TRAUMA has become a major issue of our time. It is unfortunate that this is the case. Trauma is an inescapable part of the work now for the Department of Psychiatry and Behavioral Neuroscience (the Department) and University of Chicago Medicine (UCM).

It was said when I was in training (many years ago) that if you understood some infectious diseases, you could touch almost every facet in medicine including the pathophysiology, genetics, biology, the many different symptom presentations, treatments and importantly, social factors of a disease. I believe one can now say the study of trauma is similar. From the changes in development of children and adolescents, genetic expressions after a trauma, changes in the individual’s biology and pathophysiology of symptoms, the many treatments available and the social environment that may increase or reduce the rates of traumatic events as well as the aftermath are now all essential aspects of trauma and its effect on health. Social context is especially important, from childhood abuse and adversity, young adults witnessing violence, gun violence in general, assaults, accidents of all kinds, to the compassion fatigue of first responders.

The Department has dedicated many resources to help our patients, our hospital and our community deal with trauma. For example, all clinicians and trainees in the Department strive to work in a trauma-informed manner. Programs for adolescents such as Healing Hurt People and REACT treat and study the effects of trauma on young people. For adults, a form of individual therapy called exposure therapy helps many people deal with the traumas of the past for a better future, even traumas that had occurred many decades earlier. Group therapies to assist clinicians dealing with traumas have also started this year and there are many medications proven helpful in post-trauma care.

The Department plans continued growth in the area of trauma, to increase our knowledge, expand our treatments and serve our community.
We look forward to an exciting and productive AY 2020.
Compassion fatigue was coined as a description of nurse burnout and disengagement in Joinson’s 1992 article, “Coping with compassion fatigue”. The title of Charles Figley’s seminal 1995 book, Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized, spells out the uncomfortable truth that one of the work hazards of the helping profession are syndromes of so-called secondary traumatic stress. A quick and easy, empirically based estimate would tell us that about 25% of us will cross over into clinical symptoms based on exposure to traumatic stressors at work.

Our departmental data is consistent with this. Those seeing a higher volume of cases involving interpersonal violence, death, or physical injury, will accept a heavier load. The literature is very clear about this. My approach to compassion fatigue is based on the idea that compassion fatigue is not so much an issue of wellness but rather quality improvement and safety. That is, attention to compassion fatigue is not for purposes of enhanced quality of life, but for keeping the workplace safe. As such, it is a common yet critical mistake to not build compassion fatigue reduction measures into every day clinical operations. The most effective method remains a scientific question. In the absence of definitive answers, pragmatic approaches are necessary. Given the robust scientific literature and the predictable relationship between independent and dependent variables, it is up to those at the supervisory role to produce unit level plans to monitor for and ameliorate the effects of secondary traumatic stress disorder. I think that a combination of formal and informal processes is advisable. As an example of an informal process, in the Thursday morning Personality Disorder and Trauma clinic, we’ve been discussing ways to change the clinic format to help reduce the burden of secondary traumatic stress. As an example of a formal process, the department hosts a monthly, Monday afternoon compassion fatigue meeting, with support from HDSI, and attendance from different UCMC departments. If you’d like to attend or are interested in upcoming training opportunities, email me and you’ll receive meeting notifications (royce@uchicago.edu).

The Women’s Mental Health Clinic (WMHC) and the Family Planning Behavioral Health Services (FPBHS) together address the psychopharmacological and psychotherapy needs, respectively, of perinatal patients. Major depressive disorder with peripartum onset (also referred to as postpartum depression) is the most common presentation (1 in 5 deliveries) of peripartum disorders that affect patients around pregnancy and delivery. Other peripartum diagnoses include postpartum obsessive-compulsive disorder, posttraumatic stress disorder, psychosis and bipolar disorder. The WHMC and FPBHS work with the Department of Obstetrics and Gynecology to address these issues. The WHMC provides thorough evaluation and medication management. The WHMC utilizes a multidisciplinary team, which can include a resident, fellow, and psychologist to treat patients and provide support and consultation to physicians in the Department of Obstetrics and Gynecology in to prescribe medications for patients with mild depressive and anxiety symptoms. The FPBHS provides short-term psychotherapy utilizing an integrative therapeutic approach. Both clinics are gender-responsive services that strive to be inclusive and welcoming to trans patients and patients of all sexual orientations.

The Women’s Mental Health Clinic accepts referrals for psychiatric services/medication management in EPIC, self-referrals, and referrals from the University of Chicago Student Counseling Service. The Family Planning Behavioral Health Services accepts referrals for psychotherapy separately in EPIC. Individuals interested in learning more about the program can contact Dr. Zehra Aftab (WMHC) and/or Dr. Candice Norcott (FPBHS).

The Eating Disorders Research Program, directed by Dr. Jennifer Wildes, seeks to advance knowledge regarding factors involved in the expression and maintenance of disordered eating symptoms (e.g., extreme dietary restriction, binge eating, purging) with the ultimate goal of improving the detection, prevention, and treatment of eating disorders.

