

HEADLINES

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HEAD LINES

MESSAGE FROM THE HEAD



As a glorious summer winds to its close we look forward to another busy and productive year. Our teaching commitments in the undergraduate sphere have all been filled, and the postgraduate program is well underway. Rounds will begin shortly and the planning for Academic Day is well in hand. Research Day is scheduled for early November, and research activities are thriving.

Our clinical services continue to help Northern Zone with its shortage of psychiatry staff, though this is taking its toll on our own services. Recruitment efforts have been extensive. A special word of thanks to **Dr. Sanjana Sridharan** for her efforts in this regard. Dr. Sridharan has used her experience of working in the UK NHS, several years in Northern Zone and her current position to inform the process of recruitment.

We bid a fond farewell to **Dr. Wade Junek** for his sterling service over many years. We wish him well in retirement. We welcome new faculty **Drs. Ian MacKay, Kara Dempster** and **Jennifer Cumming**. And a belated welcome to **Drs. Josh Green** and **Justin Paradis**, both of whom joined us in July. Also a warm welcome to our new master's students, whose profiles you can read in this edition.

Congratulations to our award winners, **Drs. Keri-Leigh Cassidy** and **Sabina Abidi**, who are receiving prestigious accolades at the national level. Both are well deserved.

We owe **Dr. Rami Rudnick** a vote of thanks for the energy and enthusiasm



Dr. Michael Teehan

he brings to his role as humanities coordinator, a role that I am sure will continue to expand in the coming years.

We are entering the last preparatory year before the introduction of CBD teaching method in our post graduate program. **Drs. Mark Bosma** and **Sherry James** have been diligently planning this change and will need the full cooperation of all our faculty to make it a success. The new curriculum will run in parallel with the current one, as new cohorts are added year over year. This will make the transition challenging, but also manageable, with smaller numbers at the outset. Resources to effect

the change have been part of the negotiation of AFP, and we are hopeful some new money will be allocated.

The summer months have been very active on the negotiations front. After many months of little progress, there have been quite urgent and rapid developments in July and August. The process is at a very delicate and uncertain stage now, but there is reasonable hope that we will conclude a deal shortly, and bring it to our members for ratification. This round of negotiations has been complicated by the concurrent Master Agreement talks, which have been even more difficult than AFP, and which have slowed completion of our discussions.

ON THE COVER



On Sept. 3, 2019 our third Master's in Psychiatry Research class begins their training in the Department of Psychiatry. Of the six students, one is a Dalhousie graduate, two are from Mount Saint Vincent University, two are from Acadia University, and one is from Southwest University in China. The two year graduate program they are embarking on is designed to equip students with the skills and knowledge needed to succeed as professionals in clinical and neuroscience research concerning mental health and illness. The coursework covers relevant current topics including clinical trials, genetics, neuroimaging, participatory research, psychotherapy research, early interventions, and personalized psychiatry. Students will improve their skills in critical appraisal, study design, statistics, data analysis, and scientific writing. Each student will complete an independent Masters' thesis research project under the supervision of one of our faculty. You are introduced to the class of 2021 below.

Victoria Brown

Victoria is a 2017 graduate of Acadia University, in honours biology. Since moving from her birthplace of Niagara Falls, Ontario, she has been grateful to call Nova Scotia her home away from home. With great enthusiasm, she looks forward to conducting her Master's of Psychiatry Research project under the expert guidance of **Dr. Aaron Keshen**. Her research will investigate potential modifications to Dr. Keshen's streamlined, guided

self-help protocol for binge eating disorder (Binge Focused Therapy). The approach incorporates fundamental aspects of the "Brain Over Binge Recovery Guide" by Kathryn Hansen and is underpinned by elements of Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Motivational Enhancement Therapy and addictions treatment. Victoria finds the complex nature of the human mind is both fascinating and perplexing. Through her research, she hopes to assist others in their recovery, while achieving an improved understanding of the strategies used in eating disorder treatment.

