The April Spring meeting was the 148th meeting of GAP. Over one year into the COVID-19 pandemic, safety dictated our second consecutive virtual meeting – and we got through it – again! In streamlined fashion, the Finance Committee, the Board of Directors, and the Steering Committee all met and did their job. Most individual committees also met and continue to be productive. For the first (and hopefully only) time, we virtually welcomed 12 outstanding new GAP Fellows, chosen by the Fellowship Selection Committee under the leadership of new chair Lorraine Lothwell. We also welcomed new members and committee guests, and we honored our 2020-21 Dear Abby Awardee, Meiram Bendat, J.D., Ph.D., who gave a wonderful plenary talk attended by more than 100 people!

So, on one level, we “took care of business,” but we did much more than that. Fighting pandemic fatigue, we are quietly “staying the course” through an unprecedented period of public health and sociocultural upheaval, accommodating when necessary but looking to the future – and good things are happening. Committees continue to meet and publish. Kenn Ashley is recruiting members for the new GAP Committee on Social Justice, with a plan to examine social justice issues as they affect the organization and the profession in general. The GAP Fellowship remains vital, attracting contributions from individual and institutional donors – and from our own members. We now have 9 of the 12 Fellowships endowed: two Dear Abby Fellows, three Cotswold-Looney Fellows, and recently added fellowships funded by PRMS, the Institute of Living, Jill and David Adler, and donations from GAP members. Adding to this is the recent news that we will receive a generous contribution from the estate of Justin McCarthy, a long-time friend of GAP. We are immensely grateful for these benefactors, whose generosity will help to ensure the future of the Fellowship program and GAP’s overall financial health. It is also a reminder for us to consider investing in GAP as part of our estate planning and lasting legacy.

The elephant in the room remains the question of returning to in-person meetings. This was discussed by the Board and Steering Committee, where there was a universal desire to return to White Plains, as in-person meetings are central to the GAP experience. But there was a wide range of (dis)comfort whether people would be ready to return in November. Fortunately, Beth Haase and the Climate Committee had been preparing a survey to assess member’s experience/attitudes regarding in-person vs. virtual meetings. That electronic survey was recently sent out. If you haven’t already responded, please do so ASAP as it will give us valuable input. With increasing vaccinations, the country is starting to open up, but the time frame remains uncertain, so we plan to send out a follow-up survey during the
summer to see how people are feeling about potentially meeting in White Plains in November. The Renaissance has been most accommodating, and we will need to make a decision by August (in-person vs. virtual vs. hybrid), depending on member response and pandemic guidelines.

Beyond November, we are still planning for a slightly delayed (by a few months) 75th Anniversary celebration in White Plains next April. It is quite a milestone, and we really need something to celebrate! In the meantime, enjoy the annual rites of spring, stay safe, and please respond to the surveys about returning to White Plains.

Best,

Larry

---

**GAP PUBLICATIONS BOARD**

Virtually Present:
Adler, Casoy, DeFaria, Dube, Erlich, Flaherty, Gross, McIntosh, Merlino, Nadelson, Norris, Notman, Robinson

1. Since Nov. 2020 committees have been active but reviews sent to us have slowed down considerably.
2. Update on Manuscripts/Books:
   a. There was no new Psych News columns from the Psychotherapy Committee approved and submitted.
   b. There were 8 submitted and 5 approved manuscripts, and two letters (Disasters, Arts) approved.
      1. Arts and Humanities manuscript on Nostalgia was approved and accepted by JNMD.
      2. The Cultural Committee’s manuscript on Cultural Formulation was approved.
      3. The College Student manuscript on Speaking the Language was approved.
      4. The Gender Committee’s manuscript on Pregnancy and Covid was approved and accepted by JNMD.
      5. LGBT's manuscript on Faith with the help of Ann Lander's column was approved.
      6. Disaster and Arts approved Letter to the editor was submitted.
   c. There are three committees active in the book process. Community had a long manuscript approved and is the process of publication. Adolescence who had gone silent on their Pregnancy book with Springer has recently submitted a new chapter and we are awaiting revisions on the original 3 chapters. Climate completed a children’s book we are in the process of approving.

---

**OPERATING COMMITTEES:**

**COMMITTEE ON ADDICTION:**

Spring 2021 Via Zoom, the Committee on Addictions held its spring meeting on April 23, 2021. This meeting was held one week after the GAP general meeting in order to accommodate the schedules of as many committee members as possible. The meeting’s agenda included discussion of the recent GAP APA Publication “Seeking
Value,” which includes a chapter authored by the Committee on Addiction. Further discussion focused on exploring the role of telepsychiatry in the future in addiction treatment.

COMMITTEE ON ADMINISTRATION AND LEADERSHIP
Virtual Meeting via Zoom/April 16 (10 am – 12 pm), 2021

Members attending:
Victor Buwalda, Brian Hepburn, John Lauriello, Farooq Mohyuddin, Jorge Petit, Sy Saeed, Stuart Silver, and Tobias Wasser.
Fellow attending: None
Guests attending: Giovanna Sobrinho

Welcome
We exchanged notes on what’s going on in our respective states and systems related to Covid-19 pandemic and how it is impacting us. We also discussed use of virtual platforms like Zoom, as well as phone use, for providing clinical care. While there are quality of care issues when using phone for providing clinical care, we agreed that for some patients this may be the only option to access care. Brian mentioned that NASMHPD was advocating for continuing the use of phone to support access to care. We also discussed how our communities were doing around vaccination.

