh, and at the local and national IAPA meetings made a startling announcement that he is moving to the University of Toronto starting January 2008. Rohan will be occupying one of the most

senior executive and academic positions in this gargantuan department of psychiatry. He will begin a two-year transition and will be shuttling back and forth from Toronto to Pittsburgh during 2008 and 2009. Dr Mary Ganguli will also be moving to Toronto during this two year period. After a 30 year residence in Pittsburgh, to say they will be sorely missed will be a gross understatement! We wish them the very best in their new endeavors, and I am sure at one level if they will never leave Pittsburgh or the Steelers or the Penguins!

Season's Greetings to all IAPA members, and a Very Happy New Year!

Best wishes, Roy Chengappa

### Virginia Chapter:

The Virginia chapter of IAPA held the local chapter meeting on May 25th 2007, with speakers: Dr. Pandurangi and Dr. Mohan Agashe as a guest speaker. Dr. Pandurangi discussed the topic Psychiatry Series: New Insights in the Treatment of Bipolar Depression, sponsored by Astra Zeneca. Dr. Agashe, an award winning movie star and Psychiatrist from India delighted the audience with a thought provoking movie about the diagnosis and treatment of mental illness in the Indian context with an emphasis on education. The movie generated a good amount of discussion. Cultural aspects of the

topic were discussed at length. Members and guests attended the meeting from Medical College of Virginia/Virginia Commonwealth University. The business meeting included the swearing in of the office bearers Dr. Ramesh 'Rick' Chaudry as President of the Virginia chapter and Dr. Padmaja Chaparala as the treasurer. We wish both of them all the very best during their term. A note was made for members to pay their membership dues. The members thanked Dr. Asha Mishra for her outstanding leadership as President of the National organization. – Radhika Sriram, MD

### New York Downstate Chapter:

The chapter met on Dec 15<sup>th</sup>, 2007 for a dinner meeting. Dr. Vinod Dhar did a great job. There were 90+ attendees (not all members). He pushed for membership, greater participation of the younger generation and alliances with a few other groups.

Dr. Ashwin Pandya and Dr. Viswanathan and a few Early Career Psychiatrists and several Residents attended the meeting. Happy Holidays. Seeth Vivek, MD

rationalize and emotionally console ourselves with the thought that it didn't affect us directly or anyone we knew- it was all too familiar and all too personal. I felt an especially heightened sense of empathy for the indigent individuals with mentally illness in the area, who had to face displacement, homelessness, severed access to treatment, devastating stressors or loss of supports. I feared and prayed for my patients, some of whom were elderly long-term care residents.

Looking back, we definitely had more blessings to count than not. Countless people suffered devastating losses, both of life, limb and home. We were lucky to have been able to mobilize ourselves and salvage not just material belongings but also our professional lives. More than anything, we were safe and had our health, for which we were the most grateful. I was also selfishly relieved that my son was too young to register the magnitude of what had occurred- that I didn't have to explain why he didn't have his playroom, his toys, his friends- things that my friends were forced to explain to their older children. I was glad he didn't ask why the front door of our New Orleans home bore markings where the National Guard broke their way in, looking for people and/or corpses.

I returned to New Orleans in January 2006- my first visit since we left for a weekend beach-break 5 months earlier. I have since visited many more times, often for psychiatric meetings, such as the Institute on Psychiatric Services in October, 2007. Visiting family, friends, and colleagues in New Orleans, some who stayed, others who later returned, still others like me, who left the city in body, but not in heart and spirit, brings hope and a sense of renewal back. With more tourists and conventions returning to New Orleans, the city is slowly coming back, but it is clearly going to take much, much more. I am not a political commentator- just a person who has had the good fortune to be caught in the spell of "laissez les bon temps rouler"- may it roll again.

## Candidates for Trustee at Large



**Dilip Jeste, MD**

I became a member of the APA as a psychiatry resident more than 30 years ago. Since then, I have worked with various facets of psychiatry as a researcher, clinician, educator, and administrator. I will bring my varied background and fresh ideas to help further the APA's mission of "being the voice and conscience of psychiatry". As Trustee-at-Large, I will focus on:

- Promoting the critical role of psychiatry as a vital branch of medicine.
- Universal access to comprehensive healthcare for all our patients including children, elderly, minorities, and the homeless.
- Helping the advancement of members-in-training as well as early career psychiatrists, especially women and other psychiatrists from under-represented groups.
- Enhancing the role of science in the work of the APA.
- Making the DSM-V clinician-friendly.
- Reaching out to public to enhance psychiatry's image.

