



Massachusetts Psychiatric Society

your information source for psychiatry in Massachusetts

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FROM THE PRESIDENT

Nassir Ghaemi, MD, MPH, DLFAPA



Digital Depression: Malaise of the New Millennium

In a recent podcast, a listener wrote in that he was 25 years old and just realized that he had wasted the last 7 years of his life scrolling through social media and watching Netflix. He had gone through university just following the crowd without any special motivation, dropping out twice, and finishing with the intervention of his parents. He now wasn't sure what kind of work he wanted to do, only preferring to avoid any work that involved regular commitments.

This is the kind of story that is happening in our age of digital technology, a new problem that affects mental health. Teenagers and young adults have always had depression and anxiety, but digital technology has exponentially increased those experiences. One could call it digital depression, or digital anxiety: this new phenomenon of these psychological problems either caused by or worsened by digital technology. One solution has been called digital minimalism, a phrase coined by Cal Newport, a writer and professor of computer science, whose podcast I described. In response to this case, he commented that becoming an adult is a difficult task and social media as well as digital technology in general distracts from that task. It provides a feeling of personal connection which is only partially true due to its virtual nature. It allows one to engage in activities which seem interactive or even functional, such as making comments on social media sites, but in reality, those activities are only partly real. They change nothing in the real world, and they keep us from really engaging with others in activities that could produce change.

Social media obviously is an important psychological problem in society, and as a psychiatric society, we should be active in engaging with this problem. MPS has reached out to the Secretary of Education of the Commonwealth, and we had a meeting to discuss this issue. Teachers and educators realize how social media can be a distraction in schools, and some locales have begun either to ban or otherwise impede the use of cell phones by students. We should think about what the best approach should be, but it's obvious that we need to go from digital maximalism to a lower amount of digital activity, something like a digital minimalism. People will have different opinions about what would be entailed by such a

move, but the idea that we need to decrease digital activity in general is rational. The only question is how much. It may differ for adults versus teenagers versus smaller children, but it has to happen. Newport in his podcast and writings engages with adults who are so-called information workers. They live on a day-to-day basis on computers and with smartphones, and they have to manage their activities both at work and in their private lives in relation to digital technology. It is a complicated problem, which explains the popularity of podcasts and books on this topic. We all need to learn how to use digital technology safely and effectively in our lives. If we use it too much, we harm ourselves. If we use it too little, we may be foregoing some benefits. Hitting that balance is a difficult task. As psychiatrists, we need to help society understand what that balance could be for adults as well as for teenagers and children. We are organizing a social media task force to help make those kinds of judgments and to give advice to policymakers. The Secretary of Education has welcomed our ongoing input as the current administration tries to make decisions for our children. Beyond that aspect of the problem, we should seek to educate the public and our patients about how to live in this digital world.

We should approach digital technology as we approach any possibly useful and possibly harmful aspect of society, like automobiles or substances like alcohol. The smartphone is both a servant and an enemy. We have to learn how to handle it well, just like a car or a drink. The only wrong approach is the view that there should be no limit.

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“New Year, New Goals”

Happy New Year! The beginning of the year is a fresh start for all of us and for many of us it is a time to make new year’s resolutions. Have you ever thought about when and where this tradition started? Legend tells us that the Babylonians were the first people to make new year’s resolutions approximately 4000 years ago¹. In Babylonia, the new year began in March where they would make promises to the gods to pay their debts and return objects they had borrowed. If they followed through on their promises, their gods would reward them and if they did not follow through, they would fall out of the gods’ favor. Fast forward to Rome in 46 B.C. where Julius Caesar modified the calendar to make January 1st the beginning of the new year. January was named after Janus, the two-faced god of beginnings, transitions and endings. Janus had two faces: one looking to the future and one looking to the past. Romans offered sacrifices to Janus and promised good behavior for the new year.

What do new year’s resolutions look like currently? About 45% of Americans make new year’s resolutions and most of them are adults between the ages of 18-29². Almost 80% of those resolutions are focused on health. I’m sure we’ve all heard the jokes about the gyms having an excess of people in January only to be back to normal by February. However, the data supports this as about 43% of people quit their resolution by the end of January. I don’t have to be a statistician to know that I don’t like those odds. I’m not sure that I personally believe in setting new year’s resolutions perhaps because it sounds so momentous that I fear the repercussions if I were to slack off. I do not intend to quibble over semantics when I say instead of resolutions, I do believe in setting goals.

The new year is a great time to check in with ourselves and reflect on what’s important. With that in mind, it is no surprise that most people choose to focus their resolutions on health. While most health resolutions center around physical health, my hope is that more folks set goals for their mental health as well. What does that mean? Our mental health goals will be unique to each of us but overall, they will have the general benefits of increasing self-awareness, enhancing our coping skills and reducing our stress and anxiety.

