



2024 MPS OUTSTANDING PSYCHIATRIST AWARDS

EDUCATION - David Mintz, MD, DLFAPA



Dr. David Mintz received his undergraduate education at Vanderbilt University, pursued graduate work in clinical psychology in New York, and then received his MD from the University of Miami School of Medicine, where he was elected to AOA. He completed residency at the Cambridge Hospital/Austen Riggs Center Combined Residency Program as well as a Fellowship in Psychodynamic Psychotherapy at Riggs, where he has remained on staff for the past 25 years. At Austen Riggs, he is engaged in intensive psychoanalytic treatment of complex, multiply co-morbid and “treatment resistant” patients. He serves there as Director of Psychiatric Education, Associate Director of Training, and directs the Elective in Psychotherapy and Psychodynamic Psychiatry.

In recent years, Dr. Mintz has devoted much of his work to the exploration of psychological and social factors that facilitate or interfere with desirable medication outcomes and is the author of more than 25 papers and a successful book, *Psychodynamic Psychopharmacology: Caring for the Treatment-Resistant Patient*. The theme of his book is the integration of non-pharmacological factors with psychotherapies, emphasizing the importance of the therapeutic alliance. One of our leading psychopharmacologists opines that this book should be one of the required readings for any prescriber of psychotropic medication. His academic interests in medical education include psychodynamic aspects of medical education and developmental processes involved in becoming a psychiatrist.

Dr. Mintz is a Distinguished Fellow of the American Psychiatric Association and past chair of the APA Psychotherapy Caucus; is a member of the Psychotherapy Committee of AADPRT and the Medical Student Educational Committee of the American Psychoanalytic Association; and sits on the Editorial Boards of *Psychodynamic Psychiatry* and the *American Journal of Psychotherapy*. A widely appreciated speaker, he has presented nationally at grand rounds and as a visiting professor. He has given more than 150 presentations nationally on the topic of and regularly teaches in half a dozen residency programs (including three in Massachusetts). His course on “The Science of the Art of Psychopharmacology” was recently highlighted as an APA course of the Month and his free CE/CME on-demand 4-course series released in the fall of 2023, “The Art of Pharmacotherapy” offered through the Erikson Institute of the Austen Riggs Center, was well-subscribed. One of his colleagues explains: “David has an uncanny ability to present complex ideas and theories in a way that is accessible and that resonates with audiences young and old regardless of their orientation... David’s scholarship is a labor of love and a gift to the field. David fought to move the field of psychiatry beyond a biomedical focus on medications and symptoms to a more holistic understanding of the biological, psychological, and social factors that influence pathology, and prescribing. His dedication benefits all of us who practice, study, teach, or research in this field. Psychiatry is richer for his contributions.”

In recognition of his outstanding achievements and dedication, the Massachusetts Psychiatric Society is proud to honor Dr. David Mintz with the 2024 Outstanding Psychiatrist Award for Education.



CLINICAL PSYCHIATRY – Sarah Birss, MD



Dr. Sarah Birss is a child and adult psychiatrist and psychoanalyst, with training in pediatrics and developmental pediatrics. She has a longstanding interest in working with infants, children, parents, and families, and in learning and teaching about early emotional development. She is also interested in the integration of knowledge of infant research and early development into psychoanalytic theory and in applying these ideas to clinical work with children and adults.

In her medical training, Dr. Birss followed a circuitous route. Infant Psychiatry was emerging as a field, and by pursuing her interests, she managed to craft training in that area. After an internship in pediatrics, she entered a general psychiatry training program at the University of Washington in Seattle. Reading charts on the inpatient units, she noticed how many times frequently hospitalized patients had histories of difficulties in their families from very early in childhood. While at UW, she heard T. Berry Brazelton speak about his work with parents and infants, and she decided to return to pediatrics training to work with Dr. Brazelton, hoping to work with psychiatric difficulties as they were emerging. She finished pediatrics training at The Floating Hospital at Tufts and completed fellowships in Developmental Pediatrics and in Child Psychiatry at Children's Hospital in Boston.

