

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

New geriatric psychiatry subspecialty training program

Program receives accreditation from Royal College



Geriatric psychiatrists (L-R): Drs. Keri-Leigh Cassidy, Cheryl Murphy and Mark Bosma.

In the fall of 2013 a small team of geriatric psychiatrists and administrative staff began meeting to discuss offering a geriatric psychiatry subspecialty training program at Dalhousie. By February 2014 they had applied and received approval

from the Triprovincial Committee and submitted an application to the university. In May they sent their application to the Royal College of Physicians and Surgeons of Canada (RCPSC) and in fall 2014, a year after they began the process, they

received word from the RCPSC that they had received accredited new program status.

The program is a two-year residency, with the option of completing the first year during the five-year general psychiatry residency. Based at the

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This newsletter is published for the Department of Psychiatry at Dalhousie University, 5909 Veterans' Memorial Lane, 8th Floor, Abbie J. Lane Building Halifax, NS B3H 2E2

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design: Kate Rogers

Submissions should be sent to: Kate.Rogers@cdha.nshealth.ca

Message from the Head

Congratulations to our psychogeriatricians for their success in developing a subspecialty residency training program in their field! It will be noted that two of those on the front cover, **Drs. Cheryl Murphy** and **Mark Bosma**, serve in two of our most important leadership positions in education: respectively the directors of undergraduate and postgraduate education. This is an illustration of the interest and expertise in education that dwells within the department's geriatric psychiatry program. The third person on the cover, **Dr. Keri-Leigh Cassidy** is, of course, the leader of this important clinical academic program.

Our geriatric psychiatry subspecialty residency program is our department's second to be accredited by the Royal College, the other being child and adolescent psychiatry. In past years, the department has offered subspecialty training in both of these fields and, of course, a number of others in addition, and we called this "fellowship" training. Because the Royal College psychiatry subspecialty training programs are now formally residencies, we have to alter our terminology, and this can be confusing! Thus we now have subspecialty residency training in the two Royal College-approved fields, and subspecialty training fellowships in the other fields of endeavour. And at the end of training, the graduates of the residencies are Fellows of the Royal College of Physicians and Surgeons of Canada, so we may need to work at getting the terminology straight! The key thing is that our department currently offers a range of subspecialty training opportunities, and in addition, we hope to offer a Master's program in psychiatry in the near future.



Dr. Nick Delva

Given the demographic changes taking place in our society, the training of psychogeriatricians is of great importance. Our current departmental subspecialists in this area are already very busy, and the "silver tsunami" is only in its early stages. We are advocating for expansion of the person-power of this crucial part of our department.

This issue's featured researcher is **Dr. Allan Abbass**, an expert psychotherapist and world-renowned researcher in psychotherapy. Intensive short-term dynamic psychotherapy ("ISTDP") is one form of psychotherapy with proven value, and one can look forward to the day when psychotherapeutic treatment is valued at the same level as other medical and surgical treatments. We are certainly not there today, with mental healthcare woefully underfunded in comparison with the other fields of medicine. As society grapples with the important issue of appropriateness of care (which includes everything from the appropriateness of diagnostic tests, to choice of therapies), one hopes that some of the money saved can be put towards mental healthcare, where a dollar spent translates into many general healthcare

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Geriatric subspecialty training *continued from page 1*

Capital District Health Authority and Dalhousie University, it will be one of only five accredited programs in the country, and the only one east of Montreal. The accredited status will attract residents to the geriatric psychiatry subspecialty program. Without the accreditation, the program would have been obsolete, and residents would have had to leave the Maritimes to receive subspecialty training in geriatric psychiatry.

A great deal of planning and

teamwork allowed for the successful application. All of the geriatric psychiatrists participated in the process, with significant contributions coming from **Drs. Janya Freer, Cheryl Murphy, Mark Bosma and Keri-Leigh Cassidy**. Dr. Freer led the charge as the new program director, delegating sections of the application to other team members, integrating and polishing the final version and finally submitting it for review. Dr. Cassidy, who provided impetus, leadership and instrumental support to the team is very happy

with the outlook of the program. “Our program is now more comprehensive and rigorous for both residents and educators,” she says, “with more mechanisms for evaluation of a wider range of competencies throughout training.”

If all goes well, the Department of Psychiatry at Dalhousie will accept learners into their first ever geriatric psychiatry subspecialty training program in July of 2015.

