

# headlines

news from the department of psychiatry at dalhousie university

FEATURE

## NEW MENTAL HEALTH PROJECT WILL EXPLORE DNA OF BIPOLAR DISORDER

Reprinted with permission of Genome Atlantic



Drs. Rudolf Uher (left) and Martin Alda speak at a February 7 event announcing their new project (photo: David Grandy Photography).

Two psychiatrists at Dalhousie University and the Nova Scotia Health Authority (NSHA) have plans to apply genomics to the development of some much-needed clinical tools for the early detection and treatment of bipolar disorder. Success could bring significant improvement to

the lives of those with the condition.

**Dr. Martin Alda**, the Killam Chair in Mood Disorders at Dalhousie, and **Dr. Rudolf Uher**, Dalhousie's Canada Research Chair in Early Intervention in Psychiatry, have received \$975,000 to

pursue their goal in a three-year research study, which started in early 2019. The two psychiatrists also run successful research programs with NSHA and Dalhousie University.

Their project, *Early Detection of Bipolar*

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**DALHOUSIE  
UNIVERSITY**

FACULTY OF MEDICINE  
Department of Psychiatry

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# MESSAGE FROM THE HEAD

We are deep in the winter, but the days are lengthening visibly, and spring looms. It will be welcome.

I begin with some sad news. Since the last edition we have lost two long serving members of the department, both retired for many years. Dr. Alex Richman was a renowned expert in psychiatric epidemiology, who worked in Dalhousie in the 1980s and 90s. His clinical work was in the outpatient department, housed on the third floor of the Abbie J. Lane Building. I fondly recall Alex's scholarship and wit and his attachment to the many severely ill patients he served. Dr. Sonia Russell was another extraordinary faculty member, who came to the practice of child and adolescent psychiatry in her later years. She was one of the team of supervisors in my first residency rotation in 1984. She was a warm and generous mentor. Her range of interests was vast, and she lived life to the full. May they both rest in peace. Read their individual obituaries: Dr. Richman (<https://www.thechronicleherald.ca/obituaries/dr-alex-richman-15124/>) and Dr. Russell (<https://www.thechronicleherald.ca/obituaries/sonia-louise-russell-morris-16330/>).

There continue to be many stresses and strains in our health care system, especially in mental health and addictions. Shortages of personnel, both of psychiatry and other disciplines continue to hamper service delivery. This is most acute in areas outside of Halifax, but the central zone is also experiencing pressures. In the East Coast Forensic Hospital, resources have been severely stretched recently, and mitigating strategies have had to be developed. Rehabilitation and Integration services are undergoing changes, and adequate resources continue to be a problem. At the IWK, there are vacancies which have been difficult to fill. Because of the paucity of resources in C&A around the province, the effect of these vacancies is



*Dr. Michael Teehan*

amplified. Recruitment efforts by NSHA and IWK have been ramped up, with some success. Efforts are continuing in all areas.

At the provincial level there is much work underway to standardize practices and to the extent possible, make available equivalent mental health and addiction treatment in all areas. **Drs. Scott Theriault** and **Sonia Chehil** have been leaders in this work. We will be seeing changes roll out in the coming months which will lead to significant changes of practice in all parts of the province.

Negotiations with government on a new contract for both AFP physicians

and those governed by a Master Agreement (MA) continue. As I have said in a number of venues, the tone and atmosphere have been warmer than at the last round. There are however, concerns now because of delays and numerous cancellation of meetings. We are told that MA matters need to be resolved as a first step, and that AFP negotiations need to be on hold while this happens.

As by now you will know, the CaRMS match process concluded successfully late last month. It was another remarkable year, filling all eight open positions in the first round. Three of our new residents are from Dalhousie. We look forward to

continued from page 3 Message from the Head

welcoming all of them to the program in July. Our thanks are due to **Drs. Mark Bosma** and **Sherry James**, as well as to all of the residents, faculty, and staff who contributed to making this such a success.

continued from page 1 new mental health project

*Disorder and Optimized Selection of Long-term Treatment*, will take a personalized approach, using genomics to develop new screening tools and fast-track treatment for individual patients. Led by Genome Atlantic, the project has the support of a wide-range of financial backers, including Genome Canada, the Research Nova Scotia Trust, the Nova Scotia Health Authority, the Dalhousie Department of Psychiatry and the Dalhousie Medical Research Foundation. The number and diversity of their sponsors indicate the importance being placed on their work.

Nova Scotia has one of the highest rates of psychiatric disease in the country. In the world of mental illness, bipolar disorder is rated one of the top 10 causes of disability.

Current methods of diagnosis and finding the right individualized response, which usually involves long-term medication, are time-consuming. Delays can impair results, which are known to improve with early detection and treatment.

Drs. Alda and Uher hope to overcome those hurdles to achieve better outcomes by leveraging the role genetics plays in some key features of bipolar disorder, including causation, the risk of suicide and the response to long-term treatment. Using this knowledge, the plan is to achieve better patient results by developing clinical tools for early diagnosis and treatment. They anticipate their work could shorten the time from diagnosis to effective treatment by at least 12 months.

Genome Atlantic spoke with Dr. Alda recently to shed more light on their project:

*Genome Atlantic:* What exactly is bipolar disorder and how debilitating is this condition?

Finally a word of encouragement to attend our annual regional conference, the Atlantic Provinces Psychiatric Association. It will be held in St. Johns, Newfoundland this year, in mid-June

and I will circulate the call for papers and details of the conference shortly. I hope to see many of you supporting this unique event.



(L to R): Lindsay Peach, Vice-President, Integrated Health Services Community Support and Management, NSHA; Dr. Martin Alda; Dr. Steve Armstrong, President & CEO, Genome Atlantic; Dr. Rob Annan, Vice-President, Public Affairs & Communications, Genome Canada; Dr. Rudolf Uher; Janet Knox, CEO, NSHA; Brian Thompson, CEO, DMRF; Dr. Gail Tomblin Murphy, Vice-President of Research and Innovation, NSHA; and Dr. Colin Dodds, Trustee, Research Nova Scotia Trust. (David Grandy photos).

*Dr. Martin Alda:* Bipolar disorder is a serious psychiatric illness, previously known as manic-depressive disorder. It typically affects young people and runs a lifelong course characterized by episodes of mania and depression. Bipolar disorder is often disabling, ranking among the top ten causes of morbidity worldwide. People with bipolar disorder are at risk of increased mortality due to suicide but also from various physical causes such as heart disease or diabetes. The manic and depressive episodes can be prevented by suitable long-term treatment, but not all people respond to the same treatments and choosing the right medication by trial and error is a lengthy and frustrating process.

*Genome Atlantic:* How common is bipolar disorder in Nova Scotia? In Canada?

*Dr. Martin Alda:* Bipolar disorder affects about 2 per cent of all adults in Canada (and Nova Scotia).

*Genome Atlantic:* How is the condition

commonly diagnosed now, and what are the drawbacks with this process?

*Dr. Martin Alda:* Bipolar disorder is typically diagnosed based on clinical symptoms. In the early stages, the illness is often difficult to differentiate from other psychiatric conditions such as major depression or schizophrenia. This uncertainty of diagnosis means that many patients are diagnosed properly only after a delay of several years. It is during this early stage of illness when timely treatment can make the most difference in the illness outcome.

*Genome Atlantic:* What are the genetic links to bipolar disorder and how long have we known about them? What are the odds that people with these genes will go on to develop bipolar disorder?

