

2022 SPRING/SUMMER NEWSLETTER

Published by
UNIVERSITY OF LOUISVILLE DEPRESSION CENTER

2022 Spring/Summer
Newsletter

DR. GARY SMALL, AUTHOR OF "THE MEMORY BIBLE," WILL BE GUEST SPEAKER AT VIRTUAL DEPRESSION CENTER BENEFIT EVENT, APRIL 21, 2022

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The University of Louisville Depression Center will host its 2022 benefit event on **Thursday, April 21, 2022**, from 6-7 p.m., via Zoom link.



The benefit event will feature Dr. Gary Small, a leading expert in ways to promote excellent memory functioning into old age.

Gary Small, M.D., is Chair of Psychiatry at Hackensack University Medical Center, Behavioral Health Physician-in-Chief and the Hovnanian Family Foundation Endowed

Chair in Behavioral Health for Hackensack Meridian Health.

Dr. Small is a co-inventor of the first positron emission tomography (PET) scanning method that provides images in living people of Alzheimer's disease abnormal brain proteins—amyloid plaques and tau tangles. In addition to testing compounds that may benefit cognitive abilities and possibly delay the onset of Alzheimer's disease symptoms, Dr. Small has studied and developed lifestyle and memory training programs for improving cognition and healthy aging, which have been made available throughout the U.S. and abroad in senior centers, hospitals, and other community sites. Dr. Small has authored more than 500 scientific works and received numerous awards and honors, including the American Psychiatric Association's Weinberg Award for Excellence in Geriatric Psychiatry. *Scientific American* magazine named him one of the world's top 50 innovators in

science and technology. He is the author of 12 popular books, including *The New York Times* bestseller, "**The Memory Bible.**"



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There is no charge to attend this event, however, your support of our programs is appreciated. To make a gift, please visit:

<http://give.louisville.edu/DepressionCenter>

Register to attend:

<https://uoflhealth.zoom.us/j/93615431271>

GENETICS OF SEVERE DEPRESSION STUDY BEGINS



The University of Louisville Depression Center is set to begin participation in a study of the genetics of severe depression in collaboration with the principal research site at Johns Hopkins University and the National Network of Depression Centers. This large-scale study seeks to find specific genetic markers for severe depression compared to milder depression.

Because electroconvulsive therapy (ECT) is used for severe depression, the criteria for patients to be included in the study are current treatment with ECT or having received ECT in the past. Both major depressive disorder and bipolar disorder will be studied. Genetic samples from study participants will be compared with samples from patients with mild depression from a very large genetic data bank—the Psychiatric Genomic Consortium. The goal for patient participation across all sites is 15,000.

ECT is performed by University of Louisville psychiatrists at University of Louisville Hospital, under the direction of George Kalayil, M.D., and at Norton Hospital, under the direction of

John Huang, M.D., Ph.D. Drs. Kalayil and Huang will join Brian Casey, M.D. and Jesse H. Wright, M.D., Ph.D. as investigators for the study. Sharon Nuss will be the study coordinator.

Referrals to the study can be made by contacting Sharon Nuss (sharon.nuss@louisville.edu; 502-407-0471) or any of the investigators. Patients must have a diagnosis of major depressive disorder or bipolar disorder to be included. Study exclusions include a history of head trauma with unconsciousness or a lifetime primary diagnosis of a psychotic disorder. Patients will participate in a brief interview, rating of depressive

symptoms, and will provide a saliva specimen for genetic analysis. No financial compensation will be provided to patients.

The goals of this study include finding genetic differences between severe and mild depression that could lead to improved treatments, and the determination of genetic markers that predict outcome to treatment with ECT. The investi-



gators at the University of Louisville Depression Center are pleased to participate in this ground-breaking study.



NATIONAL NETWORK *of* DEPRESSION CENTERS

The University of Louisville is a founding member of the
National Network of Depression Centers

DEPRESSION CENTER DIRECTOR PUBLISHES NOVEL ABOUT HEALING FROM PTSD



Dr. Jess Wright, Director of the University of Louisville Depression Center, has published a novel, *A Stream to Follow*, that tells an inspiring story of recovery from PTSD. Set in the post-WWII era in small town America, the book centers on the struggles of Bruce Duncan, a battle-front surgeon who is haunted by images of soldiers he tried to save, his own near-death experiences, and the Englishwoman he lost. At a time when little was known about PTSD and treatments weren't available, Bruce has to find his own "Stream to Follow."