Approval of the Agenda
Agenda was approved as submitted.

Approval of Minutes (Committee Chairs Report) from Fall 2020 meeting
Approved as previously recorded and submitted

Current Projects
- Follow-up on the survey of residency training directors
  - Sy summarized the work in this area so far. In the Fall meeting we had agreed upon the following:
    Farooq and Giovanna will review the survey that we previously developed and then send it out to the rest of the committee for one final look. Once the committee okays it then Farooq will submit it for an IRB exemption through St Elizabeth. After the IRB, the survey will go out to the training directors. We hope to have the survey finalized before Christmas and sent out to the RTDs toward the end of January.

  Farooq mentioned that after the survey instrument was finalized an IRB exemption for using the survey was obtained from St. Elizabeth but AADPRT decided not to send our survey out due to a change in their policies. They said that we could send the survey out to the training directors outside the AADPRT. We discussed whether we should send the survey out directly to the training directors outside AADPRT. Victor, Giovanna, Farooq, and Tobias expressed interest in doing such a survey and pursuing a paper for the *Academic Psychiatry*. They will review the survey instrument and suggest changes, if so needed. Relevant to the review of the survey, new revised milestones are out, and we may need to review them to update our current document. Sy will send the survey to the publication board for review once he receives the revised version from this subgroup (Victor, Giovanna, Farooq, and Tobias).

- Training Manual/Curriculum for Residents
  We discussed the following area:
  1. Should we develop a curriculum first and get an approval from the AADPRT Curriculum Task Force?

  Continued. on pg. 4
2. Should it be a book, an e-book, or another electronic format? Can we use the approach of ASCP Psychopharmacology Model Curriculum where the lectures in a training program come from a local person, adapting the slides from the ASCP curriculum?

3. Should we work with AAPAL on this as an expansion of their current course developed in collaboration with APA? We can do that without recording the lectures (just provide the slide sets).

We decided that our initial focus will be on completing the survey and not pursuing a book. Victor and Tobias will follow up on #3 above by taking this idea to the AAPAL Executive Council.

— APPI Textbook of Administrative Psychiatry
Sy presented the finalized Table of Contents with confirmed chapter authors that was also sent out as handout prior to the meeting. All 25 chapters have been completed and reviewed by the editorial board. We now have 24 out of 25 chapters that are finalized after the review and revisions. The listing of the editorial board members is attached. The plan remains to submit the contents around June/July after a final review by the Editors.

— Meetings Presentations
Nothing from our committee.

Committee membership and leadership discussions
Giovanna attended this meeting as a guest and would like to come to another meeting. We also agreed that we should invite Britta Ostermeyer, Chair of Psychiatry at Oklahoma.

Due to a recent job change and relocation to Georgia, Pam Weinberg has resigned from GAP.

Other business
None

Adjourn
Meeting adjourned at 11:50 AM on April 16, 2021

---

COMMITTEE ON AGING
Present: Robert Roca, Susan Lehrmann, Helen Kyomen, James Ellison
Guests: Iqbal Ahmed, Sebha Krautter, Kristina Zdanys, Warachal Faison

The Committee discussed:
1. The successful recording of our APA session “Disclosing the Diagnosis of Dementia: The Science and Art of Breaking Bad News.” This will be included in the on demand APA Annual Meeting.

2. We will now turn this work into an academic publication, academic publication. Our plan is to expand on the topic of diagnosis disclosure (in the care of persons with dementia) We are still planning, but considering articles from each of our 4 talks (Reasons for disclosure, pitfalls, ethics and protocol) but 4 additional articles – perhaps addressing such issues as the new biomarker tests that are on the horizon and how they will affect disclosure, the availability of patient access to online clinician notes and lab reports and how that affects disclosure and patient awareness and the risk of suicide related to disclosure (a complicated issue that may go beyond the simple effect of disclosure). After we complete this, we may wish to condense the content into a brief article for Psychiatric Times.

We also discussed two other projects:
a. There is a need for an updated “practice guideline” for evaluation of persons with dementia in memory specialist clinics. We have interest in this but are not yet pursuing it.

Continued. on pg. 5
b. There is need for a review of the issue of the relationship that may exist between SRI use and intracranial hemorrhage in older adults on blood thinners. We have discussed addressing this issue in a review article.

Plans for Between Meeting Work:
We meet every three weeks by Zoom.
How many times have you met virtually since November 2020? Eight

Focus for next meeting:
Collection of articles on disclosure of diagnosis of dementia, discussion of new potential projects.

