



# Menninger Connections

The leading source for information and educational training for mental health professionals

## Getting to know new clinical leader & personality disorders expert

John M. Oldham, MD, began January 1 as new senior vice president and chief of staff at Menninger and executive vice chair for Clinical Affairs and Development and professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine. Dr. Oldham succeeds Richard L. Munich, MD, who guided Menninger’s clinical vision for nine years before retiring.

Dr. Oldham is active in the American Psychiatric Association, chairing the group that developed the Practice Guideline for the Treatment of Patients with Borderline Personality Disorder, and serving for a number of years as chair of its Council on Quality Care.

Dr. Oldham was most recently professor and chairman of the Department of Psychiatry and Behavioral Services, Medical University of South Carolina (MUSC) and executive director of MUSC’s Institute of Psychiatry. He is a Diplomate in Psychiatry and Forensic Psychiatry, American Board of Psychiatry and Neurology and a psychoanalyst.

Prior to his 2002 move to Charleston, Dr. Oldham was the Elizabeth K. Dollard Professor and acting chairman at Columbia University College of Physicians and Surgeons. He also served as director of the New York State Psychiatric Institute and chief medical officer of the New York State Office of Mental Health.

“We are confident John will continue expanding clinical services, elevating the Menninger tradition of evidence-based treatment, comprehensive training programs and groundbreaking scientific research—all vital to our collective mission and vision,” said Ian Aitken, Menninger president and CEO. “This will be a tremendous fit with the cache of personality disorders expertise already assembled at Menninger and Baylor College of Medicine.”

Dr. Oldham has worked in behavioral healthcare for more than 30 years, serving as teacher, lecturer, author, editor and caregiver. His work in the area of personality disorders has been acknowledged internationally.



John Oldham, MD

*continued on page 2*



### In this issue

- 1 Getting to know new clinical leader
- 3 Study aims to diagnose autism in infants
- 4 Social work training expands
- 3 Sorting out the issues: Inpatient assessment capabilities expand
- 4 Patients with body dysmorphic disorder receive collaborative, evidence-based treatment
- 5 Calendar of events
- 3 Dr. Camille Lloyd takes on new challenge
- 6 Continuing Education events address suicide risk issues

## Q & A with Dr. Oldham

**Q: When clinical leadership changes, there's a natural curiosity about what may change. What are your plans?**

**A:** The capacity to carry out intensive, interdisciplinary treatment in a hospital setting for a meaningful length of time is a unique asset of The Menninger Clinic and must be preserved. In that context, we must provide the latest evidence-based treatment and carefully evaluate the effectiveness of our interventions.

**Q: What future plans will help attain those goals?**

**A:** The plan to launch a new state-of-the-art campus is tremendously exciting. The partnership of Menninger and Baylor will be greatly strengthened by the planned closer proximity of Menninger to Baylor College of Medicine and the Texas Medical Center. As mental health professionals, we know that staff do their best work collaborating, which is especially vital for the patient population served here at Menninger.

**Q: What might our readers be surprised to learn about you?**

**A:** That my Duke University undergraduate degree was in civil engineering, perhaps contributing to my interest in the new facility. Also, in spite of spending more than 30 years in New York, I was born in Oklahoma, lived in New Mexico as a boy, and then lived in Dallas, Lubbock, Amarillo and Houston. So I've been a Texan for many years.

**Q: How does your role here compare to some of your previous positions?**

**A:** In New York, I directed a 96-bed research hospital that served as headquarters for the Columbia University Department of Psychiatry. In Charleston, I chaired the Department of Psychiatry and Behavioral Sciences of the Medical University of South Carolina and was also executive director of the Institute of Psychiatry, a 90-bed psychiatric hospital. So the opportunity to play one of the leadership roles at two great institutions, The Menninger Clinic and the Baylor College of Medicine's Department of Psychiatry & Behavioral Sciences, develop and expand the partnership is both familiar territory and a wonderful new professional opportunity for me.

**Q: Do you expect to retain your role as editor in chief for the *Journal of Psychiatric Practice*?**

**A:** Very much so. The *Journal* serves as a wonderful educational resource for mental health clinicians, and I will encourage faculty and staff at Menninger to submit articles to the *Journal* to be considered for publication.

**Q: Why is the opportunity to come on board at Menninger a good match for your expertise and passion for the profession?**

**A:** An enduring interest throughout my career, formed during my years of residency and psychoanalytic training at Columbia, has been in the area of personality disorders. Menninger is a landmark institution dedicated to helping this population of patients throughout its history. I have participated in the area of personality studies in my clinical work, educational activities and research. The work already under way in the Menninger Child & Family Program is right on target in this area, and some new collaborations for research and education are already being planned.