Please visit my website <http://www.dilipjeste.com/> I will appreciate your input and feedback.



**Francis G. Lu, MD**

I ask for your support based on my 20 years of APA work on behalf of cultural competence and diversity, which has prepared me to provide leadership in these areas on the Board of Trustees. I was a member of the Committee of Asian-American Psychiatrists from 1987 to 1993 (chair 1990-1993). Under five APA Presidents, I chaired the Council on Minority Mental Health and Health Disparities from 2002

to 2007. I have received the APA Kun-Po Soo Award for significant contributions toward understanding the impact of Asian cultural heritage in areas relevant to psychiatry, and in 2002 President Harding presented me an APA Special Presidential Commendation for my work in cross-cultural psychiatry. My website at [www.francislumd.com](http://www.francislumd.com) contains my candidacy statement, CV, 6 ways to help, and more. #2 votes for me also help. Only 29% voted last year, so every vote counts! Together, we can make a difference!



**Ann Marie Sullivan MD**

I would like to thank the Indo-America Psychiatric Association for this opportunity. I am a public psychiatrist, teacher and administrator in the incredibly diverse community of Queens New York, where I work to increase access to quality care for our diverse patients.

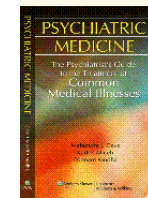
As your trustee at large, I will bring this perspective to the APA, the need to champion access to care, and diversity in our workforce, profession and the APA itself. Working closely with IAPA is a must. We also need to ensure adequate payment for our services and protect the critical role of the psychiatrist in patient care.

I am currently Area 2 trustee to the Board for six years, have advocated at the city, state and national level for ten years, and was a member of the Assembly for six years. I would be honored to be your trustee at large.

## News and Reports

### Books by IAPA members

#### Psychiatric Medicine The Psychiatrist's Guide to the Treatment of Common Medical Illnesses Softbound



**Author(s):**  
Mahendra J Dave MD,  
Kurt P Miceli MD,  
Poonam Modha MD

This handbook is a concise, portable ready reference for diagnosing and treating common medical illnesses encountered in psychiatric patients, particularly those in an inpatient service. The first section explains laboratory tests used to diagnose medical illness. The second section covers 59 medical symptoms and diseases. The third section focuses on important syndromes which have specific psychiatric manifestations or are caused by psychotropic drugs. Particular attention is given to basic understanding of lab tests and drug dosing. "Pearls" and "pointers" increase the book's utility. Appendices offer guidelines on monitoring for psychiatric medications and list key medical abbreviations.

(continued on page4)

### Awards Committees

#### Outstanding Academician Award:

Dr Anand Pandurangi [Co-Chair]  
Dr Asha Mishra  
Dr Ashwin Patkar  
Dr Phillip Ninan

#### Outstanding Service Award

Dr Shiv Hatti [ Chair]  
Dr Malini Patel [Co-Chair]  
Dr Shastri Swaminathan  
Dr Sudepta Varma

#### Exemplary Public Sector Psychiatrist Award

Dr Antony Fernandez [ Chair]  
Dr Chandra Vedak  
Dr Chaitanya Haldipur  
Dr Prabha Sunderajan

#### Outstanding Resident Award

Dr Iqbal Ahmed [Chair]  
Dr Meera Narasimhan  
Dr Mantosh Dewan  
Dr Gagan Deep

**Juthani continued** Albert Einstein College of Medicine. She has led conferences for IMGs on "How to become a competitive applicant for Psychiatry Residency training" APA, having recognized her contributions as a notable IMG educator appointed her to the RRC Psychiatry. Currently at the ACGME level she is one of the few female and the first Asian to have been appointed as a Field representative

that provides accreditation site visits to residency training programs all over the US. Nalini was a Finalist for Parker J. Palmer, Courage to Teach award given by ACGME.