Katerina Dikaos

Katerina is originally from Halifax, and completed her undergraduate degree at Acadia University. Her master's supervisor is **Dr. Rudolf Uher**, whom she has been working with as a research assistant for over a year. She is excited to start working with him on her own research project. Her research interests include personalized treatment for mood disorders, speech analysis in psychiatry, family history and trauma in early mental illness, cannabis and psychosis, effective knowledge translation and active and empowered patient participation in treatment. Outside of the lab, Katerina loves to spend time in nature with her dog, hiking and doing yoga. She loves good coffee and vegan food, as well as travelling and exploring new places. One of her biggest passions is horseback riding: she started riding when she was eight, and trained in

competitive show jumping. Her plan is to continue on to a clinical psychology PhD after completing the master's program.

Lucy MacLeod

Lucy was born and raised in Dartmouth, Nova Scotia. She stayed close to home and completed a Bachelor of Science in psychology at Dalhousie. She is ecstatic to start her master's with **Dr. Sandra Meier** as her supervisor. She will be working on a project based out of the IWK looking at the relationship between social interactions and mental health outcomes of youth. A unique cell phone application developed by our team will be used to track a large variety of elements, such as texts, social media use, and physical activity. She has a huge passion for sport, exercise, and athlete well-being. During this project, she will be focusing on physical activity to discover how it impacts mental health in youth. Lucy is also a former varsity swimmer, and currently spends the majority of her time training sprint kayak on Lake Banook in Dartmouth.

Laura Pimer

Laura came to Canada in 2015 from Magdeburg, Germany. She recently completed her Bachelor of Science degree with a major in psychology at Mount Saint Vincent University. She is excited to join the Master's in Psychiatry Research program under the supervision of **Dr. Kim Good**. Her interests are in neuropsychological disorders and how they affect different areas of a person's life, such

as cognition, sensory functioning, and well-being. She finds how the brain operates and what effects brain pathology has on behaviour very interesting as well. Outside of school, she likes to travel and explore new places. She also enjoys being at a beach and activities on the water, such as kayaking. Her goals for the future are to obtain a Ph.D. degree and to work in the field of neuropsychology.

Lauren Ross

Lauren is originally from Campbellton, New Brunswick, but moved permanently to Halifax two years ago to finish her undergrad at Mount Saint Vincent University. For her master's her co-supervisors are **Dr. Andrea Murphy** and **Dr. David Gardner**.

Her main research interest is in psychoactive medications, as she has a background in both psychology and pharmacy. Her plan after completing her master's is to pursue a medical degree and to eventually become a practicing psychiatrist. Outside of school she enjoys skiing, going to the gym, reading, cooking, and spending time with friends.

Ting Xiong

Ting graduated from Southwest University in China with a major in psychology. She has done projects on cognition (specifically, emotional working memory), engineering psychology and mental health, which is the one she chose to be her master's research program. After an internship supervised by **Dr. Patrick**

McGrath last year, she realized she would have missed a lot if she didn't join this department, so she continues to do a project on PTSD and hopefully will pursue a PhD degree after graduation. Other than pursuing a career in research, Ting hopes she will make friends here and spend time outdoors (e.g. camping, hiking, canoeing, etc.) when she can. She foresees being a little nervous during the first few months, but believes she will soon get used to the new environment and be as humorous and enthusiastic as people here.

RESEARCH REPORT



Department of Psychiatry Research Day 2019

This year's event is scheduled for Friday, Nov. 8 at the Atlantica Hotel, Halifax. Now in its 29th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

This year's keynote speaker is Dr. Glenn Waller, a chartered psychologist and head of the Department of Psychology at the University of Sheffield, who will be speaking on the

topic of therapist drift.

Dr. Waller's areas of interest include the cognitive processes that underlie and maintain eating disorders, the treatment of eating disorders with a focus on cognitive-behavioural approaches, and the translation of evidence-based approaches into clinical settings. He obtained his PhD at Oxford University and joined the University of Sheffield in 2012. Dr. Waller is a fellow and former president (2014-2015) of the Academy of Eating Disorders, a founding member of the Eating Disorders Research

Society, and chair of the Scientific Committee for the British Association of Behavioural and Cognitive Psychotherapy.

