

AD ASTRA

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Dr. Ingersoll: in Bulgaria with MINT and home at UVA CARE

As a member of the Motivational Interviewing Network of Trainers (MINT), **Dr. Karen Ingersoll** traveled to Sofia, Bulgaria, in September for the Training of New Trainers of Motivational Interviewing (MI) and the MINT Forum. Because of her seasoned experience and understanding of MI training techniques, Dr. Ingersoll was invited to be one of four trainers who lead the training of eighty other members from 17 countries around the globe.



MI is a behavioral treatment approach designed to explore ambivalence about change and promote healthy change. Research has shown 1-4 sessions of MI to be as effective as 12 sessions of Cognitive Behavioral Therapy (CBT). Dr. Ingersoll's two active NIH Clinical trials are testing MI to reduce cocaine use and improve medication adherence among patients with HIV in the CART study funded by NIDA, and to reduce problem drinking and improve adherence to contraception in the EARLY study funded by NIAAA.

The question still remains as to *why* MI is so effective. Dr. Ingersoll received a \$1.8 Million grant from NIAAA last year to find some answers. Her research team is currently reviewing over 400 tapes from a previous study to delineate which aspects of MI practice are the most important and which are perhaps just tradition. Few studies have taken such a deliberate approach to define these mechanisms of action. Based on the findings of the study, she hopes members of MINT would then be able to incorporate the most effective aspects into their training to make it better yet!

International Society for Research on Internet Interventions Conference

Dr. Lee Ritterband has recently been celebrating the success of the 3rd meeting of the **International Society for Research on Internet Interventions (ISRII)**. The meeting, last held a year and a half ago in Stockholm, Sweden, was held here at UVA on October 11-12. Dr. Ritterband was the Chair of the conference, which was attended by over 50 members, from 7 different countries. The meeting consisted of two full days of oral presentations, posters, interactive sessions, and a panel on public health impli-

cations of Internet interventions. Almost all presentations put forward data not yet published, reporting on outcomes beyond primary findings.

The ISRII is committed to the development and testing of various web-based health treatment programs. The aim of the society is to promote exchanges of ideas and experiences among researchers involved in treatment/intervention research using the Internet, to see what works and what doesn't. *Continued on page 2*

Telemedicine Helps Children in Need Who are Just Too Far

A new telemedicine project at the Danville Pittsylvania Community Services Board is using videoconferencing technology to provide services to children and adolescents in need of psychiatric help. For a year



Danville-Pittsylvania Community Services

and a half the project has allowed pediatricians to treat the numerous families who do not have the ability to travel out of town to the nearest available treatment. UVA has lent a hand by using its outpatient child and adolescent services. Starting out at eight hours per week, the service has been so successful that it is now used 12 hours a week. So far, 120 children have been treated via telemedicine in 765 visits for such issues as attention deficit hyperactivity disorder, oppositional defiance disorder and depression. **Dr. Jim Tucker**, medical director of the child and family psychiatry clinic at UVA, said the big advantage is accessibility. "Prior to the telemedicine project, we had a number of families who would drive from Danville to Charlottesville to see us. Now, even though there is not a child psychiatrist practicing in Danville, families can get treatment locally by seeing us via telemedicine", Dr. Tucker noted. "It means that we can offer a level of expertise in the field of child psychiatry that has not been available locally to the families in [their] area".

Dr. Janet Warren Receives Grant to Study Juvenile Competency in Court

Dr. Janet Warren, Professor of Psychiatry and Neurobehavioral Sciences and Associate Director of the Institute of Law, Psychiatry and Public Policy, has received a \$435,000 from the *Virginia Department of Criminal Justice Services*. The grant will support the continuation of her study on issues involving juvenile competency, including assisting in the implementation and evaluation of a system for treating youth who have been determined incompetent to stand trial. One of the challenges Dr. Warren noted is that, "We are only beginning to understand the many psychological factors that affect a youth's ability to navigate through a court process with the degree of understanding needed to assure a fair trial and protect other rights guaranteed to all people, whatever their age, by the US Constitution." This process "will require an intelligent and creative integration of emerging knowledge about adolescent development, psychopathology and education" says Warren. In reflecting on the importance of training community mental health professionals to provide this service, she adds, "the challenge is in offering these interventions in the least restrictive alternative possible to ensure that the treatment itself does not deprive these youth of their liberty prior to an adjudication of guilt."

Ritterband and ISRII *continued from page 1*

The hope is that inevitably those patients who need help will find it, even those unwilling to go out and get treatment. The internet provides a forum of treatment in the privacy of the patient's home where they can utilize the sessions similar to using an interactive self-help book. Researchers believe that internet intervention has the potential to impact a great number of people while decreasing the cost of psychological treatment.