What does setting a mental health goal look

like? In a world that continues to become increasingly more complex, I like to think that simple and basic can be a great foundation. I tell my patients to set SMART goals, for their benefit of course, but also as a reminder to myself to do the same. It’s far too easy to fall into the trap of giving ourselves vague goals such as “focus on my mental health” or “build more resilience.” This serves as a refresher that SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. So instead of “I want to practice mindfulness” you could say “I want to meditate for 10 minutes once per week.”

Part of the reason why new year’s resolutions aren’t realized is that they may be too lofty. If we start with small, achievable goals, we can gradually increase the challenge as we progress. If you’ve never been a runner, would you start the new year with the goal to complete a marathon by the end of the year? You could, and I’m sure some folks have done just that, but for most of us this would be unrealistic. If the goal is to engage in more regular physical activity, start small, whatever that means to you. Additionally, be sure to prioritize your goals. I’m sure another reason why resolutions fall flat is that we set too many, which is overwhelming. Focus on one or two goals at a time to ensure you can commit to and honor them.

In thinking about mental health goals a few examples immediately come to mind for me. Exercising more often, getting enough sleep, and spending more time with loved ones are pretty common. I would like to highlight the importance of professional goals when thinking about mental health as well. As physicians, we are at high risk for burnout. The AMA’s 2022 national burnout benchmarking report showed that about 62% of physicians experienced symptoms of burnout³. I recognize that this is a complex topic as this stress often involves a combination of organization and systems issues. However, there are some personal strategies to help combat these issues. As I am progressing through residency, I am realizing more and more the importance of setting boundaries between work and personal life. For me this means not checking emails on vacation, turning my pager to “Do Not Disturb” when I’m off-duty and saying “no” when I know my plate is full. I know these boundaries will look different for everyone, but the important thing is to figure out what they are for you and implement them. The AMA’s report found that burnout was

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(continued from page 2) - RESIDENT FELLOW MEMBER

highest in physicians 6-10 years post-training. I am speaking to my fellow residents when I say it's imperative to establish these boundaries early in our careers so that they become habits that protect us from burnout later on.

The last point I will leave you with is to be kind to yourself. If you set a goal to take two 15 minute walks per week and you only took one, celebrate the win that you got moving in the first place. Over the years I have learned that planning is great but oftentimes life has its own plans. Flexibility is key as we may have to adjust our goals to accommodate whatever obstacles life throws at us.

Speaking of mental health goals and setting boundaries, I am sad to say that this is the last article I will be writing for this newsletter for the time being. Without getting too much into the details, I am currently and unexpectedly taking care of a sick family member. This new responsibility along with completing residency has proven to be all the work that I can handle for the moment so I must take a step back and focus on what's in front of me. Know that it has been an honor to serve MPS and write to you all every month. Once again, Happy New Year!

References

1. Pruitt S. The history of New Year's resolutions. History.com. <https://www.history.com/news/the-history-of-new-years-resolutions>.
2. Gracia S. New Year's resolutions: Who makes them and why. Pew Research Center. January 29, 2024. [https://www.pewresearch.org/short-reads/2024/01/29/new-years-resolutions-who-makes-them-and-why/#:~:text=About%20a%20third%20\(31%25\),or%20ethnicity%2C%20gender%20or%20partisanship](https://www.pewresearch.org/short-reads/2024/01/29/new-years-resolutions-who-makes-them-and-why/#:~:text=About%20a%20third%20(31%25),or%20ethnicity%2C%20gender%20or%20partisanship).
3. What is physician burnout? American Medical Association. February 16, 2023. <https://www.ama-assn.org/practice-management/physician-health/what-physician-burnout>.

Calling all Mentors and Mentees!

Many thanks to those of you who have participated in our mentorship program and events! As we move into a new year with many challenges this is a great opportunity to make meaningful personal connections.

Mentoring is crucial for growth, development, support and networking. This is especially true early in our careers or at any time we seek to make a change or to expand our horizons. It also helps us to stay on track with all the challenges we navigate in psychiatric practice.

Mentorship for BIPOC members of MPS has been identified as an important need in our discussions in the Antiracism Committee. Though Massachusetts continues to be a strong advocate for LGBTQ+ and Women's rights, there remain many challenges and ongoing need for mentorship.

Please join us as a mentor, mentee, or both! Fill out the attached mentorship interest form, and we will help to connect you.

<https://docs.google.com/forms/d/1JvcmljFo5vBw1qWCdyOjWZClzTB3vpvb-gjsZt3vs/edit?ts=63fc0a5e>

For any questions or to discuss the program, contact Marie Hobart MD, Member of the MPS Public Sector and Antiracism committees, at: mariehobart@icloud.com

Postmortem: The Hallucinogen (Psychedelic) Ballot Question

In the last two months, the Massachusetts Psychiatric Society took a leadership role in opposition to the ballot question attempting to legalize “natural psychedelics”, i.e., hallucinogens. MPS should have been a natural leader on this question, since proponents claimed they supported “mental health options,” but frankly, it was something that we had never attempted before.