If you are interested in presenting at this year's Psychiatry Research Day, please contact **Hillary Yuill** at Hillary.Yuill@nshealth.ca for an application. Abstracts are due Sept. 20, 2019.

If you are interested in attending Research Day, registration forms will be circulated in September.

MEET A RESEARCHER: DR. ABRAHAM RUDNICK

This issue profiles Dalhousie researcher **Dr. Abraham Rudnick**, psychiatrist, professor, and humanities coordinator in the Department of Psychiatry. *Meet a Researcher* is a recurring article in the research section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Hillary Yuill** at Hillary.Yuill@nshealth.ca.

My current research interests:

Psychiatric/psychosocial rehabilitation, digital mental health, bioethics and philosophy of health research.

Research projects I'm currently participating in:

Exploratory research on recovery education, supported employment, psychiatric leisure rehabilitation and other psychiatric/psychosocial rehabilitation for adults with operational stress injuries; participatory action research on income and other social determinants of mental health; multi-setting research on wired and wireless supported living environments of people with serious mental illness; normative examination of personal responsibility for actions associated with mental health challenges; conceptual analysis of the relation between value-based and evidence-informed health care practice (such as a nearly completed book on person-centered mental health services); and more.

A typical "Day in my work life":

At the start and end of my work day (and on weekends), I edit the *International Journal of Mental Health*, which requires daily decisions on dispositions of submissions, guiding assistant and associate editors in relation to peer reviews, and working with the publisher's administrative staff on production of accepted submissions and on quality improvement. During part of my



Dr. Abraham Rudnick

work day, I do clinical and leadership work at the Nova Scotia Operational Stress Injury Clinic (NSOSIC). During the rest of my work day, I draft and provide input to collaborators on

research proposals and reports, guide research staff on data collection and analysis, and try to protect some time to generate, reflect and dialogue with colleagues and other stakeholders

on new research ideas. Some days I attend research-related committees, such as participating on the Board of Directors of Research Canada, which partners with the Health Research Caucus of the federal parliament to advocate for health research support. I also teach postgraduate seminars (currently psychiatric/psychosocial rehabilitation), and am introducing clinical rotations of medical/psychiatry learners at the NSOSIC. I also recently taught a six-week course on critical thinking about health care at the Seniors' College of Nova Scotia, and expect to do that again. As the medical humanities coordinator for the Department of Psychiatry, I take time to co-develop and organize related academic initiatives. During 2019 I have focused on the use of prose and poetry in psychiatry education, and for 2020 I am planning to focus on medical improvisation, history of psychiatry and perhaps more, in addition to leading the annual writing competition.

What I wish I knew (but didn't) when I first contemplated becoming a researcher: Political aspects of health research, e.g., inequity in funding of some areas of health research such as one of my areas of expertise (psychiatric/psychosocial rehabilitation).

The most satisfying and frustrating aspects of doing research: For me, the most satisfying aspect of doing research is knowledge translation/exchange with service users. The most frustrating aspect of doing research is the slowness of parts of it, such as grant funding.

The experience that best prepared me for my position: Doing two graduate

degrees (a master's in psychiatry and a PhD in philosophy) during my psychiatry residency. This provided me with skills to conduct both empirical and philosophical research, which I continue to do.

My research mentor(s): William (Bill) Anthony from Boston University inspired and informed me in relation to mental health research that is both evidence-driven and value-based. In particular, my psychiatric/psychosocial rehabilitation research has been guided by his pioneering work and sustained vision. I was lucky enough to first meet Bill early in my career, when I was a psychiatry resident, and later he wrote the foreword to my first published book. The second major influence on me was Karl Popper, the famous philosopher of science and founder of critical rationalism. Unfortunately, I did not meet him in person as he passed away in 1994 when I was at the beginning of my graduate studies in philosophy, but I met one of his most accomplished disciples who provided me with some guidance. From critical rationalism I learned critical thinking from start to end (including criticizing critical rationalism), driven by the ethical imperative of the never ending search for truth.