On completion of training, Sarah began private practice in child and adult psychiatry in Cambridge. She specialized in seeing very young children, from 2 ½ to 6 years of age, though her practice encompassed children, adolescents, parents, adults, and couples of all ages. She enjoyed supervising child psychiatry fellows at Cambridge Health Alliance and was a Lecturer in Psychiatry at Harvard Medical School in Psychiatry and Behavioral Pediatrics until 2018. In 2016 she moved her practice to Concord, Massachusetts, where she continues to see children and adults.

Dr Birss is a graduate of the Boston Psychoanalytic Society & Institute, where she is also a member of the faculty. She teaches in the Adult and Child Psychoanalytic Training Programs and has been involved in revision of the Child Analysis Curriculum. She is the immediate past co-chair of the Child Analysis Training Program at BPSI.

In addition to her private practice, Sarah continued to work in the field of parent-infant mental health. For many years she consulted with Cambridge Somerville Early Intervention, teaching early childhood development, and helped to develop a scale to assess early emotional development of infants and toddlers.

Beginning in 1999, Dr. Birss, together with Ann Epstein, MD, developed an innovative training program in infant mental health. This two-year fellowship trained clinicians from diverse disciplines in dynamically informed dyadic parent-infant psychotherapy. In 2004, the program became the Infant Parent Training Institute, and moved to the Center for Early Relationship Support at Jewish Family and Children's Service of Greater Boston. Dr. Birss taught early development, and also built a program in Infant Observation. Based on the Tavistock model, this full year course in Infant Observation combined an intensive weekly observation of a parent and baby dyad with a small group reflective process and individual reflective practice. Over the almost twenty years of the IPTI fellowship program, more than one hundred professionals received training in Infant Observation, and over 75 clinicians completed the fellowship. These clinicians, often leaders in their community settings, have gone on to train others in the psychoanalytically and developmentally informed model of IPTI.

Throughout her career, Dr Birss has focused her efforts on helping children and families but through her direct clinical work and her educational efforts. Her work has been influenced both by psychoanalysis and findings of infant research, and she has been interested in the integration of knowledge of infant research into clinical work with patients of all ages. She is particularly interested in the impact of early relational trauma, including maternal depression, early losses and neglect. The Massachusetts Psychiatric Society recognizes Dr. Sarah Birss impressive efforts and contributions in these areas over many years with its 2024 Outstanding Psychiatrist Award for Clinical Psychiatry.



PUBLIC SECTOR - Gregory Binus, MD



Dr. Gregory Binus graduated from Brandeis University with a major in Philosophy and had no premedical background nor interest in medicine. Yet, he was about to begin on a journey that presaged his ultimately devoting his professional life to Public Sector Psychiatry. His first introduction to public service came after graduation when he joined the United States Peace Corp and served for 2 years in Kandahar, Afghanistan as a teacher in a surveying school. It was there he developed a passion for medicine and psychiatry. Upon return, he spent a year taking all required premed courses and later graduated from Boston University School of Medicine and then trained in psychiatry at the Boston University School of Medicine Psychiatry Residency Training Program.

Following Psychiatry residency training, Dr. Binus worked in clinical and leadership positions at the Edith Nourse Rogers Memorial Veterans Hospital (ENRMVH) in Bedford, MA including being Chief of Psychiatry, Mental Health Service Line Manager and later Chief of Staff for 14 years. He was always regarded by staff as an exceptional leader. His stay was during a prolonged tumultuous time at the ENRMVH with staff conflict and progressive budget cuts. At one point, the administration of the New England VA network mandated closing several large units treating chronically ill psychiatric patients and treating them on an outpatient basis. Recognizing that these patients essentially would become homeless, Dr. Binus convened and led a group that developed outpatient programs for these patients and turned one of the closed units into a lodging facility for patients who would otherwise not have housing.