*Dr. Martin Alda:* A number of studies have established that bipolar disorder is heritable and that the genetic factors account for up to 80-85 per cent of the overall risk of the illness. Several genes

have been discovered that increase the odds of developing bipolar disorder, but more work is needed to clarify how these genes in combination with non-genetic factors predispose people to develop bipolar disorder.

*Genome Atlantic:* Since this project will be breaking new scientific ground, perhaps you could explain what made you think of using these genetic links to try and develop methods for earlier detection and better treatment for bipolar disorder? Was there a Eureka moment when you came up with this project?

*Dr. Martin Alda:* From work of several research groups including our own work, we know that genetic factors play a role in the risk of bipolar disorder and that they are an important factor in determining who responds to what kind of long-term treatment. Thus, it is a logical step to start looking at the risk genes and their combinations to come up with a set of factors that will guide clinical decisions.

*Genome Atlantic:* Can you describe the new clinical tools you aim to develop?

*Dr. Martin Alda:* We plan to use a combination of clinical measures and

genetic information from the entire human genome. Ultimately the tool should provide a guide to clinical features relevant to the risk of illness and/or the likelihood of responding to a particular medication and combine these with the genetic factors.

*Genome Atlantic:* How do you foresee these new clinical tools changing diagnosis and treatment of bipolar disorder?

*Dr. Martin Alda:* Our proposal falls under the now much-talked-about concept of precision medicine. Most areas of medicine including cancer treatment or cardiology are moving towards tailored treatments based on individual patient characteristics rather than one prescription fitting all.

*Genome Atlantic:* What benefits would they bring to patients and their families?

*Dr. Martin Alda:* Our hope is that the improved treatment will reduce the risk of the illness and will shorten the time to an effective treatment selected to fit the patient's clinical and genetic profile.

*Genome Atlantic:* This project is a three-year endeavor so can you briefly outline

what you intend to do over that period?

*Dr. Martin Alda:* Most of the work is to be done here at Dalhousie and in the Nova Scotia Health Authority. Exactly speaking, it is not a three-phase project, but some parts of it will take a full three years (and possibly longer). Our proposal has several aspects and some are closer to clinical applications than others. We expect that any new discoveries and decision tools will need to be further tested before being implemented in clinical practice.

*Genome Atlantic:* If you succeed in developing these new genomic diagnostic tools, how soon could Nova Scotians expect to see them adopted for general clinical use?

*Dr. Martin Alda:* We expect that at least some of the tools will be ready by the end of the project; some may take longer.

*Genome Atlantic:* Are there other psychiatric disorders where you think genomics could provide the keys to better diagnosis and earlier or better treatment?

*Dr. Martin Alda:* Not only bipolar disorder, but other forms of severe mental illness such as schizophrenia or depressive disorder.

# RESEARCH REPORT

## Upcoming Funding Deadlines

[Health System Impact Fellowship - April 2, 2019](#)

The Health System Impact (HSI) Fellowship (for doctoral trainees and post-doctoral fellows) provides highly-qualified doctoral trainees and post-doctoral fellows studying health services and policy research (HSPR), or related fields, a unique opportunity to apply their research and analytic talents to critical challenges in health care that are being addressed by health system and related organizations (e.g., public, private for-profit, not-for-profit, and Indigenous health organizations that are

not universities) outside of the traditional scholarly setting, and to develop professional experience, new skills, and networks.

[CIHR Project Grants - March 6, 2019:](#)

The Project Grant program is designed to capture ideas with the greatest potential to advance health-related fundamental or applied knowledge, health research, health care, health systems, and/or health outcomes. It supports projects with: a specific purpose and a defined endpoint. The best ideas may stem from: new, incremental, innovative, and/or high-risk lines of inquiry; or, knowledge translation approaches.

[NSHRF Scotia Scholar award for Master's & Doctoral students - April 12, 2019:](#)

The Scotia ScholarsOM\* Awards provide financial support to high caliber research trainees engaged in health research at Nova Scotia universities. The objective of the Scotia ScholarsOM Award is to support the development of the next generation of highly qualified researchers and leaders in the Nova Scotia health research enterprise, and to encourage continued interest in health research careers. Funded applicants have the distinct honour of carrying the designation of Scotia Scholar.

# EDUCATION REPORT

## undergraduate education news

Mandated by Undergraduate Medical Education, there has been a significant change to the scheduling of clerkship in future years. It will now begin and finish in late August. Dates for the upcoming year will be Aug. 26, 2019 to Aug. 28, 2020. Please note that the start date has been newly brought forward this year, and consequently, there will be some overlap between August 26 and Sept. 15, 2019, when the previous clerkship year ends.

The dates for each of the units can be found below:

Unit 1 Aug. 26, 2019 – Nov. 15, 2019

Unit 2 Dec. 2, 2019 – March 6, 2020

Unit 3 March 16, 2020 – June 5, 2020

Unit 4 June 8, 2020 – Aug. 28, 2020

Undergraduate teaching recruitment for 2019/20 has begun. To learn about available teaching opportunities, please contact **Kelly Hancock**, undergraduate coordinator, at [kelly.hancock@nshealth.ca](mailto:kelly.hancock@nshealth.ca). We recommend that you make your choices early to avoid disappointment.

Please note the following upcoming contests for medical students. Please encourage your students to apply. Further details are posted on our departmental website.

- The Canadian Organization of Undergraduate Psychiatric Educators (COUPE) Best Paper Award for Medical Students. The author of the winning submission will be acknowledged in the Canadian Journal of Psychiatry, receive \$250.00, travel expenses paid to attend the fall Canadian Psychiatric Association

(CPA) meeting (up to \$750.00 value), as well as an engraved plaque from COUPE. This contest is sponsored by COUPE. Submission deadline is Midnight, Friday, March 29, 2019.

*Closed to new submissions:*

- The Department of Psychiatry supports the travel expenses of a Dalhousie medical student interested in psychiatry to attend the annual Psychiatry Student Interest Group Network (PsychSIGN) conference held in conjunction with the American Psychiatric Association (APA) conference. Submissions for conference funding have closed as of Feb. 15, 2019. A winner will be announced, and their experience featured, in a future episode of *Headlines*.

## postgraduate education news

### Evaluations

The postgraduate program has begun planning the 2019 end-of-year oral assessments and STACER examinations for the residents. Faculty will receive an invitation in the next several weeks to act as assessors for these very important evaluations.

### CaRMS

A big thank you to everyone that participated in this year's CaRMS events in January, especially the faculty and residents who assisted with the file reviews and interviews:

**Drs. Sabina Abidi, Alice Aylott, Siobhan Bergin, Sreenivasa Bhaskara, Miroslaw Bilski-Piotrowski, Kathy Black, Mark Bosma, Christelle Boudreau, Jill Boyd, Keri-Leigh Cassidy, Lauren Chan, Terry**

**Chisholm, Jacob Cookey, Ezio Dini, Laura Downing, Selene Etches, Emily Fraser, Amy Gough, Holly Greer, Sameh Hassan, Nadia Hassanali, Matt Havenga, Lara Hazelton, Kristen Holm, Mary-Ann Hudec, Sherry James, Vhari James, Aaron Keshen, Melissa Lahti, Marissa LeBlanc, Kate Lines, Shannon MacDonald, Greg MacMullin, Meagan MacNeil, Ali Manning, Christie McClelland, Philip Mills, Matt Morgan, Cheryl Murphy, Kerry Murray, Grainne Neilson, Jenny Ojiegbe, Herb Orlik, Deborah Parker, Curt Peters, Anthony Pianosi, Kulli Poder, Lukas Propper, Margaret Rajda, Tyson Rizzardo, Celia Robichaud, Chelcie Soroka, Lourdes Soto-Moreno, Cinera States, Graham Stevenson, Aidan Stokes, Michael Teehan, Scott Theriault, Tanya Tulipan, Angela Wang, Kim White, and Suzanne Zinck.**

A total of 90 candidates were interviewed over four days. Thanks to the efforts of our administrative staff, **Tracy Fraser-MacIsaac, Jen Brown, Kelly Hancock** and **Megan Bellefontaine**, each day ran very smoothly and clearly demonstrated the strengths of our program. Match Day was February 26 and we are very pleased to announce we matched all eight positions. Further details will be highlighted in the May issue of *Headlines*.