COMMITTEE ON CLIMATE
Present: Elizabeth Haase, MD, Janet Lewis, MD, Beth Mark, MD (Approved for membership during this meeting)
Guests: Joshua Wortzel, MD, Caroline Dumont, MD, Jeremy Wortzel, medical student, Lena Champlin

Completed Projects this past block:
GAP Presented:
Carbon Footprint of American Psychiatric Meetings, *JAMA Open*

Other: (Done by GAP climate committee members outside GAP)
Paper on Sustainability of Interpersonal Connections during Sustainable Psychiatric Meetings for *Psych Times*, to be published June, 2021
Short Version of these issues, *Psych Times* 4/14/21
Climate Mental Health Chapter for Tasman Psychiatry

Ongoing projects:
1. GAP Survey of zoom meetings: Finalized, will be distributed to membership immediately after meeting
2. Children’s Book on handling climate worry: This book has been tentatively approved by the publication committee. The authors (Jeremy and Lena) plan to contact Magination Press of the American Psychological Association when their next publication cycle opens up in the summer regarding their interest in the book and have been in touch with an author of a similar book who plans to help them link to his agent, which will allow access to larger publication houses. The plan for the next two months is to focus-group the book to teachers and child psychologists and psychiatrists in the next two months, and then present it to the above agents.
3. Caroline Dumont, who has been a guest of GAP Climate Committee, was first author on our Climate Change and Completed Suicide, and hopes to rejoin GAP when she has finished her current fellowship, has done a study in that fellowship looking at the relationship between heat vulnerability, reflected in the heat vulnerability index, and residence of psychiatric patients in a community mental health center, showing that those patients most at need in the community live in the area of greatest heat illness vulnerability. **We are hoping that the publication committee might allow us to put this work through the publication committee and target *Psychiatric Services* for its publication, pending her wishes and advisory approval.**

New Projects:
1. Climate Curriculum Needs survey: The committee will develop a survey for psychiatric residency training directors about whether they are teaching climate mental health impacts in their curriculum and where they would see a need for and ability to incorporate these impacts in existing curriculae. We will then show them a 10 minute video on climate mental health impacts, (highlights) and find out whether they see greater need to incorporate this after this video. Target for this is a poster at the AADPRT meeting, submitting in November.

Continued. on pg. 6
2. Proposal for Clinical Assessment of Climate and Environmental Impacts during Psychiatric Evaluation: This piece will be a thought piece proposing what should be assessed in a clinical evaluation to understand the patient’s relationship with the environment and climate health stresses and how this would be incorporated into treatment planning. Target publication is a commentary, (3000 words) in Academic Psychiatry.

3. Long term: In very early stages of contemplation is a handbook or other long work on climate-related psychological states.

**COMMITTEE ON COLLEGE STUDENTS**

Members attending:
Brunhild Kring (chair), Malkah Notman, Helene Keable, Alexandra Ackerman, Ludmila de Faria, Lorraine Siggins
Fellow attending: Isobel Rosenthal
Guests attending: Francesco Peluso, Meera Menon

**Project Titles:**
The College Student Committee is concerned about the delivery of psychiatric services on campus and the mental health issues of college students post pandemic

**Tele-Mental Health for Students in the Post-Pandemic College by Ludmila de Faria & GAP College Student Committee**
Urgent appeals to offer treatment options by tele-mental health for students in colleges and universities in the US predate the Corona-19 pandemic by about a decade. This cohort of 17 Million 18 - 28 year old emerging adults are a significant slice of the US population. Contrary to popular misconception, they are not the worried well, but represent a highly mobile, increasingly crisis-prone patient cohort with often chronic psychiatric conditions. Because of a lack of federal licensure for college mental health clinicians these students suffer frequent discontinuities of treatment resulting in suboptimal treatment outcome, academic underperformance and lack of retention in school. The Covid-19 pandemic has brought this public health issue into sharp relief. The long overdue implementation of tele-mental health remains mired in a web of complex legal, financial, malpractice and insurance regulations on the state level. We are advocating for federal licensure for psychiatrists employed by institutions of higher learning.

This paper has been reviewed by the GAP publication board, edits have been implemented, and it received final approval by Drs. David Adler and Larry Gross. It has been submitted to the Journal of Medical Regulation.

**Anticipated Audience:**
General psychiatrists, family doctors, medical regulators and policy makers
Psychologists / other mental health professionals
General public

**Where would the committee like the manuscript to be published?**
Journal of Medical Regulation

**Any ways in which the Publications Board might be helpful:**
GAP Publication Board has reviewed and approved the paper

**Focus of work accomplished during the meeting:**
Editing the above paper

**Plans for between meeting work:**
Our committee will be meeting monthly via Zoom. June, July, September, October 2021.

*Continued. on pg. 7*
Focus for next meeting:
The effects of the pandemic-related stay-at-home orders and isolation from peers on the emotional development of college students.

Any ways in which members can be helpful?
Attend scheduled zoom meetings, read recent literature on emotional development of college students and collaborate in the writing process

COMMITTEE ON CULTURAL PSYCHIATRY
Present: Roberto Lewis-Fernandez, Neil Aggarwal, Anne Becker, Robert Like, Mitchell Weiss, Rama Rao Gogineni, Brandon Khort
Guests: Ana Gomez-Carrillo (Ittleson Consultant), Laurence Kirmayer, Kenneth Fung

The Committee is working on “Sociocultural Formulation: Implementation Issues” and/or general subject of report/issues it will address. Pros and cons of integrating assessment of social structural topics in the Outline for Cultural Formation and the Cultural Formation Interview. This topic is under discussion. To be completed by fall/winter of 2021. This will be targeted to practicing psychiatrists, psychiatry residents, training directors, psychologists and other mental health providers.

Focus of work accomplished during the meeting:
The Committee discussed the topic of the paper, including fleshing out viewpoints within the group.

Plans for Between Meeting Work:
The Committee will continue to elaborate the topic.

How many times have you met virtually since November 2020:
The Committee met on November 13, 2020 and February 26, 2021.

Focus for Next Meeting: The Committee will work on a second manuscript. We are elaborating on culture and neuroscience. There is a manuscript of that paper already. We will try to complete it (or close to it) during the next meeting.