We took on this task as a matter of duty, knowing that in a liberal state that has commercialized cannabis, there would be voter sympathy for hallucinogens. Further, the ballot question existed because \$5 million had been spent already, from January 2024 until the summer, to get the signatures needed. That money came from venture capitalists who stood to make billions more with eventual commercialization, as with cannabis (now a \$4 billion per year industry in our state).

We planned to resist out of duty, knowing that drugs which cause hallucination are harmful to many of our patients, and if helpful, could only be given safely with careful medical supervision, which was not the case with the high-school level “facilitators” in the ballot question. We planned to tell the truth, even if we lost. We made no political calculations and had no expectations of success. But something happened in the course of September to November, when we became active. We made the case to enough people that they heard us and made a rational decision.

We prevailed 57% to 43%.

It turns out that the liberal people of Massachusetts are intelligent enough to realize when their public health was being sacrificed for private wealth.

I'd like to explain to MPS members how we did it:

We testified before the legislature in the spring in opposition to allowing this question to proceed to the ballot; we were not successful in that endeavor. In order to position the Massachusetts Psychiatric Society as the most reliable source of medical information against this ballot question, MPS made a strategically important decision to hire a communications firm to assist us. For those of you that have looked at the strategic plan we completed last year, communications, both internal and external, is a part of our ongoing strategic plan goals.

The YES on 4 campaign raised almost 9 million dollars in the end. Hard to fight those recourses. But with an investment of \$10,000 from our budget, MPS hired a communications firm and was widely viewed as the go for opposition to question 4. I appeared on TV and radio debates, spoke to reporters both locally and nationally, and participated in several radio call in shows. I along with others, authored op-ed pieces as well as letters to the editor that appeared in print media from the Berkshires to Martha's Vineyard.

That's what we did, in collaboration with the official opposition to the ballot question, the Coalition for Safe Communities.

Based on this experience, I hope you are proud of your membership and continue it and renew it, and also talk to other psychiatrist colleagues in the state about joining MPS. We did not have 100% agreement among our members - that's unrealistic - but we did have a consensus. That's why we need your continued support and your outreach to new members.

I am pleased that the leadership of MPS – the Executive Council and the Executive Committee – and the large body of its members took a stand and spoke up for a scientifically sound and clinically reasonable stance. We did our duty.

This experience is a key example of how MPS is working for you every day, and for all our patients, which means the entire public. Let's continue that work, with your continued membership and support.

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Postscript: This column is based on an email sent recently to MPS members after the recent election. We appreciate your support and included a fundraising request in that email. In case you did not see it, or are able to contribute further to such efforts, to help in defraying our costs in this campaign, please consider donating as explained here:

Make a donation to MPS - [Click Here](#)

Alternatively, if you prefer, you can contact the MPS office directly at 781-237-8100, and we will be happy to assist you with the donation process.

Thank you for your generosity and continued support!

What's Going On at MPS...

2025 Election Slate

Thank you to the members of the Nominating Committee who have made nominations for the 2025 leadership slate and thank you to those that have agreed to run for MPS positions. The slate of candidates will be announced in the February Newsletter.

Awards Committee

Dr. Fe Erlita Festin, Chair of the MPS Awards Committee, needs your help. The Committee would very much welcome and appreciate your suggestion of MPS members for outstanding achievement in psychiatry. Please send a paragraph or two outlining their accomplishments and why they should be recognized. Email your recommendation to Mayuri Patel at mpatel@mms.org. Please be sure to forward your nominations by January 31, 2025.

Renew Your Membership for 2025

As a friendly reminder, it's time to renew your membership for 2025. If you have any questions about your dues, please email or call Mayuri Patel at mpatel@mms.org (781-237-8100 x 1) or Sheneka Wilkins at swilkins@psych.org (202-559-3066).

Access Our Online CME Library

We're excited to share that we have added to our comprehensive Online CME Library which is available on our website. With a wide range of educational resources, you can easily access accredited MPS continuing medical education courses anytime, anywhere. If you're looking to earn CME credits, our library offers a convenient and flexible solution. Visit <https://www.psychiatry-mps.org/online-cme> to explore the full collection and start learning and earning your credits today!

MPS Offers Newsletter by E-mail

The MPS would like to offer to our members the opportunity to receive their MPS newsletter by email. There are several advantages to this:

- You will receive the newsletter sooner (by about one week);
- All links will be "live" so you can go directly to the resource;
- You will be helping to save the environment and lower printing costs.

We recognize that many members will want to continue to receive their newsletter in the mail. This will continue to be an option as long as there are members who wish to receive their newsletter in this fashion. For those of you who would prefer to receive your newsletter by email, please contact the MPS office, either by either telephone (781-237-8100 x1) or by email to mpatel@mms.org.

