MUSC Psychiatry
Chair Update
September 2015

Thomas W. Uhde, MD
Department of Psychiatry and
Behavioral Sciences &
Institute of Psychiatry
Alvaro A. Giraldo, MD, MA has joined Comprehensive Psychiatric Care Specialists. Dr. Giraldo is an Associate Professor of Psychiatry at the Medical University of South Carolina. He was previously an Associate Professor of Psychiatry and Associate director of the Adult Resident Training Program of Psychiatry at Pennsylvania State University, Hershey, PA. He is board certified in Psychiatry. Dr. Giraldo is a Diplomat in Jungian Psychoanalysis (Analytical Psychology) from the Inter-Regional Society of Jungian Analysts (IRSJA), a journey of eleven years. He has a Master’s degree in Clinical Pastoral Counseling from Ashland Theological Seminary a Division of Ashland University at Ashland, OH. He has a Diploma of Spiritual Direction from Manresa, Royal Oak, MI. Dr. Giraldo received his Medical Degree from the Pontifical Javeriana University in Bogota, Colombia.

Dr. Giraldo services include:
- Therapy in depression (with medication management if indicated and desired)
- Therapy in anxiety (with medication management if indicated and desired)
- Adjustment situations.
- Changing paths.
- Transitions of life: starting of finishing studies, starting a career, moving, retirement etc.
- Relationships including marital and others.
- Engagement issues.
- Divorce and marital disputes.
- Grief and loss
- Spiritual and/or religious issues.
- Personal development, realization and growth (individuation).

No controlled substances are used or prescribed in Dr. Giraldo’s practice.

Dr. Giraldo was previously involved in the biological and molecular sciences. His interest in this area has extended to the areas of Psychiatry and Psychotherapy. His graduation thesis as a Jungian Psychoanalyst was titled, “DNA Biology and the Archetypes”. His interest in the area of DNA as it relates to Psychiatry and Psychotherapy continues and he has lectured on this subject at different Jungian Societies. He is also interested in the Psychology of Religion and Spirituality and has lectured on the subject. His Jungian Analytical practice contains a nucleus of universal spirituality not dependent on any religious affiliation.

Dr. Giraldo is a member of the American Psychiatry Association (APA), The American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP), International Association for Analytical Psychology (IAAP), Inter-Regional Society of Jungian Analysts (IRSJA), and North Carolina Society of Jungian Analysts (NCSJA). He is also an Emeritus member of the American Society of Clinical Pathologists (ASCP), United States-Canadian Association of Pathologists (USCAP), and the American Association of Immunologists (AAI).
Dr. Joseph Schacht is an Assistant Professor and licensed clinical psychologist in the Addiction Sciences Division of the Department of Psychiatry and Behavioral Sciences. He received an AB in Psychology and Philosophy from the University of Michigan and a dual PhD in Clinical Psychology and Neuroscience from the University of Colorado, Boulder, after completing his predoctoral internship at the Charleston Consortium Psychology Internship Program at MUSC.

Dr. Schacht’s training and research experience encompass both basic and clinical neuroscience, and he has pushed to build a program of research that translates from basic neurobiological processes to behavioral and treatment outcomes among individuals with substance use disorders. He is particularly known for his use of behavioral genetics, experimental psychopharmacology, and functional neuroimaging to understand the neurobiology of alcohol and drug craving and cue reactivity. Dr. Schacht has been continuously funded by the National Institute on Drug Abuse (NIDA) and the National on Alcohol Abuse and Alcoholism (NIAAA) since 2006. His current work, funded by an NIAAA K99/R00 Pathway to Independence award and the MUSC P50 Alcohol Research Center, focuses on the neurobiological substrates of the transition from heavy drinking to alcohol dependence among young adults.
Preferred method for scheduling **NEW** patients:

**Behavioral Health Practitioners:**
- Autism/Rex: 792-9162
- Sleep/Anxiety: 792-9162
- Women’s Services: 792-9162
- Executive Wellness Program (Kelly Holes-Lewis, CPCS): 792-9396

