

2018-19 FALL/WINTER NEWSLETTER

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UNIVERSITY OF LOUISVILLE DEPRESSION CENTER

DR. RICHARD KOGAN, PSYCHIATRIST, CONCERT PIANIST, AND MASTER STORYTELLER, TO PERFORM AT DEPRESSION CENTER BENEFIT DINNER

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Throughout history, we have known of individuals who were considered creative geniuses, yet struggled with their mental health. Who better to help us understand the complexities of a musical composer with mental illness than Dr. Richard Kogan, a psychiatrist who has had a distinguished career both as a concert pianist and a physician. Dr. Kogan has noted that the intra-



psychic conflict in mental illness can inspire extraordinary creativity.

At the University of Louisville Depression Center Annual Benefit Dinner on March 7, 2019, Dr. Kogan will share his insights into the fascinating connections between the life, mind, and music of the composer, Robert Schu-

mann (1810-1856), who dealt with bipolar disorder. We will hear Dr. Kogan discuss the effect of mental illness on Schumann's music, and listen to some of the composer's most glorious musical compositions.

Dr. Kogan has gained renown for his storytelling concerts that explore the influence of illness on the creative output of composers. His presentations have been given throughout the world at concert series, music festivals, and medical conferences. Reviewing one of his recordings, Yo-Yo Ma wrote, ".....Through a unique combination of brilliant psychiatric insights and superb musicianship, my musical colleague, Richard Kogan, presents a rich multidimensional profile revealing some of the most intimate sources of Robert Schumann's enormous creativity, imagination, and artistry."

Events such as this benefit dinner will help those of us involved with mental health to better understand the burden of psychiatric illness and will reduce stigma by showcasing

the achievements of one who has lived with this disorder.

Dr. Kogan is a clinical professor of psychiatry at Weill Cornell Medical College, and Artistic Director of the Weill Cornell Music and Medicine Program. He studied piano at the Juilliard School of Music and earned his undergraduate and medical degrees at Harvard. He has a private practice of psychiatry in New York City.

Kathy Vincent, MD

Schumann: Music, Mood Swings and Madness

Presented by
Richard Kogan, MD

March 7, 2019
Muhammad Ali Center
6-9 p.m.
\$125/person
(For more information, email or call
Carol.wahl@louisville.edu
502-588-4886)

TREATING CHRONIC INSOMNIA

ALLIE HICKS, MS, AND RYAN WETZLER, PHD, SLEEP HEALTH CENTER, LOUISVILLE, KENTUCKY

Chronic insomnia is a very common problem that often goes hand-in-hand with mood and anxiety disorders.



However, the pathways between sleep and mood are complex and intertwined. Do people with depression experience insomnia as a result of their depression? Or does prolonged sleep difficulty cause depressive symptoms? The answer is probably yes to both questions. Lack of quality sleep may function as a barrier to addressing symptoms of depression; and conversely, by treating the sleep disturbance, symptoms of depression can improve.

The most commonly recommended treatment for insomnia involves a combination of sleep medication and guidance on improving sleep hygiene. But

caution is needed when using sleeping medications. Consequences can include dependency, increased risk of falls, memory problems, and accidents. Another problem is worsening of insomnia when the medications are stopped.

Fortunately, a scientifically proven, non-drug treatment, cognitive-behavioral therapy for insomnia (CBT-I) is available for chronic insomnia. CBT-I effectively and efficiently reduces sleep disturbances without the use of medication. In addition to reduction of sleep disturbances, CBT-I also improves depression and helps people discontinue sleep medication.

Sleep hygiene education is the other commonly used practice for management of insomnia. If you have experienced sleep difficulty, you may have received sleep hy-



giene education in the form of a simple handout—a list of do's and don'ts like "go to bed at the same time," "get out of bed if you can't sleep," and "don't drink caffeine." Although these recommendations may be of help to those with acute insomnia, chronic insomnia is rarely solved by just improving sleep hygiene.

If you have never heard of CBT-I, you are not alone. Although CBT-I is recognized as first-line treatment for insomnia by the National Institutes of Health and the American College of Physicians, few have heard of this powerful treatment approach. Efforts to increase awareness of CBT-I have been hampered by a shortage of well-trained providers. However, clinicians at the University of Louisville Depression Center can evaluate people for chronic insomnia, implement CBT-I methods in some cases, and refer those who need specialist treatment.

Major Points:

1. Sleep is often impaired in those with mood and anxiety disorders.
2. Treating insomnia improves outcomes in those with mood disorders.
3. Use of sleep medication can have produce dependency and significant side effects.
4. CBT-I is a first line treatment for insomnia and can improve depression.

Learn more about the treatment of insomnia:

<https://www.consumerreports.org/cro/2015/03/the-truth-about-sleeping-pills/index.htm>

<https://consensus.nih.gov/2005/insomniastatement.htm>

<https://www.acponline.org/acp-newsroom/acp-recommends-cognitive-behavioral-therapy-as-initial-treatment-for-chronic-insomnia>

2018 ANNUAL CONFERENCE, NOV. 1-2, 2018

DEPRESSION AND ANXIETY DISORDERS 2018: TRANSLATING SCIENCE INTO CLINICAL PRACTICE

The Twelfth Annual Conference of the University of Louisville Depression Center, November 1st and 2nd, 2018, will feature leading experts on the practical application of scientific findings in solving difficult clinical problems. Keynote presentations and interactive workshops will be



given by three guest speakers, including...