Message from the Head *continued from page 2*

dollars saved. Think of how much psychotherapy can be provided for the cost of a single MRI scan! MRI and CT scans are hugely valuable in many instances, but like many other diagnostic tests, are clearly over-used, with many normal results or worse, results which may reveal “incidentalomas” which require further investigations, or follow-up repeat investigations of the “abnormalities” that have been discovered, which cost even more money. Can we put our limited health care dollars to better use, and provide psychological therapies to those who can benefit from them? Can we

have comprehensive and balanced care in which mental illness is not stigmatized? Perhaps one day, if we all work hard to realize this goal.

Congratulations to **Dr. Kehinde Aladetoyinbo**, who has been appointed as the Clinical Academic Head of Psychiatry, Saint John Area, Horizon Health Network. We thank **Dr. Rachel Morehouse** for her excellent service as Head over the past dozen years, and look forward to working with Dr. Aladetoyinbo to develop further this important part of our academic department.

You will enjoy reading “Resident’s

Corner,” which displays the many talents of our first-year residents, and helps us to get to know them better. I really like this new feature of *Headlines!*

Remember to register early for the upcoming Dr. W.O. McCormick Academic Day. This event has limited seating and fills up fast! In closing, I’d like to thank **Dr. Shabbir Amanullah** for his latest beautiful photograph, a study in contrasts.

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

meet a researcher: dr. allan abbass

This issue profiles Dalhousie physician and researcher **Dr. Allan Abbass**. 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 **Ms. Megan Bellefontaine** at Megan.Bellefontaine@cdha.nshealth.ca.

Current research interests: My current research is in evaluating the efficacy and cost effectiveness of psychotherapy methods, including intensive short-term psychotherapy (ISTDP) in a range of clinical populations.

Research projects I'm currently participating in: Locally we have two current randomized controlled trials and are examining the long-term cost effects of ISTDP treatment in our service, the Centre for Emotions and Health. These trials include patients with medically unexplained symptoms in the Emergency Department and patients with Treatment Refractory Depression and using intensive short-term dynamic psychotherapy as treatment. In Italy we have a trial of this method with patients with bruxism or chronic teeth grinding and a case-based study of the method for panic disorder. In Australia, we have a study of this method for severe performance anxiety and in Norway we are studying the effects of the treatment for mixed, treatment resistant populations. Hence I've facilitated and been involved in several research projects around the world on this treatment method.

We are also working through and publishing data from a nine-year cost study with a control group which has shown major health service cost



Dr. Allan Abbass

reduction after ISTDP treatment equal to over 20 times the treatment costs.

Beyond this clinical research, I have been the lead on several meta-

analyses of psychotherapy methods including a current Cochrane Review and reviews published in top psychotherapy journals.

A typical day in my work life:

My typical day starts with seeing patients, then providing videotape-based case supervision, attending a team meeting, writing and then back to more patients. It's a pretty busy schedule with teaching, clinical and research demands.

What do I wish I'd known when I first contemplated becoming a researcher:

The concept of asking and answering empirical questions has always been of interest to me. The treatment we use is in fact a series of hypotheses tested moment-to-moment in the sessions. As for other research, what I did not know was how demanding and time consuming it is to do research at a high level. It is a major commitment and dedication to do research well; my full time research colleagues

deserve kudos for their dedication to research.

The most satisfying and frustrating aspects of doing research:

As a clinician-researcher, the most frustrating aspect of research has been the delays of knowledge translation into clinical practice. The most satisfying aspect has been seeing this very same research attract major international attention followed by new program funding and the establishment of research programs in countries around the world.

The experience that best prepared me for my position/my research mentor:

The key experience I had was here at Dalhousie working with Professor Steve Kisely. Steve mentored me through the first

Cochrane review we did and we have collaborated on several studies since. He continues to be a go to person for me in my research.

My second career choice: My second career choice was to be an emergency room doctor! I did this work before becoming a psychiatrist, but became frustrated with the large number of patients coming in with medically unexplained symptoms I could do nothing to treat. It is from that experience that I did further training in psychotherapy. I ultimately decided to study psychiatry so I could contribute to knowledge in psychotherapy and advance medical education.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

undergraduate news

There are currently two opportunities for medical students to win travel costs to either the Association for Academic Psychiatry (AAP) in San Antonio in September or the psychSIGN National Conference held in conjunction with APA in Toronto in May. Details can be found on the

department's website.