**Division-Based Clinics:**
- Addictions Outpatient Clinic: 792-9162
- Biobehavioral Medicine: not open to general referrals, only take service line referrals.
- Brain Stimulation Services: 792-5716 (Pauline)
- Child and Adolescent Clinics: 792-9162
- Clinical Neurobiology Laboratory: order labs through EPIC
- Community Psychiatry Clinic: 792-9162
- General Adult Psychiatry Clinic: 792-9162
- Geriatric Clinic: 792-9162
- National Crime Victims Research and Treatment Center Clinics: 792-8209 (Meg or Emalyn)
- Weight Management Center: 792-2273

**Comprehensive Psychiatric Care Specialist (CPCS):** 792-9396

**Psychiatrists:**
- Thomas Uhde**
- Kirk Meekins
- Kelly Holes-Lewis
- Sarah Book
- Catherine Louis
- Zhewu Wang
- Mark Hamner
- Alvaro Giraldo

**Psychologists:**
- Alyssa Rheingold
- Nancy Warren
- Josh Smith
- Viktoriya Magid
- Melissa Milanak
- Angela Moreland

**Social Workers:**
- Hilary Bernstein
- Jeni Bowers-Palmer
- Debra Wallace
- Pat Yost

**Call 792-0028 to schedule appt.**
YOU’RE INVITED

You are cordially invited to a

Meet and Greet with
Richard & Jackie Pressley
and
Dr. Charles Limb

October 15, 2015
Wickliffe House
6pm-8pm

Please RSVP to Kristen Mulholland (mulhollk@musc.edu) by October 5, 2015.

YOU’RE INVITED

Department of Psychiatry and
Behavioral Sciences &
Institute of Psychiatry
Faculty, Staff, Residents, &
Trainees
Appreciation Gathering

Sunday, November 1, 2015
12-3pm
The Alley
133 Columbus Street Charleston

Live Music: Plane Jane
Free Bowling
Discounted food and beverages
*children welcome
KUDOS/WINS

• Dr. Julie Huffman received a 2015 NIDA Diversity Scholar Travel Award to participate in the Annual Society for Neuroscience (SfN) Meeting on October 17-21, 2015 in Chicago, Illinois.

• Dr. Ed Kantor contributed to an article about Hurricane Katrina in the APA PsychNews.

• Theresa Ponessa was selected as one of the Top 10 Medical Center Employee of the Year nominees. Theresa is a nurse on our Senior Care Unit.

• MUSC achieved Magnet Recognition by the American Nurses Credentialing Center. This status is held by only 7% of hospitals across the US.

• Dr. Viktoriya Magid was featured on the MUSC NewsCenter http://academicdepartments.musc.edu/pr/newscenter/2015/viktoriya-magid-flakka.html#.VgK5Zk3JCUk

DID YOU KNOW:
Type AB donors have the universal plasma type, which can be given to patients of all blood types? Please consider donating.

IOP/RED CROSS BLOOD DRIVE

DID YOU KNOW:
Type AB donors have the universal plasma type, which can be given to patients of all blood types? Please consider donating.

September 11, 2015
10:00am to 3:00pm
4 South Weight Management
Andolinis Pizza provided
Red Cross t-shirt for each donor
Sweet treat from Village Bakery

Call or email to schedule 792-6341, jonesb@musc.edu
FACULTY MEETING
The next Faculty meeting will be held on Tuesday, October 20, 2015, from 12-1pm in the IOP auditorium. Dr. Pat Cawley will be presenting. All are encouraged to attend.

TOWN ALL
Please join us Monday, October 19, 2015, for our Town ALL from 2-3pm in the IOP auditorium. Dr. Kevin Gray will be giving a brief presentation on the Child and Adolescent Psychiatry Division. Feel free to email your questions that you want addressed prior to the next Town ALL to psychall@musc.edu. If you are unable to join us live, we are now streaming Town ALLs at https://connect.musc.edu/psychiatry.