Nalini was the first elected president of the IMG caucus of the Assembly of the APA. She has served on numerous components of the APA including the IMG, Religion and Psychiatry, Minority and underrepresented, Administrative Psychiatry and management and she was appointed to the Task force on Strategic Planning of the APA by the president of the APA. She is currently serving her second three year term on the Advisory Board of Psychiatric News. In each of these appointments she has represented IMGs, females and the Asian psychiatrists. She was the president of Indian American Psychiatric association for two year term. During this tenure she established an outstanding resident award which IAPA gives out every year.

She has presented on IMG and culture related topics at the APA for over two decades. She has made numerous presentations on the Topic of Religion, Spirituality and Mental Health. She is author of several publications, of note are a chapter entitled "Understanding and Treating Hindu Patients" in the Handbook of Religion and Mental Health edited by Harold Koenig and an article entitled "Challenges Faced by International Women Professionals" published in Academic Psychiatry, 28:4, winter 2004

### Obituary

#### Vit Universal Patel, MD, DFAPA

Dr. Patel a member of our Assembly for decades, left us suddenly July 30<sup>th</sup> 2007 morning, due to complications of a Heart Attack. Vit was a great man of utmost integrity, a leader of the Hawaii Psychiatric Medical Association, a selfless, tremendous warrior for the cause of proper medical care of patients suffering from psychiatric illnesses. Never one to hold back, even at personal cost, he was nevertheless respected for always, steadfastly standing up for what he believed was the right thing to say or do for our patients and for our APA. On behalf of the Assembly, I thank Geeta for so generously sharing Vit with the rest of us—his patients, his colleagues, his Assembly, his APA and his community. We will miss him greatly.

Should any of you wish to extend to Geeta any memories or good wishes as Vit moves onward, or should you have any questions, you may contact Geeta at 808-623-4998, or by email at [gpatel@queens.org](mailto:gpatel@queens.org). Aloha pumehana,—Jeffrey Akaka, MD, Speaker, Assembly of the American Psychiatric Association.

"He was a wonderful man who spoke his mind so eloquently and we will miss him." Ashok Van, MD.

"He was a dedicated psychiatrist, clear in his thinking of what is best for the patient and never minced any words when articulating his position. He was with IAPA since its inception and contributed during meetings. We have lost two stalwarts from thw West Coast - Jambur Ananth and now Vit Patel. Will surely miss his presence at the various APA and IAPA meetings."Manoj Shah, MD

## More Books by IAPA members

### Fulfilling Heart and Soul: meeting Psychological and spiritual Needs with Conscience: N.S. Xavier

Publisher: Authorhouse. Pages 232.  
ISBN (hardcover) 1-4259-7021-4 retail price \$29.95  
ISBN (softcover) 1-4259-7022-2. retail price: \$14.95  
[www.nsxavier.com](http://www.nsxavier.com) has more information about the book including the first chapter and links to the publisher and to Amazon.com.

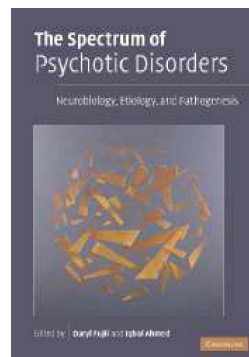
“This is a very practical guide for anyone interested in self-empowerment through psychological and spiritual evolution.”  
Deepak Chopra, MD

“During my tenure as a psychiatry residency program director for twenty-five years, our curriculum included a course on Religion, Spirituality and Mental Health.” This curriculum had received an award from Templeton Foundation and National Institute of Healthcare Research. The book *The Two faces of Religion* was one of the reference books we had used in teaching this course. Xavier’s most recent book “Fulfilling Heart and Soul: meeting Psychological and spiritual Needs with Conscience” is the most pragmatic guide for the residents and the students in Psychiatry training.

This book is easy to read and it makes the complex nature of Conscience and Superego easy to understand. This book can also be used as a guide to examine our own needs as well as others’ needs. He author presents a number of clinical cases which distinguish between conscience and the superego. The conscience uses reason, fairness and compassion with an open mind in guiding an individual towards clear thinking and appropriate actions. The superego, on the other hand, shapes our lives greatly through the influences in our earlier growing up years and even later if we internalize social influences without reason and fairness. Utilizing these concepts, a student of psychiatry may guide their patients get beyond their superego and utilize the conscience to reconciliation and healthy ways of thinking and behavior. I strongly recommend this book as a must-read in psychiatric education. This unique contribution to psychiatry and spirituality makes the profound easy to follow and it can be recommended to many patients.