2013/14 faculty and resident "thank you" letters were distributed in February.

2015/16 clerkship rotation schedules to be released in April.

2015/16 recruitment continues for faculty tutors; there are still many opportunities available. Please contact **Ms. Mandy Esliger** at Mandy.Esliger@cdha.nshealth.ca to confirm your undergraduate teaching activities.

postgraduate news

The postgraduate program has begun planning the 2015 Annual Departmental Orals and STACER exams for the residents. The Departmental Orals will be held on April 23 and 30 and STACER exams will be May 1 and 21. We are looking for faculty examiners for all of the dates.

A curriculum subcommittee has been created which will be looking at each year's teaching sessions and making changes for the next academic year, 2015-2016. Thank you to all lecturers for their continued participation.

A "thank you" is also in order for everyone that participated in this

year's CaRMS event. Match day is March 4. Although we are hopeful to fill all seven spots, we have a second round interview date booked for March 23, 2015.

continuing education news

RECENT HIGHLIGHTS

On January 14 Wade Berrettini, MD, PhD, University of Pennsylvania Perelman School of Medicine, Karl E. Rickels Professor of Psychiatry, presented on the topic "Neuronal DNA Variation and CNS Disorders."

On February 18 Dr. Louise Arseneault, Professor of Developmental Psychology at King's College London, the Institute of Psychiatry, Psychology and Neuroscience, presented on the topic "Adult Health Outcomes of Childhood Bullying Victimization: Evidence from a 5-Decade Longitudinal Birth Cohort."



Dr. Wade Berrettini



Dr. Louise Arseneault

UPCOMING CONTINUING EDUCATION EVENTS

XXVI W.O. McCormick Academic Day, "Emergency Psychiatry"

This year's W.O. McCormick Academic Day will be held Friday, April 24 from 8:00am – 4:30pm at The Lord Nelson Hotel. Places are available for 215 participants. Registration is in advance ONLY—at the door registration is not available. With the speaker's permission, the presentations will be recorded and available soon after the event. Webcasting is not available.

Speakers include Drs. Peter Zed, Sophie Gosselin, **Aileen**

Brunet, Andrew Harris, Tom MacKay, and Suzanne Zinck. Ms. Patricia Cosgrove, MSW, RSW will interview a person with lived experience. For more information please visit our website: <http://medicine.dal.ca/departments/departments-sites/psychiatry/news-publications.html>

Clinical Academic Rounds

- | | |
|----------|---|
| March 4 | Child & Adolescent Psychiatry: Dr. Gerald Gray |
| March 11 | Child & Adolescent Psychiatry: Dr. Wade Junek |
| March 25 | Clinical Academic Rounds: Dr. Curt Peters |

- April 1 Child & Adolescent Psychiatry: **Dr. Ferid Fathalli**
- April 8 Clinical Academic Rounds: **Dr. Cynthia Calkin & Dr. Tomas Hajek**
- April 22 Clinical Academic Rounds: **Dr. Margaret Rajda**
- April 29 Clinical Academic Rounds: Mental Health Day Treatment Team

University Rounds

- March 18 University Rounds: Dr. Ken LeClair
- April 15 University Rounds: Dr. Judith Davidson

Workshops for faculty

April 16, 2015: Dr. Judith Davidson will be giving a one-day Cognitive Behavioural Therapy for Insomnia workshop.

May 6-7, 2015: Dr. Scott Stuart will be giving a two-day Level A Interpersonal Psychotherapy workshop.

Please note these are open to Department of Psychiatry faculty members only. For more information or to register, please contact **Ms. Carrie Wipp** at Carrie.Wipp@cdha.nshealth.ca.

Report from the Sun Life Financial Chair in Adolescent Mental Health

BY DR. STAN KUTCHER, SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH

UBC PRE-SERVICE TEACHER TRAINING ON *THE GUIDE*

The University of British Columbia (UBC) Faculty of Education has taken a leadership role in addressing mental health literacy for pre-service teachers. The faculty is currently evaluating a preliminary approach to the impact of this in a cohort of students, using the mental health literacy resource: *The Mental Health & High School Curriculum Guide*. In January, **Dr. Kutcher** and Yifeng Wei provided a full-day workshop to middle years and secondary teacher candidates prior to their extended practicum. They shared with them resources related to adolescent mental health to enhance their own mental health literacy and provide them with materials that they can integrate into their practicum teaching.