WMPS Chapter President Opportunity

MPS continues to identify a member to volunteer to become president of the western Mass Chapter, WMPS.

We are looking for someone enthusiastic to plan meetings for WMPS. Most meetings have been held virtually over the past few years but in person is an option as well – be it in hospital meeting space, a local venue, private practice meeting space, etc. You will not be left to your own devices and will have full support from MPS staff and leadership. As president of WMPS, you will also be a voting member of MPS Council and invited to all Council meetings. Please do not hesitate to email Mayuri Patel at mpatel@mms.org as soon as possible if you are interested.

In the interim, WMPS members are invited to join monthly virtual meetings of our SEMPS chapter. Of course, our goal is to have a new president in place as soon as possible so we can re-energize the WMPS chapter.

FREE APA Course of the Month

Each month, APA members have free access to an on demand CME course on a popular topic. [Click here to access the Course of the Month and sign up for updates about this free member benefit](#)

A Thank You to MPS and the Women in Psychiatry committee: A personal reflection.

Naomi Dworkin, MD

As I reflect on the role that the Committee on Women in Psychiatry at MPS has had for me, I think about the times we are in. It's frightening to see the rights of women being eliminated or severely limited in some parts of our country, the right to have safe and affordable access to some parts of essential healthcare, putting the women who live there, and by extension their families and thus all Americans, at risk of physical and psychological harm.

Public figures are making ever more outrageous, regressive, statements about the appropriate role for women inside and outside the home. These events, and the overt sexism endorsed at high levels by some, create psychological burdens, impingements to use psychological terminology, that weigh on us as practitioners, even if they lie outside of our conscious awareness (also called stereotype threat). So, I am especially grateful for the presence that the Committee for Women in Psychiatry at MPS has played in helping me maintain my own wellbeing while pursuing my career.

I joined MPS while still in training during residency at UMass Medical Center. After completing my fellowship 30 years ago in Child and Adolescent Psychiatry at Tufts/NEMC, I began to work half time at a private non-profit clinic in Quincy MA (Aspire Health Alliance, previously called South Shore Mental Health), and separately at a group private practice in Belmont MA.

I provided combined psychotherapy and medication management for children, adolescents and adults, with the full range of public insurances at the clinic and private insurance plans at the private practice. While doing this challenging work, I have always been grateful for the regular opportunities to learn from lectures and conferences, at that time in person of course, for CME credit, sponsored by MPS. In addition, joining the Women in Psychiatry Committee allowed me to meet other female clinicians in a more personal setting, over lunch, for live presentations and discussions. To this day, I remember some specific lectures that were especially enlightening.

Women have come to play an increasingly larger role in medicine in general and psychiatry in particular, but it is still special to have the chance to directly interact with women in positions of leadership, those with expertise, or those with just different experiences. Having their support as I crafted my own career path was very helpful to me. My participation with the committee wasn't always consistent through the years, as I took on other responsibilities. Then Covid struck, and we were all suddenly very isolated, working from home all day over a screen, doing our best to support our clients through this major additional stressor. That is when I rejoined the Committee on Women in Psychiatry in its current on-line format. Initially a major focus was on navigating the new rules and regulations, and the stressors of providing quality care on-line during a pandemic.

Eventually as those issues lessened with the slowly decreasing danger of the pandemic, our focus shifted to more routine peer supervision and support. We still have an occasional guest speaker which is always enlightening. Participating in the committee also led to my involvement in the MPS effort to provide mentorship to newer clinicians. I'm enjoying providing mentorship to two younger female psychiatrists, as they establish their own identities as clinicians.

There are many ways we all can support and nurture each other through MPS, through education, discussion, and providing resources and information for everything from administrative problems to clinical guidance. Now that I am approaching retirement, (with lots of good information from the Retirement Committee), it is a good time for me to thank MPS and all the people, both clinicians and administrators, who have worked so hard to keep it going these many years!

DEA and HHS Extend Telemedicine Flexibilities through 2025

DEA addressed the status of telemedicine prescribing flexibilities including state reciprocity (DEA-DC-018 EO-DEA067) and medications for opioid use disorder prescribed by telephone (DEA-DC-022 EO-DEA068) in the temporary rule titled "Temporary Extension of COVID-19 Telemedicine Flexibilities for Prescription of Controlled Medications" which published in the Federal Register on May 10, 2023. [88 FR 30042](#). With respect to practitioner patient relationships formed after the May 11, 2023, expiration of the COVID-19 PHE, a third temporary rule will extend these exceptions until December 31, 2025, or until DEA publishes a Final Rule on Telemedicine. [89 FR 91253](#). See also [21 C.F.R. 1307.41](#).