The Indian cultural concept of Shame versus the Western concept of Guilt falls within the difference between a conscience based on reason, fairness and compassion and the punitive or unbalanced aspect of superego. The author has used several insightful examples which show how in clinical situations a clinician can help a patient liberate the conscience from the superego. I enjoyed reading this book which is written with clarity and humor. This book also enlightens us about the very creative role conscience and insights into human needs can play in dealing with conflicts ranging from inner-personal and interpersonal to international”. Nalini V. Juthani, MD

### The Spectrum of Psychotic Disorders: Neurobiology, Etiology & Pathogenesis



Edited by Daryl Fujii, *University of Hawaii, Manoa* and Iqbal Ahmed *University of Hawaii, Manoa*

The spectrum of psychotic disorders encompasses as many as 25 different etiologies, ranging from the primary psychoses through those secondary to medical conditions, drugs and medications, and sensory impairments. This book provides a one-stop, comprehensive review of these disorders and gives quick comparisons for diagnostic decision-making to help with difficult differential diagnoses. Every chapter is uniformly structured to show comparisons between each disorder of presentation, course, and underlying neuropathology. Evidence for each etiology is also rated, indicating the confidence level the reader can place in the current findings. The international team of authors also examines data supporting a unitary neurobiological model of psychosis and the hypothesis that psychosis is a neurobiological syndrome similar to aphasia or apraxia. This book represents a paradigm shift in understanding, classifying and diagnosing these disorders, providing directions for future research and treatment. It will be of great interest to psychiatrists and neuroscientists alike.

Contributors: Daryl E. Fujii, Iqbal Ahmed, Gerald Goldstein, Daniel N. Allen, Gretchen L. Haas, Jason Schiffman, Katerine Osatuke, John W. Kasckow, Somaia Mohamed, David B. Arciniegas, Daniel J. Abrams, Andreas Marneros, Frank Pillman, Theo Manschrek, Deborah Yurgelun-Todd, Eric G. Smith, Philip R. Burke, Jessica E. Grogan, Susan E. Frantoni, Anthony J. Rothschild, Nick Bouras, Colin P. Hemmings, Wendy R. Kates, Wanda Fremont, Dirk M. Dhossche, Nikki Armstrong, Perminder Sachdev, James A. Bourgeois, Tamara Dolenc, Teresa Rummans, Sarah Reading, John T. Little, Katherine H. Taber, Robin A. Hurley, Luis Alfonso Nunez Domingo, Erin Y. Sakai, Liz Jacob, William Haning III, Junji Takeshita, Diane Thompson, Stephen E. Nicolson, Robert A. Sweet, Sasha Ericksen, Debby Tsuang, David L. Sultzer, G. Webster Ross, Suzanne Holroyd

## 2008 American Psychiatric Association’s election of officers and trustees

Ballots were mailed to voting members on Thursday, December 22. Members may vote either online or on paper. Intelliscan, Inc., APA’s election management firm, will send emails which include information on accessing online ballots to those members for whom APA has e-mail addresses. All ballots - paper or online - must be received by 5:00 p.m. (Eastern Standard Time), February 5, 2008. To access the online ballot, members can visit [www.psych.org](http://www.psych.org), click on the link “Cast Your Votes in the 2008 Election” and follow the prompts for online voting. The site includes candidates’ photos, biographies, and statements. To log on, members must enter their last name and a ballot control number as shown in the email or on the paper ballot. If both options are used, only the votes on the online ballot will be counted. Please contact Carol Lewis, Special Projects Manager, if you have questions regarding accessing the balloting site or any other aspect of the APA election.  
PLEASE VOTE AND URGE YOUR COLLEAGUES TO VOTE

### Candidates for President-Elect



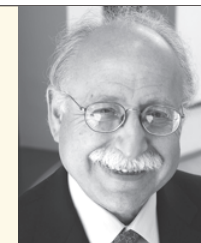
**Donna M. Norris, M.D.**

Thank you for this opportunity to communicate with your membership.