My second career choice: Community development, e.g., helping disadvantaged and other communities develop critical thinking and effective intra-and inter-personal skills across all ages, to enhance their success and satisfaction.

EDUCATION REPORT



UNDERGRADUATE EDUCATION NEWS

Academic year wrap-up

As we wrap up the 2018-2019 undergraduate academic year, we would like to thank our faculty for their ongoing contribution to teaching and supervising our medical students. Your dedication is truly appreciated.

During 2018-2019:

- 76 clinical clerks rotated through the department in the Halifax Regional Municipality (HRM), four in Amherst, four in Sydney, three in Charlottetown, and 31 at various sites in New Brunswick.

- The department received 82 clerkship elective requests (30 of those from Dalhousie clerks) and successfully placed 57 of them (23 of those were Dalhousie clerks), for a 69.5 per cent placement rate (76 per cent for Dalhousie clerks).

2019-2020 academic year

- To date we have received 98 clerkship elective requests and have successfully placed 53 of them on various services throughout HRM for a 54 per cent placement rate.

- UGME tutor recruitment is almost complete. There are a few short teaching opportunities remaining. If you are interested in tutoring, please contact **Kelly Hancock** at kelly.hancock@nshealth.ca.

Undergrad thank-you

Our Undergraduate Education Committee would like to thank resident representative, **Dr. Tyson Rizzardo** and the various medical student representatives for their contribution to the committee over the past year. We look forward to **Dr. Holly Greer** joining the UG Committee as the resident representative for 2019-2020.

POSTGRADUATE EDUCATION NEWS

Progress comes from the younger generation

For the last decade the province has discussed the need to establish rural residency training opportunities so that the next generation of psychiatrists knows about, and is comfortable working within, rural services. The trigger to make the first

rural child and adolescent elective happen came in the form of a request from a resident.

After a request from recent graduate **Dr. Vhari James**, and thanks to the efforts of **Drs. Lukas Propper** and **Dave Lovas**, Truro became the first location to be approved as a rural training site in Nova Scotia. Dr. James

completed her six month part-time placement in Truro in June 2019. Her presence in Truro was enriching for the Truro child and adolescent service teams, as well as for her supervisor, **Dr. Cornelis de Boer**.

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

Geriatric psychiatry subspecialty training

We are excited to welcome **Dr. Olga Yashchuk** to the geriatric psychiatry subspecialty program. Dr. Yashchuk graduated from the Dalhousie Psychiatry general program in June 2019 and began the subspecialty program as a PGY-6 on July 1, 2019. **Dr. Crystal Zhou**, PGY-5 psychiatry resident, has accepted a geriatric psychiatry subspecialty position at the University of Toronto starting July 1, 2020. We are very pleased to have Dr. Zhou scheduled to spend the majority of her PGY-5 year with us to prepare for her upcoming subspecialty program.

On Wednesday, July 10 program director, **Dr. Terry Chisholm**, hosted a barbeque at her home for the geriatric psychiatry service team members to welcome Drs. Yashchuk and Zhou and to celebrate **Dr. Ian MacKay's** completion of the program.

Accreditation

A full accreditation status decision was received from the Royal College on July 29. The follow-up will be a regular accreditation review in 2026. The Royal College recognized the program for offering online interactive modules, which have been presented at the Canadian Association of Geriatric Psychiatry (CAGP) meeting and garnered national recognition.

Although there is no follow-up requested prior to the next regular accreditation review, the program is still expected to engage in ongoing continuous quality improvement (CQI)



(L-R) Sarah Krieger-Frost (RN), Dr. Terry Chisholm, Dr. Olga Yashchuk (PGY-6), Dr. Crystal Zhou (PGY-5), Dr. Meagan MacNeil, Erica MacInnis (Social Work)

activities and to work to address any areas for improvement throughout the accreditation cycle. It was noted that the program would benefit from formalizing some CQI training and opportunities to apply their training. In addition, the program will continue to receive data (e.g. annual resident and faculty surveys) throughout the continuous cycle, which could prompt further quality improvement activities, which the program will be expected to demonstrate at the time of the next accreditation visit.