COMMITTEE ON LGBTQ+
Present: Casoy, Drescher, Kenneth Hung, Scot McAfee, Stewart Adelson, David Goldberg, Eric Yarbrough, Alan Schwartz, Alexis Chavez, Marlin Mattson, Joanne Ahola, Andy Tompkins, Chris McIntosh, Naomi Libby, Kenn Ashley, Mary Barber
Fellow: Dustin Nowaskie
Guests: Ali Haidar, Natalie Umesi

Project title: Dear Abby Project, currently responding to review process. This project is completed and the Committee is working on trying to find a journal

Where would the Committee like the manuscript to be published? Working on IDing journal. Turned down from AJP and JAMA psych.

Continued. on pg. 8
Anticipated audience: The project will be targeted to practicing psychiatrists, faith communities and psychologists/other mental health professionals.

Focus of work accomplished during the meeting:
Identifying next areas of work, including updating GAP, LGBTQ curriculum, writing op-eds.

COMMITEE ON MENTAL HEALTH SERVICES
Present: Sowers, Ranz, Fage, Shoyinka, Sastry, Sapra, Lluberes, Bell, Wong, Zinns
The Committee is still trying to promote our recent book publication. Our next project, probably in the area of Social Justice, to be determined.

Focus of Work Accomplished During the Meeting:
1. Promotion of recent book publication: Considering a podcash, either produced by the committee or by an experienced podcast publisher.
2. In light of committee's interest in pursuing a social justice project, Wes and Julie tried to invite Kenn Ashley, who is creating a new Social Justice Committee, to this meeting. We'll continue this effort.
3. Sunmolu gave an overview of the SMART tool he developed with Rachel Talley and Ken Minkoff. We agreed to approach Rachel and Ken to see if our three committees could collaborate on utilizing part of the SMART tool to evaluate each of our three committee's approaches to Social Justice.
4. We agreed that we would like to continue discussions of possible projects involving interactions with Peer Advocates, and/or Interactions with Alternate Prescribers.

Plans for Between Meeting Work:
Pursue above topics, during an interim meeting in July.

How many times have you met virtually since November 2020?
Once

Focus for Next Meeting:
1. Will try to invite Kenn Ashley to next meeting.
2. Will explore opportunities to pursue interactions with Peer Advocates, and/or intersections with Alternate Prescribers.

Any ways in which members can be helpful?
Will explore possible ways to produce a podcast.

COMMITEE ON NEUROPSYCHIATRY
The Neuropsychiatry Committee finished writing an article for Psychiatric Times entitled “COVID-19 Brings Anosmia to the Attention of Psychiatrists.” We then began to brainstorm ideas for a next project.

Continued. on pg. 9
Present were:
John Looney, Lois Flaherty, Jack Bonner, Harvey Ruben (in and out with Zoom malfunctions),
Seth Powsner, William Sledge, Saul Levin, Umadevi Naidoo, Mary Barber (after 12),
Frances Bell for discussion of 75th GAP Anniversary.
Absent: Harsh Trivedi due to conflict with AHA Board of Trustees meeting

The first and most substantive issue we discussed was the question of whether and how non psychiatrists could and should be part of the GAP mission and organization.

The issue was precipitated by the proposal for a GAP Advisory Board proposed by Lois Flaherty in 2019. The goal of such a Board would be to enhance GAP’s mission and raise funds, recruiting a prominent group of non-psychiatrists who are committed to the mission of GAP as “America’s Think Tank for Mental Health.” After our meeting in November the concept was circulated to the Steering Committee (the Chairs of all the GAP Committees) and the GAP Board for feedback. Prior discussions at the Board demonstrated little interest in creating a category of non-psychiatrist “member.” There also seemed to be little interest in an Advisory Board as only 5 responses were received which were supportive of the idea in principal but raised many questions about the details such as how individuals would be selected for this Board, what the focus of would be other than fund raising, when they would meet, how we would support the costs etc. There were few suggestions of who might serve as current individual donors were unlikely to be interested or have the time. Consultants to committees are other possibilities but the Chairs did not suggest anyone at this time.

Consultants to committees are non-psychiatrists recruited for a particular project or product that the committee is working on and usually do not serve longer than 4 years. These are called Ittleson Consultants, and their travel and hotel is paid by GAP. Sometimes an exception is made for a non-psychiatrist consultant to serve beyond 4 years, again as part of their GAP Committee. There is one today who fits that role, Meiram Bendat on the Psychotherapy Committee. It should be noted that he is a Dear Abby awardee as well. It is not clear that he would be interested in serving on a GAP Advisory Board. Justin McCarthy whose recent bequest of a quarter million dollars was a GAP guest and consultant and was even given the title of “Honorary Member” The question is do we want to formalize and name this category, establish a budget (we have the money!! Thanks to the McCarthy gift) and take a step potentially toward a GAP Advisory Board.

Lois and John were asked to flesh out this idea and budget and bring back a proposal to the Committee in November.

The overarching issue for our committee is how to reach beyond the immediate GAP membership to make GAP more relevant and impactful on the field of psychiatry and beyond and to raise funds for the mission of GAP.