DEA extends telemedicine flexibilities through 2025. For more information please [visit https://www.dea.gov/documents/2024/2024-11/2024-11-15/dea-and-hhs-extend-telemedicine-flexibilities-through-2025](https://www.dea.gov/documents/2024/2024-11/2024-11-15/dea-and-hhs-extend-telemedicine-flexibilities-through-2025)

Call for Nominations

2025 MPS Outstanding Psychiatrist Awards

MPS Awards Committee is soliciting nominations for the 2025 MPS Outstanding Psychiatrist Awards

Please consider nominating a colleague who you believe is deserving of this honor. Self-nominations are also welcome.

1. Nominee should be a Member of the Massachusetts Psychiatric Society.
2. Please send the following:
 - a. Nomination letter
 - b. Curriculum Vitae of nominee
 - c. A letter of support (if nominee has an academic appointment, a letter from the department head would be helpful).

The award categories are as follows:

Lifetime Achievement: This award is given to a senior psychiatrist who has made significant contributions over the course of his/her career which is now winding down.

Advancement of the Profession: This award is given to a psychiatrist who has advanced an area of the profession by highlighting and/or clarifying an area which has been in the background, bringing it forward, and developing it; e.g., women's issues, disaster psychiatry, refugee issues, etc.

Clinical Psychiatry: This award is given to a psychiatrist who is an outstanding clinician; someone who is known for having worked to clarify a particular area of interest or type of therapy and practiced it successfully.

Education: This award is given to a psychiatrist who has made a significant contribution to psychiatric education, e.g., establishing a residency, creating a nationally attended course, developing educational materials which can be used nationally for medical student or resident teaching. Being training director per se is not enough.

Research: This award is given to a psychiatrist who has made significant contributions to the development of an area of psychiatric research.

Public Sector: This award is given to a psychiatrist who has worked in the public sector and has been influential in reorganization or in leadership in that area or who has significantly influenced the political system in lobbying for patient's welfare.

Early Career Psychiatry: A psychiatrist who is in the first 10 years after completing residency (not fellowship training) who has done something outstanding in any of the above categories.

Please send your nominee's name, the award you are nominating for and a brief reason for the nomination to Mayuri Patel - mpatel@mms.org or call 781-237-8100 x1 by January 31, 2025.

Thank you!

Fe Erlita D. Festin, MD, DLFAPA

Chairperson of MPS Awards Committee



Saturday, March 8, 2025

8:30 a.m.–3:30 p.m.

Via Zoom Videoconference

Massachusetts Psychiatric Society's 2025 Risk Avoidance & Risk Management Conference

Program Overview

We are pleased to present the 2025 Risk Avoidance & Management Conference. This is the Massachusetts Psychiatric Society's annual risk management conference with its successful record spanning decades. The conference focuses on actual issues faced by practicing psychiatrists. The conference aims to increase the understanding of various roles of psychiatrists interfacing with the law and regulatory agencies and to foster appreciation of the challenges of psychiatrists in court. Each year experts review timely and relevant risk management issues. We utilize several didactic lectures with significant time for questions raised by conference attendees to foster learning.

This year, topics addressed will include: Dr. Thomas Gutheil will review major issues relevant to general risk management and fielding participant risk

management questions; Dr. Chinmoy Gulrajani will discuss disability assessment and posttraumatic stress disorder; Dr. Renee Sorrentino will discuss practical considerations for the general practitioner related to problematic sexual behaviors in patients; Attorney Joshua Abrams will provide guidance on issues related to patient incapacity, surrogate decision makers, health care proxies, and guardianship, in psychiatric practice; Dr. Andrew Nanton will discuss issues related to artificial intelligence and its impact on clinical care and patient interactions; and Dr. James Luccarelli will review indications and risk considerations in neurotherapeutic treatments, including electroconvulsive therapy, transcranial magnetic imaging, and ketamine treatment.

Program Objectives

At the conclusion of this activity, participants should be able to:

- Utilize risk reduction tools and strategies in daily practice
- Understand the practice of assessing problematic sexual behaviors and managing their treatment and risks in general psychiatric practice
- Review disability assessments and posttraumatic stress disorder
- Appreciate issues related to the increased implementation of artificial intelligence systems in clinical practice and its impact on patients lives and their interactions with clinicians
- Understand issues related to neurotherapeutic interventions, including electroconvulsive therapy, transcranial magnetic stimulation, ketamine, and other emerging treatment modalities
- Learn about practice approaches to considerations about patient decision making capacity, surrogate decision makers, health care proxies, and guardianships, as they relate to psychiatric practice

[**CLICK TO REGISTER ONLINE**](#)

Accreditation Statement

The Massachusetts Psychiatric Society is accredited by the Massachusetts Medical Society to provide medical education for physicians.

AMA Credit Designation Statement

The Massachusetts Psychiatric Society designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for risk management study.