Announcements

We are happy to announce Dr. Ian MacKay, 2019 geriatric psychiatry subspecialty program graduate, has started an innovative geriatric psychiatry role working half-time in the Northern Zone and half time in the Eastern Zone.

Dr. Meagan MacNeil has accepted

the position of site coordinator at the Nova Scotia Hospital for the geriatric psychiatry program. Thank you to **Dr. Sameh Hassan** for his dedication in this role from the start of the program in 2017.

Recruitment

We are currently accepting applications for geriatric psychiatry subspecialty program positions with a start date of July 1, 2020 and July 1, 2021. The deadline for submission is Monday, Sept. 9. Please contact the education coordinator at tracy.fraser@nshealth.ca to apply.

Child and adolescent psychiatry subspecialty training

On behalf of the Division of Child and Adolescent Psychiatry, we would like to welcome **Drs. Vhari James** and **Joshua Smalley** to the child and adolescent psychiatry

subspecialty program. Both Drs. James and Smalley graduated from the Dalhousie general psychiatry program in June 2019 and began the subspecialty program as a PGY-6 on July 1, 2019. **Drs. Sarah Fancy** and **Celia Robichaud** will also continue their subspecialty training with the division this year. Dr. Fancy returned from maternity leave on July 22, 2019 and Dr. Robichaud will return from maternity leave in January 2020.

Accreditation

The CAP subspecialty program received its final accreditation status from the Royal College on July 29, 2019 with a result of Accredited Program with Regular Accreditation Review in 2026. The program was not provided with any areas for improvement, and was commended for its ongoing efforts to provide high-quality residency education through its unique three-way telephone supervision which helps to support

and guide learners through the transition into junior faculty.

Recruitment

We are currently accepting applications for child and adolescent psychiatry subspecialty program positions with a start date of July 1, 2021. The deadline for submission is Monday, Sept. 9, 2019. Please contact Megan.Bellefontaine@iwk.nshealth.ca to apply.

CONTINUING PROFESSIONAL DEVELOPMENT NEWS

Rounds Online Software

It is expected that there will be a change to using Skype for Business software to distribute rounds online starting September 19. Watch for updates about this via email and on the rounds information webpage: <https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/psychiatry-rounds-information.html>.

Attendees at NSHA who do not already have a Skype for Business account will

need to request one. Use the IT Self-Serve app on your NSHA computer desktop to do so. Non-NSHA attendees will likely be prompted to download the Skype for Business App.

WOMAD Conference 2020

The 2020 W.O. McCormick Academic Day Conference planning has started. The conference will be held on Friday, May 8, 2020 at the Westin Nova Scotian, Halifax. Registration will open mid- March. Look for further details in future editions of *Headlines*.

Upcoming events

Rounds will resume on September 18 with a presentation by Dr. Lori Haskell on the topic of Trauma Informed Care.

Find the 2019 – 2020 schedule on the Rounds information page: <https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/psychiatry-rounds-information.html>.

We look forward to seeing you again!

FACULTY DEVELOPMENT

Faculty Development Opportunities

Dalhousie Continuing Professional Development

FacDev Thursdays Seminar Series (webinars)

Join Dal CPD this fall as the FacDev Thursday Series begins again with Thursday evening webinars. They will once again host speakers presenting on topics relevant to teaching faculty.

Nov 14 | 8:00PM-9:00PM — General library services overview for faculty with Ms. Jackie Phinney

Teaching and Assessing Critical Thinking (TACT) Phase 2 (online)

The second part of the TACT course begins at the end of September.

TACT 2 | Sept. 30 – Nov. 19, 2019

Registration fee: \$100

For more information or to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/TACT.html>

Please note: completion of TACT Phase 1 is required for registration in Phase 2.

SAVE the DATE | 5th Annual Medical Education Institute

It's All About Communication

The event takes place at Fox Harb'r Resort Oct. 25, 2019

Objectives: By the end of day, participants will be able to:

- Identify key elements of effective communication skills
- Develop strategies to demonstrate and implement these skills within teaching opportunities

No fee to attend. For more information or to register please visit <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=6D83B270F9598A17723EB81E268DCA73>.