During his tenure at the VA he was vitally involved in academics, regularly teaching medical students and residents. He retired from the Bedford VA in July 2012 as Chief of Staff and Clinical Associate Professor of Psychiatry at Boston University School of Medicine. “Dr. Binus and the Bedford VA Psychiatry” became almost synonymous during his years there.

In 2014 he was recruited to teach again in the Psychiatry Residency Training Program at Boston University Medical Center, focusing on supervision and didactics related to psychodynamic psychotherapy. He is currently Director of Psychotherapy Education and Emeritus Clinical Associate Professor of Psychiatry.

Dr. Binus is the recipient of a number of awards including Life Fellow of APA, two awards while in medical school, a national award as Physician of Excellence from the National Alliance for the Mentally Ill, two Outstanding Teaching Awards from Boston University Medical Center Division of Psychiatry, and a national award from the Disabled American Veterans. His primary interests are in psychodynamic psychotherapy, administration, and organizational ethics.

Dr. Binus has been stalwart in his dedication to Public Sector Psychiatry, and he has felt equally comfortable in addressing its problems in the safety of his office to the dangers of the streets. Perhaps his experience as a Peace Corp volunteer in Afghanistan, later informed by outstanding training as a psychiatrist, paved his way. And perhaps his being trained as a martial artist with a brown belt in Ninjutsu, and training in Judo and Krav Maga made him fearless in taking on those challenges.

The Massachusetts Psychiatric Society is honored to present Dr. Gregory Binus with the 2024 Outstanding Psychiatrist Award for Public Sector Psychiatry.



LIFETIME ACHIEVEMENT – Lawrence F. Lifson, MD, DLFAPA



Dr. Lawrence E. Lifson attended Bowdoin College where he was elected to Phi Beta Kappa in his junior year. He left college after three years to attend Tufts University School of Medicine from which he graduated in 1966. In 2004, the President of Bowdoin College honored him as an outstanding alumnus by presenting him with a formal Bowdoin College degree. Dr. Lifson completed his Psychiatry residency training at University Hospital (Boston Medical Center) and then served two years in the U.S. Army where he was a Major and received the Army Commendation Medal. He later graduated from the Boston Psychoanalytic Institute in 1980.

Dr. Lifson's professional life has been primarily dedicated to the education of psychiatrists, mental health clinicians, and the treatment of patients. In addition to having taught seminars, supervised clinicians and presenting at grand rounds and teaching conferences, he was given the opportunity of developing continuing education programs for local, regional and national audiences. He has been chair of the continuing education committee at the Boston Psychoanalytic Society and Institute for well over 40 consecutive years. In 1989, he became director of the continuing education program at Massachusetts Mental Health Center and later with the Department of Psychiatry at the BIDMC until October 2022. In 1993, he was appointed by the HMS Dean to serve on Harvard Medical School's committee on continuing education, which he did for over 20 consecutive years. Additionally, in 2000, he became chair of the CME committee of the MPS. Thus, for a 10-year period, he concurrently headed the continuing education components of a major HMS teaching hospital, the Boston Psychoanalytic Society and Institute, and the MPS. Roughly 4000 to 4500 mental health professionals attended on an annual basis one of the many continuing educational programs in which he had some involvement. Recognizing his contributions to psychiatric education, he was the 2012 recipient of the MPS Outstanding Psychiatrist Award for Education. One of Dr. Lifson's proudest accomplishments as an educator has been his creating and sustaining the only national conference of its kind on psychodynamic psychotherapy, which is sponsored by the Boston Psychoanalytic and Institute and by every psychoanalytically oriented institution in the Boston area. In 2012 those sponsoring institutions honored him by endowing the conference in his name, The Lawrence E. Lifson, MD, Conference on Psychodynamic Psychotherapy.

Academically, Dr. Lifson is a Lecturer on Psychiatry at HMS, BIDMC and is also a Voluntary Associate Professor, Department of Psychiatry and Behavioral Science, University of Miami Miller School of Medicine, and is on the faculty of the Boston Psychoanalytic Institute. He had also been an Associate Clinical Professor of Psychiatry at Tufts Medical School for nearly 40 years. Dr. Lifson has edited or co-edited three books: "Understanding Therapeutic Action: Psychodynamic Concepts of Cure" (The Analytic Press), "The Mental Health Practitioner and the Law: A Comprehensive Handbook" (Harvard University Press), and "The Psychology of Investing" (John Wiley, and Sons Inc.). He also has been a book reviewer for the American Journal of Psychiatry.