REGISTRATION FEE

<input type="checkbox"/> MPS/APA/MMS MEMBER	\$150
<input type="checkbox"/> RESIDENT/FELLOW	\$15
<input type="checkbox"/> NON-MEMBER	\$175
<input type="checkbox"/> MEDICAL STUDENT	\$0

Please note the link for the conference will be sent on March 7.

Questions?

Call (781) 237-8100, 8 a.m.–4 p.m. Monday thru Friday



Program Schedule

- 8:30-8:40 a.m.** **Welcome and Introduction**
Matthew Lahaie, MD, JD
- 8:40-9:45 a.m.** **Risk Management for the Psychiatric Professional**
Thomas G. Gutheil, MD
- 9:45-10:45 a.m.** **PTSD and Disability**
Chinmoy Gulrajani, MD, DFAPA
- 10:45-11:45 a.m.** **Problematic Sexual Behavior: Practical Considerations for the General Psychiatric Practitioner**
Renee Sorrentino, MD
- 11:45-12:30 p.m.** **LUNCH BREAK**
- 12:30-1:30 p.m.** **Incapacity: Surrogates, Proxies, Guardians, Oh My...**
Joshua Abrams, JD
- 1:30-2:30 p.m.** **Artificial Intelligence: Implications for Psychiatric Practice**
Andrew Nanton, MD
- 2:30-3:30 p.m.** **Neurotherapeutics: Risk Management Considerations for ECT, TMS, and Ketamine**
James Luccarelli, MD, DPhil
- 3:30 p.m.** **Wrap Up**
Matthew Lahaie, MD, JD

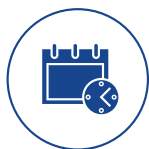
SAVE ON YOUR APA/DB MEMBERSHIP DUES

Looking for Ways to **Save** Time and Money on Your **Membership Dues**?

Check Out These Ways to Save:



Lump Sum Dues—Pay a one-time amount for APA national dues for your lifetime. Never worry about annual renewal increases or invoices again. DB/SA dues continue to be billed annually.



Scheduled Payment Plan—Have your APA and District Branch dues automatically charged to your credit card in monthly, quarterly, biannual, or annual installments. No interest or service fees.



Couples Discount—If you are married to another APA member (or live in the same household), share your print copy of AJP and you'll each get a 15% discount on your APA national dues.

Ready to Start Saving?

Contact APA Member Services for more information and to sign up.

Call: 202-559-3900; 888-35-PSYCH
Email: membership@psych.org

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PSYCHIATRIC
ASSOCIATION 



UMass Memorial Health and the University of Massachusetts Chan Medical School currently have openings within the Department of Psychiatry.

The Department of Psychiatry is a national leader in addiction, biological, child and adolescent, and public sector, psychiatry, neuropsychiatry, psychosocial rehabilitation, and women's mental health. We integrate our clinical, research, teaching and community partnership activities to help individuals and families transform their lives through recovery from mental illness and addiction. We are the largest provider of psychiatric services in central Massachusetts, with over 400 faculty members and 12 hospitals and community mental health centers in varied settings across the state.

Our residency program trains 7 residents per year, including general psychiatry and specialty tracks for combined adult and child psychiatry and combined psychiatry and neurology. We offer fellowships in Addiction, Adult Developmental Disabilities, Child and Adolescent, Forensic Psychiatry, and Neuropsychiatry.

Diversity, equity, and inclusion are integral to the commitment of the Department and University. Accordingly, the Department seeks qualified candidates who can contribute to racial equity, diversity and inclusion through service, mentorship, teaching and scholarship. Candidates from historically underrepresented group(s) in higher education and medicine are encouraged to apply. Candidates who possess personal characteristics that might be considered as diversifying elements among the clinical team and the larger psychiatry faculty at UMass Chan are invited to identify themselves during the application process.

UMass Chan Medical School

UMass Memorial Health

Facility Medical Director (Brockton Multi-Service Center, Brockton, MA) - Provides administrative and clinical oversight for the DMH-operated and contracted state hospital and community support programs. Clinical Care in our Partial Hospital program.

Attending Psychiatrists, Southeast Area –Brockton, Fall River and Taunton MA

Assistant Director of Psychiatry, Director of Child and Adolescent services, Adolescent Continuing Care Units (ACCU) -provides child and adolescent clinical leadership and comprehensive psychiatric care to adolescents admitted to the ACCU in Worcester, MA

Full-Time Attending Psychiatrist, Worcester Recovery Center and Hospital (WRCH)

Full-Time Attending (Forensic) Psychiatrist, Worcester Recovery Center and Hospital (WRCH)

Full-Time Child & Adolescent Attending Psychiatrist, Worcester Recovery Center and Hospital (WRCH)

Forensic Psychologist, Law and Psychiatry Program, Mobile Forensic Evaluation Service, Worcester, MA