SELECTED PUBLICATIONS


<table>
<thead>
<tr>
<th>Grantee Name</th>
<th>Project Title</th>
<th>Type</th>
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<tbody>
<tr>
<td>Kathleen Brady</td>
<td>ORWH: SCOR on Sex and Gender Factors Affecting Women's Health</td>
<td>Non-Competing Continuation</td>
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<tr>
<td>Aimee McRae-Clark</td>
<td>Mid-Career Award in Patient-Oriented Drug Abuse Research</td>
<td>Non-Competing Continuation</td>
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<tr>
<td>Matthew Carpenter</td>
<td>A Randomized Trial of E-cigarettes: Natural Uptake, Patterns and Impact of Use</td>
<td>Non-Competing Continuation</td>
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<tr>
<td>Howard Becker</td>
<td>Preclinical Medications Screening in Dependence Models of Alcoholism</td>
<td>Non-Competing Continuation</td>
</tr>
<tr>
<td>Raymond Anton</td>
<td>Gabapentin for Relapse Prevention: Alcohol Withdrawal-Brain GABA/Glutamate Effects</td>
<td>Non-Competing Continuation</td>
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<tr>
<td>Michael Sweat</td>
<td>Dyadic-based Diagnosis, Care, &amp; Prevention for HIV Discordant Couples in Tanzania</td>
<td>New</td>
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<tr>
<td>Robert Malcolm</td>
<td>An Open-label, Long-term, Safety and Efficacy Study of Intranasal Esketamine in Treatment-resistant Depression</td>
<td>New</td>
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<tr>
<td>Robert Malcolm</td>
<td>A Prospective, Longitudinal, Observational Study to Evaluate Potential Predictors of Relapse in Studies with Major Depressive Disorder Who Have Responded to Antidepressant Treatment</td>
<td>New</td>
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<tr>
<td>Tatiana Davidson</td>
<td>Addressing Mental Health Care Needs of Pediatric Injury Patients</td>
<td>New</td>
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<tr>
<td>Chanita Hughes-Halbert</td>
<td>MUSC NCORP Minority/Underserved Community Site: Clinical Trials Program</td>
<td>Non-Competing Continuation</td>
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<tr>
<td>Chanita Hughes-Halbert</td>
<td>MUSC NCORP Minority/Underserved Community Site: Cancer Care Delivery Research Program</td>
<td>Non-Competing Continuation</td>
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<tr>
<td>Dan Smith</td>
<td>A Randomized Recruitment Intervention</td>
<td>Non-Competing Continuation</td>
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</tbody>
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NEW HIRES

New Hires—Institute of Psychiatry:
Anna Kate Eskew
Tracy Garner
Linda Harrison
Kristal Moses
Paula Nguyen
Catrina Robinson
Ramona Rocquemore
Caroline Callison
Jessica Milgrome
June Tavares
Ann Elum
Jennifer Miller

GRAND ROUNDS

Department of Psychiatry and Behavioral Sciences Grand Rounds

Friday, September 11, 2015
12:00 - 1:00 p.m.
Institute of Psychiatry Auditorium

It takes two: The dyadic and gendered context of HIV testing, risk assessment, and partner communication in Kisarawe, Tanzania

Virginia Fonner, MPH, PhD
Assistant Professor,
Department of Psychiatry and Behavioral Sciences
Medical University of South Carolina
CONTINUING EDUCATION OPPORTUNITIES

The Continuing Education Office in the Department of Psychiatry and Behavioral Sciences is very excited to kick off the new Therapeutic Techniques & Special Populations Seminar Series with a workshop focusing on Acceptance and Commitment Therapy (ACT) and MINDFULNESS!

This CME/CE workshop is scheduled for Friday, September 18 and will be presented by Alyssa Rheingold, PhD, MUSC, Department of Psychiatry and Behavioral Sciences.

Clinicians who attend "Acceptance and Commitment Therapy: A Mindfulness Based Treatment Approach" will learn the theoretical underpinnings of ACT and the six core processes to develop psychological flexibility in an experiential and active learning environment.

The following CE/CME credits will be awarded to participants:

• The Medical University of South Carolina designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credit(s)TM.
• The South Carolina Board of Examiners in Psychology will approve 5.5 Category A credits.
• The South Carolina Board of Social Work Examiners will approve 5.5 hours of general contact hours. Dependent upon the speaker, designated credits may be offered.
• The South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists will approve 5.5 hours of continuing education credits.

This workshop is the first in the new Therapeutic Techniques and Special Populations in Psychiatry Series. This series is in addition to the traditional 2015/2016 Continuing Education schedule:

• Weekly Grand Round Series
• 15th Annual Social Work Conference – Challenges for a Wounded Community
• 32nd Annual Judges and Attorneys Substance Abuse and Ethics Seminar
• Maintenance of Certification Workshop
• 2nd Annual Spring Social Work Conference
• 29th Annual Update in Psychiatry

Don’t miss a great workshop: new topics are being added continuously so check our website often.

