



APA 2020 DISTINGUISHED FELLOWS

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I am honored to be selected as a Distinguished Fellow of APA and delighted to be invited by MPS to reflect on my career course and our field. Massachusetts, academia, neuroscience, medicine and psychiatry have all been core facets of my identity for many decades. I was born in the town of Amherst as the youngest of three, to my father a geneticist at UMass and my mom a schoolteacher. My older siblings preceded me to Amherst College, University of Cincinnati College of Medicine and to Boston for residencies and life-long careers in academic medicine. At Amherst, I fell in love with neuroscience; and in medical school it quickly became clear to me that psychiatry was the clinical discipline that best blended my passion for neuroscience with my investment in people's life narratives and compassionate connection. After psychiatry residency at Massachusetts General Hospital (MGH) where I learned so much about psychiatry at the interface of medicine, and a research fellowship in radiology, I spent the next 15 years of my career engaged in translational psychiatric neuroimaging research with a clinical focus on OCD, PTSD and related disorders. With progressive administrative roles in Psychiatric Neuroimaging, Neuroscience and Neurotherapeutics at MGH and also at Spaulding Rehabilitation Hospital, it was a natural transition in 2006, when I moved to my current roles as President & Psychiatrist in Chief at McLean Hospital.

Throughout the years, I have been blessed by an extraordinary cascade of devoted, generous mentors including Lisa Raskin, Dorothy Gallagher, Mike Jenike, Nathaniel Alpert, Anne Young, Steve Hyman and Gary Gottlieb. Likewise, nothing has been more gratifying in my career to date than my involvement in mentoring others, and the privilege of working shoulder to shoulder with so many exceptional colleagues across disciplines.

In these last 30 years, we have witnessed profound advances in evidence-based psychiatric care and discoveries in neuroscience as an ever-evolving foundation for understanding brain and mind, as well as health and illness. We have also seen a gradual shift in American healthcare, toward valuing public health alongside heroic intervention, and toward a recognition that mental health is essential for global wellbeing. As I have always been drawn to technology and innovation, it is exciting to consider that modern tools and inventive designs may offer solutions to better care access, improved cost-efficiency, and the ability to predict, prevent, intervene early, support recovery and even cure. Nonetheless, I remain hopeful that whatever technology can do for us and our field, that we are never diverted from the core of our profession rooted in humanity, appreciating developmental trajectory, and the power of empathy to help and heal.

Finally, in this moment when we are confronted with the COVID crisis, it has never been more important for our field and society globally to come together in support of one another, bringing our best expertise, talents and values, to care for all and especially those who are most vulnerable among us. In this broader context, I want to express my gratitude to APA and MPS as organizations that support us in our mission to achieve such goals.