Dr. Stan Kutcher leads session in mental health literacy for UBC secondary and middle years teacher candidates — first group in Canada!



Dr. Kutcher addresses learners in BC.

This project received strong support from Ministry of Education's Superintendent of Safe Schools, Ms. Sherri Mohoruk, along with BC Schools Counsellors Association, Mr. Dave Mackenzie and a F.O.R.C.E (Families Organized for Recognition and Care Equality) youth in residence.

RECENT EVIDENCE PUBLISHED ON THE GUIDE

Our team recently published the first study to demonstrate an effective, sustained and inexpensive intervention that increases mental health literacy in secondary school students through embedding the *Mental Health & High School Curriculum Guide* in an existing school curriculum. Similar findings were also demonstrated among teachers who taught the curriculum guide in another study. Although other research studies, such as a clustered randomized controlled trial, will soon be published showing similar positive results we wanted to share with you

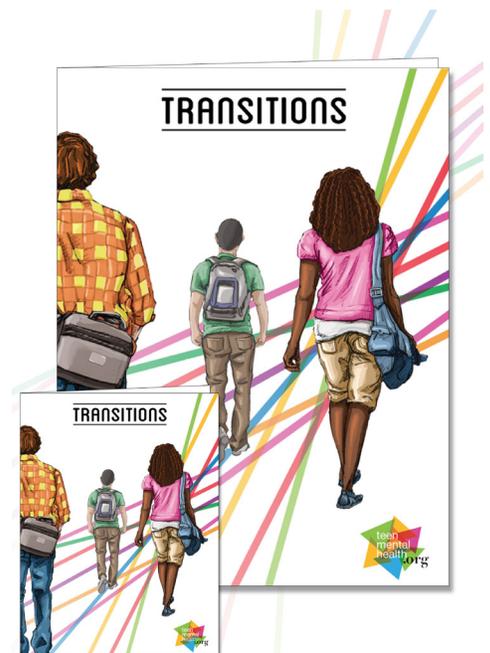
this peer reviewed publication which was identified as the most reviewed scientific paper (more than 2,000 accesses) amongst all publications in the BMC Psychiatry Journal for the last 30 days. Please find more information about this publication at: www.biomedcentral.com/content/pdf/s12888-014-0379-4.pdf.

FEEDBACK ON TRANSITIONS IS IN FROM RURAL HIGH SCHOOL AND DALHOUSIE UNIVERSITY STUDENTS

Transitions, a comprehensive life skills resource with embedded mental health information that addresses the needs of first year of college/ university students, received very positive comments from both groups. Over three quarters (76 per cent) of surveyed high school students discussed *Transitions* with someone else, and 71 per cent thought all grade 12 students should be given the resource before they leave high school. Among surveyed Dalhousie

students who had read *Transitions*, 88 per cent of students found the resource to be helpful and 89 per cent would recommend it to someone they know. Over 60 per cent said they would suggest a friend seek help because of what they learned from *Transitions* and about 15 per cent said the same about themselves. Survey respondents claimed that the resource had improved their knowledge, attitudes and help-seeking efficacy around mental health and mental illness.

More research on the impact of *Transitions* in post-secondary settings is planned and a grant has recently been received to modify and adapt *Transitions* for use in grade 12.



NEWS & ANNOUNCEMENTS

news from the department

DR. ABBASS SPEAKS IN NORWAY

Dr. Allan Abbass was recently honoured as a distinguished guest speaker at the 10th Norwegian Pain Conference in Oslo. He provided a plenary session, a parallel session and a one-day workshop to this conference of 400 professionals.

Dr. Abbass has been widely sought out to help establish research, training and clinical programs using the intensive short-term dynamic psychotherapy assessment and treatment tool in Denmark, Sweden, Poland, Norway, Germany, Switzerland, Italy, Iran, Israel, the UK, the US and Australia. He describes that this world-wide interest is based in part on the psychotherapy method's detailed, moment-to-moment examination of case video in training and its clinical efficacy in detecting and managing emotional contributors to both physical and psychiatric symptoms. He has now published over 160 and his first book "Reaching Through Resistance: Advanced Psychotherapy Techniques" is coming out in May of this year.