# fellowship and subspecialty training news

## Meet Dr. Celia Robichaud: Child and Adolescent Psychiatry Subspecialty Trainee

### *Why I chose to pursue this fellowship:*

I have always loved working with youth, both in extracurricular settings and during my medical training, so it was a hard fought debate in my mind whether to choose psychiatry or pediatrics during CaRMS. Ultimately, it came down to a last minute decision to pursue psychiatry (but one of the best decisions I ever made). In choosing psychiatry however, I knew I didn't want to give up working with children, and child and adolescent psychiatry has given me the opportunity to do both. Aspects that I have particularly enjoyed in this fellowship are the increasingly collaborative and interdisciplinary teams that I get to be a part of, and the extra spark of unpredictability and fresh insights that young people bring to this work. In learning to understand children, I'm learning to understand what makes people into the adults they become. It's multifaceted and dynamic, and never boring!

### *The highlight of my subspecialty training so far:*

This is going to sound really corny, but the people I've gotten to work with! My colleagues at the IWK in all disciplines (psychiatry, psychology, nursing, OT, RT, social work, pediatrics and more) have been so welcoming and encouraging. We have collaborated on some of the most complex cases I have ever seen, and their ideas, dedication and sense of humor have made even the most difficult of days bearable. A population that I have particularly enjoyed working with is young people with complex developmental issues/Autism Spectrum Disorder; in order to make meaningful change for these individuals, interdisciplinary collaboration is not just a perk, it's a necessity! There are some truly brilliant minds here, and the relationships that I have made in the last



Child and adolescent psychiatry subspecialty trainee Dr. Celia Robichaud

year and a half will definitely make me a better psychiatrist.

### *Who has really impacted my subspecialty training:*

So many people have impacted my training here, it would be hard to pick one person! I look up to the child and adolescent division leadership as psychiatrists that I have tried to learn from and emulate in my own practice. **Drs. Sabina Abidi and Alexa Bagnell** are particular inspirations for me, as women who have made huge differences in the lives of so many young people. They are constantly striving for clinical improvements and have had a major impact in their respective fields, and yet always have time for a laugh! That kind of work/life balance is what I hope to achieve.

**What the future holds:** Well, I'm going to put my C&A skills to the real life test with the impending birth of my daughter in April! If that doesn't completely change my mind about the whole working-with-kids thing, I will be returning to finish the last three months of my subspecialty training in early 2020, then starting work at the IWK with the Division of Child & Adolescent Psychiatry. I feel very fortunate to have the opportunity to continue working with this amazing group. In addition to clinical work, I'm passionate about teaching and sharing our great specialty with the yet-undifferentiated medical students and residents of the world. I hope I can still incorporate a significant amount of teaching into my future work.

# continuing professional development news

## W.O. McCormick Academic Day

For this year's Academic Day, the Department of Psychiatry is pleased to welcome Dr. Carlin Miller from the University of Windsor, who will be speaking on *Psychological approaches to understanding and managing ADHD*, and Blanca Bolea-Almanac from the University of Toronto, who will present *Pharmacological treatment of ADHD with comorbidities*.

Dalhousie's **Dr. Gail Eskes** will present *Paying Attention to Attention* and again, there will be breakout sessions with local speakers on a variety of topics.

Online registration will be provided by eSource Event and will be available mid-March. There will be no on-site registration.

As this will likely be another sold out event, plan to register early to avoid disappointment! Watch our webpage for registration and further details: [https:// dalpsychiatry.ca/s/womad](https://dalpsychiatry.ca/s/womad)

## Recent Highlights

2019/01/23 Dr. Paul Kurdyak, University of Toronto  
Mental Health Systems Design

2019/02/13 **Dr. Jill Boyd** (PGY-5) and **Dr. Vhari James** (PGY-5),  
Dals' DOP Resident Program  
Storm Cancellation

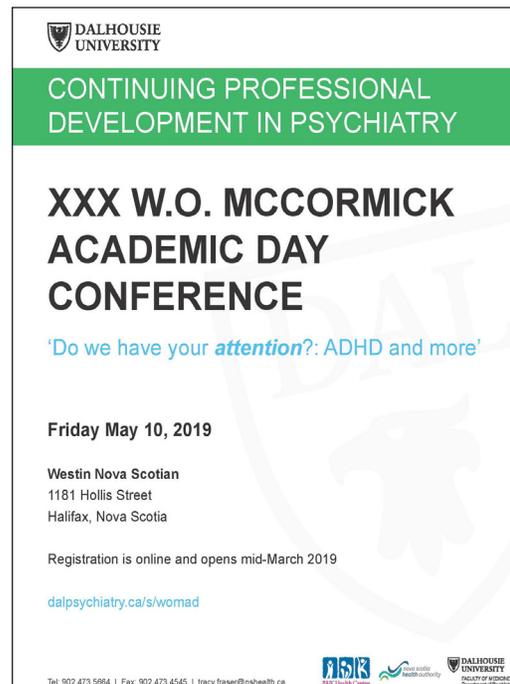
2019/02/20 Dr. David Goldbloom, University of Toronto  
Vilified and Validated: Electroconvulsive Therapy in the 21st  
Century



Dr. Paul Kurdyak



Dr. David Goldbloom



## Upcoming Events

2019/03/06 Child & Adolescent Psychiatry  
**Drs David Lovas and Leslie-Anne Campbell**

2019/03/13 Clinical Academic Rounds  
Dr. Eileen Denovan-Wright

2019/03/20 University Rounds  
Dr. Célyne Bastien, Université Laval  
Sleep

2019/03/27 Clinical Academic Rounds  
Dr. Ingrid Waldron  
Cultural Psychiatry

2019/04/03 Child & Adolescent Psychiatry  
**Dr. Lukas Propper**  
Use of Psychotropic Medication in Children and Adolescents  
with Autism

2019/04/10 Clinical Academic Rounds  
Caroline Martin  
Psychotherapy Group: Acceptance & Commitment Therapy and  
Interpersonal Psychotherapy for Postpartum Mood Disorders

2019/04/17 University Rounds  
Dr. Kiran Rabheru, University of Ottawa  
Geriatric Psychiatry

2019/04/24 Clinical Academic Rounds  
Dr. Heather Rigby, Neurology, and Dr. Lutz Weise,  
Neurosurgery;  
Deep Brain Stimulation

# meet an educator: dr. terry chisholm

*Meet an Educator* is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Terry Chisholm**, assistant professor and psychiatrist in the Department of Psychiatry and director of the geriatric psychiatry subspecialty training program. If you are interested in being profiled in an upcoming publication, please contact Kate Rogers at [Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca).