Dr. Lifson has been acknowledged and honored with several local and national awards. In 1998 he was recognized by Tufts Medical School with its Dedicated Faculty Service and Medical Education Award. He is a Distinguished Life Fellow of the APA. As previously noted, in 2012, he received the MPS Outstanding Psychiatrist Award for Education. In 2016, the Tufts Medical Alumni Association honored him with its Dean's Award because of, "Exemplary service to medicine and significant achievements in the years since receiving his Tufts Medical degree." In 2018 the American Psychoanalytic Association bestowed upon him their annual education award, The Edith Sabshin Teaching Award, which, "recognizes individuals who have made outstanding contributions as educators of students who are not psychoanalytic candidates."

Dr. Lifson has also donated much of his time to help his professional organizations fulfill their missions. He serves on the MPS Awards Committee and is a past member of the MPS Nominating Committee. He chaired the MPS CME Committee for ten years and was a long serving Director of the Mass. Mental Health Institute. He has had a sustained involvement in the administrative and governance functions of the Boston Psychoanalytic Society and Institute, including being the longest serving member ever on their Executive Council, Chair of their CME committee, Chair of the Psychoanalytic Practice Committee, Chair of the Symposium Committee, and Chair of the Financial Planning Committee. He was also an elected Trustee of the Boston Psychoanalytic Society and Institute.

In recognition of his more than fifty years of outstanding contributions to the field of Psychiatry, the Massachusetts Psychiatric Society is honored and privileged to present Dr. Lawrence E. Lifson with its 2024 Outstanding Psychiatrist Award for Lifetime Achievement.



RESEARCH - Ann M. Rasmusson, MD



Ann M. Rasmusson, MD, received a Bachelor of Science from North Dakota State University where she graduated with highest honors in the Scholars Program. After two years at University of North Dakota School of Medicine, she graduated from the University of Chicago School of Medicine in 1984 where she received the American Medical Association's Rock Sleyster Award for "Outstanding Promise in Psychiatry". She completed a Pediatric internship and residency at Johns Hopkins Children's Medical and Surgical Center, in which she is Board certified. She moved to the Yale Child Study Center, one of the very few child psychiatry programs at the time carrying out NIH funded research, for a four-year research fellowship from 1987 to 1991. She then completed a three-year Psychiatry residency at Yale in 1994, in which she is also Board certified.

She was appointed an Assistant Professor of Psychiatry at Yale in 1994 and was promoted to Associate Professor of Psychiatry when she moved to Boston University School of Medicine in 2008. She was selected for "Best Doctors" in 2011, which speaks to her clinical expertise. She also received the Henry L. Bolley Award for Academic Achievement from North Dakota State University in 2018, which recognizes outstanding academic accomplishments of an alumna (us). In 2021, she was promoted to Professor of Psychiatry at Boston University.

Aside from her appointment as a research psychiatrist at the VA National Center for PTSD, Women's Health Science Division, she is also a research psychiatrist at the Translational Clinical Research Center at Massachusetts General Hospital. Her scientific publication metrics are outstanding: 90 peer-reviewed articles and 17 chapters, over 12,000 citations to her publications, an h-index of 52 (meaning that 52 of her publications have been cited at least 52 times) and an i-10 index of 82 (the number of publications cited 10 times or more). Her research is currently supported by NIMH RO-1 and a VA grant.