Allan Abbass presenting at the 10th Annual Norwegian Pain Conference in January.

CJP FEBRUARY FOCUSES ON PHARMACOLOGICAL TREATMENT OF CHILD AND ADOLESCENT DISRUPTIVE BEHAVIOUR DISORDERS

The February issue of the Canadian Journal of Psychiatry (CJP) features new guidelines and a corresponding systematic review of the pharmacological treatments of aggressive behaviours in children and adolescents with ADHD, oppositional defiant disorder, and conduct disorder. Leading the work were Drs. Daniel Gorman and Tamara Pringsheim from the University of Toronto and Calgary respectively. **Drs. David Gardner** and **Andrea Murphy** of our department substantially contributed to the guidelines and systematic review along with other clinicians and researchers from

across Canada. The findings are timely, especially given the recent release of guanfacine (Intuniv XR) to the Canadian market, and add to the T-MAY guidelines published in 2012 by U.S. researchers that focus on psychosocial interventions for children and adolescents with aggression. The clear recommendations and practical information found within the new guidelines can be used to support shared treatment decisions with patients and families.

The new guidelines are based on the systematic review conducted by this group, which is organized across

two articles in the February issue. A corresponding guest editorial by Drs. Thomas Wilkes and Mary Kay Nixon puts these new contributions into perspective, "Consequently, it is obviously very important for the practising child and adolescent psychiatrist in Canada to be aware of the best evidence-based guidelines on pharmacotherapy for severe disruptive and aggressive behaviour in children and adolescents, 6 to 18, with ADHD, ODD, or CD, after the psychosocial interventions have been applied and found to be insufficient as a sole treatment."

staff and faculty changes

Dr. Kehinde Aladetoyinbo has been appointed the Clinical Academic Department Head in Psychiatry for

the Saint John area and the Horizon Health Network. Dr. Aladetoyinbo takes over from **Dr. Rachel**

Morehouse, whom we thank for her many years of dedicated service to the department.

awards & honours

DR. MICHAEL BUTTERFIELD RECEIVES RESEARCH FUNDING

Dr. Michael Butterfield was successful in his application and has been awarded funding through the Capital Health Research Fund (CHRF). This award will provide additional support for the research project entitled "Investigating the Association between Post-Operative Pain and Symptoms of Post-Traumatic Stress Disorder."

The goal of this research is to better understand the potential link between acute pain and the development of symptoms of PTSD. Knowledge gained from this research may facilitate improving patient outcomes following painful events and procedures, increase the awareness of how pain can impact psychological functioning, and may

lead to methods to optimize analgesic treatments that could reduce the incidence of negative psychiatric sequelae. Dr. Butterfield's supervisor, **Dr. Mary Lynch**, has been integral in the development of this project and continues to provide ongoing support and guidance.

DRS. LYNCH AND FRASER RECEIVE DR. G. W. ARCHIBALD GOLD-HEADED CANE AWARD

Drs. Mary Lynch and John Fraser were the recipients of this year's Dr. G. W. Archibald Gold-headed Cane Awards. Dr. Lynch received the Gold-Headed Cane Award in the Humanities. Dr. John Fraser received the the College of Physicians and Surgeons of Nova Scotia Gold-Headed Cane Award.

Dr. Mary Lynch is a faculty member of the Departments of Psychiatry, Anesthesia, Pain Management and Perioperative Medicine, and Pharmacology. She provides ongoing education and mentorship to many learners in the Department of Psychiatry and recently gave an excellent Psychiatry Grand Rounds

presentation. Dr. John Fraser is also very active in the department, educating residents both through didactic and clinical teaching during the residency addiction rotations. They were presented with the awards on Feb. 7 at the Golden Headed Cane Award Dinner Gala.

AWARDS PRESENTED IN NEW BRUNSWICK



Dr. John Steeves (outgoing Associate Dean of Dalhousie Medicine New Brunswick) presenting Dr. Joseph Aicher with an award recognizing his past, and continued, contributions to our Psychiatry Medical Education department.



Dr. John Steeves presenting Dr. Rachel Morehouse with an award recognizing her service as the Department Head for the Department of Psychiatry from 2002 until 2014.



