



## IN THIS ISSUE:

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Dear Fellow Psychology Alumni,

It has been exciting to witness the growing interest in the Alumni Association over the past two years. Enthusiastic alumni from as far away as Hawaii and as close to home as Worcester, MA, have shown their support and appreciation for a way to stay in touch with their training alma mater. We are especially appreciative of the recent influx of alumni willing to pen an article, serve as class representative or volunteer their time for a particular event; this additional involvement has enabled us to provide more varied resources to a broader audience. We welcome additional volunteer support of any kind. There is always something to be done!

At the recent APA re-accreditation for the internship program in clinical psychology, both APA reviewers were openly impressed with McLean Hospital's initiative to launch an Alumni Association, and said they believed our efforts could serve as a model for other top-tier internship programs. We are certainly proud to add to the hospital's list of many "firsts" the distinction of being the first psychology training program in the country to form an Alumni Association.

We are now committed to delivering an annual newsletter to all members of our readership. The addition of an Alumni Class Notes section, spearheaded by Bill Jaffee, '04, will provide a convenient venue for Association members to share news about their personal and professional lives. Regular features will include an Innovation Corner, an Author's Corner and periodic Alumni Profiles of special interest. In future editions, members will also have a chance to dust off their memory banks and test their knowledge of all things McLean by turning to the trivia page compiled by Terry Bragg, McLean's Archivist.

Sincerely,

*Lynn Heroux, PhD ('02)*

*Rob Youngberg, PhD ('94)*



Bruce Cohen, MD, PhD ('78)

## TRIBUTE TO BRUCE COHEN ('78)

Let me take this opportunity to express many thanks to Bruce Cohen for all of the efforts he has made on behalf of McLean. During his more than eight years as president and psychiatrist in chief, the hospital has flourished: our clinical care has consistently been ranked number one by *U.S. News & World Report*, our research funding has surpassed all other psychiatric hospitals and we continue to offer highly respected training programs in all disciplines. In the context of this Alumni Newsletter, it is especially important to acknowledge Bruce's strong support for both the psychology faculty and our trainees. It is by his example that McLean maintains an institutional ethos that fosters meritocracy instead of guild-driven access to professional growth opportunities.

With the start of the New Year, Bruce is poised to take on the challenge of his new leadership roles as director of the Shervert Frazier Research Institute, director of the Stanley Research Center and director of the Molecular Pharmacology Laboratory. We all look forward to a continued strong personal and collegial relationship with him and wish a valued friend the very best in all of his future endeavors.

*Philip Levendusky, PhD, Director,  
Psychology and Psychology Training  
Vice President for Network Development  
Associate Professor of Psychology,  
Harvard Medical School*

## GORMAN NEW PRESIDENT AND PSYCHIATRIST IN CHIEF OF MCLEAN HOSPITAL

In October 2005, James J. Mongan, MD, president and CEO of Partners HealthCare, announced that Jack Gorman, MD, had accepted the positions of president and psychiatrist in chief of McLean Hospital and chair of Partners Psychiatry and Mental Health (PPMH). Dr. Gorman is an outstanding choice who comes to us with a distinguished background in academic psychiatry and hospital administration, and a keen appreciation of McLean's rich history and culture.

Dr. Gorman's long and distinguished career in psychiatry spans nearly three decades. He is currently the Esther and Joseph Klingenstein Professor of Psychiatry and Professor of Neuroscience at the Mount Sinai School of Medicine in New York City. Previously, at Columbia University, Dr. Gorman was vice chair for psychiatric research, the Lieber Professor in Psychiatry and director of the Mental Health Clinical Research Center of the New York State Psychiatric Institute.

Dr. Gorman is a noted researcher in anxiety disorders, depression and schizophrenia, who has authored nearly 300 research articles in peer-reviewed journals. He is a fellow of the American College of Neuropsychopharmacology, a past president of the American Psychopathological Society, the chair of the World Council on Anxiety and editor of *CNS Spectrums*. From 1994 until 2004, he served as deputy editor for the *American Journal of Psychiatry*. Dr. Gorman currently serves on the editorial boards of the *Journal of Practical Psychiatry and Behavioral Health*, *Journal of Clinical Psychiatry*, *Psychopharmacology Bulletin*, *Biological Psychiatry*, *Neuropsychopharmacology*, *Brazilian Journal of Medical Biological Research*, *American Journal of Psychiatry*, *Primary Psychiatry and Anxiety*. He is also a grant reviewer for the National Institute of Mental Health and the National Institute of Alcohol Abuse and Alcoholism.

