
December 2012:

Dr. Tolin's Buried in Treasures: The nature and treatment of compulsive hoarding, December 7, 2012

The [Anxiety Disorders Center](#) is pleased to offer a one-day workshop on compulsive hoarding. Instructed by David Tolin, Ph.D., Buried in Treasures: The nature and treatment of compulsive hoarding is an exceptional opportunity for interested staff to become familiar with compulsive hoarding, a common and potentially severe mental health problem characterized by acquisition of, and failure to discard, a large number of possessions to the extent that living spaces become uninhabitable. Focus will be on the emerging data investigating the nature of hoarding, associated mental health features, cognitive-behavioral conceptualization and treatment, and new research findings regarding brain function in people who hoard. Call 860-545-7685 for details.

[Hartford HealthCare Research News](#) - December 2012 Issue

[Click here](#) to read the December issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

November 2012:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

Staff of the [Anxiety Disorders Center](#) recently presented their research at the Annual Meeting of the Association for Behavioral and Cognitive Therapies in Washington, DC. Research presentations included:

Bragdon, L.B., Diefenbach, G.J., & Blank, K. (2012, November). Factor structure and predictive validity of the Geriatric Anxiety Inventory among individuals with cognitive impairment.
Bragdon, L.B., Diefenbach, G.J., Hannan, S., & Tolin, D.F. (2012, November). Psychometric

properties of the Overall Anxiety Severity and Impairment Scale among patients attending an outpatient anxiety disorders center.

Diefenbach, G.J., & Tolin, D.F. (2012, November). The importance of personalizing stepped care for OCD: Identifying the hidden costs of treatment delay.

Nave, A.M., Tolin, D.F., & Stevens, M.C. (2012, November). Exposure therapy, D-cycloserine, and fMRI in snake phobics: A randomized pilot study.

Necrason, E., Diloreto, J., Worden, B.L., & Tolin, D. F. (2012, November). Utility of the Outcome Questionnaire 45.2 for assessing treatment outcomes for OCD.

Tolin, D. F., Stevens, M. C., Nave, A. M., Villavicencio, A., & Morrison, S. (2012, November).

Neural mechanisms of CBT response in hoarding disorder: A pilot study.

Worden, B.L., & Tolin, D.F. (2012, November). A taxometric investigation of compulsive hoarding.

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October 2012:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

Dr. David Tolin, director of the [Anxiety Disorders Center](#), will be featured in a new reality TV series. This new series, My Shopping Addiction, will premiere on October 15, 2012 at 11:00PM on the Oxygen Network. Dr. Tolin will be on a live web chat during the premiere at <http://my-shopping-addiction.oxygen.com/>

In addition to his new TV series, Dr. Tolin was recently appointed to be a reviewer for the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders.

In other Anxiety Disorders Center news, the ADC has opened enrollment for a new treatment study for obsessive-compulsive disorder. Participants will complete treatment using an internet program with support from a counselor. Additional studies enrolling at the Anxiety Disorders Center currently include clinical trials for generalized anxiety disorder and panic disorder, and a neuroimaging study enrolling patients with generalized anxiety disorder and healthy community volunteers without psychiatric problems. [Click here](#) to learn more about current research at the Anxiety Disorders Center.

October 11th is National Depression Screening Day

National Depression Screening Day is an annual event held during Mental Illness Awareness Week. Members of the clinical staff at The Institute of Living will offer to the public a free and confidential screening program on Thursday, October 11th at The Institute of Living's Assessment Center on the ground floor of the Donnelly Building from 11 a.m. to 1 p.m. and again from 5 to 7 p.m. The screening is an opportunity to learn more about anxiety and mood disorders. Participants will complete a depression screening questionnaire and discuss the results one-on-one with a behavioral healthcare professional. Advanced registration is recommended; to pre-register please call (860) 545-7454.

Ellen Blair's article to be published in the October issue of the Clinical Journal of Oncology

Ellen Blair, APRN, Director of Nursing at the IOL has written an article that will be published in the October 2012 issue of the Clinical Journal of Oncology Nursing, Volume 16, Number 5. Her article is entitled "Understanding Depression: Awareness, Assessment and Nursing Intervention".

September 2012:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

The [Anxiety Disorders Center/Center for Cognitive Behavioral Therapy](#) is pleased to offer the Cognitive Behavioral Therapy Basic Proficiency Course. This course is available (and free) to all masters- and doctoral-level clinical staff and trainees. This is an exceptional opportunity for interested staff to become familiar with the theory and application of cognitive behavioral therapy. This empirically validated treatment is widely used to treat anxiety, depression, and an array of other mental health issues. The course will run from September 26, 2012 to January 30, 2013 (no class 11/21, 12/26, or 1/2), and will be held on Wednesdays from 3:00PM to 4:00PM. To register, please have your manager submit your name to Beth Pizzuto (5-7578). Pre-registration is required (by September 24th). Please see [their flyer](#) for a more detailed description of the course.

In other ADC news, Dr. David Tolin published an article in the Archives of General Psychiatry entitled "Neural Mechanisms of Decision-Making in Hoarding Disorder." This study was funded by the National Institutes of Health and has attracted worldwide media attention for

being the first study to differentiate hoarding from obsessive-compulsive disorder in the brain, and to help explain why people with this disorder have difficulty discarding possessions.

[Hartford HealthCare Research News](#) - September 2012 Issue

[Click here](#) to read the September issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

August 2012:

Gabriel Tudose, M.D. joins the medical staff at the IOL

Effective August 20, 2012, Dr. Gabriel Tudose has joined the active staff in psychiatry. Dr. Tudose received his M.D. from the "Carol Davila" University of Medicine and Pharmacy in Bucharest, Romania, subsequently completing a General Medicine residency at the University Hospital there. After immigrating to the United States, Dr. Tudose completed a residency in psychiatry at the Chicago Medical School at Rosalind Franklin University and a Sleep Medicine Fellowship at the University of Michigan. He has worked previously as a Polysomnographic Technologist as well. Dr. Tudose is Board-Certified in Psychiatry by the American Board of Psychiatry and Neurology and also holds a Certificate in Advanced Adult Psychoanalytic Psychotherapy Training from the Chicago Institute for Psychoanalysis. His primary responsibilities at the Institute will be on the Donnelly 3 South inpatient unit.

[Security Softball Tournament Fundraiser](#) to be held at the IOL on August 18th

This all-day fundraiser is in memory of fallen security officers Greg Noble and David Livingston. Proceeds will go to creating a memorial in their honor. The softball tournament begins at 10AM on Saturday August 18, 2012 at the IOL softball field. Donation: \$20 per player (open to staff and family members). Food and drink included with donation. For more information, [download the announcement](#), or contact [Officer Garcia](#) or [Officer Nisyrios](#) by August 1st.

The Institute of Living BrainDance Awards committee is looking for volunteers

The BrainDance Awards encourage high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. The committee will meet approximately once a month beginning in August to plan next year's event, which will be held next May. For more information on this event or to volunteer, please contact [Nancy Hubbard](#), LCSW, Director, Outpatient and Rehabilitative Services at (860) 545-7098.

[Hartford HealthCare Research News](#) - August 2012 Issue

[Click here](#) to read the August issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

July 2012:

Karina Weiss, M.D. joins the medical staff at the IOL

Effective July 2, 2012, Dr. Karian Weiss has joined the active staff in psychiatry. After receiving her M.D. from the University of Louisville, in Kentucky, Dr. Weiss completed a residency in psychiatry in the Harvard Longwood Training Program in Boston. She subsequently was an attending at Beth Israel Deaconess Medical Center and, more recently, in the VA Boston Healthcare System. Her background includes considerable teaching and clinical supervisory experience, ranging from responsibilities as Chief Resident during her final year of residency to current academic teaching appointments at Boston University Medical School and Harvard University Medical School. Dr. Weiss is Board-Certified in Psychiatry by the American Board of Psychiatry and Neurology. Her primary responsibilities at the Institute will be in the Psychiatry Outpatient Clinic where she will provide teaching and supervision within the Adult Resident Outpatient Clinic as well as patient care.

[Hartford HealthCare Research News](#) - June/July 2012 Issue

[Click here](#) to read the June/July issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

June 2012:

Dr. Kay Redfield Jamison to speak at a special Grand Rounds on June 28th

Dr. Kay Redfield Jamison will be visiting the IOL campus on Thursday, June 28, 2012 and giving a special Grand Rounds at 10:45 A.M. in the Hartford Room, Commons Building. Dr. Jamison, a professor of psychiatry at Johns Hopkins University Medical School and an expert in bipolar disorder, is a world renowned author and speaker. Her memoir, *An Unquiet Mind*, details her own experience with severe mania and depression and is a classic in the field. She is co-author with Frederick K. Goodwin of *Manic-Depressive Illness*, the classic text on bipolar disorder. Her other books include: *Touched With Fire: Manic-Depressive Illness and the Artistic Temperament*; *Exuberance: the Passion for Life*; *Nothing Was the Same: A Memoir and Night Falls Fast: Understanding Suicide*. Be sure not to miss this opportunity to meet with and hear Dr. Jamison speak. [Click here](#) to view/print the invitation to this special Grand Rounds.

Dr. Goethe to speak at the Farmington Valley NAMI Annual Meeting on June 19th

John W. Goethe, M.D., Director of the Burlingame Center for Psychiatric Research and Education will be the keynote speaker at the Farmington Valley NAMI Annual Meeting to be held on Tuesday, June 19th. Dr. Goethe will speak about using transcranial magnetic stimulation (TMS), a FDA approved, non-invasive method to treat depression.

Tree planting ceremony to be held on the grounds of the IOL on June 15th

On Friday, June 15th from 1-2PM the last of the 17 new specimen trees are to be planted on the grounds of the IOL. A ceremony to celebrate this event will be held at 1:15PM near the Gengras Building. [Click here](#) to view the flyer.

The Institute of Living's Awards and Recognition Day Ceremony was held on June 11th

The Institute of Living held its annual Awards and Recognition Day ceremony on June 11, 2012, recognizing the accomplishments and dedication of many care givers at the IOL. [Click here](#) for the list of award recipients, including a description of the awards they received.

David F. Tolin, Ph.D., ABPP elected President of the Society of Clinical Psychology

Dr. David Tolin, director of the Anxiety Disorders Center and Center for Cognitive Behavioral Therapy at the IOL was recently elected President of the Society of Clinical Psychology which is the clinical psychology division of the American Psychological Association. Dr. Tolin's three-year term (president-elect, president, past-president) will begin January 1, 2013.

The IOL hosted the annual meeting of the Ivy League of Psychiatric Hospitals

On Thursday, June 7th and Friday, June 8th, The Institute of Living served as host for the annual meeting of the Ivy League of Psychiatric Hospitals, an association of the 5 remaining of the earliest asylums in America. The Ivy League of Psychiatric Hospitals meets twice annually, once at a member hospital and once in New York, to discuss matters of mutual concern. This association has been meeting for over 150 years and together, represents the roots of the American psychiatric hospital tradition. As a group they publish papers and make presentations at annual meetings.

The Olin Center awarded \$4.7 million in new research grants

The IOL's Olin Neuropsychiatry Research Center has been awarded over \$4.7 million in new federal research grants. These include a \$2.9 million grant awarded to Michal Assaf, M.D., entitled The Social Brain in Schizophrenia and Autism Spectrum Disorders, and a \$1.3 million grant awarded to David Glahn, Ph.D., to study the genetics of psychotic disorders. In addition, Dr. Godfrey Pearlson, director of the Olin Center, has received one year competitive supplements for two studies, one of which examines the genetics of individuals with schizophrenia and bipolar disorder who exhibit abnormal resting state fMRI patterns, and another which seeks to predict the outcomes of cognitive remediation procedures in individuals with schizophrenia.

May 2012:

The Institute of Living held its 9th Annual BrainDance Awards ceremony on May 31st

The BrainDance Awards encourage high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. More than 80 submissions from 20 Connecticut high schools were entered this year. Awards up to \$1,000 were given judged by a panel of experts. The ceremony on May 31st included a short presentation from the winners and displays from participants. There was an exceptionally large turn-out at the event, and visitors were entertained by their choice of tours: The Myths, Minds and Medicine Museum, the Olin Neuropsychiatry Research Center, or the IOL Notable Tree Walk. Following the ceremony, guests attended Grand Rounds where Dr. Bruce Wexler, Professor Emeritus of and Senior Research Scientist in Psychiatry at the Yale School of Medicine, presented "Brain and Culture: How Our Environments Shape Our Brains and Minds." For more information on this event or to volunteer for next year, please contact: Nancy Hubbard, LCSW, director of Outpatient and Rehabilitative Services at (860) 545-7098 or nehubba@harthosp.org

APA Presentations

IOL researchers made nine presentations at the recent annual meeting of the American Psychiatric Association. The meeting was held in Philadelphia, PA from May 5-9, 2012. [Click here](#) to view the titles and authors of these presentations.

Dr. Graff announced as the 1st recipient of the Scott Schwartz AAPDP Award

The American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP) has named Heather Forouhar-Graff, PG1 resident in the General (Adult) Psychiatry Residency Program at HH/IOL as its inaugural recipient of the Scott Schwartz AAPDP Award. Her paper, entitled "The Nocebo Effect: Is My Psychiatrist Just a Sophisticated Bully?" was presented during the Annual Meeting on May 5, 2012. The Scott Schwartz Award will consist of a plaque and a \$500 honorarium and will be given yearly at the Annual Meeting of the Academy.

Ellen Blair, Karen Larsen, and Cynthia Belonick contribute chapters to a new textbook

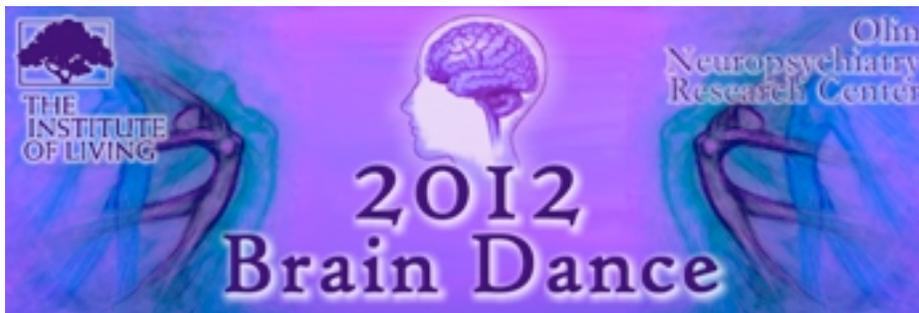
Co-authors Ellen Blair, Karen Larsen, and Cynthia Belonick contributed two chapters to *Inpatient: Psychiatric Nursing: Clinical Practices and Practical Interventions*, a new textbook authored by Ivy League Psychiatric Hospital Nursing Directors that was published by Springer on May 3, 2012. Their chapters are entitled "Nursing Care of the Psychiatric Patient Experiencing Pain" and "Barriers to Therapeutic Communication".

[Hartford HealthCare Research News](#) - May 2012 Issue

[Click here](#) to read the May issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

April 2012:

Save the date and come support the BrainDance Awards on May 31st



Please mark your calendars for Thursday, May 31st at 9am for the [Annual BrainDance Awards](#)! Come and support the many high school students from across the state as they display and present their projects on Mental Illness. Your support is greatly appreciated and we welcome anyone who is interested to attend. The 2012 BrainDance Awards Ceremony will be held on Thursday, May 31st at 9am in the Commons Building, 2nd floor. [Click here](#) for the BrainDance brochure.

Any questions, please contact Nancy Hubbard, LCSW, Director, Outpatient and Rehabilitative Services at (860) 545-7098 or Nehubba@harthosp.org

The 15th Annual MHISC Peter Tacy Symposium was held at the IOL on April 17th

MHISC (Mental Health in Independent Schools Communities) is a consultation service of The Institute of Living designed to meet the unique needs of independent schools. The 15th Annual MHISC Peter Tacy Symposium, entitled "Thinking The Unthinkable: Strategies to Prevent and Manage Crises in our Schools," was held on April 17th at The Institute of Living. The lead speaker was Dr. Peter Sheras, chair of the Curry School of Education at the University of Virginia and co-creator of the threat assessment model which has been successfully implemented nationally. Dr. Sheras's presentation was entitled: "Keeping Our Schools Safe: A Threat Assessment Model." Attorney Julie Fay from Shipman and Goodwin presented "What would the Lawyer Say? Managing School Crises from the Legal Perspective". David Rost, Dean of Students at The Concord School in Massachusetts was awarded the annual MHISC Award of Excellence.

John W. Goethe, M.D. is conducting a new trial using Transcranial Magnetic Stimulation

Dr. John Goethe is conducting a new trial using a new, non-invasive medical device for the treatment of depression known as transcranial magnetic stimulation (TMS). For further details about this trial, please [click here](#). For more information about transcranial magnetic stimulation therapy, please follow the link to our [TMS webpage](#).

Red Sox/Yankees Raffle & Bake Sale on April 2nd & 3rd to benefit Child & Adolescent Inpatient Services

There will be a bake sale and raffle to benefit Child & Adolescent Inpatient Services on Monday, April 2nd in the Donnelly Building lobby and on Tuesday, April 3rd in the ERC lobby, from 9AM - 3PM. [Click here](#) to print the flyer. Along with homemade breads, cookies, cupcakes and spice mixes, raffle tickets will be sold for a Red Sox/Yankees game (runner up: Red Sox/Marlins game tickets). Raffle tickets may also be purchased in advance at the front desk of the Donnelly Building lobby from 11:30AM - 7:30PM Mon-Fri and are \$5 per ticket or \$20 for 5 raffle tickets. The winner will be drawn on Wednesday, April 4th. This fundraiser will help provide therapeutic supplies and motivators intended to soothe and comfort our patients on the CARES, Child and Adolescent Inpatient Units. These supplies will provide



patients with an increased opportunity to cope with and express their thoughts, feelings, and experiences on our unit and in our community. The units serve local children aged 5-17 who are in need of brief hospitalization for issues such as depression, anxiety, or difficulty coping with family conflict. Here we provide group, individual and family therapy, in order to give them the skills they need to be more independent in our community. For any questions, please contact Christina Brault at cbrault@harthosp.org

[Hartford HealthCare Research News](#) - April 2012 Issue

[Click here](#) to read the April issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

March 2012:

Please come support the Grace S. Webb School Fundraisers on March 29th & April 10th

The Hartford Hospital Radiography and Radiation Therapy programs are helping to raise awareness and funds for the Grace S. Webb School at The Institute of Living. Every year these students looked forward to an annual trip to the Bronx Zoo, but this year that trip was cut from the budget. Please help make their dream trip another reality by supporting the school's upcoming fundraising events:

- Thursday, March 29th - Bake Sale, ERC lobby, 7:30AM - 3:30PM
 - Tuesday, April 10th - Information/collection table, HH Front Lobby, 7:30AM -12:30PM
- For more information, please contact [Colleen Miller](#), (860) 545-3579.

[Hartford HealthCare Research News](#) - March 2012 Issue

[Click here](#) to read the March issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

February 2012:

Dr. Goethe invited to present at Nevada Psychiatric Association Meeting

John W. Goethe, M.D., director of the Burlingame Center for Psychiatric Education and Research, has been invited to present at the 17th Annual Psychopharmacology Conference of the Nevada Psychiatric Association, which will be held February 15-19, 2012 in Las Vegas, Nevada. Dr. Goethe will present:

"Current Prescribing Practices: Antipsychotic Use in Child and Adolescent Inpatients." Goethe JW, Szarek BL, Stevens MC, Price AL

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

The [Anxiety Disorders Center/Center for Cognitive Behavioral Therapy](#) is offering cognitive behavioral therapy for insomnia (CBT-I) in a self-help format. CBT-I focuses on providing patients with education on insomnia and developing skills to undo the negative habits that feed into a cycle of poor sleep. Patients that have been evaluated and diagnosed with insomnia can complete their treatment at home via the internet. It is our hope that by introducing a home based sleep intervention, we can provide a service that is accessible and effective for those in need of assistance with insomnia. This 6-week program is a cognitive behavioral treatment that focuses on sleep hygiene, sleep restriction, cognitive restructuring, and relaxation techniques. This program is designed for those patients that can complete a home based intervention with minimal therapist support. There is an out of pocket cost of \$150, which gives the patient access to the program for 6 months.

[Hartford HealthCare Research News](#) - January/February 2012 Issue

[Click here](#) to read the January/February issue of Hartford HealthCare Research News, the Research Program's monthly newsletter.

January 2012:

APA Presentations

IOL researchers will make nine presentations at the annual meeting of the American Psychiatric Association. The meeting will take place in Philadelphia, PA from May 5-9, 2012. The titles and dates of these presentations are listed below.

<p>Diagnostic stability in patients with DSM-IV diagnosis of bipolar disorder.</p> <p>Szarek BL, Goethe JW, Chmielecki L</p>	<p>Saturday, 5/5/12</p> <p>1:30PM - 3PM</p> <p>Room 111B</p>
<p>Impaired semantic object recall from features in schizophrenia and bipolar disorder.</p> <p>Jamadar S, Assaf M, Pearlson GD</p>	<p>Saturday, 5/5/12</p> <p>1:30PM - 3PM</p> <p>Room 109B</p>
<p>Is antidepressant use in bipolar disorder associated with readmission?</p> <p>Ehret M, Szarek BL, Goethe JW</p>	<p>Saturday, 5/5/12</p> <p>3:30PM - 5PM</p> <p>Room 109B</p>
<p>High prevalence and significant pharmacokinetic implications of the CYP2C19 ultra-rapid allele *17 allele in psychotropic-treated patients.</p> <p>Ruaño G, Gorowski K, Szarek BL, Seip R, Kocherla M, Goethe JW</p>	<p>Sunday, 5/6/12</p> <p>2:30PM - 4PM</p> <p>Room 109B</p>
<p>Inpatient psychiatric care: consequences of short LOS.</p> <p>Schwartz HI, Woolley SB, Goethe JW, Szarek BL</p>	<p>Monday, 5/7/12</p> <p>9AM-10:30AM</p> <p>Room 111B</p>
<p>Is posttraumatic stress disorder associated with increased risk of metabolic syndrome among inpatients with mood disorders?</p> <p>Goethe JW, Szarek BL, Woolley SB</p>	<p>Monday, 5/7/12</p> <p>1:30PM - 3PM</p> <p>Room 109B</p>
<p>Moral treatment to recovery: The Ivy League hospitals look at contemporary ethical issues in psychiatry.</p> <p>Schwartz HI</p>	<p>Tuesday, 5/8/12</p>

	9AM - 12PM Room 120C
Variables associated with falls among psychiatric inpatients: The Institute of Living Falls Intervention Initiative. Blair EW, Szarek BL, Woolley SB, Mucha TF, Dutka O, Schwartz HI, Goethe JW	Tuesday, 5/8/12 2PM - 3:30PM Exhibit Halls B-E
Insomnia, anxiety, and suicidal ideation. Woolley SB, Goethe JW, Cohn RL	Tuesday, 5/8/12 3:30PM - 5PM Room 111B

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

The Anxiety Disorders Center received two Open Competition Grants from Hartford Hospital. The first, "Development of an Anxiety Sensitivity-Based Intervention for Substance Use and Anxiety Comorbidity" (B. Worden & D. Tolin, PIs), aims to test a novel cognitive-behavioral intervention for patients with anxiety and substance use disorders. The second, "Effectiveness and Neuropsychological Predictors of Guided Self-Help for OCD" (G. Diefenbach, PI), aims to examine neuropsychological factors that predict OCD patients' ability to respond to a guided self-help program. In other ADC news, Dr. David Tolin's new book, "Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions" was released this month and is on sale at Amazon.com or at local booksellers.