Current studies include a NIH-funded project in collaboration with the University of Pittsburgh that aims to characterize behavioral and neural facets of cognitive flexibility in adults with anorexia nervosa and bulimia nervosa, and a study funded by the Institute for Translational Medicine to test a putative biomarker for restrictive eating disorders in adolescents. The Program also serves as one of three sites for a NIH-funded postdoctoral program in eating disorders research that recently was renewed through 2024. There are two eating disorders postdocs at UChicago, Shannon O’Connor, PhD and Hana Zickgraf, PhD. Dr. O’Connor is leading a study to elucidate intergenerational factors that may link food insecurity to disordered eating and obesity, whereas Dr. Zickgraf’s research focuses on mechanisms underlying avoidant/restrictive food intake disorder (ARFID), including processes that may distinguish food restriction in ARFID and anorexia nervosa. Finally, Dr. Wildes completed her term as President of the Eating Disorders Research Society (EDRS) in September 2019 by hosting the 25th annual EDRS meeting at the Sheraton Grand Chicago.

The pathway featured local, national, and international speakers, with record attendance by 339 delegates from 18 countries.

Khalid I Afzal, M.D. is a Child & Adolescent Psychiatrist (CAP) who continued as the Director of Pediatric Consultation-Liaison Service after completing CAP Fellowship at UChicago in July 2010. He was promoted to an Associate Professor in July 2017. Clinically, Dr. Afzal has a CAP clinic for psychiatry residents and a specialized, Psychosomatic clinic with the CAP fellow. His teaching courses include psychiatric interviewing, advanced psychopharmacology, family intervention and clinical hypnosis. Along with his interests in teaching and cultural psychiatry research, Dr. Afzal is the founding member of the AACAP’s Pathways in Clinical Care (PaCC) workgroup for the development of the first-ever CAP pathways focusing on suicide risk screening in medical hospitals, pediatric delirium and somatic symptom and related disorder. The suicide risk screening pathway was developed in response to an alarming increase of suicide rate in the 10-24 y/o age-group during the past 7 years, and the Joint Commission’s National Safety Goal of screening ALL patients in the ER and medical hospitals. After the publication of the universal suicide-risk screening pathway, NIMH published a press release in December 2018 referencing the pathway, and included the link on its website https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/inpatient/inpatient-clinical-pathway.shtml.

The pathway has successfully been adopted by several institutions nationwide including Benioff Children Hospital, UCSF and currently, in the works at UChicago. Dr. Afzal has presented the pathway locally, and at the national and the international conferences, and is working with collaborators in Pakistan to validate the suicide risk screening tool (ASQ) in Urdu.
Molly Erickson, Ph.D., joined the department as an Assistant Professor in October 2019. She received her doctorate in Clinical Science and Neuroscience from Indiana University, and completed her internship at the Baltimore Consortium in 2013. She then completed a postdoctoral fellowship at the Maryland Psychiatric Research Center, where she studied visual working memory deficits in people with schizophrenia. Most recently she held a position as Assistant Professor at Rutgers University, where she established her own electroencephalography (EEG) laboratory and served as a part-time clinical psychologist in the Rutgers University First Episode Psychosis Clinic. Now at the University of Chicago, Dr. Erickson’s work is focused on understanding the neurophysiological basis of perceptual and cognitive deficits in people with psychosis. This work includes NIMH-funded efforts to characterize the relationship between EEG abnormalities and diminished memory capacity in people with psychosis, and to use neurofeedback training to restore these disrupted neural processes. Dr. Erickson is also a key member of the NIMH-funded Cognitive Neurocomputational Task Reliability and Clinical Applications for Schizophrenia (CNTRACS) Consortium, which aims to identify perceptual and cognitive tasks with high reliability and validity that can be used to assess treatment response in people with psychosis. Dr. Erickson looks forward to expanding upon this work and contributing to the growth of psychosis research and treatment in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago.

D. Ash Ehsan, M.D. joined the department as an Assistant Professor in August 2019. He received his M.D. from the University of Oklahoma College of Medicine and completed his Adult Psychiatry residency training at the University of Chicago. Dr. Ehsan’s work within the department is focused on the management of Treatment Resistant Depression. Additionally, he will be restarting the electroconvulsive therapy service at the University of Chicago and Ingalls Memorial Hospital. He also hopes to start a Gender, Sexuality, and Sexual Health clinic, which would focus on providing care to LGBTQIA+ individuals. He works closely with Dr. Jon Grant in researching addictive, compulsive, and impulsive disorders including Trichotillomania, Obsessive-Compulsive Disorder, and Borderline Personality Disorder. Dr. Ehsan is excited to remain at the University of Chicago as faculty and looks forward to contributing to the growth of the department as well as being involved in the education and training of residents and medical students.

Carolyn Shima, M.D. is a forensic psychiatrist and assistant professor in psychiatry at University of Chicago Medical Center. She joined our faculty in July 2018, and currently splits her time teaching at University of Chicago Ingalls Hospital in Harvey, IL on the psychiatric inpatient teaching service, and at UCM main campus. She graduated from Rush Medical college and then attended the University of Chicago for Psychiatry Residency. She was chief resident in 2017. She completed her forensic fellowship at Saint Louis University. She has experience performing forensic evaluations of competency to stand trial, insanity defense, mitigation factors, undue influence/testamentary capacity, and in a variety of criminal and civil cases. Her current clinical practice includes teaching residents and medical students, treating patients in both inpatient and outpatient settings, and psychotherapy.