For additional information, including pricing and registration, visit www.musc.edu/psychevents or contact the Continuing Education team. See contact information below.
Yes. It is expected that clinicians may continue to base their diagnostic decisions on the DSM-IV/DSM-5 criteria. In addition, it is still perfectly permissible for providers and others to use the DSM-IV and DSM-5 descriptors and diagnostic criteria for other purposes, including medical records, quality assessment, medical review, consultation, and patient communications.

Once the clinician has arrived at the clinical diagnosis and documented it in the medical record, the appropriate diagnosis code(s) should be assigned. Code assignment can be accomplished using a variety of resources. These resources may include ICD-10-CM code books, specialty specific code books, electronic versions of the ICD-10-CM posted on CMS’ website at [http://www.cms.gov/Medicare/Coding/ICD10/index.html](http://www.cms.gov/Medicare/Coding/ICD10/index.html) and the CDC website at [http://www.cdc.gov/nchs/icd.htm](http://www.cdc.gov/nchs/icd.htm), and encoders.

ICD-9-CM codes should be used for reporting the diagnosis codes associated with services furnished up to, and including, September 30, 2015. As of October 1, 2015, the ICD-10-CM code set will become the HIPAA adopted standard and will be required for reporting diagnosis codes for dates of service on and after October 1, 2015.

DSM-5 contains the standard criteria and definitions of mental disorders now approved by the American Psychiatric Association (APA), and it also contain both ICD-9-CM and ICD-10-CM codes (in parentheses) selected by APA. Since DSM-IV only contains ICD-9-CM codes, it will cease to be recognized for criteria or coding for services with dates of service of October 1, 2015 or later. Updates for DSM-5 criteria and their associated ICD-10-CM codes (identified by APA) will be found at [http://www.dsm5.org](http://www.dsm5.org).
Acceptance and Commitment Therapy:
A Mindfulness Based Treatment Approach
Friday, September 18, 2015

MUSC | Bioengineering Building | Room 112

Acceptance and Commitment Therapy:
Much of human suffering is a result of emotional avoidance or unwanted experiences. Acceptance and Commitment Therapy (ACT), considered a third wave behavioral therapy approach, has been demonstrated in a number of empirical studies as an effective intervention for a number of emotional avoidance problems including anxiety and depression. The goal of ACT is to increase psychological flexibility, which is the ability to be accepting and willing to have various states of emotion through mindfulness techniques while clarifying and working towards value driven behaviors. In this one-day workshop, clinicians will learn the theoretical underpinnings of ACT and the six core processes to develop psychological flexibility in an experiential and active workshop environment.

Conference Faculty
Presented by:
Alyssa A. Rheingold, PhD
Associate Professor
Department of Psychiatry and Behavioral Sciences
Medical University of South Carolina

Dr. Rheingold is a licensed clinical psychologist and Associate Professor at the National Crime Victim's Research and Treatment Center (NCVC) within the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. She is the Director of Clinical Operations at the NCVC. She completed her undergraduate coursework in 1996 at the University of Pennsylvania, graduating Cum Laude and with Honors in Psychology. She earned her M.A. and Ph.D. in Clinical Psychology from MCP Hahnemann University (currently known as Drexel University). Dr. Rheingold completed a Pre-Doctoral Internship in Clinical Psychology at the Charleston Consortium Psychology Internship Program and a Post-Doctoral Fellowship at the NCVC, Medical University of South Carolina. Her expertise includes evidence-based treatment of trauma related mental health issues, child sexual abuse prevention, treatment of anxiety disorders, and traumatic loss.

Questions? Contact our Continuing Education Team at psych-events@musc.edu or (843)792-0175
GROUPS OFFERED BY THE SLEEP AND ANXIETY TREATMENT AND RESEARCH PROGRAM

Trouble sleeping??

Cognitive Behavioral Group Therapy for Insomnia
might be for you.

What: Individuals who have difficulty falling asleep, staying asleep OR individuals who wake up feeling they have not had a “good” sleep (at least three nights per week).