Since her fellowship at Yale, her research has focused on the neurobiology and pharmacology of anxiety and anxiety disorders through a combination of translational (animal) and clinical research. Using a fear conditioning model, she and her colleagues defined in the rat the role of the amygdala in regulating the monoaminergic input to the frontal cortex and provided pharmacologic strategies to optimize frontal lobe function to promote recovery. She demonstrated that women with PTSD, depression and high rates of childhood trauma had increased release of both cortisol and DHEA and that cortisol reactivity correlated with time since trauma exposure. Notably, she found that an increase in dehydroepiandrosterone (DHEA) in PTSD appears to be a positive adaptation that mitigated PTSD symptoms.

She has also made important contributions to our understanding of neurosteroids in anxiety disorders. Neurosteroids are metabolites of progesterone, allopregnanolone and pregnanalone, that activate GABA receptors. She discovered that reduced CSF levels the neurosteroids correlated with PTSD symptoms and associated depression. These deficiencies appeared to be due to an inhibition of 3alpha-hydroxysteroid dehydrogenase. She demonstrated a PTSD block of the enzyme and a negative correlation of the neurosteroid levels and memory consolidation. Working with the rat model, she showed that a single dose of an analogue of allopregnanolone, ganaxolone, after brief exposure to the adverse conditioning cues appeared to block memory reconsolidation and attenuated PTSD-like symptoms. These findings serve as the basis of her current NIMH grant to develop pharmacologic interventions based on the neurosteroid pathway to attenuate the development of PTSD after trauma exposure.

The MPS is pleased to present Dr. Ann M. Rasmusson with the Massachusetts Psychiatric Society 2024 Outstanding Psychiatrist Award for Research.



ADVANCEMENT OF THE PROFESSION - Albert Sargent, III MD, DLFAPA



Albert John Sargent III, MD is the MPS 2024 Outstanding Psychiatrist Awardee for Advancement of the Profession. With triple boards (Pediatrics, Adult and Child Psychiatry) and a full career as Professor and Chair of Psychiatry at the Menninger Clinic (1997-2001), Professor of Psychiatry and Pediatrics at Baylor College of Medicine (2001-2008), he came to Boston in 2009. Here he continues his prodigious career as the Director of the Division of Child & Adolescent Psychiatry for Tufts Medical Center, has simultaneously been Training Director of the Child & Adolescent Psychiatry Training Program and the Tufts Triple Board Training Program and is active in the Wellforce Accountable Care Organization.

To know John is to love him and seek his guidance, consultation, and energy to solve the challenges of complex patients and their families. There is no Child Psychiatrist more compassionate, more service driven, more emotionally intelligent while going out of his way to provide outstanding, state of the art, clinical care to whomever seeks his help: a doctor's doctor! Dr. Sargent characterizes the servant leader when it comes to being a teacher, Department or Division Chair, supervisor, mentor, and ever available consultant. He goes the extra mile in the service of good care that he delivers himself and not through fellows, trainees, or junior faculty. No request for help or guidance from any of us goes unheeded. And his response is humble, forthright, spot on, providing more than asked for yet just what the patient needs. And this is done with a great sense of humor and engagement with all involved.

Accolades include numerous teaching awards in six nationally renowned academic institutions. Other awards have honored him in over the past 25 years including annually being named Marquis Who's Who in Science, Strathmore's Who's Who, and America's Top Doctors since 2000; Outstanding Scientists of the 21st Century since 2001; Marquis Who's Who since 2006; and Boston's Top Doctors since 2010. Dr. Sargent has been actively involved in numerous professional societies and is currently an active member of the American Academy of Child and Adolescent Psychiatry, American Psychiatric Association, Group for the Advancement of Psychiatry, American Association of Director of Psychiatry Residency Training, New England Council on Child and Adolescent Psychiatry, American Association of Marriage and Family Therapy, American Orthopsychiatry Association, American Family Therapy Academy, American Society for Adolescent Psychiatry, American Academy of Pediatrics, and the American Medical Association. During the past several decades his contributions to professional societies has included holding office (Treasurer, President, Secretary, and Nominating Committee).