Dr. Gorman earned his bachelor of arts degree *summa cum laude* from the University of Pennsylvania and received his medical degree from the Columbia University College of Physicians and Surgeons. He interned in pediatrics at Babies Hospital in New York City and completed a residency in psychiatry at the New York State Psychiatric Institute at Columbia-Presbyterian Medical Center, serving as chief resident from 1980 to 1981. He also completed a fellowship in psychiatric research and psychopharmacology at Columbia University.

As head of McLean, Dr. Gorman will lead the largest psychiatric clinical care, research and teaching institution of Harvard Medical School. As chair of Partners Psychiatry and Mental Health, Dr. Gorman will provide strategic leadership to ensure the quality, integration, growth and financial health of psychiatric programs at McLean and across the entire Partners HealthCare system.

In his McLean role, Dr. Gorman replaces Bruce Cohen, MD, PhD, who has served as McLean's president for the past eight and one half years. Dr. Cohen will continue to play an important role at McLean as director of the Shervert Frazier Research Institute. He will also continue to serve as director of the Stanley Research Center and the Molecular Pharmacology Laboratory, both key research divisions within McLean.

In his role as chair of Partners Psychiatry and Mental Health, Dr. Gorman replaces Gary Gottlieb, MD, president of Brigham and Women's Hospital (BWH), who will now concentrate his efforts fulltime on leading BWH.

We welcome Dr. Gorman and we look forward to his arrival in early January 2006.

# PSYCHODYNAMIC PSYCHOTHERAPY TRAINING FOR PSYCHOLOGY INTERNS: RELEVANT OR OBSOLETE?

*Fran Arnold, PhD ('81) and Stephanie Brody, PsyD ('86)*


Is psychodynamic psychotherapy training still relevant? Our resounding answer is, "Yes!" While the climate of psychodynamic psychotherapy has undergone significant change, our patients remain in need of long-term therapy, focused on its core principles: the exploration of conflict, defense, repetition, enactment, transference and countertransference. Indeed, the current state of the art of psychodynamic psychotherapy offers richer possibilities than ever before. Psychoanalytic theory, the basis for dynamic therapy, has moved from a more authoritarian and static model, which we believe overemphasized neutrality, to a model based on the relational and subjective experiences of both patient and therapist. This new perspective is more compatible with the principles of our mentor, Irene Stiver, who believed that it is only through our connection with others that we can fully understand our own thoughts and feelings.

Psychology interns enter the McLean Internship with extensive training in cognitive behavioral psychology and often little or no training in psychodynamic psychotherapy, a dramatic shift from several decades ago. Additionally, the McLean internship has become largely cognitive behavioral, while retaining a psychodynamic psychotherapy seminar (which we teach), along with opportunities for psychodynamic supervision. These changes pose both challenges and possibilities.

Training in psychodynamic psychotherapy teaches interns about the therapeutic process of patient and therapist becoming emotionally accessible to one another, including how to make use of moments of tension and disruption. The use of countertransference reflection is perhaps the most central focus of the seminar we teach. Our seminar is an effort to create a

supportive, yet challenging forum in which interns can experience the value of being emotionally moved by their patients, and understand how this creates change. We ask our interns to explore and wonder about emerging patterns of clinical interactions and to trace these repetitions to their patients' earlier experiences. We challenge interns to consider the unconscious and its associational pathways, which are not always responsive to cognitive behavioral interventions. We believe that the core principles of the psychodynamic model can be applied to every clinical formulation and to the development of every therapy relationship, regardless of the intervention model ultimately utilized.

