

THE INWARD EYE

The official newsletter of the Department of Psychiatry and Behavioral Sciences
Feinberg School of Medicine, Northwestern University



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Did You Know?



Randolf Sinks Foster
President of Northwestern University, 1856-1860

• America's First Psychology Course offered at Northwestern University

Thomas Cadwallader, a historian of psychology at Indiana State University, presented a paper at the 1985 meeting of the Midwestern Psychological Association entitled *The Midwest's – and the Nation's? – First Course Called 'Psychology: Northwestern University, 1857*. He noted that **Randolf S. Foster**, president of Northwestern University from 1856 to 1860, had used the title "Psychology" for a course in 1857, well before the term was first used at Yale (1872-73) or Harvard (1874-75). After checking all schools in the Midwest at that time, and some farther east, Cadwallader speculated that Foster's course may well have been the first in the nation to use the title "Psychology."

Feinberg School of Medicine Establishes New Center for Psychiatric Neuroscience

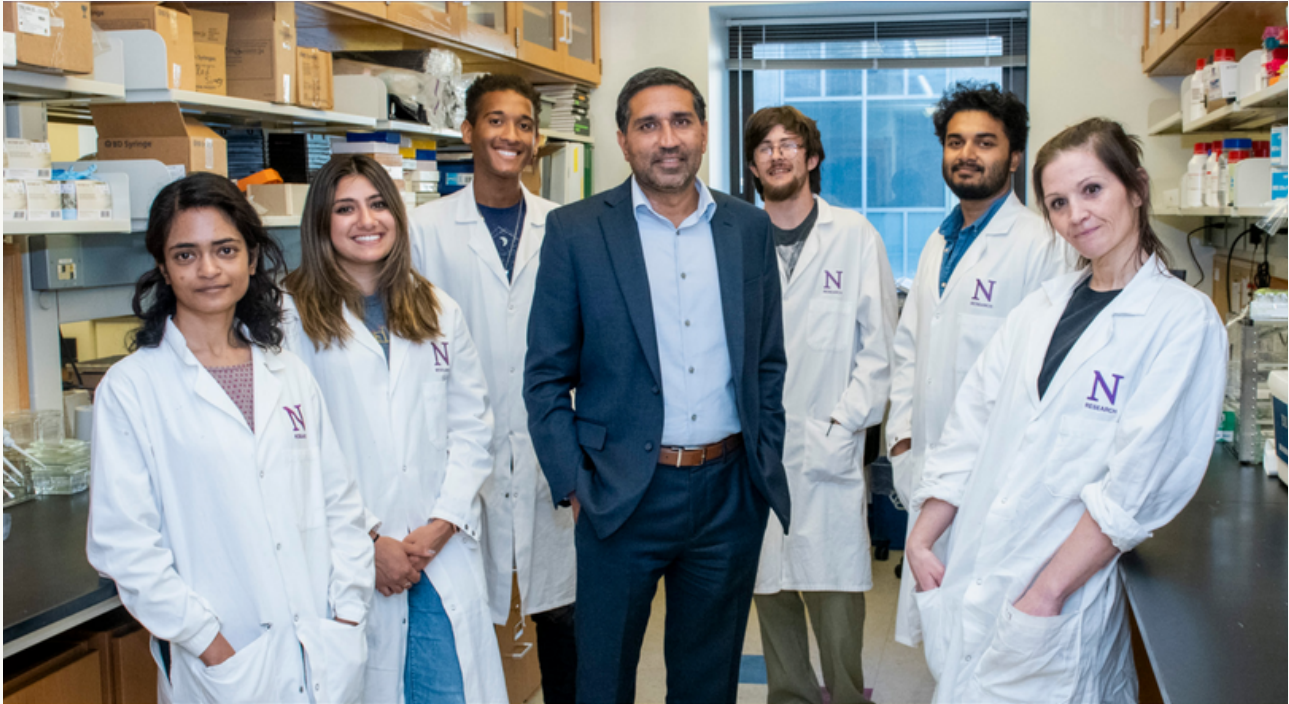


Photo Credit: Feinberg Web Team

The newly established Center for Psychiatric Neuroscience will serve as a collaborative hub to unite interdisciplinary scientists looking to understand neural mechanisms underlying mental illness and develop novel therapeutics. Information about the center can be found at the Center for Psychiatric Neuroscience site and Northwestern faculty or trainees can apply to become a member through the center's membership application.