Indo-American psychiatrists make important contributions in this country to our physician workforce: in private practice, in medical education and research, in administration, and particularly within the state psychiatric hospital systems. We must make sure that all Indo-American psychiatrists (members and non-members) know that APA is advocating for them and for the profession. APA has co-sponsored (with the American Board of Psychiatry & Neurology) a successful project of education to assist International Medical Graduates to prepare for the oral examinations.

I have worked tirelessly within the APA to make sure that the needs of all patient populations and physicians from minority and under-presented groups are not ignored. I look forward to our continued collaboration on important concerns such as the challenges of change in graduate medical education and their impact on the Indo-American physician community. I value your voice and ask for your support in this election.

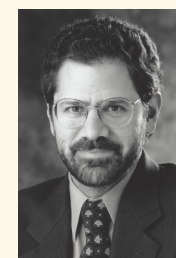
I am honored to have been nominated to run for APA President-elect. The APA needs not



**Alan F. Schatzberg, M.D.**

only to be an effective advocate for the practice of psychiatry and the care of our patients, but must also serve as a standard bearer for the scientific aspects of our specialty. I believe, as an organization, we have spent a great deal of effort and have had considerable success in the past 10 years in clinical advocacy, but have lagged on cutting edge science. The result has been that many of the very best psychiatrists do not belong to the organization, feeling it is irrelevant. Among our members, there is a sense of apathy reflected in low—and constantly decreasing—voter turnout, poor attendance at annual meetings, a sense of wondering of why they should belong to the organization, and even a lack of pride in their specialty. As President, I will work on both practice-related issues (such as parity, scope of practice, etc.) as well as on improving the scientific, educational, and professional identity aspects of our field. I believe I have the experience to help on both fronts. On the issue of diversity, I have been a strong promoter of minorities at Stanford University. For example, of our adult residents, 46% are minorities (40% Asians). Of our faculty, 24% are minorities (14% Asians). Please join me in my efforts to improve both the APA and our profession.

### Candidates for Secretary-Treasurer



**David Fassler, M.D.**

I am a child and adolescent psychiatrist practicing in Burlington, Vermont. I currently serve as a Trustee at Large on the APA Board. I’m particularly interested in the connection between the APA and organizations such as the Indo-American Psychiatric Association. I believe that by working collaboratively with allied organizations, we enhance our ability to achieve our collective goals and objectives. As a Trustee at Large, I’ve proposed and will continue to pursue a joint dues initiative which would recognize and encourage membership in multiple psychiatric organizations. I also think the APA and the IAPA can and should work together to explore and address issues of common concern including access to care, employment related bias and discrimination with respect to training and certification.

I’m honored to be running for the position of APA Secretary/Treasurer, and I would welcome the support of my friends and colleagues in the Indo-American Psychiatric Association.



**Burton V. Reifler MD, MPH**

With around 1000 APA members, the Indo-American Psychiatric Association is an important voice in the APA. IAPA members are among the most dedicated and involved participants in APA activities and occupy important positions throughout American psychiatry, including public psychiatry, organized practice, and academia. Therefore it is important to actively seek the opinions and counsel of IAPA’s leaders and membership. I have extensive leadership and fiscal experience and whatever success I have achieved, whether as chair of psychiatry at Wake Forest or as chair of the APA’s Council on Aging, has been due in large measure to working collaboratively and always being open to the views of others. If elected I look forward to establishing a relationship with IAPA and will welcome your input.

## New Orleans Revisited



Laissez les bon temps rouler- Let the good times roll. That saying is heard often around New Orleans and has really come to epitomize the joie de vivre that the city exudes. It is that same zest that initially drew

me there- first as a medical student doing away-rotations in my last year of medical school and then as a psychiatry resident at Tulane University School of Medicine. Although I've since moved away, I recently revisited the city in October 2007 to attend the Institute on Psychiatric Services

The city has been accused of inspiring a love-hate relationship in people- you either love it or you hate it. In my case, it was definitely the former. I left New Orleans and joined the medical workforce after residency, only to return 3 years later to start fellowship training in Geriatric Psychiatry at LSU. My physician husband, newborn son and I settled into a home in the Lakeview area, close to Lake Pontchartrain (the second largest salt-water lake in the United States, covering 630 square miles, its southern shore forming the northern boundary of New Orleans) and within easy commute to the downtown medical center area and Uptown Garden District manses. We were excited to be back in New Orleans, among friends and family.