A related issue was Pat Stern, a donor and friend of GAP who mostly related to the Research Committee over the past 4 or 5 years who expressed interest in an ongoing relationship with GAP. Jack reported on an extended conversation in the last several months with her and her interest in bringing other potential philanthropists together to learn about GAP. However, it does not seem at this time that this will work out with Pat. She would like a role which is more inclusive than GAP offers at this time (see non-psychiatrist membership discussion above). She and Jack agreed to bring these discussions to an end although she continues to see value in GAP and our membership. She would still be amenable to the possibility of grants from the family foundation should an appropriate project be identified. If a membership category for non-psychiatrists were to be established she may have an interest.

We then had an extended discussion planning for the 75th Anniversary of GAP at our meeting in April 2022. Frances joined the at this point. There were many ideas on how this could be both meaningful and fun. A survey of Chairs of Committees produced a number of offers and ideas. These include:

Articles written by GAP Leaders for Psych News, Psych Times and Clinical Psychiatry News.
Invitation to members, including active and contributing members, to bring spouses and have opportunities for tours such as Hudson River Mansion Tour, West Point, Blue Hill Farm and Restaurant, NYC Museums etc. Selective invitations to donors and other friends of GAP.

Plenary: Either a session that focuses on the past and Future of GAP or an outside entertaining speaker (costs money) or someone in government (Mario Cuomo spoke at the 50th)

GALA: with music (David Sasso band of psychiatrists will play and we can dance!) Invite Dear Abby to make a few remarks as her mother did at the 50th celebration. Plaques for McCarthy family, Dear Abby, Wister Morris, others?

We need to put together a committee to flesh out and finalize these ideas. From our committee: Jack Bonner, Saul Levin, and me. Others suggested: David Sasso, Kiki Kennedy, Jack Drescher (focus on media), spouses Diane Ruben, Betsy Sledge, Lorraine Lothwell (fellows), Stephanie Le Melle. At the Steering Committee meeting 4/17 other volunteers include Carol Bernstein, David Baron, Flavio Casoy, Harold Kudler, Sy Saeed.

Other topics discussed include John Looney’s extraordinary efforts to recruit endowed fellowships from private psychiatric hospitals with the first from Institute for Living. Establishing a GAP Distinguished Service Award (perhaps endowed by Mr. Morris) with a monetary stipend. Jack, John and Mary will flesh out this idea and bring to our next meeting.

Progress was reported to us by Uma on establishing a Nutrition and Life Style Committee. Uma will send the proposed committee charge and mission to be with a list of potential members and we will bring the idea to the Board in November.

Final topic: committee recruitment. We agreed to 2 new members, Robert Boland from Menninger’s and Jane Gagliardi from Duke. They will invited as guests to our November meeting. I will be in touch with them.

COMMITTEE ON PROFESSIONALISM & ETHICS
Virtual meetings on GAP’s Zoom platform 20210416
Present: Fallon, Candilis, Gennaro, Hafter-Gray, Howe, Nesheim, VanLoon

Activity during this meeting:
We continued to draft our paper on evaluating applicants for aid in dying, which will outline a way psychiatrists of different belief systems may do this work with integrity. This work was delayed by members having additional clinical and administrative duties related to COVID-19. While we benefitted from the convenience of not traveling to Westchester, the meeting experience was diminished by the lack of personal contact.

We thank Frances Roton Bell for her exemplary coordination of our virtual meetings.

Continued. on pg. 11
PSYCHIATRY & the COMMUNITY

Present:
Minkoff, Feldman, Balfour, Adams, Dragatsi, Hackman, Parks, Flaum, Panzer, Le Melle,
Honorably Steve Leifman, Baker
Fellow: Sam Jackson
Guests: Mathew Goldman, Sosunmolu Shoyinka

The Roadmap published with NatCon, now in process of planning, supporting dissemination.

Focus of work accomplished during the meeting:
Discussing outreach efforts to ensure publication reaches high number of providers, planners, funder, legislators, judiciary.

Plan for between meeting work:
All exploring means of dissemination of finished product.

How many times have you met virtually since November 2020?
Small group met multiple times.

Focus for next meeting:
Review of efforts (will be meeting by Zoom monthly between now and November 2021.
The Committee invited guest, Matthew Goldman to join the committee, he accepted, name passed at Steering Committee.

COMMITTEE ON PSYCHIATRY & THE LAW

Members attending:
A. Newman, D. Pinals, P. Resnick
Guests: D. Cash (Assistant Vice President of Risk Management at PRMS), permanent guest

Project Information: Website
Title: Forensic Psychiatry for the House Officer
Status: First draft mostly completed.
Anticipated Date of Completion: Fall 2021 or Spring 2022
Anticipated Audience: Practicing psychiatrists: Psychiatry residents

Where would the Committee like the manuscript to be published?
We are hoping the site can be housed on the GAP website and are in discussions with the web operator to make that possible.

Any ways in which the Publications Board might be helpful:
Not at present.

Focus of work accomplished during the meeting:
Dr. Newman offered a presentation on web design and we settled upon a formal for the site. Committee members will have until July 1 to complete their assigned content.

Plans for between meeting work:
We will continue to interact via email and meet in smaller groups as needed.

Continued. on pg. 12
How many times have you met virtually since November 2020?
Only once as a full group, but we have also had several smaller meetings to plan the website.

FOCUS FOR NEXT MEETING: We will aim to have all of the primary content for the site completed by the next meeting.