Interested applicants should apply directly at <https://academicjobsonline.org/ajo/UMASSMED/Psych> (J-1 and H-1B candidates are welcome to apply)

Medical Director- Health Alliance with clinical consultation
Part-Time

Medical Director- Community Healthlink
Part-Time

Attending Geriatric Psychiatrist – Clinton Hospital provide direct clinical services and work with medical students & residents on this teaching unit
Full-Time

Attending Psychiatrist – Inpatient Psychiatric Treatment and Recovery Center
Full-Time

Attending Psychiatrist- Inpatient
Full-Time

Attending Psychiatrist- Inpatient Consultation-Liaison
Full-Time

Attending Psychiatrist- Emergency Mental Health Services
Full-Time

Interested applicants should submit a letter of interest and curriculum vitae addressed to Kimberly A. Yonkers, MD c/o Krystal Vincent
krystal.vincent@umassmemorial.org

[Careers \(myworkdayjobs.com\)](https://www.umassmemorial.org/careers)

As the leading employer in the Worcester area, we seek talent and ideas from individuals of varied backgrounds and viewpoints

OFFICE SPACE

Back Bay, Boston - Prestigious professional building, a former 19th century mansion with all original detail, on Marlborough Street near Public Gardens. Beautiful offices with large windows, high ceilings, and fireplaces, with hours to sublet. Shared waiting areas, friendly, collegial atmosphere, elevator, internet. Call Elizabeth: 617-267-0766 or email: erm82@aol.com

Harvard Square sublet available Wednesdays and Fridays: furnished office in a historic psychotherapy suite. Beautiful windowed space with hardwood floors, high ceilings, AC, large waiting room, and private bathroom. One block from Charles Hotel/Red Line. \$475/month for 8 hours weekly.

Winchester - Offices for rent in charming, fully renovated 19th century building on Main Street. High ceilings, large windows, beautifully furnished, with WiFi, common waiting rooms. Full or part-time. For more information, contact Dr. Michael Marcus at mwm82@aol.com.

Wellesley Hills: Elegantly furnished offices (FT/PT) in the heart of Wellesley. Rates range from \$7-\$9/hr. Please see site for all amenities (wifi, parking, more), photos, and details. <http://www.themorgensgroup.com/officefor-rent.htm>

MPS is pleased to welcome the following New Members

General Members:

Larkin Kao, MD
Matthew Mosquera, MD
Lisa Francine Price, MD
Emily Mae Sullivan, MD
Jennifer A. Tufts, MD
Meenakshi Vemuri, MD

Resident Fellow Member:

Bhavana Aitha, MD
Anshu Gaur, MD
Joshua Godwin, MD
Amir Hassan, MD
Youjin Jang, MD
Neil Rajiv Sailesh Mehta, MD
Jennifer Whitley Tucker, MD
Tori Waters, MD

Transfer In:

Prudhvi Bandi, MD
Adam Christopher Ketron, MD
Timothy Steinhoff, MD
Michael Sungsoo Yoon, MD

Two New Books from Ronald W. Pies, MD

The *Unmoved Mover* is a novelette recounting an unspeakable school tragedy and its traumatic aftermath. The journey from trauma to love and redemption is the heart of this gripping work.

The *Anatomy of Gratitude* is Dr. Pies's survey of this central ethical and psychological value, in six of the world's great spiritual traditions.

Both works have immediate relevance for our patients, our loved ones, and ourselves. Available from Amazon.com



Moonlighting Psychiatrist Opportunity - Arbour Hospital, Jamaica Plain, MA

Arbour Hospital in Jamaica Plain, MA is seeking a board-eligible/certified psychiatrist for moonlighting opportunities. This PRN position offers flexibility to work weekends and occasional weekday shifts. **Ideal for experienced psychiatrists or psychiatry residents with an unrestricted Massachusetts medical license.** Competitive hourly rate and malpractice provided. Enjoy working in one of Boston's most dynamic neighborhoods!

For consideration, please contact Stephanie Figueroa, Physician Recruiter, Universal Health Services, at stephanie.figueroa@uhsinc.com or 484-695-9913.

Arbour Hospital is a subsidiary of Universal Health Services, Inc. (UHS), one of the nation's leading hospital management companies. With a commitment to providing high-quality psychiatric services, Arbour Hospital is located in Jamaica Plain. A vibrant neighborhood known for its dynamic atmosphere and surrounded by natural attractions like the Emerald Necklace, Arnold Arboretum, Franklin Park, and Jamaica Pond.

Reminder.....

The MPS welcomes article submissions from its members!

Your submission can be something you are passionate about and think members would like to read about. The deadline for submissions is the 13th of the month.

Reach out to Mayuri Patel at mpatel@mms.org for details to submit your article today!