I have been appointed as a member of the DSM-V Workgroup on Axis II, which will be an opportunity to bring the work at Menninger to wide attention, and to bring the latest thinking about the personality disorders to the Menninger and Baylor faculty and staff.

**Q: What, to you, is the best thing about coming back to your alma mater?**

**A:** The remarkable growth and vitality of Baylor College of Medicine and the Texas Medical Center, in the heart of a magnificent new Houston!



*Dr. John Oldham, second from left, and his wife, Dr. Karen Oldham, an internist, meet Diane and Jim Hall at the community welcoming reception for the Oldhams presented by Menninger and Baylor College of Medicine. The Halls are advocates with the National Education Alliance for Borderline Personality Disorder.*

## National activities

■ Dr. Oldham represented the American Psychoanalytic Association, at the request of the organization's president, at a meeting on psychotherapy at NIMH in March.

■ He will be a presenter at the American Psychiatric Association's annual meeting in May (see Calendar of Events in this issue).

■ He has also been invited to join a federal committee set up by the Secretary of Health and Human Services, a subcommittee of the Secretary's Advisory Committee on Human Subject Research, to consider whether added research protections are needed for decisionally impaired individuals who participate in research.

■ The American College of Psychiatrists recognized Dr. Oldham in February with the prestigious Bowis Award. The College presents the Bowis Award to a Member or Fellow who has played an important leadership role in The College. The winner receives a gold medallion and certificate of appreciation.

## Sorting out the issues: Inpatient assessment capability expands

The Menninger Clinic has widened the scope of its inpatient assessment services to serve individuals with co-occurring disorders.

“An interdisciplinary, neuropsychological diagnostic work-up is often the key to determining the next steps in treatment for persons with recalcitrant symptoms or needing a second opinion,” said Donna Yi, MD, associate chief of staff. “The expanded assessment service is an outgrowth of the assessments provided by our Professionals in Crisis and Adolescent Treatment programs. We’re responding to the demand from referring mental health clinicians, individuals and families.”

Comprehensive inpatient assessment can provide several benefits, said Dr. Yi. “For patients with multiple disorders—mood or anxiety disorders coupled with substance abuse, for example—we will be able to provide a much clearer diagnostic picture in one to two weeks. For patients who may be

ambivalent about seeking treatment, the program can serve as an introduction to treatment.”

“In an inpatient setting, an entire assessment team can observe the patient’s behavior and interactions 24/7,” said Richard Yohr, director of Admissions. “We can pick up on things that might be missed in an outpatient setting.”

In addition to the assessments, patients may participate in psychoeducational groups about the assessment process, mental illness, making use of treatment, stress management and healthy living.

Using the thorough assessment results, Menninger provides a verbal and written report with the diagnosis and recommendations for the right level of treatment for the patient, whether that turns out to be outpatient, inpatient, specialty care or a residential treatment program. If continued hospitalization is recommended, the assessment team will refer the patient to the appropriate setting.

## Dr. Camille Lloyd takes on new challenge

Camille Lloyd, PhD, who has consulted on organizational psychology matters for the business community, is the new director for the Menninger Professionals in Crisis Program. She has counseled companies on issues such as improving workplace communication, enhancing employee satisfaction and providing clinical services to employees coping with traumatic incidents in the workplace.

Former director John O’Neill, LCSW, LCDC, CSAT, remains with The Clinic as director of social work and social work training.

Dr. Lloyd was previously an administrator and long-time faculty member at the University of Texas Health Science Center at Houston. She served as a professor in the Department of Psychiatry and Behavioral Sciences at the Medical School.

As the founding director of the Student Counseling Service, she was responsible for mental health services for more than 3,500 health professional students and graduate students pursuing careers in medical research.

“My work with the Professionals in Crisis Program will be an extension in many ways to what I have done at UT,” Dr. Lloyd said. “Like the health professionals and students I worked with previously, the professionals in treatment at Menninger are individuals who demonstrate many strengths and abilities, yet still have significant problems.

“Sometimes these professionals are reluctant to acknowledge they need help, since they are used to being very self-sufficient and motivated. Sometimes it is also difficult for the people around these professionals to see them as anything other than capable, so others may also be slow to recognize the professional’s level of distress and need for help.”

Dr. Lloyd enjoys balancing challenges at work with her leisure time. “People may be surprised to learn that I enjoy fly fishing and being out in the wilderness. I don’t really like the inconveniences of backpacking, but I do it because I love the views at 13,000 feet and the sense of overcoming a challenge.”

She is a University of Arizona graduate with master’s and doctoral degrees in clinical psychology.



Camille Lloyd, PhD

## Study aims to diagnose autism in infants

Menninger researchers and their collaborators are attempting to develop assessment procedures to detect autism within months of birth and distinguish it from other developmental disabilities.

The research may also improve the effectiveness of interventions for autistic children and identify what creates the mindblindness these children experience.