Emerging Leaders in Academic Medicine (ELAM) (online)

The program provides an opportunity for faculty with limited leadership experience to become more familiar with the functioning of the medical school and acquire knowledge and skills to take on expanded roles in their academic settings.

April 7 - June 9, 2020

For more information or to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/emerging-leaders-in-academic-medicine--elam-.html>.

Tutor Skills Development Program

Are you new to tutoring in the UGME curriculum and looking for resources to support you in your role? Faculty Development offers an online module to introduce you to managing small group learning as well as twice a year tutor practice sessions with simulated tutorial groups. The online module is available anytime, the practice sessions are offered late summer and fall (based on interest).

For more info or to be given access to the module contact FacDev@Dal.Ca.

For more information on Faculty Development and their programs, email them at facdev@dal.ca.

MED-ED MINUTE

A recent addition to *Headlines*, the “Med Ed Minute” will introduce scholarly snippets to consider in your teaching practice.

Ways to obtain your Med Ed credits

Wondering how to meet the minimum two hours of faculty development related to your teaching role? Many opportunities exist within the Department of Psychiatry and Dalhousie Faculty of Medicine, as well as externally at conferences, workshops, webinars, etc.

Examples of faculty development may include:

- Assessment
- Clinical teaching skills
- Feedback
- Classroom teaching skills
- Creation of educational materials
- Tutor training
- Exam question writing workshops.

The opportunities for 2019/2020 are as follows:

Department of Psychiatry

2019/10/16 (University Rounds)

(MedEd) Dr. Glenn Regehr, UBC; “From data delivery to coaching conversations: Feedback in the era of Competency by Design”

2019/10/30 (Clinical Academic Rounds)

(MedEd) **Dr. Mark Bosma**, DOP, Dal; Competency by Design Part I

2020/01/15 (Clinical Academic Rounds)

(MedEd) **Dr. Margaret Rajda & Mandy Eslinger**, DOP, Dal; Creating Med Ed Resources

2020/03/11 (Clinical Academic Rounds)

(MedEd) Dr. Mark Bosma, DOP, Dal; Competency by Design Part II

Dalhousie Faculty of Medicine

The Faculty of Medicine offers a variety of faculty development opportunities in medical education. Refer to the faculty development opportunities section of *Headlines*

to discover what is available, or visit Dal's Continuing Professional Development website: <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs.html>

Conferences with a medical education focus

- Canadian Conference on Medical Education (CCME)
<https://mededconference.ca/>
- Association for Academic Psychiatry (AAP)
<https://www.academicpsychiatry.org/annual-meeting/>
- Canadian Psychiatric Association (CPA)
<https://www.cpa-apc.org/annual-conference/>
- International Conference on Residency Education (ICRE)
<http://www.royalcollege.ca/rcsite/events/icre/about-icre-e>

EDUCATION KUDOS CORNER

We would like to thank our many faculty and residents for the time they continue to devote towards teaching throughout this academic year. For this issue, we'd like to focus on three of the four OSCEs our faculty act as examiners for, and the LINK Program – which our faculty participate in to help IMU students prepare to enter clerkship.

Med 1 OSCE

Christopher Murphy
Lourdes Soto-Moreno
Heather Milliken
Kulli Poder
Deborah Parker
Olugbenga Williams

Med 2 OSCE

Tanya Pellow
Michael Flynn
Shannon MacDonald
Kristen Holm
Jacqueline Kinley
Kulli Poder

Med 3 OSCE

Joseph Sadek
Miroslaw Bilski-Piotrowski
Sabina Abidi
Anett Bessenyei
Malgorzata Rajda
Olugbenga Williams

LINK Program

Faculty Lead
Herb Orlik

Faculty

Alice Aylott
Aileen Brunet

Residents

Nadia Hassanali
Olga Yashchuk
Tyson Rizzardo
Ali Manning
Justin Paradis
Melissa Lahti
Christie McClelland

Resident Kudos

Mardocs Resident of the Month

Dr. Joshua Smalley, PGY-6 in child and adolescent psychiatry, has been recognized by the Maritime Resident Doctors (Mardocs) as the resident of the month. This award is given to residents who demonstrate exceptional achievements while maintaining a work-life balance. Congratulations Dr. Smalley!

