

WESTCHESTER PSYCHIATRIST

Vol. 40 No. 2

Fall 2013



Message From Our President

The Time Is Now. Really.

Thank you for the great honor of serving as President of the Westchester Psychiatric Society. Through many years, this organization has been the advocate for our profession locally and, as a district branch of the American Psychiatric Association, nationally. At this moment of extraordinary change, the importance of our society finds a new emphasis. Our values must be represented if the nation is to have a worthy healthcare system, and opportunities exist for psychiatry to effect change.

Of course, our service to patients is our vitality. Accountable care organizations (ACOs) provide a new frame to quantify the overall impact of psychiatric treatment. Relevant data suggest that good mental health care can lower both psychiatric and nonpsychiatric costs. If this proves a consistent finding, psychiatry will be appreciated more broadly. As care delivery changes unfold, psychiatrists, more than some other specialists, may find the team orientation of ACOs familiar.

Psychiatry will be further boosted by mental health parity legislation. Parity ultimately promises greater availability of care. At this year's Institute on Psychiatric Services in Philadelphia, former US Congressman Patrick Kennedy, a sponsor of the original bill, stressed the importance of psychiatrists as diagnosticians and reminded us to advocate for appropriate parity implementation.

Our new diagnostic criteria will also invigorate the field, impacting

research, treatment, and billing, and leading to renewed integration of psychiatry with other medical specialties. Finally, diagnostics and therapeutics are likely to see changes in coming years as progress in technology and basic science is increasingly applied to the brain.

There is much to be excited about, notwithstanding the ongoing need for psychiatrists to be vigilant about payment and scope of practice issues. The Westchester Psychiatric Society's role in addressing these challenges is key. As usual, this year we look forward to our legislative brunch and to learning opportunities such as a discussion of DSM 5 by Drs. Michael First and Eric Marcus, and training in the new manual by members of our own leadership team. Many of us recently also enjoyed the recent presentation of historian Dr. Daniel Pool on the impact of World War II on American Psychiatry. I will take this opportunity to thank my colleagues on the Executive Council for their extraordinary work. Please spread the word of the importance of being part of this organization now. Together we can impact the future. ■

James P. Kelleher, M.D., M.B.A., President



An EEG test for ADHD? A sign of our times

by Alexander Lerman, MD

The approval of an EEG-based diagnostic tool for the detection of attention deficit hyperactivity disorder by the FDA in July 2013 represents a sign of our times: the intersection of science and commerce, and the changing role of government agencies in the process of bringing medical science to the marketplace.

The discovery of decreased high-frequency "beta" waves activity in children displaying clinical signs of ADHD, relative to controls, dates to the mid-1970s. These findings were the product of well-conducted research, and replicated by other investigators. At the time, this finding was interpreted as powerful evidence in support of the "hypo-frontality" model of attention deficit disorder; and as an indicator of the advent of brain-based diagnostic assessment.

Subsequent research, however – as is so often the case in our field – revealed the underlying picture to be considerably more complicated.

While ADHD subjects exhibited a lower "beta": "Theta" wave activity ratio at rest, "normal" children were found to exhibit an elevated "Theta" ratio (relative to ADHD subjects) when assigned a cognitive task -- precisely the opposite of the expected result. The presence of "comorbid" conditions such as anxiety and mood disorders, produced complicated results, which drove the reliability of data below statistical significance.

In recent years, numerous functional brain imaging and radionucleid-binding studies have implicated reduced noradrenergic and dopaminergic binding, as well as reduce metabolic activity, in many deeper brain, including the caudate nucleus, single gyrus, nucleus accumbens, and even the cerebellar vermis – brain regions that are inaccessible to a conventional EEG. Thus, in hindsight, the limitations of EEG

continued on page 2

The Westchester Psychiatrist is a quarterly publication. The Psychiatric Society of Westchester County reserves the right to refuse or delete submitted material without explanation at the publisher's discretion. Send advertisements and written material to: *The Psychiatric Society of Westchester County, 400 Garden City Plaza, Suite 200, Garden City, NY 11530.*

THE WESTCHESTER PSYCHIATRIST

*a publication of
The Psychiatric Society of Westchester
County*

Executive Council

James Kelleher, MD
President

Carlo Bayrakdarian, MD
President-Elect

Barbara Goldblum, MD
Secretary

Richard McCarthy, MD
Treasurer

Fady Hajal, MD
Past-President (2012-13)

Anthony Stern, MD
Program Coordinator

Karl Kessler, MD
Program Coordinator-Elect

Susan Stabinsky, MD
Legislative Representative

Richard I. Altesman, MD
APA Representative

Edward R. Herman, MD
APA Representative

Karen Gemmaro, MD
NYSPA Representative

Enrique Teuscher, MD
Councilor

Sally Ricketts, MD
Councilor

Alexander Lerman, MD
Councilor

Jerome Liebowitz, MD
Newsletter Editor

Megan Rogers
Administrator

EEG test *continued from page 1*

assessment should come as no surprise.