In addition to serving as a platform for recruiting new faculty to Feinberg, the center will be a focal point for current Northwestern faculty with an interest in utilizing neuroscience approaches to better understand pathophysiological mechanisms of mental illness.

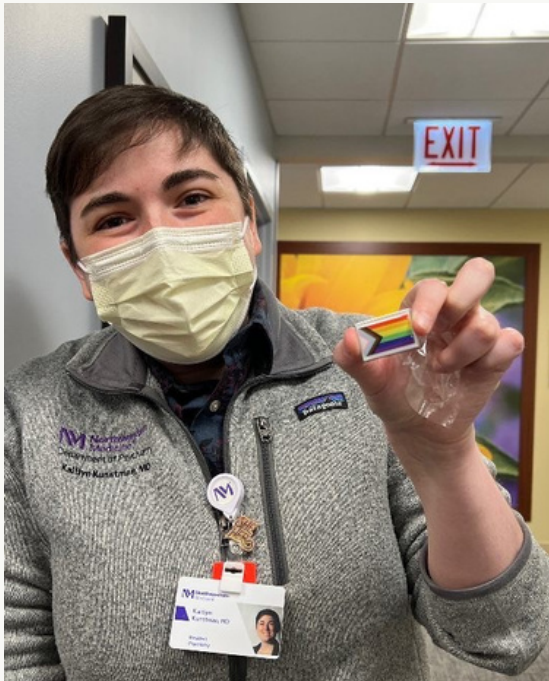
While center investigators are focused broadly in mental health neuroscience, recently recruited faculty will be especially focused on understanding stress-related psychiatric disorders and their comorbidity with substance use disorders and the neural basis of trauma memory formation and expression important for understanding disorders such as PTSD.

The center will also host educational events and provide technological resources and support for scientists studying translational neuroscience and psychiatry.

[Click here to read more](#)

Mission Updates

Clinical



NEW CLINICS IN THE DEPARTMENT

Kaitlyn Kunstman, MD will lead two new clinics that are designed to support the mental health of LGBTQ and gender diverse adults, and address the social determinants of health that disproportionately impact this patient population. The Gender Clinic takes place every Friday afternoon, and The LGBTQ Clinic starts first week of July.

The Gender Clinic is designed to support the mental health of young, gender diverse adults who are seeking further evaluation for gender-affirming treatment and ongoing psychiatric management.

The LGBTQ Psychiatry Clinic provides mental health services, including psychiatric evaluation, diagnosis, treatment recommendations, and referral to additional behavioral health supports, for LGBTQ patients.

For more information about this research please contact kaitlyn.kunstman@nm.org

NORMAN AND IDA STONE INSTITUTE OF PSYCHIATRY

The Norman and Ida Stone Institute of Psychiatry inpatient unit at Northwestern Memorial Hospital delivers comprehensive and personalized care to patients. In this video, we share details of the unit's innovative design, as well as the team approach to comprehensive consultations, diagnostic testing and treatments for some of the most complex behavioral health disorders.



HOSPITAL CODING SIMPLIFIED FOR 2023

On January 1st, 2023, the American Medical Association rolled out new rules for selecting CPT codes for hospital visits.

These changes make it possible for providers to save time, to omit unnecessary verbiage from medical documentation, and to get credit for the most important part of their work.



Mission Updates

Education



With the last in-person meeting held in 2020, this year's American Association of Directors of Psychiatric Residency Training (AADPRT) Conference provided a rare opportunity to exchange information and ideas face-to-face with residents, fellows, program directors and coordinators from all over the country. The AADPRT annual meeting serves as a forum to discuss the current challenges students, trainees, and program directors face. In addition, it provides an opportunity for potential solutions and creative ideas to be exchanged between various psychiatric educational programs.



Networking

"For someone like myself who is just six months into this position, the conference provided a great orientation, and served as a motivator and idea generator for ways in which we can improve our own training programs."

— Eric Montenegro, Education Coordinator



Development

Brent Schnipke, MD was one of five distinguished residents to receive the George Ginsberg Fellowship Award for outstanding contributions to resident and medical student education. Dr. Schnipke seeks to improve the culture around education and make meaningful improvements for psychiatry trainees here at Northwestern. He will continue these efforts as one of the newest faculty members when he joins the department this summer.