We approach each training year with a mixture of excitement and trepidation. Each year there are interns whose raw clinical talent can surprise us as they take on patients who may have been seen in the McLean system for years and move them in ways that we did not think was possible. Each year, there are interns who look at us with dismay when we ask them if they believe in the unconscious or if they have ever read Freud. Interns bravely comply with our requests to share their most intimate clinical work, tentatively relating therapy process, apologizing for their anxiety and exposing their most uncomfortable moments as clinicians. As they find their therapeutic voices, we hope that we have offered them a new lens. Each year, we feel the intense responsibility of carrying on the legacies of our mentors, preserving the psychoanalytic history of our training program and imparting the richness and complexity of our own lives as psychologists. Is it relevant? Do you really need to ask?



"...when we talk about being in connection we mean being emotionally accessible and to learn how to be emotionally accessible, we need the experience of being in connection."

—From J.B. Miller and I.P. Stiver:  
*The Healing Connection*



Donald Davidoff, PhD, is the founder of the Neuropsychological Post-Doctoral Fellowship Program, founded in conjunction with the Neuropsychological Psychological Testing Center. He is psychologist in charge of McLean's Geriatric Neuropsychiatry Unit (formerly the Special Care Unit). Its current training director is Susan Parks, PhD, ('02), who completed both her internship and fellowship at McLean. The program has had great success graduating one to two fellows per year who have gone on to take positions throughout the hospital and nationally.

## AUTHOR'S CORNER

*Donald Davidoff, PhD ('97)*  
*Assistant Director, Neuropsychology and Psychodiagnostic Testing Center*

Like Don Davidoff, PhD, director of the Neuropsychology Fellowship Program and psychologist in charge of the Geriatric Neuropsychiatry Unit (formerly the Special Care Unit) at McLean Hospital, Dr. Peter Zak lives in Cambridge's Central Square, enjoys fine wine and Mission furniture, and is often called on to evaluate defendants and provide expert testimony in criminal trials. Unlike Dr. Davidoff, Dr. Zak, the star of five psychological mystery thrillers, exists only on paper.

Each book in the Dr. Peter Zak series which Dr. Davidoff and the writer Hallie Ephron have co-authored under the pen name G.H. Ephron, is a whodunit that explores a particular aspect of human psychology with a vividly detailed insider's perspective. The series includes *Amnesia*, *Addiction*, *Delusion*, *Obsession* and most recently, *Guilt*.

Dr. Davidoff has been an avid reader of mysteries his whole life (he still manages to read about 50 a year) but he never imagined he would end up co-authoring books of his own. "I'd written chapters and articles in my field and co-authored a book on antiques, but the last thing I thought about doing was writing fiction," he says. That all changed one night in 1996, when he and his wife and Ms. Ephron and her husband, long-time friends, were talking about writing at dinner. At one point in the conversation, Ms. Ephron said, "Why don't we write a mystery together?" Suddenly, Dr. Davidoff says, it seemed the obvious thing to do.

The collaboration works, Dr. Davidoff says, because he and Ms. Ephron have "very different skill sets." During their weekly Sunday meetings, he offers character profiles and plot ideas, distilled from his real life experiences, and Ms. Ephron shapes the story material into prose the two review together.

Dr. Davidoff says when the first book, *Amnesia*, was bought by the publisher, he was hesitant to tell his colleagues at McLean about it. But after sharing the news, he says he has received nothing but support; in fact, McLean has played host to two of Dr. Davidoff and Ms. Ephron's book signings. "I make sure to treat the patients and the institution in the books with a great deal of respect," Dr. Davidoff adds.

After the March 2005 release of *Guilt*, which has Dr. Zak profiling a Boston-area terrorist, the two writers decided that after nine years of Sunday get-togethers away from their spouses, it was time to take a break. But Dr. Davidoff says he doesn't expect the hiatus to last very long. "In a few months," he says, "I'm sure we'll sit down, scratch our heads and begin to figure out what else we want to do."

## SPORTS DOC: THE BRUINS TEAM PSYCHOLOGIST

*This is the first article in a tri-series on sports psychology. The next issue will feature Jeffrey Brown, PsyD, ABPP, ('99).*

For the past 20 years, the Boston Bruins have been taking advantage of a rarely-publicized performance enhancer: sports psychologist Frederick Neff, PsyD.