## ***My current education/teaching interests:***

As the program director for geriatric psychiatry, I am happy to say the Royal College Accreditation is successfully off my list, so I can focus on other interests. I am currently working on making our geriatric psychiatry online modules interactive so they will be more engaging for the learner. I am lucky to be able to work with **Dr. Cheryl Murphy** and **Mandy Eslinger** on this project. We add MCQ, short answer, video and more to help maintain interest and focus. It's surprisingly time intensive, but worth it to see the finished project. We have interest from other geriatric psychiatry programs in the country and will be working out how to share them soon.

Together with **Drs. Kathleen Singh, Olga Yaschuk, Beverley Cassidy and Cheryl Murphy**, I have contributed to a project with McMaster University, Texas A&M University and University of California - Davis to develop an online website. "Resiliency in the Era of Sustainable Physicians: An International Training Endeavour" or RESPITE (available at [respite.machealth.ca](http://respite.machealth.ca)), is an e-learning strategy that enhances personal resilience and mitigates risk of burnout for residents of all specialties.

***My preferred method of teaching or curriculum delivery:*** I think you can see I like to teach in as interactive a way as possible. One way is using interactive online modules, but I also try to be innovative when I have the subspecialty residents on my own. We have done a Lunch-and-Learn in the Public Gardens and linked one session to the Festival of Trees luncheon.

***A typical "Day in My Work Life":*** One of the great things about my job is that most days are quite different. I feel quite lucky to get out of the office regularly to visit patients in their own home or at long-term care facilities. If sitting is the new smoking, I am happy to move



*Dr. Terry Chisholm*

most days. Working with residents and medical students regularly helps me stay up-to-date, as they love to ask questions! Another favourite of working in geriatric psychiatry is the team work. There is always someone to share the challenging cases with and I am not sure what I would do without the skills of our nurses and social workers. Then there is the time I spend with the very organized **Tracy Fraser MacIsaac** managing the subspecialty program.

## ***The most satisfying and frustrating aspects of doing academic work:***

The best part of the academic work is working with the talented and fun residents and also the brilliant geriatric

psychiatry team. The frustrating part is making it all fit in, while keeping a healthy lifestyle.

***My education/academic mentor:*** Dr. Theresa Clarke was my first mentor who encouraged me to work in consultation-liaison, which eventually lead to geriatric psychiatry. **Drs. Michael Teehan** and **Aidan Stokes** tutored me on administrative tasks, and more recently, **Dr. Mark Bosma** (who I helped train a number of years ago) has been a mentor in my role as program director.

***My second career choice:*** I wanted to be an architect from my earliest days of Lego. I still enjoy imagining how houses and buildings are put together.

# medEd minute

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

## Strategies for giving feedback

Following on from the principles of giving feedback (January 2019 issue), consider the following strategies for giving feedback in your teaching practice:

### Feedback sandwich

*Aim:* To lessen the discomfort in providing corrective feedback by sandwiching the corrective statement between two reinforcing statements.

1. Reinforcing statement + correcting statement + reinforcing statement (refrain from using ‘but’ before the corrective statement).
2. Encourage the learner to discuss their opinions of their performance to promote self-assessment and behavior modification.

### Pendleton model

*Aim:* To establish a structured teacher-learner ‘conversation’ about the learner’s performance.

1. Learner: Says what they think they did well.
2. Teacher: States agreement (where appropriate) and asks the learner what they think could have been done differently.
3. Learner: Says what they think could have been done differently.
4. Teacher: Says what the learner could have improved on and asks the learner how this can be achieved.

### Reflective feedback conversation

*Aim:* A modification of the Pendleton model to further encourage learner reflection and behaviour modification.

1. Teacher: Asks the learner if there are areas of their performance they have concerns about. Is there anything that didn’t go as planned?
2. Learner: States their concerns and what didn’t go as they’d planned.
3. Teacher: Provides their view on the learner’s areas of concern and offers support. Then, asks the learner to reflect on what could have been done differently.
4. Learner: Says what they think could have been done differently.
5. Teacher: Expands on the learner’s response (correct learner, if necessary) and checks for their understanding.

### References:

- Cantillon, P., & Sargeant, J. (2008). Giving feedback in clinical settings. *BMJ*, 337, a1961.
- Hardavella, G., Aamli-Gagnat, A., Saad, N., Rousalova, I., & Sreter, K. B. (2017). How to give and receive feedback effectively. *Breathe (Sheffield, England)*, 13(4), 327-333.

# education kudos corner

## Kudos Corner

We are recognizing those members of the department who are engaging in continued learning through faculty development activities and who have shown a keen interest in teaching. See who's been involved recently!

## Faculty Development

**Dr. Claudia Lamschtein** attended the Fundamentals of Didactic Teaching Course, one of several of the Faculty Development Courses on offer through the Dalhousie Faculty of Medicine and available online at [https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Fundamentals\\_Teaching.html](https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Fundamentals_Teaching.html)

The course objectives centre on lecturing and tutoring of small group sessions, and the incorporation of strategies to promote student engagement with the material. Dr. Lamschtein explained that her participation in this workshop had encouraged her to explore previously unconsidered teaching opportunities, increased her confidence as a tutor in promoting student engagement, and enhanced her sense of mastery.

## Teaching

We would like to thank our many faculty for the time they devote towards teaching throughout the academic year. For this issue, we'd like to focus on a few components of Med 1 & 2 teaching – both experiential and didactic – including; Shadow a Physician, Rotating Electives, and the IPE Dalmazing Race as well as the Host Defense, Metabolism and Neuroscience unit and lectures.

Shadow a Physician (Med 1) took place in September, immediately following the Labour Day weekend. It is a valuable opportunity to experience clinical practice up close at the start of a medical student's training, and we are grateful for the support and enthusiasm our faculty continue to show for it.

## Shadow a Physician - Supervisors

**Alice Aylott**  
**Aileen Brunet**  
**Cynthia Calkin**  
**Kristen Holm**  
**Jose Mejia**  
**Kulli Poder**  
**Joseph Sadek**  
**Sanjana Sridharan**  
**Mutiat Sulyman**  
**Olugbenga Williams**

Rotating electives are another opportunity to experience clinical practice in Med 1 and we always have a number of students eager to participate. This would not be possible without the generosity of the faculty named below.

## Rotating Electives

**Alice Aylott**  
**Kristen Holm**  
**Anand Natarajan**

The Dalmazing Race is in its 1st year as a component of the Med 1 calendar, with over 1000 first-year students from Dentistry, Medicine, and Health participating in this event run by the Office of Interprofessional Education and designed to foster skill development in communication and collaboration increasingly necessary in the delivery and practice of Team-Based Healthcare. We would like to thank the following faculty for their participation.

## Dalmazing Race 1.0

**Heather Milliken**  
**Cheryl Murphy**

Clinical neuroscience is presented in conjunction with related neuroanatomy and physiology content during these lectures which run from August to late November. We would like to thank all of our lecturers for their participation.

## Neuroscience Lectures - Lecturers

**Alice Aylott**  
**Alexa Bagnell**

**Mark Bosma**  
**Aileen Brunet**  
**Jacob Coockey**  
**David Gardner**  
**Philip Mills**  
**Heather Milliken**  
**Matthew Morgan**  
**Herbert Orlik**  
**Deborah Parker**  
**Curt Peters**

The Host Defense & Metabolism sections of the Med 1 curriculum together account for 32 separate sessions. We would like to thank the faculty below for taking them on.