Some of the interests shared by the members are cognitive behavioral interventions using the Internet, technical solutions in web applications, web-based questionnaire assessments, and computer applications in clinical psychology and in psychiatry more broadly. The next meeting will be in the Netherlands in 2009. Check out isrii.org for more information.



ISRII members visiting the UVA grounds

Meet our Residents

Dr. Jennifer Wabin



Dr. Jennifer Wabin is in her fourth and final year here as a resident. Originally from Texas, she was attracted to UVA by **Dr. Bruce Greyson's** perceptual studies. Her current research is focused on

children who remember past lives as well as memory development in children. She has grown to appreciate the well-rounded education she received here as well as the amazing resources rich in psychotherapy, research, and psychopharmacology. Jennifer named **Dr. Maurice Apprey** as one of the most important resources due to his wealth of knowledge in psychoanalysis. As for her career following the completion her residency, she has applied for a congressional fellowship as a consult for next year, but has great back-up plans to be a locum tenens for half a year, preferably somewhere exotic.

Jennifer was very recently married (this past September). She and her husband enjoy playing video-games and remodeling their house, which she describes as a zoo...literally. She is also very politically active in the community. Jennifer has been volunteering throughout her residency at the Charlottesville free clinic and urges other residents to do the same.



Administration

Spotlight on *Laura Covert*

Laura Covert has been working for the department for over four years

now as the Residency Coordinator. You can find her in her office of the West Complex "herding residents" from the time when there are just considering joining the program until they day they move onto the next step in their careers. She sets up interviews, reviews applications, actually gets the applicants here, and finally leads them through their training for the next 4 years. The residents are always grateful for her support.

Meet our Chief Fellow

Dr. Anita Sim



Dr. Anita Sims is the Chief Neuropsychology Fellow here at UVA. Her career and educational goals took her to Nebraska for graduate training, then to Oklahoma for internship, but she is finally back in her

home state of Virginia. Her role includes both assessment and some therapy in the clinic. Her dissertation on sports related concussions in adolescent athletes is currently in press, and is expected to be in the Journal of Neurosurgery in the coming months. Anita is also co-authoring book chapters with **Dr. Jeff Barth** on sports and concussions as well as visuospatial disorders. Since this is her final year in the program, Anita will be looking for a spot in an academic medical center or a VA hospital, where she hopes to further her research in traumatic brain injury. She is considering making a move to the Pacific Northwest, thinking she has done the East, done the Midwest, so it's time to try out the west coast.

When she finds one of those coveted moments of free time, Anita enjoys to run. In fact, she recently ran in the Army 10 miler. She was also a college field hockey player at William & Mary, incidentally, her first collegiate goal was scored in an upset win over UVA!

Outside the office Laura's talents are also recognized. She was challenged as one of four local artists to take a simple black shirt and custom alter it into a more creative fashion. Her flare for design landed her "not-so-simple black shirt" on the cover of the *C-Ville* supplement, *Sugar*, for the Fall 2007 edition. For inspiration, she likes to look through the Live Arts costume shop and she tends to incorporate a vintage style to her clothing.

Laura also spends her time volunteering with the Woolen Mills Neighborhood Association, as if she doesn't have enough to do! Thanks Laura for all of you great (and fashionable) work.

On the air and in the news...

On **November 26** be sure to tune into WETA, out of Washington, to catch the television documentary on Prison Radicalization. **Dr. Gregory Saathoff** was an advisor to the production of the documentary, which will highlight the task force that he co-chaired with Frank Cilluffo, Vice-President at George Washington University.

ANNOUNCEMENT

Advanced Research and Clinical Topics in Forensic Practice: January 31- February 1

This two-day program, to be held at the Omni Hotel, targets emergent legal, clinical and research topics relevant to advanced forensic practice.

Highlights include *Treating and Managing Psychopathy: An Innovative Perspective* with Jennifer Skeem, Ph.D., Associate Professor of Psychology and Social Behavior, University of California, Irvine on January 31.

On February 1, the program will highlight *Reflections Upon the Virginia Tech Tragedy*, with Roger Depue, Ph.D., Member, Virginia Tech Review Panel, James Reinhard, M.D., Commissioner, Virginia DMHMRSAS, and **Richard Bonnie**, Chairman, Commission on Mental Health Law Reform; and in the afternoon, *Prosecution of a Terrorist: The Case of Abu Ali*, with **Gregory Saathoff**, M.D., Executive Director, Critical Incident Analysis Group, UVA, expert consultant in the case, and attorneys in the case, Rob Spencer, J.D., Dave Laufman, J.D., Steve Campbell, J.D.