I began my fellowship training in January of 2005, and fell into the routine of rounds, outpatients, didactics, while balancing the excitement of a new baby at home. Meanwhile, my husband had returned to his clinical faculty appointment at Tulane University and was working at the Pediatric Emergency room at University Hospital, part of the Medical Center of Louisiana at New Orleans (MCLNO) system of hospitals in downtown New Orleans, part was the well-known Charity Hospital system.

New Orleans, of course, is famous (or infamous, depending on your perspective) for many things- great food, great jazz and Zydeco, festivals, Mardi gras, and the list can go on. But another inescapable fact is that New Orleans is also in the Hurricane zone. Hurricane season begins on June 1<sup>st</sup> and extends through November 30<sup>th</sup> of each year. Having trained there, I was well-familiar with rushing between clinical assignments in downpours, flooding of low-lying streets and neighborhoods and the tendency for New

Orleanians to take it all in stride. The real threat was always that "the big one", the hurricane that would flood the low-lying city.

In June of 2005, tropical storm Cindy hit and caused a good bit of damage around the city. Parts of my neighborhood in Lakeview flooded, in some areas making the roads unable to be traversed for a few days. Again, the city went on, accustomed to these things. A month later, Hurricane Dennis was headed New Orleans' way. My family had a "plan" of sorts. Since my husband was an ER physician and could possibly be "activated" during the course of a natural disaster, we decided that my son and I would weather the storm in one of the high-rise hotel downtown on Canal Street, where many major hotels catering to the convention crowds are located. The idea was if there was any flooding or wind gusts, this would be the safest place to be in the city. Luckily, Dennis by-passed New Orleans, and we all heaved a collective sigh of relief and went about our daily routine. In August 2005, a month before our son turned 1, my husband and I decided to take a weekend vacation to Destin, FL – a seaside resort area in the Florida panhandle about 4 hours driving distance from New Orleans. We left on August 26, 2005, with essentially beach-gear and three days' worth of personal possessions, not knowing that Hurricane Katrina had already formed in the Caribbean 3 days earlier, making its way towards the Southeast US (ironically, headed towards Florida). When we first realized the storm was headed towards Mississippi and Louisiana, our thoughts were to remain in Destin and wait it out. On August 28, the mayor of New Orleans issued a mandatory evacuation warning for the city and traffic was in a counter-flow out of New Orleans. At that point, we could not go back to retrieve any of our documents or irreplaceables, even if we so desired.

A category 5 when it first made landfall, Katrina hit New Orleans on Monday, August 29, 2005. We watched the outer bands of heavy rain from our hotel in Destin, still thinking "This is a slightly longer weekend jaunt, but we'll get home soon". We soon realized that was not to be. We watched the events unfold on CNN, to which we became glued in the days following. Katrina was "downgraded" to a category 3 by the time it hit the Gulf coast- not that benign when you consider that it still consisted of winds in excess of 120 mph. It also brought an almost immediate 8-10 inches of rainfall and a storm surge, which raised the level of Lake Pontchartrain and overwhelmed the city's

levee systems, specifically causing 53 levee breaches in the federally built levee system built to protect Metro New Orleans. Major levee breaches lead to flooding of approximately 80% of the city, one of those breached was the 17<sup>th</sup> Street Canal levee, 3 miles from our home.

We had 6-8 feet of standing water in the ground level of our home. Waters did not recede completely for weeks, long enough, of course, for devastation to occur. We lost almost all our books (with 2 physicians in the house, you tend to amass a few), furniture, and numerous other things. When my husband finally returned to our home to salvage belongings, almost a month after Katrina hit, we were fortunate not to have been one of the homes in our neighborhood that were subject to looting. The second floor of our home had fared well- it was untouched by the high waters and had withstood some of the rampant moisture-related damage. Yes, we lost many material things, but chief were items of mammoth sentimental value, and truly irreplaceable- photographs (and unfortunately negatives) dating back to my husband's childhood and mine, wedding pictures, and numerous memorabilia. Were it not for internet archiving, our son's photos would have suffered the same fate (thank goodness for digital cameras!). Other mementos did not fare as well- photos were reduced to psychedelic images where an occasional disembodied head could be discerned. Negatives were leached of all color, leaving clear plastic behind.