Dr. John Steeves presenting Dr. Pamela Forsythe with an award recognizing her past contributions as the Deputy Department Head within the Department of Psychiatry.

announcements

CANADIAN SLEEP SOCIETY CONFERENCE – SEPT. 25-27, 2015

The Canadian Sleep Society will hold its annual conference in Toronto on Sept.25-27. The two-day conference will host six keynote speakers on the theme “Sleep, health and disease.” Other highlights include a scientific symposium, poster and oral

presentations, continuing education credits, pre-conference programs, industry partner displays and public lectures. For more information or to register please visit: <http://css-scs.ca/conference>.



Residents' Corner

BY DR. MARIE CLAIRE BOURQUE, CHIEF RESIDENT, DEPARTMENT OF PSYCHIATRY

meet your PGY-1s!

Many of you may not have had the opportunity to meet the PGY1s; they've been busy fulfilling their Royal College requirements for non-psychiatry rotations. We, the residents, have had the opportunity to get to know them and they are keepers! Hopefully the following will give you enough of an introduction so that if you see them in the hall, you can say hello!

DR. OMAR ALWATBAN

Interesting fact: After a long day of work, Dr. Alwatban takes to cooking and baking in order to de-stress; "good food, good mood" is his motto. He is also hugely interested in all things automobile and likes to design sport cars.

Career Minded: At this time, his main goal is to become a forensic psychiatrist and help establish a forensic subspecialty training program and clinical practice in his hometown. He's recently witnessed the benefits of Global Psychiatry, and wonders if he should change his original career path to include this component of psychiatry.

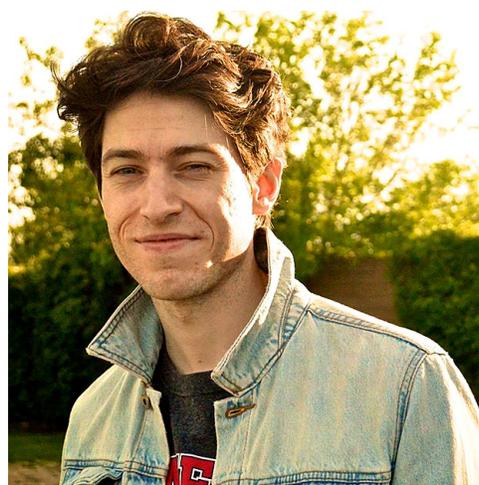


Dr. Omar Alwatban

DR. ABE NUNES

Interesting Fact: Dr. Nunes' resident colleagues know that he's a whiz with anything computer based, but some might find it interesting to know that Dr. Nunes actually enjoys developing software. In addition to being technologically brilliant, Dr. Nunes is linguistically talented: his first language is Portuguese!

Career Minded: Dr. Nunes plans to work as a clinician-scientist at an academic centre.



Dr. Abe Nunes

DR. JUSTIN PARADIS

Interesting fact: When time permits, Dr. Paradis can be found enjoying his favourite activities. These include spending time on the water in his boat, or trekking through the backwoods to find the perfect fishing location – A true NOVA SCOTIAN!

Career Minded: Dr. Paradis' future career plans are to work in acute care psychiatry somewhere in the province of Nova Scotia.

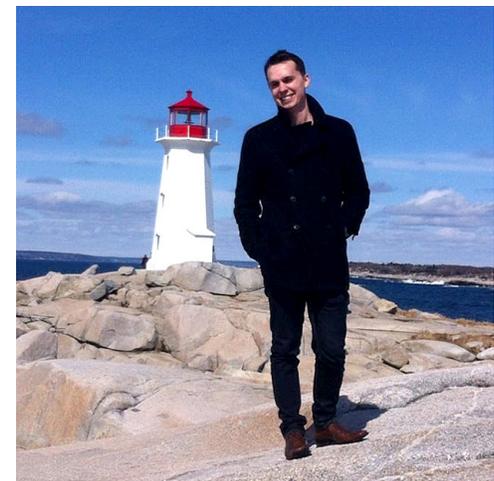


Dr. Justin Paradis

DR. JOSH SMALLEY

Interesting fact: Having grown up on the Canadian prairies, Dr. Smalley has an interest in exploring the world through travel. In addition to his international travel, he loves to cook and is constantly looking for new recipes. Prior to medical school, he was an avid equestrian with a focus on jumping and dressage.