Virginia DMHMRSAS & CSB Staff	\$85.00
Other	\$175.00

JAMA Publishes Johnson as Lead Article

The media frenzy in the West Complex began on October 8, two days before the publication of the October issue of JAMA (The Journal of the American Medical Association) where **Prof. Bankole Johnson's** article on topiramate for the treatment of alcohol



dependence was chosen as the lead article. To be selected as the lead article is not only a great honor, but an opportunity to reach an extensive audience of primary care physicians and patients alike. Prof. Johnson has been measuring the efficacy of topiramate to treat alcohol dependence for the last several years. This article sets the stage for the drug, which is not yet FDA approved to treat alcoholism, to become widely available to the patients who so desperately need help. "This is for the patients", Prof. Johnson repeated throughout his interviews. "Finally, the patients may have a effective medication and option of treatment available through the privacy of their own primary care physician. They will be free from the stigma affecting their professional or personal life. Taking one pill a day is a vastly different option than checking into a rehab facility for weeks or months." Another exciting point of the medication is that it can be taken "at the point of crisis". When an alcoholic is in trouble they will not need to wait to go through detox before being treated. Instead, topiramate can be taken when the individual is still drinking. More than 300 local and national newspapers, radio stations, television networks and websites, including CNBC, CBS, ABC and US News and World Report. Check it out at <http://jama.ama-assn.org/content/vol298/issue14/index.dtl>

Publications and...

Johnson, B.A., Javors, M.A., Roache, J.D., **Seneviratne, C.**, Bergeson, S.E., **Ait-Daoud, N.**, Dawes, M.A., Ma, J.Z.: Can serotonin transporter genotype predict serotonergic function, chronicity, and severity of drinking? *Prog Neuropsychopharmacol Bio Psychiatry* (in press).

Johnson, B.A.; Rosenthal, N. ; Capece, J.A. ; Wiegand F.; Mao, L.; Beyers, K.; McKay, A. ; **Ait-Daoud, N.**; Anton, R.F.; Ciraulo, D.A.; Kranzler, H.R.; Mann, K; O'Malley, S.S.; Swift, R.M.; for the Topiramate for Alcoholism Advisory Board and the Topiramate for Alcoholism Study Group. Topiramate for Treating Alcohol Dependence: A Randomized Controlled Trial. *JAMA*. 2007;298:1641-1651.

Detweiler MB, Kalafat N, **Kim KY**: Drug-Induced Movement Disorders in Older Adults: an Overview for Clinical Practitioners. *The Consultant Pharmacist*. 2007; 22: 149 – 65.

Kim KY, Wood BE: an Integrated Approach to Dementia Care: How an Integrated Dementia Care Program Can Contribute to Community Awareness, Patient Care, Education and Research. *Dementia: The International Journal of Social Research and Practice*. 2007; 6: 295-299.

Kim KY, Detweiler MB: Falls in Older Adults with Dementia. *Federal Practitioners*. In Press.

Dr. Bernice Marcopulos was invited to present an overview of neuropsychological assessment for suspected dementia at *The Teleconference on Geriatric Neuropsychology*, through the National University of Córdoba, on October 20, 2006, in Córdoba, Argentina.

Dr. Ed Kantor presented on disaster mental health: crisis and disaster response in Virginia at the *Psychiatric Society of Virginia Annual* meeting on October 20th. He also presented Disaster mental health: Research Update and volunteer opportunities at the *UVA Chaplain's Conference* on October 24th.

Detweiler MB, Murphy PF, **Kim KY**: Does a Wander Garden Influence Inappropriate Behaviors in Dementia Residents? *American Journal of Alzheimer's Disease and Other Dementias*. In Press.

Kim, KY: Clinical Strategies for End-of-Life Care in Alzheimer's Disease. *American Academy of Hospice and Palliative Medicine Bulletin*. In Press.

Fernández, A., & **Marcopulos, B. A.** A comparison of normative data for the Trail Making Test from several countries: Equivalence of norms and considerations for interpretation. *Scandinavian Journal of Psychology*.

Marcopulos, B. A., Morgan, J. & Denney, R. L. (in press). Neuropsychological evaluation of competency to proceed. In R. L. Denney & J. T. Sullivan (Eds.), *Clinical neuropsychology in the criminal forensic setting*. New York: Guilford. In Press.