## Host Defense

**Mary Ann Hudec**

## Metabolism

**Herbert Orlik**  
**George Robertson**

# faculty development

## Faculty Development Opportunities

### Dalhousie Continuing Professional Development

#### *FacDev Thursdays Seminar Series (webinars)*

March 14, 8:00-9:00pm: *How to communicate with learners around controversial issues - Finding Respectful Grounds* with Dr. Joan Evans

March 25, 4:00-5:00pm: *Preparing For Promotion Workshop* with **Dr. Lara Hazelton**

In person workshop hosted in Tupper Building room BA3  
Videoconferenced to: DMNB 221; DECH 220; Miramichi 3111; Moncton 1711; URVH 14-020A

March 26 4:00-5:00pm: *Preparing For Promotion Workshop* with Dr. Lara Hazelton

In person workshop hosted in Tupper Link room G36  
Videoconferenced to: DMNB 221; DECH 220; Miramichi 3111; Moncton 1711; URVH 14-020A

March 28, 8:00-9:00pm: *Taking charge of your professional identity: Tools and metrics* with Ms. Jackie Phinney, Ms. Melissa Helwig and Ms. Robin Parker

April 11, 8:00-9:00pm: *Women in Medicine: the successes and challenges to facilitating promotion and leadership* with Dr. Christine Short, Dr. Christine Dipchand and Dr. Shelly McNeil

To participate, simply login as a guest at:  
<https://dal.adobeconnect.com/cme-live>

It is recommended you login at least 15 minutes before the start time.

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#### ***Emerging Leaders in Academic Medicine (ELAM) Online Course***

April 8 – June 10, 2019  
Registration fee: \$100

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

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#### ***Educating for Medical Professionalism Online Course***

May 6 - June 17, 2019  
Registration fee: \$60

For more information or to register please visit [https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Fundamentals\\_Teaching.html](https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Fundamentals_Teaching.html)

#### ***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

Registration to open soon. No fee to attend. For more information as it becomes available, please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Education-Institute.html>.

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#### ***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](mailto:FacDev@Dal.Ca)

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For more information on Faculty Development and their programs, email them at [facdev@dal.ca](mailto:facdev@dal.ca).

# CHILD & ADOLESCENT PSYCHIATRY REPORT

## 12th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference

On behalf of the Division of Child and Adolescent Psychiatry at Dalhousie University, Faculty of Medicine in Halifax, we would like to extend an invitation to our 12th annual Atlantic Provinces Child and Adolescent Psychiatry Conference (APCAPC) taking place May 31 – June 1, 2019.

APCAPC is renowned as an excellent opportunity for continuing education on a variety of academic and clinical topics related to child and adolescent psychiatry. It is also a wonderful opportunity to network with our colleagues from the Maritime Provinces in a casual and relaxed atmosphere. This year the focus is on “Complexity, Co-morbidities and Confounding factors” in child and adolescent psychiatry. The aim is to provide the opportunity to present complex cases for learning and also to benefit from expertise among colleagues regarding formulation and treatment for those cases about which you may seek help. In the audience will be panel experts in pharmacology, psychotherapy and phenomenology among others to foster rich discussions! Topic areas could range widely from symptoms, to treatment, to social determinants of health.

We encourage all faculty and residents to attend and also to consider submitting abstracts for presentation. Please save the dates of May 31 – June 1, 2019 and join us at White Point Lodge Beach Resort for what will surely be an enjoyable weekend.

## 2nd Annual Trans\*Health Symposium

On behalf of the Division of Child and Adolescent Psychiatry, we would like to extend an invitation to our 2nd annual Trans\*Health Symposium, “Integrated care for gender dysphoric, gender non-binary, & transgender children into adulthood,” taking place March 28 - 29, 2019 (Weather Watch Room, NSHA, QEII).

To register for the conference, please contact Debi Follett (Debi.Follett@iwk.nshealth.ca; 902-470-8087) for your registration package.

## Bell Let’s Talk Day

The 2019 Bell Let's Talk Day awareness campaign took place on Jan. 30, 2019. This campaign spotlights personal stories from Canadians of all ages from all walks of life living with mental illness or providing support for those who do. **Dr. Alexa Bagnell** is a regional expert for Bell Let's Talk Day and spoke about anxiety in children and youth on CTV (<https://atlantic.ctvnews.ca/video?clipId=1599423&binId=1.1145518&playlistPageNum=1>).

In 2019, Bell added \$7,272,134.95 to its commitment to Canadian mental health programs through Bell Let's Talk Day.

# SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

## Event re-cap

On January 30 the Sun Life Financial Chair, **Senator Stan Kutcher**, in partnership with the Mental Health Foundation of Nova Scotia, hosted a breakfast at the Westin Nova Scotian Hotel. The event, 'Cannabis, Youth and Mental Health' was held on Bell Let's Talk day and consisted of an informative panel discussion with Halifax Regional Police Chief Jean Michel Blais, **Dr. Phil Tibbo** from the Department of Psychiatry, Natalie Bakody with the Nova Scotia Department of Education and Early Childhood Development, and Amanda Higgins, a university student at Mount Saint Vincent University. The event attracted 120 attendees from local government, not-for-profits, education and law enforcement. The event also unveiled a new cannabis awareness video for teens that was funded by the Mental Health Foundation's community grant the Chair received last September. The video and resources can be found here: <http://teenmentalhealth.org/cannabis/>.

## Translations

French translations of the Chair's cannabis resources have been completed and are now posted on the website portal <http://teenmentalhealth.org/cannabis/>. There are also hard copies available for order. If you would like to receive hard copies of the English or French posters please email [Mallory.comeau@iwk.nshealth.ca](mailto:Mallory.comeau@iwk.nshealth.ca). Chinese translation of the resources have also been completed and will be posted on the website in the coming month.

*The Mental Health and High School Curriculum Guide* has been translated into several languages for use worldwide.



*Cannabis, Youth and Mental Health event held on Bell Let's Talk day.*



*Mental Health Literacy Core Trainer Institute group in British Columbia this February.*

The international versions, including Spanish and Bangladeshi are now available online, free to download. More versions will be posted in the coming months. To view the entire *Guide* catalogue, visit: <http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/download-the-guide/>.

## Conferences and Training

In January, chair team member Jennifer Ashton traveled to the California Student Mental Wellness Conference held in Sacramento. **Dr. Yifeng Wei** presented at the conference and discussed the Chair's evidence-based mental health literacy resources for schools. The response was overwhelmingly positive with many attendees hoping to pursue further professional development.

In early February, chair team member Mallory Comeau attended the BC Ministry of Education's 2nd annual School Community Mental Health Conference. This year's theme was "Leading Mentally Healthy Schools in BC" and attracted delegates from across all 60 of British Columbia's school districts. As of February, 58 of those districts attended a Mental Health Literacy Core Trainer Institute on the *Go-To Educator* and *Mental Health and High School Curriculum Guide*. The last session was part of three main institutes held in the province over the past year.

Also in February, Dr. Wei traveled to New York to conduct Curriculum Guide training with a team from the JED foundation. JED has recently partnered with the Chair to begin regional training in New York State and will work to

promote mental health literacy in the US.

## Mental Health Academy

Registration for this year's Mental Health Academy opened on February 18. The event will take place on July 19 at Citadel High School and the program will feature experts in the field of adolescent mental health. The full conference schedule will be available soon and all updates, along with information on registration can be found at <https://www.mentalhealthacademy.ca/>.

# DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS REPORT

The Janssen Chair in Psychotic Disorders, **Dr. Phil Tibbo**, is currently the president of the Canadian Consortium for Early Intervention in Psychosis (CCEIP; [epicanada.org](http://epicanada.org)). In this role the Chair has been active at the national level fulfilling the CCEIP mandate. Current activities include the standardization of early intervention care across Canada with the development and roll out of clinical order sets. CCEIP also recently received a large grant from Health Canada to develop identification and treatment order sets for cannabis use disorder in the early phase psychosis context.

Recently CCEIP was also pleased to organize and host a group of mental

health experts from China for a week-long visit across Ontario. The delegation consisted of professors, clinicians and policy influencers from across various regions in China who were interested in learning about the role of Community Treatment Orders (CTOs) for individuals with psychosis, with a focus on early intervention care. The purpose of their visit was to learn from Canadian clinicians and support staff the implementation processes of CTOs, including the benefits to patient outcomes. Over the course of one week, the group visited St. Joseph's Healthcare Forensic Psychiatry Program in Hamilton and the Centre for Addiction and Mental Health (CAMH) in Toronto



(L-R) Dr. Tom Hasting, CCEIP VP-Clinical; Nicola Banks, CCEIP CEO; and Dr. Phil Tibbo, CCEIP President.

(visiting both campuses). At the Slaight Centre Early Intervention Service, the delegation from China participated in a panel discussion which looked at the various healthcare roles in the CTO process, reiterating the importance of the CTO coordinator and case manager roles. The Schizophrenia Society of Ontario joined in the discussion to provide a lens into the family member's perspective when navigating through the process of CTO use. While at CAMH, the group also spent time with clinicians and staff from the Complex Care Schizophrenia Program where information was presented on the use of long-acting medications in CTOs, and the specific requirements while on CTOs. The delegates also spent time at the Parkwood Institute in London, Ontario, exposing them to other perspectives on CTOs from patients, caregivers and police officers.

The last day was spent together with the CCEIP leadership to summarize all key findings and to generate an action plan for their return to China. This was an important initiative, bringing together experts from around the world who share the common goal of improving mental health care for patients and their families.



*The delegates from China and CCEIP leadership on their first day of learnings on Community Treatment Orders in Canada.*

# NEWS & ANNOUNCEMENTS

## news from the department

### Dr. Amy Bombay named among top 100 health influencers by OptiMYz magazine

Congratulations to **Dr. Amy Bombay** who was named one of OptiMYz magazine's Top 100 Health Influencers for 2019. She is among 100 others leaders who are creating a path for better health in Canada. Some, like Dr. Bombay, are researchers; others are athletes and adventurers, nutritionists, diet experts and chefs. Others still are leaders of organizations whose mission is to create a healthier world, and others focus on spreading the word.

Dr. Amy Bombay is Ojibway and her work explores the relationships between historical trauma, contemporary stressor exposure, and wellbeing among

Indigenous peoples in Canada in her research.

OptiMYz magazine is a leading Canadian health and fitness publication designed for women who put their health and fitness first and strive to look and feel their best. The Top 100 Health Influencers are representative of the magazine's five brand pillars: health, fitness, nutrition, life and mental well-being. To read more about Dr. Bombay's work, and see who else made the Top 100 list visit <https://www.optimyz.com/optimyz-top-100-health-and-fitness-influencers-2019/>.



*Dr. Amy Bombay*

### News from the Mood Disorders Clinic

Two manuscripts produced by faculty members in the Mood Disorders Clinic have received accolades. The manuscript, "Obesity, dyslipidemia and brain age in first-episode psychosis" by an international team of researchers led by **Dr. Tomas Hajek** and co-authored by **Drs. Martin Alda** and

**Rudolf Uher**, received the Best clinical publication in 2018 award by the Czech Neuropsychopharmacological Society. The manuscript "Using structural MRI to identify bipolar disorders – 13 site machine learning study in 3020 individuals from the ENIGMA Bipolar Disorders Working Group," by **Drs.**

**Abraham Nunes, Alda and Hajek** was listed by Brain and Behavior Research Foundation among the Leading Research Achievements of 2018. More information can be found at <https://www.bbrfoundation.org/2018-research-highlights>.

### Article in Saltscapes features Reproductive Mental Health Services and draws attention to postpartum depression

Postpartum depression affects 10-15 per cent of women, with half of all cases starting during pregnancy. **Dr. Tanya Tulipan** and the Reproductive Mental Health Services (RMHS) team at the IWK are a great support for pregnant

or postpartum women suffering from moderate to severe mental illness. The positive work they do is featured in an article on Saltscapes.com. "I think this article really captures the hope and optimism that we want women to have

when they come for treatment," says Dr. Tulipan. To read the article please visit <http://www.saltscapes.com/living-healthy/2795-no-need-to-suffer-alone.html>.

## Resident Dr. Katie Lines pens Herald article on residency

As part of Resident Awareness Week (Feb4-8) **Dr. Katie Lines**, PGY-1, offered her commentary on what it means to be a resident. Her thoughts were published in

the Chronicle Herald on Feb. 4. Dr. Lines talks about what residents do and why they are critical in the healthcare system. To hear what she has to say visit: [https://](https://www.thechronicleherald.ca/opinion/commentary-medical-residents-who-we-are-and-why-we-matter-281570/)

[www.thechronicleherald.ca/opinion/commentary-medical-residents-who-we-are-and-why-we-matter-281570/](https://www.thechronicleherald.ca/opinion/commentary-medical-residents-who-we-are-and-why-we-matter-281570/).

## Keys to a stress-free March Break offered in article in Our Children magazine

**Dr. Alexa Bagnell** is featured in an article in Our Children magazine written by Starr Cunningham, president of the Mental Health Foundation of Nova

Scotia. The article offers tips to combat stress and take care of your mental health on March Break. Read the article in its entirety at [http://ourchildrenmagazine.](http://ourchildrenmagazine.ca/2019/02/05/mindful-march-break-travel-tips/)

[ca/2019/02/05/mindful-march-break-travel-tips/](http://ourchildrenmagazine.ca/2019/02/05/mindful-march-break-travel-tips/).

## Dr. Joe Sadek publishes fourth book

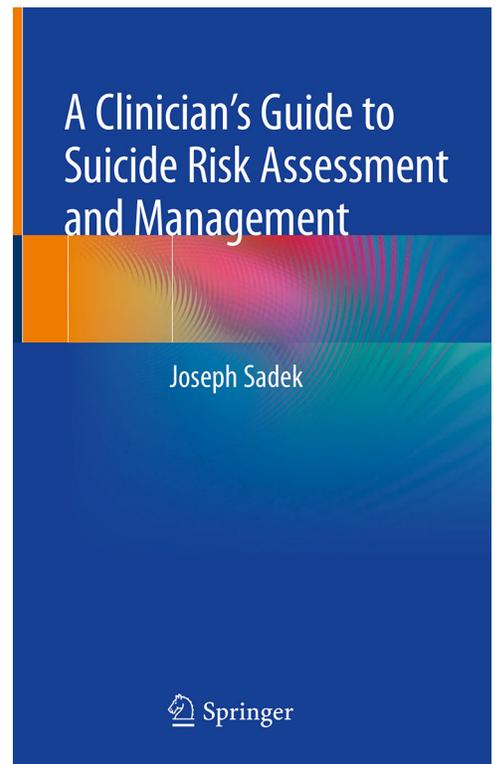
**Dr. Joe Sadek** has published his fourth book, "A clinician's Guide to Suicide Risk Assessment and Management." In the forward, written by Clinical Director **Dr. Scott Theriault**, he says "Dr. Sadek has produced a valuable concise guide for clinicians on the assessment and management of suicide risk." Dr. Theriault goes on to describe Dr. Sadek as instrumental in his clinical work and, organizationally, in the development and dissemination of suicide risk assessment tools at the local and provincial level in Canada, as required by Accreditation Canada to forward the goal of reducing death by suicide. His work in suicide prevention in the province of Nova Scotia has been replicated by another Canadian province, and several others are interested in adopting his work.