Career Minded: Dr. Smalley has yet to find an area of psychiatry that he does not love. So far, the areas that he enjoys the most include emergency psychiatry, chronic pain, and addictions. He'd like to have a psychotherapy component in his practice, and he'd like to work with adolescents and young adults.



Dr. Josh Smalley

DR. MIKE WONG

Interesting fact: Running is hard enough, add in a torch, and a television camera, and you've got yourself a different level of difficulty. This is what Dr. Wong did when he was part of The Olympic Torch Relay for the 2010 Winter Olympics.

Career Minded: Dr. Wong is currently interested in practicing in the areas of Consult Liaison Psychiatry, Emergency Psychiatry, and Pain Management.



Dr. Mike Wong

DR. OLGA YASHCHUK

Interesting fact: Dr. Yashchuk enjoys a wide breadth of extracurricular activities including outdoor adventures, culinary trials and Zumba classes. More than anything, Dr. Yashchuk enjoys travelling. According to her, the only thing that comes close to topping international travel is jumping out of a perfectly good airplane (with a parachute on of course).

Career Minded: Dr. Yashchuk is most interested in Geriatric Psychiatry at this point in her career.



Dr. Olga Yashchuk

PROPS of the month

This month, the residents would like to give a SHOUT-OUT to a few people that we would be lost without:

- **Carrie Wipp** for her mind boggling and highly effective organizational skills that keep us all on track, and for always lending an ear when needed.
- **Tracy Fraser** for her compassion

and endless capacity to handle everything that comes her way.

- **Mandy Eslinger** for giving us plenty of teaching opportunities, and for her contagious optimism, enthusiasm and energy.
- **Annette Cossar** for caring about us and our ongoing financial needs, and

allowing us to attend conferences to expand our knowledge and become better psychiatrists.

- **Kate Rogers** for promoting collegial work environments facilitated by organizing great department parties, for promoting our colleagues' work, and for keeping us informed about department news.

Humanities Corner

student writing contest

In the last issue of *Headlines* we featured one of the winners from our annual Student Writing Competition, Susan McNair. In this issue we feature an excerpt from *Closure*, Benjamin Huang's winning entry

in the medical student category. Benjamin is a medical student at the University of British Columbia. To read Benjamin's full submission please visit <http://medicine.dal.ca/content/dam/dalhousie/pdf/faculty/>

medicine/departments/department-sites/psychiatry/Benjamin%20Huang%20-%20University%20of%20BC.pdf.

CLOSURE

Medical School

is where i learned that

"The Key To Self-Care As A Professional Physician Is In Practicing The Art Of Self-Reflection."

well i'm tired but i can't sleep,

tired of staring wide-eyed at a white box with black scribbles that just appear;

thoughts

all

over

the

place.

write it out they say,

express it then send it away

i see i'm free when i bleed

i can just be

but

tonight

i can't write

my eyes

only see brokenness

like the way i breaks up the smile in this simile

all similarly simmering down to semantic symmetry

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Ice-covered trees in Prince Edward Island.

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 March 1, 2015, with the deadline for submissions to be April 17, 2015.

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

UPCOMING AWARD DEADLINES

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. If you would like to nominate someone please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/department-sites/psychiatry/about/awards.html>).

Granting Body: **Medical Council of Canada**

- Dr. Louis Levasseur Distinguished Service Award (May 1)
- The Outstanding Achievement Award in the Evaluation of Clinical Competence (May 1)

Granting Body: **The Association of Chairs of Psychiatry in Canada (ACPC)**

- Award for Excellence in Education (May 1)
- Annual Research Award (May 1)
- Award for Creative Professional Activity (May 1)

Granting Body: **Canadian Academy of Geriatric Psychiatry (CAGP)**

- Annual Award for Outstanding Contributions to Geriatric Psychiatry (May 29)
- Annual Award for Lifetime Achievement in Geriatric Psychiatry (May 30)
- Annual Award for Regional Contribution in Geriatric Psychiatry (May 30)

Granting Body: **Discovery Centre Awards**

- Discovery Awards Science Champion (May 31)
- Discovery Awards Innovation Award (May 31)
- Discovery Awards Professional of Distinction (May 31)
- Discovery Awards Emerging Professional of Distinction (May 31)

If you have any questions please contact Ms. Kate Rogers at Kate.Rogers@cdha.nshealth.ca or by phone at 473-1677.