— Dr. Brent Schnipke receiving the George Ginsberg Fellowship Award

MATCH DAY 2023!



Justin Saunders
Virginia Commonwealth
Research Track



James Dickson
Northwestern



Tolulope Salako
University of Illinois
Chicago



Anthony Mei
Northwestern



James Hammock
Albert Einstein



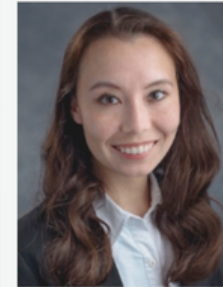
Eric Pan
Case Western Reserve



Faith Horbatch
University of Michigan



Trevar Ziemer
Medical College of
Wisconsin



Christine Mozer
University of Chicago

Please join us in welcoming the Northwestern Psychiatry Residency Class of 2027! We are thrilled to have a diverse group of accomplished students joining Northwestern psychiatry this summer.

Thank you so much to all the residents, faculty, and staff who made recruitment a huge success this year.



Mission Update Research



Linda Teplin, PhD, and her team launched the first-ever longitudinal study investigating the mental health and long-term outcomes of youth detained in the juvenile justice system. Photography by Amanda Dee.

Linda Teplin Named Fellow of the American Association for the Advancement of Science

Linda A. Teplin, PhD, has been selected for the 2022 fellows of the American Association for the Advancement of Science (AAAS), the largest general scientific society in the world. Teplin has led the Northwestern Juvenile Project for the past four decades, forging the path that created the first large-scale longitudinal study of health needs and psychiatric disorders in incarcerated females and males, examining both adults and juveniles.

This award recognizes Linda for her innovating research and dedication to understanding the mental health needs of detained persons and the long-term outcomes associated with incarceration.

Featured articles

Gender-Affirming Hormones Improve Mental Health in Transgender and Nonbinary Youth

Diane Chen, PhD, led a recently published study on the affects gender-affirming hormones have on transgender and nonbinary youth. The study found that this demographic experienced significant improvement in their appearance aligning with their gender, and sustained improvements in depression and anxiety over two years after starting treatment.

Dr. Chen is the Behavioral Health Director for the Potocsnak Family Division of Adolescent and Young Adult Medicine at Lurie's Childrens hospital.

The Northwestern SuperAging Research Program

The SuperAging Program is the brainchild of Emily Rogalski, PhD, whose research seeks to help adults over 80 retain the cognitive function of someone 20 to 30 years younger. The program is the first of its kind at Northwestern, and focuses on what is going right with aging, as opposed to what is going wrong.

Dr. Rogalski was recently featured in [Well Adjusted](#), Fortune magazine's wellness newsletter full of simple strategies to work smarter and live better.

[Click here to read more](#)

Upcoming Events

Social media: the good, the bad, and the hopeful...

Researcher, Dr. Ashley Knapp, recently went on Science Rehashed, a non-profit science podcast, to talk about the digital tools her team is developing for youth to combat anxiety and how we can make these tools accessible and effective for all.

[Check out her episode of Science Rehashed on Spotify!](#)

**SCIENCE
REHASHED**
A NON-PROFIT
SCIENCE PODCAST



March is Social Work Month!

We would like to thank our SW team for the significant contributions they make to our patients and the department. They provide psychotherapy services and clinical expertise in many areas throughout NMHC. Please take the time to thank our social workers for all that they do!



FSM is reinstating Lewis Landsberg Research Day!

Research Day is a great opportunity to highlight the innovative work taking place in psychiatry and demonstrate its importance to colleagues in other departments at FSM as well as students.

17th Annual Lewis Landsberg Research Day Thursday, September 14, 2023 1:00 – 5:00 p.m. The call for abstracts will go out at the end of July

Keynote Speaker: Craig B. Thompson, MD Cancer Biology and Genetics Program Memorial Sloan Kettering Cancer Center

Locations: Louis A. Simpson and Kimberly K. Querrey Biomedical Research Center, Robert H. Lurie Medical Research Center and the Third Floor Conference Center, Northwestern Memorial Hospital Feinberg Pavilion