Dr. Sargent has published over 100 articles, chapters, and editorials with over 63 first authorships. John has had numerous invited lectures locally, nationally, and globally (19 different countries including Bosnia, China, Dubai, and Pakistan). His contribution to Psychiatry stems from being nationally acclaimed as a Family Therapist and his strong and enduring expertise in complex and underserved youth and their families. He specializes in complex case consultations for the Commonwealth of Massachusetts and a member of the Children's Behavioral Health Advisory Council in the wake of the 2006 verdict on the Rosie D Class Action suit in Massachusetts.

Dr. Sargent is a man of many talents and the most obvious is how he brings himself to his work thereby enriching all he encounters and advancing the capabilities of Psychiatry to help others especially those less served and more ill. It is an honor to introduce you to the Professor and Humanitarian, Dr. John Sargent with the MPS 2024 Outstanding Psychiatrist Award for the Advancement of the Profession.



EARLY CAREER PSYCHIATRY - Katherine Koh, MD, MSc



Katherine (Katie) Koh, MD, MSc has been a public and community psychiatrist dedicated to underserved, homeless, and marginalized populations since graduating residency in 2018. Dr. Koh was awarded numerous prizes and honors for her humanitarianism, service, teaching, and outstanding research since starting college at Harvard University, through her MSc at Oxford University, throughout her time at Harvard Medical School and the MGH/McLean Adult Psychiatry Residency. Starting as a Principal Investigator on a research grant near the end of college, she was already focused on the homeless population. This interest has endured, grown, and is her current contribution to underserved and marginalized populations locally, nationally, and internationally.

Dr. Koh has published 11 first author publications out of her 33 publications in JAMA, JAMA Psychiatry, JAMA Internal Medicine, Annals of Internal Medicine, Lancet, and other journals. Dr. Koh lectures, teaches, supervises, and mentors residents and junior faculty locally at several medical schools and provides Grand Rounds throughout the United States on topics focused on Homelessness, Street Psychiatry and Medicine, and the clinical care of underserved populations. She works in the Massachusetts General Hospital Department of Psychiatry in both the outpatient clinic and as part of the Street Team at Boston Health Care for the Homeless Program as well as leads and participates in social psychiatry research.

It is no surprise that within four years of completing residency, she was promoted to Assistant Professor of Psychiatry at Harvard Medical School. Dr. Koh's commitment to service of those she comes in contact within the Halls of Academia, colleagues, supervisees, outpatients, and the many individuals she helps on the street and whom she worries about who are highlighted in the daily news is her daily *raison d'être* to get out of bed in the morning!

A list of some of her awards includes: graduating Magna Cum Laude with Highest Honors in Psychology (2009); serving as a White House Intern for the First Lady in 2011; SAMHSA Minority Fellowship from American Psychiatric Association; 4 Best Poster Prizes at the 6th, 9th, 10th, and 11th (2018, 2021, 2022, 2023) Annual Community Psychiatry Symposium at MGH; Ed Messner Award (2018) for residency graduate who best "demonstrates the qualities of kindness, compassion, understanding, insightfulness, humility and selflessness in her daily teaching and supervision of residents"; the Paul Howard Award (2018) at residency graduation for "exemplifying comprehensive and humane patient care"; the Bruno Lima Award (2021) from the APA for "contribution to the care and understanding of victims of disaster"; Dean's Community Service Award at HMS (2023) for dedication and commitment to community service with an outstanding positive impact locally and globally; Jonathan Borus Outstanding Early Educator Award (2024) from HMS for demonstrating "exceptional promise, initiative, and commitment in the area of psychiatric education"; and now the 2024 MPS Early Career Psychiatrist Award!

Without a doubt, Dr. Koh provides high-quality clinical care, teaching, mentorship, leadership, and research in the areas of homelessness, disaster psychiatry, and vulnerable populations.

Given her significant contributions to the understanding and delivery of quality healthcare to Underserved and Marginalized Populations, the MGH Department of Psychiatry, MPS, APA, the International Street Medicine Institute, and the AACP in the first 6 years out of training, it is a delightful honor and with great pleasure that MPS awards Dr. Katherine (Katie) Koh with the 2024 Outstanding Psychiatrist Award for an Early Career Psychiatrist!