CHILD & ADOLESCENT PSYCHIATRY REPORT

Retirement

On June 30 **Dr. Wade Junek** officially retired from the Department of Psychiatry. **Dr. Sabina Abidi** hosted a farewell party at her home on June 21. For over 35 years Dr. Junek has worked with the Division of Child & Adolescent Psychiatry at Dalhousie. He served 12 years as founding director and consultant for child and adolescent mental health services in the Province of Nova Scotia. Dr. Junek's clinical expertise and advocacy for children, adolescents, and their families, will be missed not only by the division and IWK MH&A, but by the communities they serve.

Pediatric Grand Rounds

Dr. Selene Etches has been collaborating with the IWK Cardiology team to explore links between congenital heart disease and later development of mental health issues. They will be presenting their findings at the Pediatric Grand Rounds on Wednesday, Sept. 4 from 9-10am in the IWK O.E. Smith Auditorium. All are welcome to attend.

Canada Research Chair in Developmental Psychopathology & Youth

Dr. Sandra Meier has been working on a software application to track the behavior of patients. Her research will make use of built-in smartphone sensors to delineate information on social contacts, physical activity, sleep and speech. Her research is now in the testing phase and she is looking for volunteers to install the application on their phones as a trial



Dr. Junek at the farewell party hosted by Dr. Abidi.

and to then provide feedback. If you are interested, please contact Sandra.Meier@iwk.nshealth.ca

Media Interviews

Dr. Sabina Abidi was interviewed by Suzette Belliveau of CTV Atlantic on June 20. She appeared on First at 5 in a segment called *Getting Help*.



AWARDS & HONOURS

Dr. Keri-Leigh Cassidy to receive ACPC Award for Creative Professional Activity

Dr. Keri-Leigh Cassidy is the recipient of the 2019 Association of Chairs of Psychiatry in Canada (ACPC) Award for Creative Professional Activity. This award highlights the importance of creative professional activity in Canadian Departments of Psychiatry by rewarding exceptional contribution and is presented to those whose professional work has been widely recognized over a period of at least three years. Contributions are made in at least one of three categories: Discovery, Innovation and Creativity; Contributions to the Development of Professional Practices in Mental Health; and Exemplary Professional Practice. Dr.

Cassidy, a leading national expert in late life psychotherapies, mood disorders, positive psychiatry and seniors' mental health promotion, has developed original techniques and national educational programs in all three of the categories. Dr. Cassidy's work offers innovations to better serve older adults, and offers pragmatic solutions to the problems of healthcare sustainability. In modifying standard CBT treatments to better meet the needs of seniors, supporting continuing professional development in Canada, expanding the conversation beyond a traditional focus on pathology to include positive psychiatry and the new science of healthy aging, and closing the gaps between knowledge and practice, Dr. Cassidy's work reflects important new



Dr. Keri-Leigh Cassidy

directions for healthcare in Canada. She will receive her award at the annual ACPC dinner in Quebec City on September 12.

Dr. Sabina Abidi to receive CPA award

Dr. Sabina Abidi is the recipient of the 2019 C.A. Roberts Award from the Canadian Psychiatric Association (CPA). This award is dedicated to the memory of Dr. C.A. Roberts and is presented annually to a psychiatrist-clinician who has contributed significantly to improving patient care. Dr. Abidi's commitment to children and adolescents is unparalleled. Her incisive advocacy is informed by her broad clinical and research experience, and her contributions

are enhanced by her warm, empathic patient-centred approach. Her influence on the improvement in mental health care for youth has been exceptional. She has led program development, education initiatives, community outreach and system change that has had positive impact nationally and within the Atlantic Provinces in improving mental health for children and youth. Dr. Abidi is most deserving of the C.A. Roberts Award and will receive it in September during the annual CPA conference in Quebec City.