What: A weekly group meeting to learn:
- the basics of the sleep cycle and sleep physiology
- helpful habits that promote healthy sleep
- harmful habits that hinder healthy sleep

When: Fridays at 4:00 pm (new group members come at 3pm for an initial information session).

Where: Institute of Psychiatry, Medical University of South Carolina (MUSC), 3rd floor

Why: To begin sleeping better!

How: For more information contact 843-792-9162 to schedule an intake appointment for Insomnia group therapy at SATRP (Sleep and Anxiety Treatment and Research Program).

Is anxiety and worry blocking your path?

Consider joining Cognitive Behavioral Therapy (CBT) Group for Anxiety Disorder.

This group is designed specifically to:
- Learn about different types of anxiety and cues related to anxiety
- Learn specific skills to help reduce anxiety and related symptoms
- Take back control and help keep anxiety from controlling your life

Time: Group meets every Friday at 4pm (new group members come at 3pm for initial information session).

Place: Institute of Psychiatry, Medical University of South Carolina (MUSC), 3rd floor

For more information: Contact 843-792-9162 to schedule an intake appointment for anxiety group therapy at SATRP (Sleep and Anxiety Treatment and Research Program)
KEEPING YOUR COOL!  
A GUIDE TO MANAGING YOUR ANGER  

Starting October 21, 2015  
AGES 13-16 YEAR OLDS  
JOIN ANY WEEK!

On-going groups-every Wednesday morning from 8-9am on 5 South.

Established patients are welcome to arrive on time and sign in at the desk.

Not established? Call 792-9162 and schedule an evaluation with any of our pediatric therapists or doctors.

Questions? Ask Pat Yost 792-9162

6 week program to learn how to improve in areas of:
• Anger Management
• Stress Management
• Emotional Intelligence
• Communication Skills

Institute of Psychiatry 67 President Street-5 South, Charleston  
Facilitated by Pat Yost, LISW-CP
The Continuing Education Office in the Department of Psychiatry & Behavioral Sciences is pleased to announce that the 15th Annual Social Work Conference “Challenges for a Wounded Community” will take place on October 23 from 8 am to 4:45 pm at the Daniel Island Club.

In light of the recent tragedies that have had a profound effect on both our local and national communities, we would like to invite you to share in this educational and networking opportunity. This year’s conference will study how a wounded community responds to challenges resulting from traumatic events.

The early registration discount is only available until October 1st so reserve your space soon to attend this conference. Registration fee includes Continuing Education credit processing, all conference materials as well as breakfast and lunch. There is no charge for parking at the Daniel Island Club.

For registration options and for more information on the conference [https://academicdepartments.musc.edu/psychiatry/education/continuinged/SocialWorkConference2015/index.htm](https://academicdepartments.musc.edu/psychiatry/education/continuinged/SocialWorkConference2015/index.htm)

For other educational opportunities visit [www.musc.edu/psychevents](http://www.musc.edu/psychevents) as this site is updated with new titles often.

**The Continuing Education Team:**
Melissa Milanak, PhD, Associate Director
Melissa Jacob, Coordinator
Motivational Interviewing (MI) is a collaborative conversation style for eliciting and strengthening a person’s own motivation for change.

It is an evidence-based, guiding method of communication, which has been shown to be successful in research methodologies.

People are more likely to make changes if they perceive that they have control and choice; MI is a language that draws upon the patient’s own expertise for solutions.

This exciting, interactive one-day training brings together healthcare professionals with an interest in increasing patient engagement and empowering lasting behavior change.

Presented by:
Sarah S. Gainey, MSW, L1SW-CP
Women’s Research Center
Department of Psychiatry and Behavioral Sciences
Medical University of South Carolina

Registration Fees:

<table>
<thead>
<tr>
<th></th>
<th>before (09/30)</th>
<th>(09/30-10/20)</th>
<th>(on or after 10/20)</th>
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<tbody>
<tr>
<td>MDs *</td>
<td>$185</td>
<td>$210</td>
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<tr>
<td>All Other Providers</td>
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<tr>
<td>Students &amp; Trainees</td>
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<td>$75</td>
<td>$100</td>
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</tbody>
</table>

* MD Fee includes $35 CME processing fee.

CME/CE credits available

Contact us: psych-events@musc.edu or (843)792-0175
Visit our website for information on all our Continuing Education Events:
www.musc.edu/psychevents