Fabiana S. Araújo, Ph.D., comes to us from Brazil, where she practiced as a licensed psychologist prior to moving to the US. She completed her pre-doctoral internship at The University of Chicago Medicine (UCM) and received her doctoral in clinical psychology from Illinois Institute of Technology in 2016. After a one-year post-doctoral fellowship in women’s health at Harbor-UCLA, she returned to UCM for a post-doctoral fellowship in integrated behavioral medicine. In January 2019, Dr. Araújo joined the department faculty and currently leads the behavioral medicine service integrated to UCM primary care group. She is passionate about health care providers wellness and is currently involved in several initiatives aiming to address burnout and compassion fatigue among the hospital’s staff, trainees, and faculty. Her clinical practice is informed by cognitive behavioral therapy and mindfulness-based psychotherapies.
A selection of recent scholarly works from our faculty:


**Media Notes**


**Dr. Fridberg:** Discusses a new App for CBT with TechCrunch on July 16th [https://techcrunch.com/2019/07/16/quirk-wants-to-make-cognitive-behavioral-therapy-more-accessible/](https://techcrunch.com/2019/07/16/quirk-wants-to-make-cognitive-behavioral-therapy-more-accessible/)

**Dr. Anam:** Was on WBEZ Morning Shift to speak about Asian American Mental Health and Stigma [https://www.wbez.org/shows/morning-shift-podcast/asian-american-communities-raising-awareness-removing-stigma-around-mental-health/2e1c8fa9-bd38-41a5-98d6-ccbf4aa7297b](https://www.wbez.org/shows/morning-shift-podcast/asian-american-communities-raising-awareness-removing-stigma-around-mental-health/2e1c8fa9-bd38-41a5-98d6-ccbf4aa7297b)

**Dr. Asvat:** Attended the Second Annual event for cancer survivors and caregivers. [https://www.uchicagomedicine.org/forefront/cancer-articles/2019/may/second-annual-event-for-cancer-survivors-and-caregivers](https://www.uchicagomedicine.org/forefront/cancer-articles/2019/may/second-annual-event-for-cancer-survivors-and-caregivers)

**Grants Received**

**Research Grants:**

**Dr. Jon Grant:** Promentis Pharmaceuticals, “A Preliminary, Double Blind, Placebo-Controlled Study to Explore the Safety, Tolerability, and Activity of SXC-2023 in Adults with Moderate to Severe Trichotillomania (TTM)”.

**Dr. Karam Radwan,** State of Illinois (LaRabida Children’s Hospital), “Treatment and Medication Management”

**Dr. Jon Grant,** Genentech, “A Phase III, Randomized, Double-Blind, Placebo Controlled, Parallel Group, Multicenter, 52-week Efficacy and Safety Study of RO5285119 in Adults with Autism Spectrum Disorders with a 2 Year Open Label Extension”

**Dr. Kathryn Keenan,** NIH (Univ. of Pittsburgh), “Preconception stress exposure: Impact on pregnancy and offspring neurodevelopment”
**Clinical Programs**

**Adult Psychiatry Programs:**
- Addiction Disorders Program*
- Aggression Disorder Program*
- Anxiety Disorder Program*
- Eating Disorder Program*
- Obesity Program
- Personality Disorder Program*
- Psychotic Disorder Program*
- Treatment Resistant Depression Program*

- Consultation-Liaison Psychiatry
- Adult Clinical Neuropsychology

**Child & Adolescent Programs:**
- Mood & Anxiety Disorder Program*
- ADHD and Disruptive Disorder Program*
- Developmental Disorder Program*
- Eating Disorder Program*

- Inpatient Psychiatry
- Consultation-Liaison Psychiatry
- C&A Clinical Neuropsychology

*Call Intake @ (773) 702-3858
Direct Line for Eating Disorder: 773-834-0362

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**Major Research Programs**

- Addictive, Compulsive, & Impulsive Disorders (Dr. Grant)
- Behavioral Genetic Studies of Aggression and Antisocial Behavior, and Twin Studies (Dr. Jacobson)
- Behavioral Neuroscience Research Laboratory (Dr. Vezina)
- Biologic & Pharmacologic Treatment Studies of Impulsive Aggression (Dr. Coccaro)
- Biological and Treatment Studies of Nicotine and Alcohol Addiction (Dr. King)
- Biological Studies of Stress and Personality (Dr. Lee)
- Cognition Emotion Neuroscience Laboratory (Dr. Keedy)
- Developmental Psychopathology (Dr. Keenan)
- High Performance Electrical Neuroimaging Laboratory (Dr. Cacioppo)
- Human Neuropsychopharmacology (Dr. de Wit)
- Molecular Genetics of Mood & Psychotic Disorders (Dr. Gershon)

Eating Disorders (Dr. Jennifer Wildes)

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