More than 600 children at Texas Children’s Hospital in Houston’s Texas Medical Center will undergo a series of behavioral and developmental assessments directed by Diane E. Treadwell-Deering, MD, chief of Texas Children’s Clinic for Autism Spectrum Disorders and assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine.

Gyorgy Gergely, PhD, a Menninger Child and Family Program researcher working in Hungary, has adapted a Tobii eye tracker to measure and track infants’ eye movements. Dr. Gergely is collaborating with John Watson, PhD, a pioneer in the study of contingency perception at the University of California, Berkeley.

## Patients with body dysmorphic disorder receive collaborative, evidence-based treatment



The Menninger Clinic offers specialized treatment for adolescents and adults who are experiencing body dysmorphic disorder (BDD).

BDD is one of many illnesses in the obsessive-compulsive disorder (OCD) spectrum, so it is generally treated in the Menninger OCD Treatment Program, directed by Thröstur Björgvinsson, PhD. A behavior therapist uses an integrated approach of cognitive-behavioral therapy (CBT) and exposure therapy, which, over time, works to desensitize the patient to the stressor or perceived body flaw.

Patients with BDD may also participate in specialized groups offered by the Menninger Eating Disorders Program.

“When a patient has BDD along with an eating disorder, therapists from

both programs often collaborate on the treatment,” explained Janice Poplack, LCSW, who directs the Eating Disorders Program.

The essential feature of BDD is a patient’s preoccupation, or obsession, with a body defect, either real or imagined.

Poplack said, “Treatment is needed when BDD impairs social or occupational functioning. Patients may become isolative and, as is typical with any OCD, become so preoccupied that they can’t do anything else.”

Menninger Eating Disorders Program colleagues Theresa Fassihi, PhD, and Deborah Henderson developed a 12-week program to help patients improve their body image, based on

the work of British psychiatrist and researcher Christopher Fairburn. In the body image and experiential groups, activities help patients dispute their self-perceptions.

An encouraging development in the treatment of BDD, as well as other obsessive-compulsive and eating disorders, is new scientific evidence of some genetic foundation for the disorders, Poplack said. “Being able to say that these are mental illnesses, and not something people can stop doing on their own, will help remove some of the stigma that now exists and lead to better access to treatment.”

## Social work training expands

When The Menninger Clinic moved from Topeka to Houston in 2003, its social work training program was limited to just a few students. It has now expanded to include interns and social work fellows, and it’s bringing benefits to students and their mentors.

Recruiting and training outstanding social workers is one way Menninger gives back to the mental health community. The fellowship training is a 12-month program, and the internship opportunities are nine-month terms. Training bundles supervised patient care and didactic sessions with social work staff.

“One of our primary missions is to foster growth in the discipline,” said John O’Neill, LCSW, LCDC, CSAT, director of social work and social work training. “It provides us with an opportunity to see students in action, and it lets us identify top candidates for future employment with us. Students who serve in an internship, fellowship or both will have a good idea about whether this environment is a good fit for them.

“Working with trainees is exciting because it serves as a reminder of how important it is for all of us to continue our training and to maintain a high level of enthusiasm for social work,” O’Neill noted. “Each of the social workers providing supervision and mentoring has the unique opportunity to foster growth in an individual and the overall discipline. Trainees bring a wealth of knowledge and enthusiasm that is an asset to all of our treatment programs.”



## Educational breakfast draws 80

*Houston chemical dependency counselor and interventionist Virginia Hoops, LCDC, left, is welcomed to the eating disorders awareness breakfast by Janice Poplack, LCSW, Menninger Eating Disorders Program director, center, and Stephanie Cunningham, Menninger business development director. More than 80 area clinicians attended the event, February 22 featuring a presentation by Menninger consultant Timothy Brewerton, MD.*

*The Mental Health Association of Greater Houston cosponsored the program with generous support from The Stanford and Joan Alexander Foundation.*

## ■ Calendar of events

➤ For more information about these events, visit: [MenningerClinic.com](http://MenningerClinic.com), Calendar

### *April*

**April 19-21**

#### **Houston Group Psychotherapy Society Annual Institute**

- Chapelwood Methodist Church, Houston
- Menninger speakers: Ed Poa, MD, medical director, Compass Program, on psychopharmacologic treatment of addictions; the Rev. Salvador del Mundo Jr., MDiv, director of chaplaincy, on substance abuse and spiritual void
- For information, visit [www.hgps.org](http://www.hgps.org) or call 713-668-2680
- Visit Stephanie Cunningham & LaShane Eaglin at Menninger exhibit

**April 20**

#### **Elisa Professional Symposium in Dallas**

- Cityplace Conference Center, Dallas
- For information, contact Sally Zahner, 866-881-5498