COMMITTEE ON PSYCHIATRY & THE MEDIA
Present:
Carol Bernstein and Jack Drescher, Co-Chairs, Jeffrey Friedman, Jessi Gold,
Peter Kramer, Lorenzo Norris, Gail Saltz
Fellow: Ashvin Sood

The Committee discussed GAP’s 75th Anniversary and ways in which the occasion can be used to promote the organization to other mental health professionals. This might include articles in Psychiatric News, Psychiatric Times and Clinical Psychiatry News (Dr. Norris already reached out to Gina Henderson of CPN to discuss articles with Dr. Drescher.) The Committee raised important questions about how to explain why GAP is important? In what ways has GAP changed the world? Interviews with senior GAP members. Ashvin Sood, our new Fellow, explained the workings of Tik-Tok to the Committee, the problems of misinformation about and oversimplification of mental health issues on the platform, and efforts he has been making among others to correct those deficiencies.

Dr. Drescher would reach out to Dr. Lorraine Lothwell, Director of the GAP Fellowship to discuss the possibility of suggesting to Fellows that they might want to do a social media project to help get the name of GAP out. The Media Committee could also consult with them.

Dr. Norris would follow up on the status of the podcasts our group did with the Committee on Gender, Religion and LGBT.

Plans for Between Meeting Work:
The Committee plans to continue meeting between meetings to discuss issues surrounding the 75th GAP Anniversary.

Focus for Next Meeting:
Social Media Outreach for GAP 75th Anniversary Promotion.

PSYCHIATRY & RELIGION
(met via Zoom 4/10/20)
Members Attending:
Brian Fallon MD, Salman Majeed MD, Keith Meador MD, Jenifer Nields MD,
Michael Norko MD, MAR (chair), James Phillips MD
Fellow Attending: [Hunter Neely MD, new fellow, was unable to join]
Guest Attending: David Saunders MD, PhD

Continued. on pg. 13
Project Information

1. **Faith Communities and the Well-Being of LGBT Youth**
   (White Paper on the importance of faith communities in efforts to reduce suicide and other negative mental health outcomes for LGBT youth
   Project leader: Dr. Norko

   The booklet was completed in September 2020 and posted online at [https://indd.adobe.com/view/60414ed6-6711-4192-96c1-40b7528c7ff2](https://indd.adobe.com/view/60414ed6-6711-4192-96c1-40b7528c7ff2) and on the GAP homepage.

   The Religion and Spirituality Caucus of the APA submitted an action item seeking the commendation of the APA for the publication. At the March 2021 meeting of the Board of Trustees, the APA commended GAP for its contribution to the Well-Being of LGBT Youth by its publication of this document.

   A panel presentation on Faith Communities and the Well-Being of LGBT Youth has been recorded for the APA meeting in May 2021 and will be part of the On Demand recordings.

   Dr. Norko will be drafting an article intended for Psychiatric News reporting the APA commendation and discussing the publication and its content. Will hope to submit to Publication Board in May.

   Deborah Amory PhD. (Professor and Chair, Department of Social Science and Public Affairs SUNY Empire State College) has asked to include this publication as a resource in her new online textbook: [LGBTQ+Studies: An Open Textbook](https://courses.lumenlearning.com/suny-lgbtq-studies/)

   We have also been in communication with Peik Ingman from an LGBT advocacy organization in Finland, asking permission to translate the document into Finnish and Swedish and add local resources. We have reviewed the Finnish version along with the LGBT committee and approved their moving forward.

2. **“Living in Fear”**
   Project Leader: Dr. Majeed
   Fast track: OpEd piece
   Anticipated audience: general

   Any ways in which the Publications Board might be helpful: submitted to Board 4/14/21

   Work accomplished during meeting: discussed new draft of the article.

   Plans for between meeting work: respond to Publication Board feedback.

3. **Dear Abby Spiritual But Not Religious (SBNR) question**
   Project Leader: Dr. Saunders, Dr. Norko
   Fast track: journal article
   Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs

   Any ways in which the Publications Board might be helpful: not yet

   Work accomplished during meeting: Update shared that Dr. Norko has contacted Jeanne Phillips asking her to run our request in the Dear Abby column inviting her readers to take the Qualtrics survey online.

   Plans for between meeting work: Following the meeting we learned that our request will be printed in the Dear Abby column on May 24. Will follow survey completion.

4. **Biographical Essays on mental health attributes of major religious figures**
   Project Leader: Dr. Phillips
   Fast track: series of journal articles
   Potential journals: TBD

   Continued. on pg. 14
5. **Study of psychoeducation, yoga, and mindfulness meditation on reducing COVID-19 related anxiety**
   Project Leader: Dr. Fallon
   Fast track: journal article
   Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
   Potential journals: TBD
   Any ways in which the Publications Board might be helpful: not yet
   Work accomplished during meeting: Discussion of Dr. Phillips’ draft for article on St. Joan of Arc.
   Plans for between meeting work: Dr. Phillips to revise draft based on member feedback and re-circulate prior to planned mid-June meeting.

6. **Religious Extremism**
   Project Leader: Dr. El-Gabalawi, with Dr. Majeed and Dr. Nields
   Fast track: journal article
   Anticipated audience: MHPs, educated people interested in culture, history, sociology, psychology
   Potential journals: Mental Health, Religion & Culture; Aeon Journal of Myth and Science; others TBD
   Any ways in which the Publications Board might be helpful: not yet
   Work accomplished during meeting: Dr. El-Gabalawi was unable to be at the meeting
   Plans for between meeting work: Dr. El-Gabalawi has received feedback on his first draft, as well as further articles relevant to the topic, and will continue to revise, then re-send to committee members.