David A. Clark, Ph.D., Chair of Experimental Psychology at Oxford University in England, who will present, *Social Anxiety Disorder: Why Is It So Persistent? What Does That Tell Us About Treatment?*



Mark M. Frye, M.D., Chair of the Department of Psychiatry at the Mayo

Clinic, presenting *Biomarkers That Can Potentially Inform Clinical Practice & Drug Development in Mood Disorders*;



Laura Wright McCray, M.D., is Associate Professor and Director of

Residency Training in Family Medicine at the University of Vermont; Dr. McCray will present, *Bridging the Divide:*

The Intersection of Mental Health and Primary Care.

Afternoon Workshop topics will include: Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents David M. Clark, Ph.D.

Best Practice and Better Practice 2018: Difficult-to-Treat Mood Disorders Mark M. Frye, M.D.

Youth at Risk: What Can We Do? Christopher Peters, M.D. Allison Tu, Student, duPont Manual High School

Burned Out? Tools for Promoting Wellness in Clinicians and Their Patients Laura Wright McCray, M.D.

Cognitive-behavior Therapy for Chronic Pain: Coping Strategies That Work Svetlana Famina, M.D. Johnny Lawrence, M.D. Josh Moore, M.D. Erik Rotterman, M.D.

Introduction to Acceptance and Commitment Therapy: Letting Go of Struggles and Living Vivality Brian Casey, M.D.

(Watch your email for date of 2019 annual conference)

SELECTED RECENT PUBLICATIONS....DEPRESSION CENTER FACULTY

David A. Casey, MD

- Robinson, KM, Crawford, TN, Buckwalter, KC, **Casey, DA**: Outcomes of a two-component intervention on behavioral symptoms response in their caregivers. *Journal of Applied Gerontology*, 37(5), May 2018.
- **Casey, DA**: Depression in older adults: A treatable medical condition. *Physician Assistant Clinical, Geriatrics*, reprint, 3:4 (2018): 531- 542, October 2018

Jesse H. Wright, MD, PhD Tracy D. Eells, PhD

- Thase ME, **Wright JH, Eells TD**, et al: Improving the Efficiency of Psychotherapy for Depression: Computer-Assisted Versus Standard CBT. *American Journal of Psychiatry*, 175(3):242-250, March 2018
- Wells MJ, Owen JJ, McCray LW, Bishop LB, **Eells TD**, Brown GK, Richards D, **Wright JH**: Computer-assisted Cognitive-behavior Therapy for Depression in Primary Care: Systematic Review and Meta-analysis. *Primary Care Companion for CNS Disorders*. *Primary Care Companion CNS Disorders*, doi: 10.4088/

PCC.17r02196, 20

(2):17r02196, March 2018

- **Wright JH**, Owen JJ, **Eells TD**, et al: Computer-assisted Cognitive-Behavior Therapy for Depression: A systematic review and meta-analysis. *Journal for Clinical Psychiatry*, accepted for publication, June 2018

Rif El-Mallakh, MD Cunevt Tegin, MD

- **El-Mallakh RS** and Furdek C: (2018). "Cycloid Psychosis." *Am J Psychiatry* 175(6): 502-505.
- **Tegin C**, Tegin G, and **El-Mallakh RS**: (2018). "Effective Vortioxetine Dose

Varies with Extent of Antidepressant Use Across Countries." *Psychopharmacol Bull* 48(1): 26-39.

Stephen S. O'Connor, PhD

- McClay MM, **O'Connor SS**, et al: (2018). "Denial of Suicide Attempt Among Hospitalized Survivors of a Self-Inflicted Gunshot Wound." *Psychiatr Serv* 69 (6): 657-663.
- **O'Connor SS**, McClay M, Choudhry S, et al: (2018). "Pilot Randomized Clinical Trial of Teachable Moment Brief Intervention for Hospitalized Suicide Survivors." *General Hospital Psychiatry*. Online. <https://doi.org/10.1016/j.genhosppsych.2018.08.001>

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The University of Louisville Depression Center provides an interdisciplinary, multi-faceted approach to depression treatment through clinical services, research, and community and professional education. And through its involvement with the National Network of Depression Centers, the UofL Depression Center is part of a comprehensive and far-reaching effort to develop newer and more effective therapies. Together we are building the knowledge to improve the treatment of depression, bipolar illness, and related problems.



For more information about NNDC, visit <https://nndc.org>

WELCOME NEW FACULTY MEMBERS.....

We are pleased to welcome our three newest faculty members:

Brian Casey, MD



Dr. Casey graduated from the University of Louisville School of Medicine and completed residency at the University of North

Carolina. He returned to his hometown and is now a clinical instructor with the UofL Department of Psychiatry & Behavioral Sciences and sees patients at the UofL Physicians Outpatient Center.

Chris Stewart, MD



Dr. Stewart, who is board-certified in addiction psychiatry, completed both his medical

school and residency training at the University of Louisville. He served previously as UofL faculty member from 2004-2015 and has rejoined the faculty as Director of the Addictions Program and Medical Director of Outpatient Psychiatry.

Cuneyt Tegin, MD



Dr. Tegin is originally from Turkey, where he completed medical school at the

Pammukale University School of Medicine. He completed his residency training in 2018 in University of Louisville Department of Psychiatry & Behavioral Sciences and joined the UofL faculty on July 1, 2018. His wife, Gulay, is currently a second year resident in psychiatry.