The limitations of this technology did not deter the interest of a small Georgia-based start-up company called Neba Health from building a "business model" to develop a simplified EEG device, hiring a third-party clinical testing to produce a favorable outcome study, and submitting this non-peer-reviewed, non-replicated data to the FDA, and subsequently receiving FDA approval as a verified, safe medical practice. The study data and methodology have not been publicly released.

Numerous psychiatrists, including Martin J. Drell, MD, president of the American Academy of Child and Adolescent Psychiatry (AACAP), have questioned the actual value of the test.

The Neba Health story appears to be a sign of our times. Many have noted what appears to be a deepening passivity on the part of the FDA. Now more than ever, the public needs the services of physicians who have the training, aptitude, and motivation to skeptically review the value safety and efficacy of products in the healthcare marketplace. ■

What's With the Year 1893?

by Anthony Stern, MD

Consider this: In 1893, Freud first put pen to paper with Breuer, in the first part of STUDIES IN HYSTERIA. To this day, we are still absorbing the breakthrough in understanding that this seminal writing has provided. It might even be said that we are still reeling from it, on some level or another.

In the same year, Edvard Munch painted his first of four versions of his iconic work THE SCREAM. To this day, it reminds viewers of the suffering within every human soul in a way that very few images can.

If we follow our primary process instead of secondary process for a moment, and we attend to the world of free associations instead of linear logic, would it be too much to ask whether Munch's art can be seen as a response to Freud? Or perhaps Freud's art was responding to Munch? Or could it be said that these two sensitive souls were reflecting in different ways a whole sea change, as we headed as a collective humanity toward the turning point of 1900?

A purely concrete historical analysis may not capture all the truth of this time, or of any time. It runs the risk of remaining on the surface of the obvious. But what of the depths?

Was Jung onto something, with his idea of the collective unconscious?

Meanwhile, 1893 was also the year that Adolf Meyer, destined to be the single most prominent leader of American psychiatry for the first half of the 20th century, secured his first full-time position in the States. After arriving on these shores in 1892 and knocking around Chicago for a year with some part-time jobs, this Swiss neuropathologist moved to Eastern Illinois Hospital for employment; the rest, as they say, is history. He went on to become head psychiatrist there, then the head of NY Psychiatric at Columbia before it was called that, then to be the founding chair of psychiatry at Hopkins. But all that's another story. Suffice it to say that Meyer became head cook and bottle washer in our field and first champion of the longitudinal case history (something we have lost track of!), and that his beginnings here were in 1893.

This same year was one for the history books in Illinois for another interesting reason. Just as Meyer was heading out of Chicago, Swami Vivekananda was arriving in town, to attend the first World Parliament of Religions. He made such a huge splash there, it would not be exaggerating to say that America has yet to recover. He was the first holy man from the East to speak from sea to shining sea in a way that countless Americans listened. It was indeed an iconic year in the meeting of East and West. (For readers interested in this sub-topic, my friend Phil Goldberg has written lucidly about it in his book AMERICAN VEDA, which has an associated website with the same name.)

But wait, there's more. 1893 was also the year that Sri Aurobindo left Great Britain to return to his Motherland of India. Aurobindo came to edit an anti-colonial newspaper and as such was one of the leaders of the Independence Movement. More to the point, he eventually wrote THE LIFE DIVINE.

Many good thinkers turning East report that this major opus represents nothing less than the greatest model of the human psyche ever written.

continued on last page

Call me for a quote.

Medical professional liability policies can vary widely from one company to the next. It is important for psychiatrists to know the full – and accurate – story on a policy. Whether it is reviewing the difference between occurrence and claims-made policies or explaining how another policy might leave the doctor with an uninsured risk, I have done my job when I help psychiatrists evaluate their options to make the right choice.

Rich Stagnato
Account Manager

(800) 245-3333
www.PsychProgram.com
TheProgram@prms.com
🐦 @PsychProgram



More than just medical
professional liability insurance.

Fair American Insurance and Reinsurance Company - New York, NY



It's Time to Make the Right Choice!