Bright Light Therapy: Practical Applications in Psychiatry Workshop

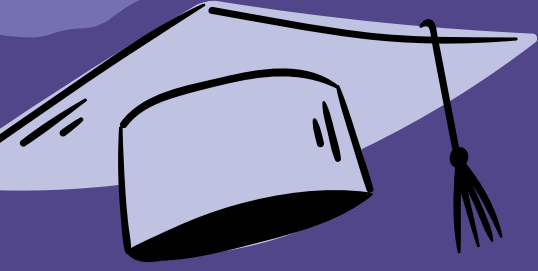
When: Friday, March 31, 2023, 8:00am - 4:30pm

Location: Prentice Women's Hospital — 250 E. Superior St, Chicago, IL — 3rd Floor Conference Center, Room L

Learning Objectives:

- To inform clinicians of approaches to integrate bright light therapy into treatment plans to improve outcomes of patients with major mood disorders.
- To enhance the knowledge base of clinicians on the underlying mechanisms of bright light therapy and clinical chronotherapeutics.
- To examine novel applications that utilize bright light therapy in reproductive psychiatry.
- Indications of bright light therapy in the management of seasonal affective disorder, non-seasonal major depression, perinatal major depression, and bipolar depression, as well as sleep or circadian rhythm disturbances will be discussed.





NORTHWESTERN UNIVERSITY
FEINBERG SCHOOL OF MEDICINE

2023 Graduation Ceremony

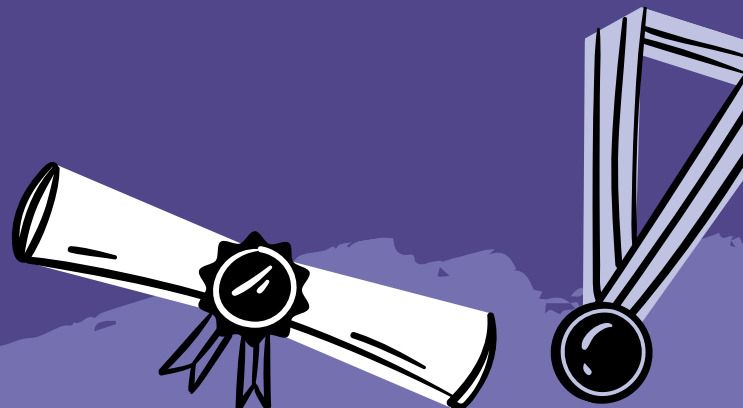
SAVE THE DATE!

Friday, June 9th

5PM - 7PM

THE DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

PRENTICE WOMEN'S HOSPITAL, HARRIS FAMILY
ATRIUM 245 E. CHICAGO AVENUE, 3RD FLOOR





BROOKSTONE CONFERENCE



September 15th, 2023
12:00PM to 6:00PM

Prentice Women's Hospital
Harris Family Atrium - 3rd Floor
250 E. Superior Street, Chicago, IL 60611



DISCUSSIONS AND INSIGHTS

“Cannabis on the Brain: *Implications for Mental Health and Development*”

With increasing access sweeping the country, the effects of Cannabis on brain development, cognition, emotion, and their relevance to risk for mental illness are of great interest to physicians, scientists, and the public at large. This year’s Brookstone Conference will bring together world leaders in the areas of Cannabis biology and therapeutics to discuss the newest scientific discoveries in the field and their implications for mental health.

Hosted By:

Sachin Patel, MD, PhD

Chairman & Lizzie Gilman
Professor of
Psychiatry and Behavioral
Sciences



KEYNOTE SPEAKERS

Yasmin Hurd, PhD

Chair, Translational
Neuroscience
Director, Addiction
Institute at Mount Sinai,
Icahn School of
Medicine at Mount Sinai



Kent Hutchison, PhD

Professor of Psychology
and Neuroscience,
University of Colorado
Boulder



Matthew N. Hill, PhD

Professor of Cell Biology
and Anatomy
Hotchkiss Brain Institute
University of Calgary



More information

To receive future communications regarding the 2023 Brookstone Conference, please submit your name and email address [here](#)

A man wearing a black graduation cap with a gold tassel and a dark grey graduation gown with a teal stole is speaking at a wooden podium. He is wearing glasses and has a serious expression. A microphone is positioned in front of him. The background is a plain, light-colored wall.

IN LOVING MEMORY OF
John A. Csernansky

1954 - 2022

Memorial Service

Robert H. Lurie Medical Research Center

Hughes Auditorium: Rm 1-133

303 East Superior Street

Thursday May, 4th

4:30PM - 6:30PM

Northwestern
Medicine
Feinberg School of Medicine