By then we had moved/evacuated, first to Georgia to stay with friends while we reeled from the immediate acuity of what had occurred, then to South Carolina, where we made our new home. By day, my husband dealt with our insurance company and FEMA endlessly, all the while maintaining his composure and fortitude, while I dealt with frantic family and friends who were unable to reach us because our cell phones with New Orleans area-codes were unable to receive calls. At night, after putting our son to bed, we watched CNN riveted by the imagery we saw. The most gut-wrenching were images of people outside the convention center pleading for help, images of the high-rise hotels on Canal St. with gaping cavities for windows. These were the same high-rises that were once part of our "safety plan" for Hurricane Dennis a month earlier. It was traumatic and harrowing, especially because we could no longer

Continued on page 10

## From Delight to Wisdom: Traveling the Path to Mental Health with Salman Akhtar, MD

The NC Psychoanalytic Society and the NC Psychoanalytic Foundation (NCPF) are pleased to announce two professional workshops and a public lecture featuring distinguished speaker Salman Akhtar, MD. *From Delight to Wisdom: Traveling the Path to Mental Health* will be presented on Saturday, March 1, 2008, 9am-5pm, at the Friday Center of the University of North Carolina at Chapel Hill.

Dr. Salman Akhtar is Professor of Psychiatry at Jefferson Medical College, Training and Supervising Analyst at the Psychoanalytic Center of Philadelphia and Fellow of the American Psychiatric Association and the American College of Psychoanalysts. He has authored or edited numerous books, articles and journals and is the recipient of many prestigious teaching, literary and scholarly awards, including the Indo-American Psychiatric Association's Scientific Award in 2002.

*From Delight to Wisdom: Traveling the Path to Mental Health* will illuminate the spiritual and psychological challenges we all face living in our often ambiguous, constantly changing, global modern culture, and he will share his insights and strategies for navigating – and sustaining – our path to mental health.

### Professional Workshops

In Survival, Vision and Faith, a workshop for professionals, Dr. Akhtar will explore these three important components of the therapeutic attitude and how they are developed and sustained. Participants will learn to recognize examples from their own clinical work in which survival, vision and faith have been important attitudes, and will develop ways to fine-tune and enhance these attitudes with the goal of improving both their clinical work and personal well-being.

The second professional workshop, The Trauma of Geographical Dislocation, will look at the therapeutic dyad in which the therapist, the patient or both may not be native to the country in which treatment takes place. Dr. Akhtar will discuss the burdens that geographical dislocation imposes upon individuals and their implications for therapy. Participants will learn to understand the ongoing mourning and grieving for people and places left behind, as well as the threats to security and self-esteem that come from being different from others and how this may impact psychotherapy.

### Public Lecture

In his talk on The Burdens of Sanity, an afternoon lecture open to the public, Dr. Akhtar will dispel the popular notion that mentally healthy people live in a state of effortless bliss. He will make the case that mental health requires work and a certain amount of good fortune and that dealing in healthy ways with oneself and others places responsibility on us in many facets of life, including work, parenting, family and community.

### Registration and CME/CE Information

Up to five CME/CE credits will be offered to physicians and psychologists attending the full program. Letters of attendance will also be provided upon request.

Registration will begin in January for From Delight to Wisdom: Traveling the Path to Mental Health. Additional program information and online registration will be available on the NC Psychoanalytic Foundation website at [www.ncpsychoanalysis.org](http://www.ncpsychoanalysis.org). You may also email the Foundation's office at [info@ncpsychoanalysis.org](mailto:info@ncpsychoanalysis.org) or call (919)847-2323.

### About the Presenters

The NC Psychoanalytic Foundation is a nonprofit charitable organization. Its mission is to help people better understand and alleviate problems that may lead to emotional suffering and disability, and to enhance their capacity for personal development and community functioning.

The NC Psychoanalytic Society, an affiliate of the American Psychoanalytic Association, is a membership organization of psychoanalysts and psychoanalytically oriented psychotherapists.