Life is full of many choices, but making the right one is easier than you think. You need the level of expertise that can be measured by 40 years of experience writing Psychiatric Medical Liability Insurance Policies and providing Risk Management strategies. Why not take advantage of the program offered to you by the most prominent associations, the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry, who have chosen to be represented by the American Professional Agency, Inc.



AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

WWW.AACAP.ORG

- ☒ Superior protection provided by Allied World Assurance Company rated "A" (Excellent) by A.M. Best Company
- ☒ Access to a Risk Management Attorney 24 hours daily
- ☒ Individual Customer Service provided by our team of underwriters
- ☒ Telepsychiatry, ECT coverage and Forensic Psychiatric Services are included
- ☒ Interest-Free Quarterly Payments / Credit Cards accepted
- ☒ Many Discounts including Claims-Free, New Business and No Surcharge for claims *
- ☒ Great Low Rates
- ☒ Years in the previous APA-endorsed Psychiatry program count towards tail coverage on our policy
- ☒ Fire Damage Legal Liability and Medical Payment coverage included



American Professional Agency, Inc.
www.APAmalpractice.com
(877) 740-1777

* Subject to State Approval



THE PSYCHIATRIC SOCIETY OF WESTCHESTER
PRESENTS ITS

**27th ANNUAL
LEGISLATIVE BRUNCH**
ON

SUNDAY, DECEMBER 8, 2013
11:00 AM – 1:30 PM

AT THE

CROWNE PLAZA HOTEL
66 Hale Avenue, White Plains, NY
(Parking \$2.00 per hour)

Please take advantage of this opportunity to meet with your federal, state and local legislators to discuss issues relevant to the practice of psychiatry and the mental health of our patients.

There is **NO CHARGE** for Society members and their guests.

Reservations **MUST** be received by December 5, 2013. Please telephone the Society at (914) 967-6285, or complete the form below and return it to the Society via fax or mail to make your reservation.

The Psychiatric Society of Westchester
400 Garden City Plaza, Suite 202
Garden City, New York 11530 – Tel (914) 967-6285 Fax (516) 873-2010
E-Mail Address – centraloffice@wpsych.org

_____ I will attend the Legislative Brunch on December 8, 2013

_____ I will bring the following guest(s):

YOUR NAME: _____
(Please Print Name)

1893 *continued from page 2*

Be that as it may, Aurobindo was clearly an intellectual and spiritual giant on par with his compatriot Vivekananda. Two or three of his key followers in America were the central force in the creation of the Esalen Institute, and therefore of the human potential movement in this country, in the 1950s and 1960s. This makes the man behind the movement an intriguing hidden influence on our field. He is one of our more or less invisible benefactors.

One of those Californians deeply inspired by Aurobindo was Frederick Spiegelberg, a legendary professor of religious studies at Stanford, revered by at least three generations of students. FS was so impressed with *THE LIFE DIVINE* that he felt compelled to visit with its author. The sage's handlers told the professor that would be fine but he would only have seven seconds. "Seven seconds? But I am coming 7,000 miles to see him." The guru's people replied, "Well, get in line, because there are countless pilgrims WALKING over a 1,000 miles to see him, and they're only getting the same few seconds." FS took the journey and came back saying that those several seconds were the most important in his life.

But that's another story, for another time.

I have digressed! Even so, I think the good reader can regroup and gather the gist of my reflections above. And I have not included other key figures on the frontiers of art and science, and others breaking ground in the terrain of the early mental health field or in the territory of spiritual transformation. (Also other tales for another telling!) The silent cry deep within the human soul was growing loud in those days, those years. I hope I have piqued or have deepened curiosity about those times and how they relate to the early 21st century where we find ourselves now.

If I have succeeded in that, I invite you to join me in continuing to ask the question: "What's with the year 1893?" ■

SAVE THE DATE!

DSM and Us – This Again??
November 20, 2013

CME Presentation by
Michael First, MD & Eric Marcus, MD

27th Annual Legislative
Breakfast
December 8, 2013

CALL FOR NOMINATIONS

The Psychiatric Society of Westchester County
is now accepting nominations for the following positions on our Executive Council:

President-Elect
Secretary
Treasurer
Program Coordinator-Elect
APA Representative
ECP Rep
Councilor

If you are interested, please contact:

Megan Rogers, Executive Director
centraloffice@wpsych.org

THE WESTCHESTER PSYCHIATRIST

is a publication of The Psychiatric Society of Westchester County

400 Garden City Plaza, Suite 200

Garden City, NY 11530