The book covers a range of topics, such as the epidemiology of suicide and parasuicide, clinical populations and their relationship to suicide and suicidal ideation, a practical approach to suicide assessment, and the benefits and limitations of structured assessments. Once identified, it covers interventions, both at the community and inpatient level, and is richly referenced to steer the reader to therapies for specific populations and has links to a wide

array of guidelines, risk assessment tools, and other resources in the field of suicide prevention. The language used throughout the text is accessible, jargon free, and geared toward a general readership. Each chapter begins with a general overview or introduction to the topic and then develops the topic in more detail, often using bullet points or charts to clarify and enhance understanding.

Dr. Sadek's book is a valuable resource for the beginning clinician or trainee and a very useful reference for the experienced clinician.

Dr. Sadek is very grateful to Dr. Scott Theriault who wrote the foreword and contributed to the review and to the following outstanding reviewers and contributors to the content: **Dr. Michael Teehan, Senator Stan Kutcher, Dr. Nicholas Delva, Ms. Mary Pyche, Dr. Sonia Chehil, Dr. Curt Peters, Dr. Ezio Dini, and Dr. Jacob Cookey.**



# awards & honours

## Faculty awarded by Doctors Nova Scotia

Congratulations are in order for **Drs. Herb Orlik, Stan Kutcher** and **Suzanne Zinck**, who were recently named recipients of the Doctors Nova Scotia Senior Membership, Distinguished Service Award, and William Grigor Award respectively.

Dr. Herb Orlik receives the Senior Membership Award as 'official recognition of the great respect and high regard he has earned in the medical community and province.' The award is only given when there is unanimous approval of the members of the Board of Directors, with no more than two members elected per year. Dr. Orlik's sustained and exceptional contributions over the past several decades as an educator, advocate, and clinician mark him out as a major contributor to the advancement of child and adolescent mental health in Canada.

Senator Stan Kutcher received the Distinguished Service Award for his 'outstanding contributions to the medical profession and to the people of Nova Scotia resulting in raising the standards of medical practice.' This award is the highest award that Doctors Nova Scotia bestows upon a person who is a member of the medical profession. Senator Kutcher is one of Canada's leaders in mental health policy and services development, and one of our country's foremost researchers and advocates in mental health. He has been instrumental in developing and integrating mental health programs, policies and approaches in Nova Scotia, Canada and internationally. Combining his mental health knowledge and expertise with his innovative ideas, his works and efforts have spread across the world, creating knowledge, decreasing stigma and enhancing access to mental health care.

Dr. Suzanne Zinck is the recipient of the Dr. William Grigor Award, recognizing a 'physician under the age of 50 who has made an outstanding contribution benefitting the health of Nova Scotians. Dr. Zinck is an incredible asset to the Department of Psychiatry and to the province. Her contributions to clinical care, leadership, education and program development have transformed access to care for our youth in Nova Scotia. In all areas of her work, clinical, teaching, collegial, and administrative, she has the highest personal integrity.

Drs. Orlik, Kutcher and Zinck will receive their awards at the Doctors Nova Scotia annual conference held in June.

## Dr. Sanjay Rao elected fellow of CACBT-ACTCC

Congratulations to **Dr. Sanjay Rao** who was elected to the status of fellow of the Canadian Association of Cognitive and Behavioural Therapies/Association Canadienne des Thérapies Cognitives et Comportementales (CACBT-ACTCC). A fellow of CACBT-ACTCC is a member who has made a distinguished contribution to the science, practice,

training and/or advocacy of cognitive and/or behavioural therapies within the Canadian context. Dr. Rao has held positions on the executive board of the CACBT-ACTCC, as well as represented Canada in the European CBT Association, the largest association for CBT in the world. Dr. Rao also established CBT training province-

wide in Nova Scotia and was an advisor to the Government in Ontario for a province-wide CBT strategy. During the last CACBT conference, where he was presented with his fellowship award, he also presented at an invited at the symposium on international CBT developments. Congratulations Dr. Rao.

# MEET A STAFF MEMBER

*Meet a Staff Member* allows you to be introduced to all the members of our administrative staff. In this issue we introduce you to **Hillary Yuill**, research coordinator.

We are pleased to welcome Hillary Yuill as the research coordinator in the department, effective January 31. Hillary comes to us from a position at the Discovery Centre in Halifax.

Hillary assists faculty in grant preparation and any other research-related administrative duties they may need, including updating Common CVs, preparing budgets, and coordinating delivery of the final product.

Hillary will also keep you updated on all aspects of departmental grant activities including deadlines, funding guidelines, application procedures, and events, such as Research Day. She manages the financial activity of research and related accounts and provides assistance with the opening and closing of accounts, accounts payable and receivable, and all HR related paperwork for grant paid research staff.

Hillary is also administrative support for the Master's in Psychiatry Research program, as well as the upcoming PhD program.

Hillary is located on the 8th floor of the Abbie Lane in room 8214 and can be reached at [Hillary.Yuill@nshealth.ca](mailto:Hillary.Yuill@nshealth.ca) and 902-473-7358.



*Hillary Yuill*

# FACULTY ADVENTURES

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*Blue Hole, Ocho Rios, Jamaica (photo: Dr. Matt Morgan).*



*"Heli-skiing near Revelstoke BC, we learned that helicopters are fragile, tree wells are as dangerous as avalanches and much more frequent and there is a beautiful world above the clouds" (Photo by Dr. Tomas Hajek).*

# HUMANITIES CORNER



## MEDICAL HUMANITIES

### Student Writing Competition 2019

#### Do you enjoy writing?

Medical students and residents are invited to submit reflective essays, poetry, or short fiction exploring the intersection of mental health and the humanities to the [Dalhousie Department of Psychiatry Annual Student Writing Competition](#).

One entry in each category (medical student, postgraduate trainee) will be selected to receive a cash prize.

#### Contest Rules

Who is eligible? Medical students, residents and fellows at Canadian medical schools.

Maximum word count: 2,000 words

Deadline: This year's deadline is April 1, 2019. Winners will be announced on May 1, 2019.

Entries can be sent as PDF attachments to the Department of Psychiatry Humanities Coordinator, Dr. Abraham Rudnick, at [abraham.rudnick@nshealth.ca](mailto:abraham.rudnick@nshealth.ca).

To ensure confidentiality is maintained, patients and anyone else described in essays, stories, or poems must be fictional or composite characters (with the exception of the narrator him/herself). Please indicate in your e-mail whether you are a medical student or a resident/fellow.

#### Winning

Winning entries will be published in the Department of Psychiatry newsletter, *Headlines*, and on the [Dalhousie Department of Psychiatry website](#).