### Event listing for your website:

Saturday, March 1, 2008

(Chapel Hill, North Carolina)

NC Psychoanalytic Society and NC Psychoanalytic Foundation present **From Delight to Wisdom: Traveling the Path to Mental Health with Salman Akhtar, MD**

For more information, visit [www.ncpsychoanalysis.org](http://www.ncpsychoanalysis.org) or call (919) 847-2323.

**About the author:** Dr. Srinivasan is Assistant Professor of Clinical Psychiatry and Assistant Director, Geriatric Psychiatry Fellowship Program, Department of Neuropsychiatry and Behavioral Sciences, Columbia SC 29203



**Join the IAPA Today!**

**Membership Categories and Dues**

**1. Life Member: One-time dues payment of \$250 .**

Eligibility: Psychiatrists of Indian origin who have completed their required training in psychiatry and who live in the United States or Canada. Alternatively, post-graduate physicians of Indian origin who are in an approved psychiatric residency training program in the United States or Canada.

**2. Associate Life Member: One-time dues payment of \$150.**

Eligibility: Psychiatrists of non-Indian ethnic origin, non-psychiatric physicians, and non-physician mental health professionals who live in the United States or Canada.

**3. Corresponding Member: Annual dues of \$25 per calendar year.**

Eligibility: Psychiatrists and mental health professionals who live outside the United States or Canada.

**4. Member-in-Training: No dues.**

Eligibility: Post-graduate physicians of Indian origin who are in an approved psychiatric residency training program in the United States or Canada.

**5. Honorary Member: No dues.**

Eligibility: Elected by IAPA council members for outstanding contributions to the field of mental health and / or for promoting the goals and objectives of the association.

*Life Members and Members-in-Training will be the only categories of membership having voting rights in the association.*

**Download/print the membership form and mail it with your payment. @ [www.myiapa.org](http://www.myiapa.org)**

Alternatively, contact us and we can send you a membership form by fax or email.

Indo-American Psychiatric Association  
107 Chesley Drive, Unit # 4, Media, PA 19063 Telephone: 610-891-9024 EXT 115

**Membership Application & Information for Directory**

1. Name \_\_\_\_\_ 2. Gender \_\_\_\_\_
3. Languages spoken \_\_\_\_\_
4. Home Address \_\_\_\_\_
5. Office Address \_\_\_\_\_
6. Email \_\_\_\_\_
7. Telephone (H) \_\_\_\_\_ (O) \_\_\_\_\_
8. Fax (H) \_\_\_\_\_ (O) \_\_\_\_\_
9. Date & Place of Birth \_\_\_\_\_
10. Medical School Name & State \_\_\_\_\_  
Year of graduation \_\_\_\_\_
11. Residency \_\_\_\_\_
12. Fellowship \_\_\_\_\_
13. Board Certification: Specialty \_\_\_\_\_  
Sub-speciality \_\_\_\_\_
14. Membership in Organizations (circle all applicable): IAPA AAPI APA FAPA  
Other \_\_\_\_\_
15. Present Position (circle all applicable):  

Private Practice	Administration
Private Institution-Clinical	Teaching
Public Institution-Clinical	Research
16. Academic Titles \_\_\_\_\_
17. Honors/Award \_\_\_\_\_
18. Interests (circle yes or no for each area):

a) Developing IAPA Chapters	Yes	No
b) Treating patients of South Asian Origin	Yes	No
c) Developing culturally-sensitive programs for South Asian community	Yes	No
19. Requested Membership in IAPA (circle one appropriate category):  

Life member (\$250 one-time dues)	Corresponding member (\$25 annual dues)
Member-in-training (no dues)	Associate member (\$25 annual dues)

Enclosed is my check in the amount of \$ \_\_\_\_\_.

Please include my name, gender, address, email, telephone number, fax number, and languages spoken in the IAPA Directory:  Yes  No.

I give consent to include all of the above information in the IAPA Database, which can be used for research and sharing with members:  Yes  No.

**This information will not be used or shared for marketing purposes.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail this application with your check to:  
Indo-American Psychiatric Association, 107 Chesley Drive, Unit # 4, Media, PA 19063