Marcopulos, B.A., Fujii, D., O'Grady, J., Shaver, G., Manley, J., & Aucone, E. Providing neuropsychological services for persons with schizophrenia: A review of the literature and prescription for practice. In J. Morgan & J. Ricker (Eds.), *Textbook of Clinical Neuropsychology*, Taylor & Francis. In Press.

...Presentations

On October 26, **Prof. Bankole Johnson** presented Topiramate for the treatment of Alcohol Dependence: single-site and multi-site studies at the *American Society of Addiction Medicine's* 2007 Course on the State of the Art in Addiction Medicine in Washington D.C.

On November 2, **Dr. Kantor** will begin a 40 hour course on Child Disaster Mental Health Research in collaboration with the University of Oklahoma.

Awards and Announcements...

**Welcome
Bruce M. Lovelace V**

Amy and Bruce Lovelace welcomed Bruce M. Lovelace V, also known as Quinn, into the world on the morning of October 15 at 3:18. He weighed in at just over nine and a half pounds. Both Amy and the baby are happy and healthy. We look forward to meeting him!

**The UVA School of
Medicine's October
Employee of the Month is...**

LISA FRANCO

Look for a spotlight on Lisa in the December issue of Ad Astra

Penberthy Inducted into the Academy of Distinguished Educators

Congratulations to Dr. Kim Penberthy who, on October 24, was inducted into The Academy of Distinguished Educators as a lifetime member during a ceremony held at the Paramount Theater. The Academy of Distinguished Educators was founded by the Dean of the School of Medicine in 2003 as a way to recognize, reward and promote excellence in education. The academy elects new members who demonstrate sustained excellence in areas of teaching and significant contribution to education.



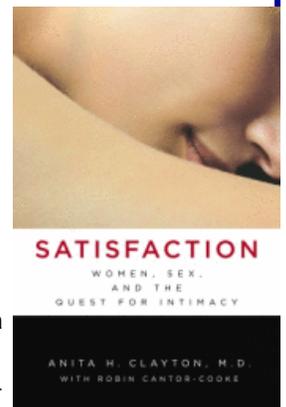
Welcome New Employee Jessie Johnson

... our new Research Data Specialist at the North Fork research park.

Congratulations Jinxue Wei

...who will be promoted to Research Assistant effective December 1st.

Dr. Anita Clayton's book, *Satisfaction: Women, Sex and the Quest for Intimacy* has been nominated in the Psychology category of the 12th Books for a Better Life Awards. Books for a Better Life was initiated twelve years ago to credit the group of authors who have impacted the last half of the 20th century more than any other genre of writers. They do so by honoring authors who have had a self-improvement book published in the previous calendar year. One winner is chosen from five finalists who are selected in each of nine categories: Childhood/Parenting, First Book, Inspirational Memoir, Motivational, Psychology, Relationships, Spiritual, Wellness, and Personal Finance. Categories are judged independently and the winners will be honored on Monday, February 25, 2008 at a gala ceremony at The Millennium Broadway Hotel in New York City. All profits from the evening go towards funding national research and local chapter programs and services for the National Multiple Sclerosis Society. Good luck Dr. Clayton!





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psychiatric/**

Edited by Caitlin Novero

AD ASTRA is the monthly newsletter created by the University of Virginia, Department of Psychiatry and Neurobehavioral Sciences. Our purpose is to keep the department informed of people and events that make this department at UVA extraordinary while promoting dialogue between researchers and staff.

GRAND ROUNDS

DATE	SPEAKER	TOPIC
11/13/2007	Rick Mays, Ph.D. Associate Professor of Public Policy Department of Political Science University of Richmond	The Growth and Implications of 'Pay for Performance' Reimbursement for Hospitals and Physicians.
11/27/2007	Jair Soares, M.D. Director, Center of Excellence for Research and Treatment of Bipolar Disorder (CERT-BD) University of North Carolina-Chapel Hill	Brain Imaging and Neurocognition: Contributions to the Study of the Pathophysiology of Bipolar Disorder

The following are lectures scheduled thus far, look for more to come!

12/11/2007	Steve Brasington, M.D. Academic Chair; Department of Psychiatry; Naval Medical Center; Portsmouth, VA	TBA
1/22/2008	Christopher P. Holstege, M.D. Associate Professor of Emergency Medicine and Pediatrics Director, Blue Ridge Poison Center Department of Emergency Medicine Division of Medical Toxicology	TBA
4/8/2008	David R. Rubinow, M.D. Assad Meymandi Professor & Chair Department of Psychiatry University of North Carolina at Chapel Hill	TBA

Please continue to send your news, upcoming events, recently published articles, and pictures for December.