Dr. Sabina Abidi

STAFF & FACULTY CHANGES

Arrivals:

Dr. Ian MacKay has joined the department as an assistant professor, effective Aug. 6, 2019. Dr. MacKay will be working in Senior's Mental Health and can be reached at ian.mackay@nshealth.ca. His office is located in Room 191, Purdy Building at the NSH. He will be involved in telehealth for Senior's Mental Health in Truro and Sydney and will also be travelling to both those sites regularly.

Dr. Kara Dempster has joined the department as an assistant professor effective Sept. 3, 2019. Dr. Dempster will be working in the Early Psychosis Unit and can be contacted at kara.dempster@nshealth.ca or by phone at 902-473-2768.

Dr. Jennifer Cumming will be joining the department on Sept. 23, 2019 as an assistant professor. Dr. Cumming will be working at the IWK and can be contacted at Jennifer.cumming@iwk.nshealth.ca or by phone at 902-470-8375.

Departures:

Dr. Wade Junek has retired from the department, effective July 31, 2019.

HUMANITIES CORNER



On July 31, 2019, poet Sue Goyette, who teaches in the Dalhousie Creative Writing Program, facilitated a three hour workshop for all Dalhousie psychiatry residents. This innovative initiative was organized by Ms. Goyette, along with **Drs. Abraham Rudnick, Nicole Herschenhaus, and Emily Fraser (PGY3)**, with the intention of using poetry exercises to teach psychotherapy skills. Ms. Goyette used reading and writing exercises to establish a safe and interactive environment for the learners, and then to become more comfortable with the vulnerability of not quite understanding, and exploring nonetheless. She contrasted poetry with narrative by highlighting how poetry calls upon the writer and the reader to be open to the non-linear, the unspoken, and “the wild.” Drs. Herschenhaus and Rudnick discussed how these attitudes make poetry a particularly useful tool for teaching psychotherapy skills. She used collaborative writing exercises to allow learners to experience the elements of play and surprise, and to demonstrate the power of the unconscious. She highlighted the value of different ways of knowing: those experienced in the head (thinking), heart (feeling), and gut (instinctive reactions).

She concluded the workshop with a particularly powerful four-step exercise called “Palinonde and Erasure Poems.” First, participants were given examples of poems written about ordinary experiences that occur within families. They were then invited to reflect upon and recount, in detail,

an experience they have shared with someone they know well. The third step was to readdress (palinode) that writing by beginning again, this time with the line: What I meant to say is... This readdress invited participants to deepen the experience they had recounted by being more emotionally overt and vulnerable. The fourth step of the exercise was to cross out words that did not feel crucial to this latest version of the poem by honing it down to its essential words. The learning objectives of this exercise included the following. We invite *Headlines* readers to consider how each of these is relevant to the practice of psychotherapy:

- Transform experience into material that can then be reconstructed.
- Understand the constructive value of narrative.
- Become more comfortable with risk-taking and emotional vulnerability.
- Improve language skills by focusing carefully on word choice.
- Improve associative and improvisational thinking skills.
- Understand the importance of context, arrangement, and form in writing.

Reflecting on her experience in this workshop, Dr. Emily Fraser had the following to add:

As a resident in the early stages of my psychotherapy training, the introduction to various forms of therapy can feel overwhelming and

disconnected. Participating in Sue Goyette’s workshop has allowed me to approach my ongoing training with a new energy and confidence. The poetry exercises in the workshop helped foster the elements of psychotherapy that are difficult enough to articulate, let alone teach. I now appreciate that the uncertainty I commonly feel with psychotherapy patients is not something meant to be completely eliminated with experience. What I mean to say is... poetry encourages us to embrace the uncertainty and “wildness” that arise within psychotherapy, which will help us to practice skillfully and with an open heart.

PHOTO FEATURE



Nothing like nectar (Photo by Dr. Shabbir Amanullah).

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of **Headlines** will be distributed on Nov. 1, 2019, with the deadline for submissions to be Oct. 18, 2019.

Please send all submissions to Kate Rogers: Kate.Rogers@nshealth.ca