#### 2018 Winners

*Medical Student Category:*

Asleigh Frayne, University of Calgary

*Postgraduate Trainee Category: (a tie)*

Harald Gjerde, Dalhousie University

Carolyn Reardon, University of Toronto

Tel: 902.460.6225 | Fax: 902.473.4887 | [abraham.rudnick@nshealth.ca](mailto:abraham.rudnick@nshealth.ca)



# faculty workshop

Faculty members in the Department of Psychiatry are invited to a workshop on critical reading of creative writing (prose and poetry), facilitated by an instructor from the Creative Writing Program at Dalhousie University. This workshop will occur on Friday March 15, 2019, 3:00pm-5:00pm at Abbie Lane Memorial Building, room 4074 in Halifax, and will be repeated on Friday March 22, 2019, 3:00pm-5:00pm at the Nova Scotia Operational Stress Injury Clinic (210-100 Eileen Stubbs Ave, Dartmouth). Interested faculty can RSVP to **Dr. Abraham (Rami) Rudnick** (abraham.rudnick@nshealth.ca).

## Workshop: Creative Writing & Critical Reading

### Presenter Info

Jaime Forsythe is the author of two collections of poetry: *I Heard Something* (Anvil Press, 2018) and *Sympathy Loophole* (Mansfield Press, 2012). Her work has appeared in numerous online and print journals, including *Minola Review*, *Public Pool*, *The Rusty Toque*, *Lemon Hound*, and *This Magazine*, and she has been longlisted for the CBC Poetry Prize. She holds an MFA in Creative Writing from the University of Guelph and has taught writing workshops in a variety of venues, at universities and to youth and adults in the community. Currently, she is an instructor in the Creative Writing Department at Dalhousie University, and works as a fund development manager and youth worker with the non-profit organization LOVE Nova Scotia.

### Objectives

1. To develop participants' skills in the critical reading of creative writing
2. To explore the inner workings of poetry, fiction, and creative nonfiction

### Methods

Oral presentation with PowerPoint/visuals and textual examples, with space for discussion and questions

### Topics:

Reading as a writer (and Gardner's idea that the dream must be vivid and continuous); imagination and originality; clarity and mechanics; elements of prose (flow, structure, characterization, and setting); elements of poetry (sound, rhythm, image, metaphor, and line) and Ruefle's suggestion that the poem is the act of keeping together that whose nature is to fly apart.

### Suggested resources

Le Guin, Ursula K. *Steering the Craft: A 21st Century Guide to Sailing the Sea of Story*. Boston: Mariner, 2015.

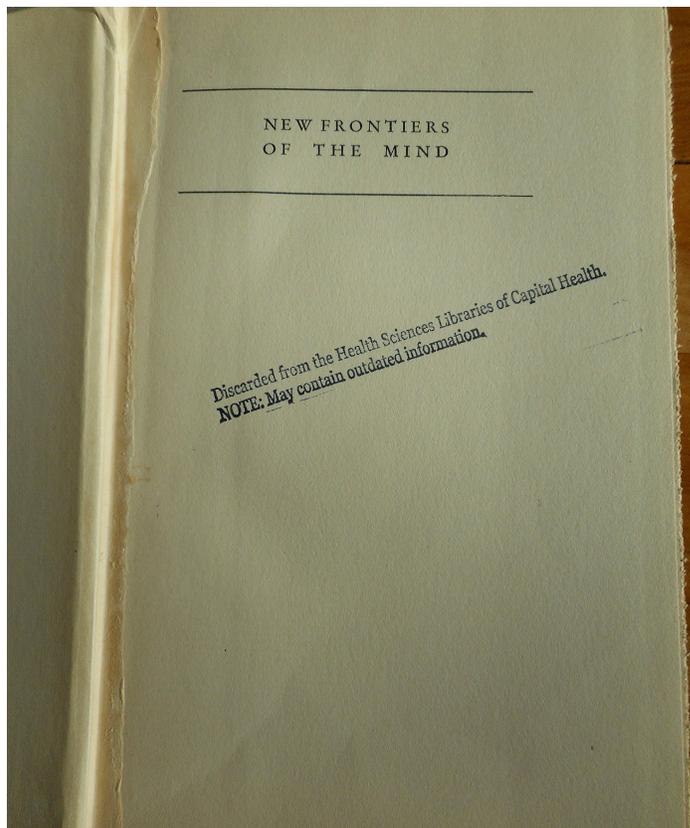
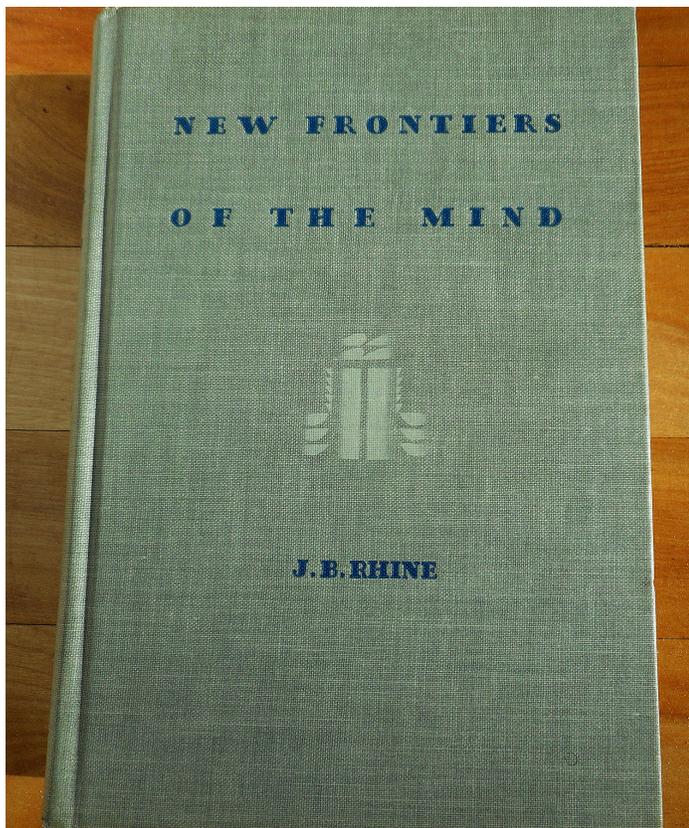
Longenbach, J. *How Poems Get Made*. New York: Norton, 2018.

Ruefle, Mary. *Madness, Rack, and Honey: Collected Lectures*. New York: Wave Books, 2012.

Zinsser, W. *On Writing Well: The Classic Guide to Writing Nonfiction*, 7th edition. New York: Harper, 2006.

# FUN FACTS

Did you know that Dalhousie almost had a parapsychology research program? In 1961, King's College President H.I. Puxley was collaborating with US parapsychology researcher J.B. Rhine to develop a local Institute of Parapsychology. Rhine conducted research at Duke University into extrasensory perception (ESP), and for a time mainstream medicine and academia were influenced by his writings. Articles supportive of ESP appeared in journals such as the American Journal of Psychiatry, and in Halifax, the hospital library had a copy of Rhine's book. Rhine provided \$5000 for research space at King's, and the Parapsychological Foundation of New York agreed to fund the program for three years. The search for a director however, was unsuccessful, and by 1963 the plan had been abandoned.



*Rhine's book at the hospital library.*

# PHOTO FEATURE



*Stunning sunset in PEI (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 May 1, 2019, with the deadline for submissions to be April 19, 2019.

Please send all submissions to Kate Rogers: [Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca)