HIGHLIGHTS FROM ISPS US ANNUAL LEADERSHIP RETREAT
August 6-7 2011

The ISPS-US annual retreat is a two-day opportunity for the organization’s Executive Committee to plan for the future and consider ideas in a relaxed setting. The meeting is open - interested members who would like to join are welcome. Recent retreats have been held in New York City as well at Ann-Louise and Stu Silver’s farm in upstate New York. The atmosphere is best described as a playful work setting, featuring, for example as it did in 2009, Ron Abramson and Daniel Mackler singing in harmony after a long day’s work. This year the event was held in northern New Jersey at the home of Jessica Arenella and Ross Tappen. In attendance were Karen Stern (Executive Director) Brian Koehler (President) and Julie Kipp, Lori Kalman McCartney (Secretary) Ann Louise Silver, Yulia Landa, Susan Dansker (our media consultant) as well as Jess and Ross. A great deal of thanks goes to Lori for her note taking.

The retreat is usually a place for open-ended planning and visioning for the group. This year Brian and Julie suggested that there be time set aside for “doing” – to work on various items in workgroups. Accordingly the group, a number of whose members boast impeccable credentials as technophobes, spent some time wirelessly connected on laptops researching various agenda items in workgroups.

Visibility of ISPS-US

Use of media and the role of social media in particular was a principal topic of discussion. Susan Dansker, our webmaster, led a discussion about how ISPS-US can create visibility and presence in the various media.

- On the web, the ISPS-US website has been redesigned; and there is now a revised and expanded list of links and resources.
- There is also a Facebook page, with Susan and several others as administrators.

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• There is an account with Twitter, as a news aggregator.
• There is a blog, primarily written by Jessica Arenella, but available for responses by others as well as for guest blog posts.
• Now that we have these different media, we need to coordinate them so they interact with one another. One way to envision the relationship among our information media is to understand that some are internal (the listserv, the newsletter) and some are external (website, Facebook page, the blog). We can think in terms of information that bridges from the internal sources to the external ones, with the idea of drawing people’s interest back in, for example through the blog or Facebook page, ultimately to the organization itself.
• The more dynamic, the better the exposure. In other words, the more that content changes, say on the blog or on Facebook, the more the search engines will pick us up if some types in a phrase like ‘schizophrenia treatment’ in a Google search.
• Wikipedia – we would like to have an article on the organization.
• There was also discussion about how ISPS ought to respond to misleading or biased representations in the media concerning psychosis.

Treatment Guidelines

Developing treatment guidelines was another focus of the retreat. A number of our executive committee members - Ron Abramson, Lori Kalman McCartney and Brian Koehler among others - have been advocating drafting treatment guidelines for some time. This year the retreat group searched and collated a number of examples of treatment guidelines for the psychosis from around the world. Current members of the treatment guidelines committee are Jessica Arenella, Brian, Koehler, Ann-Louise Silver, Yulia Landa, Julie Kipp, Lori Kalman-McCartney, Ron Abramson, and Ross Tappen.

Education/Webinars

An education committee was set up, with Ron Unger as convener. Members are Ann Louise Silver, Ed DeGaiffier, Yulia Landa, Brian Koehler, Lori Kalman-McCartney, Heather-Ayn Indelicato, and Julie Kipp. A main focus is the webinar project – an opportunity for people to learn online. The initial webinar would probably be Ann-Louise’s seminar on Sullivan. Others are encouraged to join the education committee; students doing research are particularly invited to get involved.
Some other issues discussed at the retreat include:

The Listserv: There is a sense that the tone on the listserv has been good and respectful. There is a suggestion for cross linkage of content between the listserv, newsletter, web site and blog, as noted above.

Affiliations with other organizations: There was discussion about the relationships and affiliations that ISPS-US has with other groups. This was prompted by the suggestion that we become an institutional sponsor of MindFreedom International. There was a broad discussion in which a number of organizations also came up, including ICSEPP, ISSTD, Fountain House, National Empowerment Center, Intervoice, Intar, IFPE, MindFreedom, and NAMI. The group agreed not to pursue sponsorship or affiliations with any other outside organizations, but to update our resources links on the website, as well as to link on Facebook to some of these groups. Currently ISPS is a paying member of IFPE and there was discussion about whether this should be maintained, but that action on that was deferred.

Membership issues: There was discussion about ways to engage early career members more fully – a workshop at the annual meeting, or an electronic forum (early career listserv) to serve their needs. (Update – this has been initiated, moderated by Jessica and Ross.) New members are encouraged to post on the listserv and introduce themselves in an effort to foster camaraderie, networking, and support. In addition, Jessica Arenella will be stepping down as membership chair at the end 2011.

News from the International group: There is a proposal to change the name of ISPS, specifically to drop the word schizophrenia from the name. Voting will be held via email; real time voting at the international conference was tabled because of the small amount of people at international meeting.

The 2013 meeting will be in Warsaw. There was discussion about the US chapter hosting a meeting soon. The US chapter contributes the most in dues to the international organization; has hosted two international conferences since the inception of the organization; perhaps we need to consider hosting another soon.

If you want to get involved with any of the ISPS-US ventures mentioned here, contact the relevant person directly, or write Executive Director Karen Stern at contact@isps-us.org

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- **New York City:** Brian Koehler, PhD (NYC@isps-us.org)
Leston Havens

Leston Havens, M.D. - psychiatrist, writer, professor and Honorary ISPS member, died July 29, 2011. He had been in hospice care in Belmont, not far from Cambridge, Massachusetts, where he worked for so many years. He was 86.

Leston Laycock Havens was born in New York on July 31, 1924. He grew up in Brooklyn, the younger of two children, and the son of an attorney. He attended Williams College, graduating in 1947 having studied history and philosophy. He earned his medical degree from Cornell in 1952.

He began his residency in internal medicine in New York; in 1954 he began psychiatric residency at Boston Psychopathic Hospital. Over the years he had affiliations with Harvard Medical School, Massachusetts Mental Health Center, Cambridge Hospital, and the Boston Psychoanalytic Society and Institute. Dr. Havens was the keynote speaker at the 2005 ISPS-US annual meeting. He is the author or co-author of seven books.

- Participant Observation: The Psychotherapy Schools in Action (Jason Aronson, 1995)
- Approaches to the Mind: Movement of the Psychiatric Schools from Sects Toward Science (Little, Brown, 1973)
- The Real World Guide to Psychotherapy Practice, with Alex N. Sabo (Harvard, 2000)
- Learning to be Human (Perseus, 1994)
- Making Contact: Uses of Language in Psychotherapy (Harvard, 1988)
- Coming to Life: Reflections on the Art of Psychotherapy (Harvard, 1993)
- A Safe Place: Laying the Groundwork of Psychotherapy (Harvard, 1996)

Dr. Havens is survived by his wife, Susan Miller-Havens, and their daughters Dr. Jennifer Havens, Emily, two children from his first marriage, Christopher and Sarah, as well as four grandchildren.

He is also survived by his ideas, a legacy that exists not only in his extensive writing, but also in the impact he had on generations of students and colleagues. In an era of increasing technicality and medicalization, he brought a breadth of humanistic knowledge. For example, during a presentation at an ISPS-US New York branch meeting in the early 2000s, he described his work with a young person. After noting the title of the talk, working with psychosis, he quickly moved to a discussion that centered on a sensitive, moment by moment attention to countertransference, and an overview of his patient that eschewed technical terms altogether, but instead invoked Heidegger’s ideas about the disclosure of Being to illuminate the patient’s situation and progress.

Havens was drawn to working with patients with psychosis. “Les was my mentor for 22 years,” said David Garfield, M.D., ISPS-US member and author of Unbearable Affect: A Guide to the Psychotherapy of Psychosis. “We wrote together, visited together, and my entire academic career has been inspired by and even modeled after him.”

Jessica Arenella, Ph.D., ISPS-US New Jersey co-chair, said, “One of the most important things I learned about working with patients is something I got from Leston Havens- the need to be attuned to when a patient needs to be left alone, and to respect that. I try convey this to my supervisees as well. I also recommend his books, which are quite practical.”

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Harold Bursztajn, M.D., a member the Boston area branch, first met Havens in 1973. “He was a faculty and I was a student member of the Harvard Medical School Admission's Subcommittee chaired by the legendary medical diagnostician, A Stone Freedberg M.D. In one instance, one of the youngest applicants ever to be considered by Harvard Medical School was interviewed by me and presented to the committee. Freedberg was trying his best to be skeptical yet open-minded and asking "What is the evidence?" and Havens was deeply engaged in listening.

As the discussion proceeded the remainder of the committee passionately and vociferously became focused on the applicant's age, diversity of interests, and lateness in arriving for the scheduled interview to conclude incorrigible immaturity …. I, the presenter, was the only student member. It seemed that it was a foregone conclusion that the candidate was going to be rejected. Yet, just before the vote was taken, Freedberg turned to Les. In a few sentences, Les acknowledged, even empathized with the objections raised; he then proceeded to detail how in the course of reflecting on the data presented, he had, much to his own surprise, discovered himself as being blindly prejudiced by the distractions of age, diversity of interest, and the annoyance of being tightly scheduled himself. He then went over the gist of the data that had been presented. And then stated, he had changed his mind and was now supportive of the candidate.”

“There was a stunned silence in the room. The ever open-minded Freedberg joined Les to say that, as skeptical as he had been, he had changed his mind. The applicant was admitted; and as I have had the opportunity to first mentor that applicant and then follow his career over nearly four decades, he has been a wonderful contributor to many a patient's quality of life.”

Said Bursztajn, “I have had the opportunity to subsequently be taught and mentored by Les and work with him, and his mentees and colleagues as a colleague. There are a variety of contributions that Les has made to the care of patients suffering from psychosis and at high risk for suicide. I hope that Les's commitment to be free to explore his own humanity and identify his own countertransference, to share what was helpful of that process with his colleagues and patients in the service of patient care, and to change his mind will not be forgotten.”

[Editor’s note: Do you have personal recollections of Leston Havens that you would like to share? Please submit them for publication in a later issue. rtappen@mindspring.com ]

New institutional member: Cooper-Riis Healing Community

From the website:

The CooperRiis Healing Community is a progressively-staged, multi-site therapeutic community located in both Mill Spring and Asheville, NC. We are a nurturing, caring environment for learning, living, and working together around the common goal of moving our community members towards wellness. The CooperRiis Healing Community is rooted in the therapeutic community models of Gould Farm and Spring Lake Ranch that have been in practice since 1913 and 1933, respectively.

The central concept is that of an environment where staff and residents live and work together as a functioning community. To strengthen the model, we have added the elements of integrated psychiatry, individual and group psychotherapy, nutritional counseling, dietary supplementation, and physical exercise programming as well as substance abuse counseling, complementary modalities, and life skills/employment training. Together, these elements aid our residents in setting and achieving their dreams and goals in an environment that feels like a ‘Recovery College’.

Thanks to Jessica Arenella, Membership Chair, for making contact and bringing Cooper-Riis on board.
Our Common Goal
Marissa Sappho LCSW

I want to share a little positivity with my fellow ISPS-US members with some news from my PhD program. One of my professors had gotten word about Dan Mackler's latest film and shared an email with my PhD cohort indicating it may be of interest to us. I was so excited to receive this email and boasted that Dan was my former supervisor. I volunteered to bring in his first documentary “Take These Broken Wings” for viewing in our next class. Everyone was interested and we restructured our semester plan to view the film and have a discussion around psychosis.

The response to the screening was nothing short of intense. I always get chills when I watch the film at certain moments and it was particularly moving to be able to share it with a group of folks who had no prior exposure to this way of thinking about psychosis. While I am based in New York City, my PhD program is based in Chicago and my cohort is scattered across the country -- we all fly in to Chicago for classes -- the diversity in terms of clinical experience and training was vast. After the viewing, every person in my cohort remarked that the film showed a completely contrary understanding of psychosis than what they had learned in school and what they practiced in their employment settings. Some even expressed guilt or sadness that they had been treating patients under the "broken brain" model. Many expressed interest in showing the documentary at their work settings and giving trainings to colleagues. A few were interested in learning more about ISPS -- one in particular who works at a VA hospital has begun working intensively with some patients diagnosed with Schizophrenia (seeing them several times a week) and was delighted to learn of a community that supports that model.

I know sometimes discussion among our group can become divided and sadly, medication can turn into a polarizing issue, but I thought I would remind everyone of our common goal as members of ISPS -- to promote the humane, comprehensive, in-depth treatment of psychotic disorders. It was exciting to see this small group of folks embrace the possibility of recovery and reiterated the value and purpose of ISPS.

ISPS-US would like to thank the following people for their generous donations (beyond dues) from April 2011 to January 2012:

Ronald Abramson, MD
Roanne Barnett, PhD
J. Todd Dean, MD
Thomas E. Fink, PhD
David Garfield, MD
Patricia L. Gibbs, PhD
Robert Kay, MD
Kay Ellen Lowenthal, Esq.
Gertrude Pollitt, DPsa
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Constance Shope, PhD
Ann-Louise S. Silver, MD
Stuart B. Silver, MD
John Strauss, MD
Ross Tappen, MA
Charles Turk, MD
Paul V. Williams, MD

in memory of Joseph Barnett, M.D.
in memory of Joseph Barnett, M.D.
in memory of Dr. Marian Tolpin

Thanks so much for your generosity. We count on your donations! To make a tax-deductible contribution to ISPS-US, please use the membership form in this issue or click the donation button on our website, www.isps-us.org. One area in which donations are especially needed is the fund to allow low-income people to attend the annual meeting.

Note: If you made a donation but your name is not included, it’s because you did not give us permission to print your name. Please let us know if we may thank you publicly!

ISPS-US is a 501(c)(3) nonprofit organization.
Access to the PEP:
A Possible New Benefit of Membership
Ann-Louise S. Silver, M.D.

The ISPS-US is exploring the possibility of including access to the PEP resource as a benefit of membership. The Psychoanalytic Electronic Publishing system now includes the full texts of about fifty journals, from their inception through all years up to the most recent three years. Once you are on the subscribers list, there is no additional cost for accessing and printing out any articles, and there is no limit on your use of the service. This offers far more than one would get in having access to the journals on the library shelves, since you can search the content of all those articles in an instant. If you are interested in, say, dreams about cats, or about the analyst’s mother, or want to see how often a particular person has been referred to, you ask the question and get an immediate answer. The PEP covers journals in four languages, so far. And it includes many classic books in our field, including the Standard Edition of Sigmund Freud. Go to www.p-e-p.org and take a look at the list of journals and books available. This is an invaluable resource for students, and while many universities have made the PEP available, many have not.

To include this for our members, we would need to raise our dues by $50. We plan to post a survey to all our members, so the executive committee can make an informed decision. If we do go ahead with this, the PEP would not be available until 2013. Our hope is that this feature would be so attractive that we could see a significant increase in the numbers of ISPS-US members. Please ask your colleagues and friends whether this offer of access to the PEP is enticing.
Boston Area Branch
Ron Abramson

The Boston Area Branch of ISPS-US continues to meet monthly or less frequently at the home of Harold Bursztajn. The size of our interdisciplinary group has varied between seven and twelve who sit around a dining room table over noshes and listen to and discuss the topic of the day. The group has covered such topics as treatment of people with psychotic problems in prison, behavioral group therapy techniques, the limitations of concrete evidence while not considering evidence that is not concrete but still essential, and the potential for mis-diagnosis and treatment when an in-patient fills a devalued role in the culture of a hospital service.

The general tenor of the group process has do to with the limitations of biological reductionistic thinking and the DSM in coming to a true understanding of our patients. We are hoping to continue our meetings in this vein. Our next meeting is planned for October 30 and will have a presentation and discussion about, "The Mixed Blessings of Appending a Diagnosis."

Michigan Chapter
Patricia L. Gibbs, Ph.D. – Chapter Head

Rebecca Hatton, Psy.D. organized the "Working with Voices" A Two Day Workshop with Ron Coleman, held in Ann Arbor, Michigan on October 10 - 11, 2011. Ron Coleman lived for 13 years with a diagnosis of schizophrenia (6 of those years in psychiatric hospitals.) The workshop is designed to bring together mental health workers and people who hear voices in a safe environment; free of hierarchies and labeling; in which diverse ideas can be heard. Coleman is author of the book: Recovery: An Alien Concept? Dr. Hatton continues to organize training and mental health services in the Ann Arbor area, and maintains a private practice.

Elizabeth Waiess, Psy.D. continues to teach part-time for Lansing Community College and the Michigan Psychoanalytic Council. She has been elected President of the Michigan Psychoanalytic Council, 2011-2013. She maintains a full-time private practice in East Lansing. Patrick B. Kavanaugh, Ph.D. continues to teach, supervise and consult with people in his private practice. He has presented several papers at the Michigan Psychoanalytic Council, the more recent of which will be presented later this month in Ann Arbor: Wang Fo and an Ethic of Free Association: Poetic Imagination, Mythical Stories, and Moral Philosophy. Dr. Kavanaugh's book, Stories from the Bog: On Madness, Philosophy, and Psychoanalysis is currently in press (Rodopi Press, Amsterdam) as part of the book series, Contemporary Psychoanalytic Studies. It is expected to be published in early 2012.

Patricia L. Gibbs, Ph. D. will present her paper: "Pre-verbal Realities: Artistic Primacy in the Contemporary Psychoanalytic Treatment of Psychosis," at the Michigan Psychoanalytic Council in Ann Arbor, on Sunday, January 22, 2012. The paper will include a slide presentation of in-patient art work done by psychotic individuals at the Detroit Psychiatric Institute in the 1980's. Dr. Gibbs' paper: "Reality in Cyberspace: Patients' Use of the Internet and Ordinary Everyday Psychosis," was published as a book chapter (2011) in The Electrified Mind: Development, Psychopathology, and Treatment in the Era of Cell Phones and the Internet, edited by Salman Akhtiar. She presented a version of this paper emphasizing the dangers of technology in education and social development at Lawrence Technological University on September 30, 2011. Dr. Gibbs has a full-time private practice in Dearborn.
New Jersey Branch
Branch leaders: Jessica Arenella, Ross Tappen

The New Jersey branch of ISPS-US, now entering its third year, meets quarterly at the home of Jessica Arenella and Ross Tappen. Here are some highlights of the past year:

* Jay Yudof, M.S., wellness and recovery educator with Collaborative Support Programs of New Jersey and consumer outreach liaison with NAMI New Jersey, presented and led a wide ranging discussion. Jay shared a comprehensive degree of knowledge about the recovery movement, and the extent of professional and peer programs in the New York/New Jersey area. According to Jay "self determination and self definition are the most important things. I would be equally offended by the suggestion that use of medication invalidates recovery, as I would by the suggestion that medication is essential." With regard to the involvement by peer recovery specialists, he said "there is an inherent limitation in the role of peer specialists - the goal is the elimination of segregated peer services, and the integration of self identified recovered people in the regular job titles - your psychiatrist, your social worker; that is when things will really change."

* Burton Seitzler, Ph.D. - presented "When a knife is not a knife" - a case that he was presenting at the 2011 ISPS international meeting. We were pleased to have Burt "test drive" the presentation with our group; afterward we had lively discussion with attendees - mostly early career folks. Here is a summary:

When K, a 19-year old youth, who was experiencing a schizophrenic reaction, brought a hunting knife precariously close to my person in the early phases of psychotherapy, I spontaneously responded in a way that was both a surprise to me and which serendipitously turned out to be a key to the way therapy needed to be conducted with this young man. I could have reacted to the knife in any number of ways, such as, yelling for help, running, or attempting to take the knife away from the young man. Instead, I managed to simultaneously soothe myself, stay calm, and engage him in conversation about his big, shiny, powerful knife. Ultimately, he was able to give up his knife so that I could look at, and admire it more closely. This presentation will trace how K came into treatment with me and how we collaboratively came to understand the meaning of his knife and to respect the singular symbolic importance it held for K in his life and in our ultimate relational interaction.

New York Branch
Brian Koehler

“For all that has been — Thanks. For all that shall be — Yes.”
- Dag Hammarskjold

The New York Branch of ISPS-US just completed its 14th year of monthly meetings. New York University continues to co-sponsor our group and provides comfortable space which can hold up to 100 persons as well as having good technical capabilities, e.g., PowerPoint. At our last meeting of the academic year, despite only a short one week notice, over 40 people attended. We watched filmed interviews of David Kingdon and Douglas Turkington demonstrating a CBTp approach with persons struggling with hallucinations and delusions. During this year we heard Courtenay Harding speak on recovery research and inspiring stories of recovery. Dan Mackler presented one of his new documentaries: Healing Homes (his other new film is on Open Dialogue). We watched a film of psychologist and voice hearer Pat Deegan on self-coping tools for voices. Pat Thackray, as part of the Elaine Schwager memorial lecture, presented a poetry project at the Bridge: Creativity Against All Odds. Philip Benjamin, psychiatric nurse from Australia, offered us information on the hearing voices network. Brian Koehler presented on working with delusions from an integrative perspective as well as a neuro-psychoanalytic model of the psychoses which attempts to integrate research across brain, mind and culture.

We are looking forward to our 15th year of monthly meetings which will include talks on psychoanalytic models of psychosis (Eric Marcus, Marvin Hurvich, James Ogilvie), art therapy panels (several art therapists), a film on stigma (Lois Oppenheim & Alice Maher), recovery research (Debbie Kram Fernandez), and other relevant and interesting presentations.

Our group welcomes all persons interested in the psychosocial therapy of persons diagnosed with severe mental disorders. The meetings are free and reservations are not needed. We meet from September to July, usually the third or fourth Saturday of the month, at the Silver Center for Arts and Sciences, New York University from 3-5pm. Contact Brian Koehler for further information at bk64@nyu.edu.
Southern California Branch
Mary Madrigal, Ph.D.
Southern California Coordinator of ISPS-US

ISPS-US Southern California members have not held a meeting a quite a long time but that is in the process of changing. As the Southern California Branch coordinator, I would like to invite the Southern California members to contact me at drmmadrigal@verizon.net if they are interested in presenting at the upcoming meeting in December. This is a great opportunity for us to build the Southern California Branch and highlight the work you are involved with or interested in. The details of the next meeting will be emailed to all of the SoCal members.

drmmadrigal@verizon.net
714-504-8840 (Cellular)

Northern California Branch
Matthew Morrissey, MFT
NorCal Branch Leader

The Northern California Chapter of ISPS-US has been busy this past year planning for the annual meeting in San Francisco. Many thanks to our members who have donated Saturday mornings to this endeavor: Ira Steinman (Chair), Marty Cosgro, Sue Von Baeyer, Jon Roth, Rochelle Suri, Madhu Sameer, Kate Hardy, Ankhesenameun Ball, and Trisha Ready.

Here's hoping that this meeting galvanizes our local branch and spurs on further collaboration.

Washington-Baltimore Branch

The Washington-Baltimore Branch of ISPS-US has been meeting monthly, with a break over the summer months. We have met in various locations: Brooke Morrigan's home, Maurine Kelly's office in Bethesda or her home in Silver Spring, discussing ongoing clinical issues, working on the book to follow from the ISPS-US meeting in Rockville two years ago, and making plans for our branch's meetings this coming year.

On September 14 we met at Maurine Kelly's office and then at a nearby Italian restaurant, Positano's, where we were the guest of Virgil Stucker, the director of the CooperRiis Healing Community in Mill Spring, NC. We were all impressed with their program, and liked working with Virgil Stucker. They will be hosting an impressive symposium on the weekend of October 1, but unfortunately we were unable to send a representative. Robert Whitaker, David Healy, William Anthony and Marcia Angell are among their speakers. Additionally, they have launched The Foundation for Excellence in Mental Health Care Inc., in response to Whitaker's latest book, Anatomy of an Epidemic. Our group may succeed in sending a letter of intent for a possible satellite program in the Washington area. (Any such letter would of course be reviewed by our executive committee for its review and input.) Please visit www.cooperriis.org and http://www.mentalhealthexcellence.org/CooperRiis is an institutional member of ISPS-US.

We welcome any ISPS-US member living in the greater Washington-Baltimore area. If you have not been receiving our branch messages, please contact me (Ann-Louise Silver, MD at asilver@mdpsychotherapy.com).
Combined ISPS and ISPS-US Membership Application

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(Please note: local branches may assess additional dues)

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Do you wish to join our e-mail discussion list? Yes / No

Do you wish to be listed in our member directory? Yes / No

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On behalf of / in memory of:

May we thank you for your contribution in our publications? Yes / No

(Optional) I'd like to earmark my donation for:
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Total amount enclosed: $_____  

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