**Wishing you all a Happy
and
Healthy New Year!!**



Registration for 2025 APA Annual Meeting Is Now Open

APA is returning to Los Angeles for the first time in 40 years! Join your colleagues from May 17-21, 2025, for five days of in-person learning, networking, and profession-moving engagement. Register now for the lowest rates.

[REGISTER TODAY](#)

North Charles Mental Health Clinic seeks a PT Psychiatrist/Medical Director

We are a small clinic in North Cambridge, Harvard-affiliated, staffed by experienced clinicians, and offering a multi-disciplinary team approach to providing treatment for a wide range of adult clients. We seek a PT (4-8 hrs/week) Psychiatrist/Medical Director to provide assessment, consultation and ongoing psychopharm management for clients being seen in our therapy program. The position is hybrid, with weekly team meetings in addition to client meetings. Free parking, flexible schedule, collaborative environment.

Hybrid and flexible scheduling, 4-8 hrs/week

*For more information, please contact
Jennifer Brill, LICSW, Clinical Director, at
jbrill@northcharles.org*



Recently moved or planning to move.....

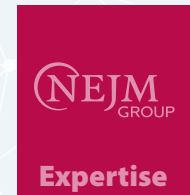
Remember to notify the MPS
of any change in your mailing address or your
email.

This will ensure that you don't miss any of
the updates that the MPS provides during the
month.



MASSACHUSETTS
MEDICAL SOCIETY
Every physician matters, each patient counts.

Group Partner Program



Massachusetts Psychiatric Society Members Receive

30% OFF MMS STATE DUES

Discount Code: **MPSSAVE** is valid through May 31, 2025

District medical society dues are required and vary from \$50 to \$200.

NEW Members

- Join the MMS at 30% off our **introductory physician state dues rate** and **save \$60**.
- Your price: **\$140** (~~\$200~~).
- Discount code required: **MPSSAVE**.
- Your membership will be valid through **December 31, 2025**.
- Visit massmed.org/membership to learn more and get started.

For invoice adjusts and billing questions, please contact Member Processing at mmsprocessing@mms.org or call (617) 841-2925.

Top Five Reasons to Become an MMS Member

1. Grow your network with access to a community of physician leaders
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3. Receive the latest clinical research through personal subscriptions to NEJM publications
4. Enjoy 50% discounts on high-quality online CME
5. Access exclusive discounts and benefits valued at \$1,000+

Learn more at massmed.org/benefits or contact our Member Benefits at mmsbenefits@mms.org or call (781) 434-7311.



Inpatient Child/Adolescent Psychiatrist Opportunities Cambridge Health Alliance (CHA)

The CHA Center of Excellence for Child & Adolescent Inpatient Mental Health Care at Somerville will provide a transformative continuum of patient- and family- centered care for diverse youth with mental health needs. Including specialized autism spectrum/ neurodevelopmental beds at our Somerville Campus. Cambridge Health Alliance is already one of the region's leading providers of behavioral and mental health care.

We are passionate about helping children and their families, join our expanding team and make a difference!

CHA provides Competitive Salaries starting at \$300,000!

- Provide clinical care to patients during periods of inpatient/partial hospitalization
- Develop and maintain comprehensive treatment plans
- Participate in teaching opportunities with psychiatry residents, fellows, and other mental health trainees
- Work in a collaborative practice environment with an innovative clinical model allowing our providers to focus on patient care and contribute to population health efforts
- Fully integrated electronic medical record (Epic) and robust interpreter service
- Academic appointments are available commensurate with criteria of Harvard Medical School

CHA is a teaching affiliate of HMS. This position carries an HMS appointment of Instructor, Assistant or Associate Professor, commensurate with HMS appointment criteria, candidate qualifications and commitment to teaching responsibilities.

Qualified candidates will be BC/BE in psychiatry and share CHA's passion for providing the highest quality care to our underserved and diverse patient population.

Please submit CV's through our secure website at www.CHAproviders.org, or by email to Melissa Kelley at ProviderRecruitment@challiance.org. The Department of Provider Recruitment may be reached by phone at (617) 665-3555 or by fax (617) 665-3553.

We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, gender identity, sexual orientation, pregnancy and pregnancy-related conditions or any other characteristic protected by law.



MASSACHUSETTS
PSYCHIATRIC SOCIETY
860 Winter Street
Waltham, MA 02451-1411

ADDRESS SERVICE REQUESTED

MPS Calendar of Events

Antiracism	January 9 at 7:00 PM via Zoom	mpatel@mms.org
Council	January 14 at 4:30 - 6:00 PM via Zoom	dbrennan@mms.org
Public Sector	January 16 at 7:00 PM via Zoom	mpatel@mms.org
Healthcare Systems & Finance	January 21 at 7:00 PM via Zoom	dbrennan@mms.org
Executive Committee	January 28 at 4:30 - 6:00 PM via Zoom	dbrennan@mms.org