**Other projects being considered:**

a. **Religious Literacy in Psychiatric Education**
   Project Leader: Dr. Nields
   Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
   Work accomplished during meeting: tabled
   Plans for between meeting work: n/a

b. **The decline in faith in medicine**
   Project Leader: Dr. Merlino

c. **COVID effects on faith services**
   Project Leader: Dr. Nields

**Other:**
The committee had preliminary discussions about two other topics: and consequences of. For further discussion in our January meeting.

**Plans for next meeting** (June interim Zoom meeting)

1. Dr. Norko to send out Doodle poll for dates in mid-June for another Zoom meeting to review interim progress on projects.
2. Updates on Dr. Majeed's Living in Fear OpEd

*Continued. on pg. 15*
3. Updates on Dear Abby Spiritual But Not Religious (SBNR) survey
4. Updates on Joan of Arc biographical essay
5. Updates on Dr. Fallon’s study data on interventions for COVID-19 related anxiety
6. Updates on *Psych News* article for Faith Communities and the Well-Being of LGBT Youth
7. Further discussion of: decline in faith in medicine; and consequences of COVID effects on faith services

### PSYCHOPATHOLOGY

Present: Adler, Berlant, Brunette, Dixon, Erlich, First, Goldman, Oslin, Siris, Talley

Credibility and Uncertainty in the COVID era Polarization in the COVID era, with the topic chosen to be completed Summer 2021. This will be submitted to the *Journal of Nervous and Mental Diseases*.

Focus of work accomplished during the meeting: The Committee is working on two opinion pieces on issues facing American Psychiatry as a result of the pandemic and all going on in the world.

**Plans for between meeting work:**
The next meetings scheduled for May and June 2021 by Zoom to continue working on these manuscripts.

**Focus for next meeting:**
Welcomed out new Fellow and Ginsburg Fellow who are both participating in our two manuscripts.

### PSYCHOPHARMACOLOGY

Present: Baron, Alexander, Garakani, Gross, Patel, Pine

The Committee discussed our new project, as we just published our last. We are looking at the impact on expanding legalized MJ on mental health for primary care providers. This is the topic under discussion to be targeted to psychologists and other mental health providers and primary care providers. This will be submitted to a primary care journal.

**Focus of work accomplished during the meeting:**
Have a potential next scholarly project.

**Plans for between meeting work:**
Follow up Zoom meeting in mid-late June.

**Focus for next meeting:**
Finalize writing assignments.

### COMMITTEE ON PSYCHOTHERAPY

The Committee on Psychotherapy met virtually.

Present:
Cliff Arnold, Meiram Bendat (Ittleson Consultant), Blair Bunting, Tom Franklin, Andrew Gerber, Kiki Kennedy, Daniel Knoepflmacher, Susan Lazar, Randy Welton, Frank Yeomans (Chair)

We reviewed our work over the years with Meiram, in anticipation of his GAP plenary on Saturday.

We discussed the next steps in the legal effort to assure fair reimbursement for psychiatric services and developed the plan to write an article about these next steps.

*Continued on pg. 16*
There was a report on the work some of our members are doing in conjunction with the American Psychoanalytic Association to write treatment guidelines inclusive of psychotherapy that will be available to the California Department of Insurance as it works to replace insurance company-generated with objective scientific guidelines.

Other topics of discussion were:
- outreach to provide psychotherapy training to residency programs who do not have appropriate faculty resources
- the need to elaborate the process of psychotherapy supervision more fully.
- having our former fellow, Cliff Arnold, join us as a guest on the pathway to becoming a GAP member.
- inviting the following other guests to our next in-person meeting:
  Jeffrey Katzman, who is very involved in psychotherapy education and who will be joining Silver Hill Hospital as Director of Training.
  Lisa Goldfarb, who is a psychoanalyst very involved in addiction psychiatry.

RESEARCH
GAP Research Committee Zoom Meeting April 16, 2021, 1100-1500 EDT
We met four hours by Zoom with a half hour break. Present were Doug Kramer, new fellow Ritvij Satodiya, Dave Keith, Gordon Harper, Erin Belfort, Peter Kramer, Mark Erickson, Mariam Rahmani, Bill Swift, Alan Swann and John Beahrs. We began with personal updates and health status, then spent the remainder on our pending book – “utilizing context in psychiatric practice.”
Potential contributions received or offered so far include: (1) Bill Swift on the role of mothers, just sent a draft on the value of working with patients’ mothers in treatment. This opened a lively discussion on motherhood: its history, and changing definitions. Gordon added in the role of nannies. (2) Peter Kramer suggested one on the changing nature of work, complementing psychiatry’s prevailing emphasis on love. Closely related, was (3) Bill Swift raising the question of burnout, and my trying to differentiate this from positive generativity. (4) Gordon and Alan separately asked what’s supposed to happen in child development: what, by whom, and by what means? (5) Alan re-iterated his focus on temporal context, which covers development, trauma, and other time-based processes. (6) Mariam’s 4.2019 individuals’ context remains viable. She also offers to write a chapter on (7) social media, e.g., its misuse to commit fraud and moral blackmail. (8) Doug’s optimum health care system remains viable. (9) Gordon discussed binocularity, or “feeling understood” as a therapeutic process – which does not equate with agreement. (10) Mark will consider writing on xenophobia, including implications for race relations, where we’re challenged to address this conflicted topic without either polarizing or covertly re-enacting collective trauma. (11) Alan, Bill and others addressed aging: “How many days do I have left?” and “How does it matter?” (12) Alan Swann re-emphasized the importance of agency (perceived free will), even when it’s more as-perceived than substantive. He recommends teaching “stress reframing” in the schools. (13) John Beahrs can write on hypnosis research as paradigmatic data for external causation, heavily studied in the 19th century but under-attended today. Closely related are embedded hierarchies, such as “context within context within context...” (14) Several members discussed the importance of transference, and the therapeutic relationship. Johan Verhulst had principal-authored a committee paper on this in 2013, which we can build on. Dave Keith later sent out an informative unpublished chapter on family issues as the context of human experience that’s vastly relevant.