Reader's Favorite called the book "... a standout novel in post-WWII fiction that will grip your heart and never truly let go." And Devin Murphy, author of *The Boat Runner* said that *A Stream to Follow* "... recalls the best parts of Hemingway's Nick Adams, diving deep into the ghosts of war, embers of passion, and the drive to do good work."

Dr. David Casey, Chair of the Department of Psychiatry and Behavioral Sciences at the University of Louisville will interview Dr. Jess Wright about *A Stream to Follow* at a book event at Carmichael's Book Store on Frankfort Avenue in Louisville on April 22, 2022 at 7 pm.

Pre-registration for the book event on April 22nd is recommended at <https://www.carmichaelsbookstore.com/event/dr-jess-wright-presents-stream-follow>

COPING WITH TRAUMA

JESSE H. WRIGHT, MD, PHD, KOLB ENDOWED CHAIR FOR OUTPATIENT PSYCHIATRY

Barbara Rothbaum, Ph.D., a Professor of Psychiatry, Director of Veterans Program and Trauma and Anxiety Recovery Program at Emory University Department of Psychiatry and Behavioral Sciences, and recent speaker at the University of Louisville Depression Center Annual Conference, has dedicated her career to improving the understanding of trauma experiences and improving the treatment of post-traumatic stress disorder (PTSD.) Because emotional trauma occurs so frequently, Dr. Rothbaum's writings have an important message for everyone.

What to say to victims of trauma.

It can be very difficult to find words to offer support and comfort to victims of trauma. Dr. Rothbaum recommends that we avoid critical comments or questions about why the victim didn't escape or fight back. Instead, these types of empathic and affirming comments can be helpful:

- ▶ *I'm sorry that happened to you . . . I want to help in any way I can . . . I'm proud of you.*
- ▶ *I want to help. Can you tell me how? . . . This doesn't change what I think of you.*

- ▶ *I can't imagine being in that situation . . . You did what you had to do to survive.*
- ▶ *I believe in you.*

What treatments work for PTSD?

There are several treatments that have been shown to be effective in research studies. Cognitive-behavior therapy (CBT) with prolonged exposure (PE), a treatment used extensively at the UofL Depression Center, is one of the principal therapies. Through a gradual exposure to triggers for PTSD and cognitive processing (talking about and learning how to cope with traumatic experiences), patients can reduce or eliminate symptoms such as flashbacks, nightmares, startle responses, and emotional numbing.

A related treatment method, cognitive processing therapy (CPT), helps patients with modifying traumatic memories that have kept them stuck in PTSD but has less reliance on exposure to triggers for PTSD. Another approach, eye movement desensitization (EMDR), uses eye tracking movements (following

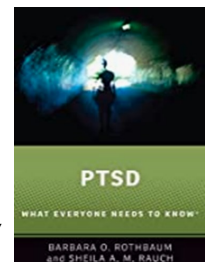
movements of the therapists fingers) to rework traumatic memories. All of these therapies have solid evidence for effectiveness.

What can you do to help yourself with PTSD?

According to Dr. Barbara Rothbaum, there are a variety of things people can do to cope with PTSD:

- ▶ Talk about it, talk about it, talk about it.
- ▶ Talk with family, friends, clergy, and/or a professional therapist.. Wear it out till you have done as much as needed.
- ▶ Put yourself in situations that could trigger memories of trauma. Let the tension wane.
- ▶ Get treatment for other conditions such as depression and medical conditions such as physical pain. Avoid over-use of alcohol and drugs.
- ▶ Exercise, spiritual support and practices, mindfulness meditation.

Adapted from Rothbaum, BO and Rauch SA. *PTSD, What Everyone Wants to Know*, 2020



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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>

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Congratulations and Welcome to Our 2022-2023 Incoming Residents