**April 25-28**

#### **Independent Educational Consultants Association Spring Conference**

- Westin Copley Place, Boston
- Visit Alan Altman at the Menninger exhibit
- For registration information, visit [www.educationalconsulting.org](http://www.educationalconsulting.org) or call 703-591-4850

### *May*

**May 2-5**

#### **Academy for Eating Disorders International Conference—Eating Disorders: Complexity, Progress & New Directions**

- Baltimore Marriott Waterfront, Baltimore
- Visit Sally Zahner at Menninger exhibit
- For registration information, visit [www.aedweb.org](http://www.aedweb.org) or call 847-498-4274

**May 3-5**

#### **Federation of State Physician Health Programs Annual Conference**

- San Francisco Hyatt at Fisherman's Wharf, San Francisco
- Visit Alan Altman at Menninger exhibit
- For registration information, visit [www.fsphp.org](http://www.fsphp.org) or call 312-464-4574

**May 5**

#### **NAMI Houston's NAMI Walks for the Mind of America**

- Sam Houston Park, Houston
- For registration information, visit [www.nami.org](http://www.nami.org) or call 713-827-2800

**May 10**

#### **Second Annual Menninger Community Luncheon**

- Houston Marriott Medical Center Hotel
- Presenter: John Boles, PhD, William P. Hobby Professor of History, Rice University
- For tickets, contact Natalie Caddick, [ncaddick@menninger.edu](mailto:ncaddick@menninger.edu)

**May 11**

#### **Menninger & South Florida Mental Health Association Educational Event**

- Newport Beachside Hotel & Resort, Sunny Isles Beach, North Miami
- Menninger speaker: Thröstur Björgvinsson, PhD, director, OCD Treatment Program on “Intensive Cognitive-Behavior Therapy for Anxiety Disorders With Focused Attention on OCD”
- Free event. For information, contact Sally Zahner, 866-881-5498

**May 19-24**

#### **American Psychiatric Association Annual Meeting**

- San Diego Convention Center, San Diego
- Menninger speaker: John M. Oldham, MD, senior vice president and chief of staff, Menninger; executive vice chair for Clinical Affairs & Development and professor, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine; workshop on “Interpreting & Disseminating Findings From an Evidence-based Drug Review: Antiepileptic Drugs for Mood Disorders” and case conference on “Transference-focused Psychotherapy for Borderline Patients”
- For registration information, visit [www.psych.org](http://www.psych.org) or call -888-357-7924

### *July*

**July 20-22**

#### **Annual Obsessive Compulsive Foundation Conference**

- The Woodlands Waterway Marriott Hotel & Convention Center, The Woodlands, TX
- Visit Susan Nelson at Menninger exhibit
- For registration information, visit [www.ocfoundation.org](http://www.ocfoundation.org)

## Continuing Education events address suicide risk issues

Continuing education programs presented by The Menninger Clinic are helping mental health professionals learn more about what works—and what doesn't—for patients at risk of suicide.

In January, Pam Greene, PhD, RN, presented "Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals" to a group of 64 mental health professionals from the multi-state region. The conference was jointly sponsored by the American Association of Suicidality and the Suicide Prevention Resource Center. Dr. Greene, vice president of Patient Care Services at The Menninger Clinic, is one of 26 instructors in the United States trained by this collaborative to provide this training to mental health professionals.

"Suicide: Adolescent Vulnerabilities" was the topic for the Menninger conference March 30 for behavioral health professionals and other professionals, including pediatricians, school counselors and school nurses. Conference faculty featured five recognized international experts from Menninger, Baylor College of Medicine and Texas Tech University.

"Mental health professionals and others in the community who attended these conferences gained the benefit of the most current research available as well as information about the best practices for assessing and treating patients at risk for suicide," said Dr. Greene.

■ page 6

### ■ Menninger Connections

The Menninger Clinic publishes this free newsletter quarterly for mental health professionals, mental health treatment centers and consumer organizations.

To subscribe or submit an address change, e-mail Nancy Trowbridge, editor, [ntrowbridge@menninger.edu](mailto:ntrowbridge@menninger.edu). Please provide your full name, degrees, mailing address and daytime phone number with the request.

**Publisher:** Founded in 1925, The Menninger Clinic is an international specialty psychiatric hospital for adolescents and adults. Menninger is affiliated with Baylor College of Medicine and The Methodist Hospital. Training programs for mental health professionals and research are conducted in collaboration with the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine.

*Menninger Connections* © 2007,  
The Menninger Clinic

#### For more information

- 800-351-9058
- The Menninger Clinic  
PO Box 809045  
Houston, TX 77280-9045
- [MenningerClinic.com](http://MenningerClinic.com)



**Menninger**<sup>®</sup>

PO Box 809045  
Houston, TX 77280-9045

Non Profit Org  
US Postage  
PAID  
Menninger  
Clinic