Next meeting is on Friday May 14 at 1100 EDT. Alan and I will talk a week from tomorrow afternoon (April 24) in order to further strategize our planning for the book. Again, we invite members to write or recommend prospective chapters, with contributions neither required nor necessarily limited to one.
Research Committee Zoom Meeting May 14, 2021, 1100-1300 EDT
We met for two hours today by Zoom. Present were Doug Kramer, Alan Swann, Stu Copans, Dave Keith, Gordon Harper, Erin Belfort, John Beahrs. We spent almost the entire time discussing our pending book – “utilizing context in psychiatric practice.” We largely agreed on Alan’s and my rough May 9 plan for three broad sections:
Continued. on pg. 17
I: preliminary considerations (including Alan’s temporal context, my hypnosis research, and Gordon’s finding the center); II: the context of psychiatric practice (which will encompass our main body, and most chapters), and III: The greater context (such as Doug’s designing an optimal health care system under limiting constraints, and Mariam’s work on social media). Stu, Erin and others discussed transsexuality, Erin possibly to write on this topic. We pondered adding two potential sections IV, ending with opposite conclusions. One, most of us agreed TO add a fourth section on unanticipated complications, or “when things go wrong,” with the task of its being descriptive and not unnecessarily negative. Two, negated, was multiple takes on the therapeutic relationship, which we agreed should NOT constitute a special section but be distributed throughout. Re’ the therapeutic relationship, we agreed to abstract Johan Verhulst et al’s 2013 publication, with Erin perhaps adding one on patient-family-therapist triads, Stu/Dave/Gordon extending it to multiple parties, and the rest of us chipping in throughout. Gordon referred to the neglected needs of providers themselves, which led me to cite my 2004 APA symposium on physicians’ interests with Mike McGuire, Tom Gutheil and Sy Halleck. Gordon prompted a lively discussion by noting that even young children learn that there are “rules that need to be followed without even knowing what they are,” then Doug that “we agree not to talk about certain things, but not about the agreeing.” Gordon will add a chapter on what’s not acknowledged and why not. Along those lines, Alan noted that most social systems are more “fragile” than they believe, and Stu that such fragility is present but “unconscious” – systems’ survival motives at issue. Dave noted that disrupting a context is often needed for treatment, citing Bateson’s asking people to reverse role differentials. Gordon asked what we call “evidence” when discussing context. Many of us reflected on how hard it is to discuss context-related material in everyday language, e.g., describing fuzzy topics precisely, and objective vs. subjective evidence – a huge challenge for us all. I asked Doug whether his role as beneficent authority may have contributed to the success of his new treatment system, more than he acknowledged. He strongly denied this, stating instead that it was more due to the group’s small size and common values. We discussed Dave Keith’s 2016 family therapy manuscript, and the challenge of condensing it to its essence and using traditional language to state how and why other language is needed. We agreed on adding an early chapter on child development, perhaps by Stu, and that this topic will recur. Other contributions are as noted earlier.

Next committee Zoom meeting is Friday June 18 at 1100 EDT for 2.5 hours. Alan and I will talk soon, prepare a provisional list of probable authored chapters, others needed, then send out for corrections, omissions, offers, and further suggestions. Pleasure working with you on this project.

WORK & ORGANIZATIONS
Our committee had another productive meeting this Spring. We welcomed our new Fellow, Monika Pietrzak, MD, JD. Monika has a particular interest in workplace violence, a topic that certainly deserves attention. We look forward to supporting Monika in the study of this important area. Our Committee is continuing our fruitful collaboration with Psychiatric Times. Christopher Flinton, MD and Barbara Long, MD, PhD have taken the lead on composing a manuscript for Psychiatric Times regarding alcohol use in the workplace. Another important topic deserving attention. They are nearing completion of this manuscript, and we hope to have a draft to the Publications Committee in the near future.
DATES OF FUTURE GAP MEETINGS

2021
November 11-13

2022
April 7-9
November 16-19

2023
April 20-22
November 9-11

2024
April 4-6
November 14-16

GAP OFFICERS

President
Lawrence S. Gross, MD
Email: lgross@usc.edu

Secretary
Robert Roca, MD
Email: rroca2@jhmi.edu

Past President
John G. Looney, MD
Email: john.looney@duke.edu

President Elect
Barbara Long, MD
Email: blong@post.harvard.edu

Treasurer
Calvin R. Sumner, MD
Email: docsumner@gmail.com

Central Office
Frances Bell
Email: francesrotonbell@gmail.com