As the team's psychologist/consultant, Dr. Neff attends at least one Bruins game and usually one practice every week, holds occasional team meetings, administers tests that measure attention levels and personal coping styles to players and coaches, and counsels players one-on-one periodically throughout the season. An attending psychologist at McLean from 1979 to 2000, Dr. Neff is also the founder and director of ProFormance, Inc., a consulting group whose clients also include individual athletes, businesses and corporate executives.

When Dr. Neff first began studying sports psychology in the 1970s, he says the field was primarily geared toward taking clinical models and principles and applying them to professional athletes. Over the years, the field in general and Dr. Neff's practice, specifically, have evolved. "Now there's less of a medical model and more of a health model in providing services to athletes," he says. "You don't look at these individuals as having some kind of a malady or a problem, you're looking at where these people are and how can they get better. It's about performance enhancement rather than ameliorating some kind of disorder."

Dr. Neff says his main objective as the Bruins psychologist is to provide players with strategies that will help them manage their emotions while they are on the ice. "My job is essentially trying to help them stay cool under pressure and maintain a consistent internal mental state, especially when things are changing quickly on the outside," he says. Under his guidance, Bruins players practice concentration exercises to help themselves maintain their focus, visualization exercises to help them anticipate game situations and cognitive techniques that help them direct their self-talk in productive ways. A wide array of other athletes who have worked with Dr. Neff over the years—the list includes an Olympic lugist, a professional rally car driver, a drag racer, elite tennis players, golfers, gymnasts and local high school athletes—have also used these techniques, shaped to their particular needs, to enhance their levels of performance.

In addition to his practical advice, Dr. Neff says he also provides Bruins players with the opportunity to talk candidly with someone who doesn't have a vested interest in their performance. Confidentiality is key; Dr. Neff doesn't discuss any information shared with him by individual players with the coach unless he receives their permission. "The ability to be able to vent, I think, is very helpful to them," he says.

Dr. Neff says that he figured there would be a need to speed up the learning curve for Bruins coaches and players, considering the 2004-2005 NHL season was cancelled. But because many players found hockey jobs with European and minor league teams and those who didn't play hockey professionally kept active with other sports, this wasn't the case. "Everybody," he says, "was just ready to go."



*Frederick Neff, PsyD. ('81)*

**"My job is essentially trying to help them stay cool under pressure, and maintain a consistent internal mental state, especially when things are changing quickly on the outside," Dr. Neff says.**



# PSYCHOLOGY ALUMNI NEWSLETTER

## CLASS NOTES

William B. Jaffee, PhD ('04)

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### 1973

"I have just been appointed as a training and supervising analyst at the Dallas Psychoanalytic Institute, an institute of the American Psychoanalytic Association,"

**Joan Eldodt Berger, PhD**, tells us.

"Additionally, I chair the Joint Patient and Colleague Assistance Committee of the Dallas Psychoanalytic Institute and Dallas Psychoanalytic Society and I sit on the Education Committee, where I am co-chair of Education Outreach. I am also director of the year-old Postgraduate Psychoanalytic Psychotherapy Program, a collaborative project of the Dallas Psychoanalytic Institute, Dallas Society for Psychoanalytic Psychology (Division 39 Chapter), Dallas Society for Psychoanalytic Social Work, and University of Texas Southwestern Medical Center Department of Psychology. In my private practice, I am treating children, adolescents and adults in psychoanalysis and psychotherapy."

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### 1978

**Joseph Shay, PhD**, co-edited (with Lise Motherwell, PsyD) the recently published book *Complex Dilemmas in Group Therapy: Pathways to Resolution* (Brunner-Routledge, 2005).

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### 1980

"I had some good news recently," writes **Joel A. Dvoskin, PhD, ABPP**.

"I was elected president of Division 41 of the American Psychological Association (The American Psychology-Law Society). My term of office begins August 2006."

### 1985

**Ilene Leslie Brooks, PhD**, writes: "I changed my name in late 1987 to my Hebrew name, Renana Esther. In 1989, I received my PhD in clinical psychology from George Washington University, married Dr. Robert Rovinsky and formalized my move to Washington, D.C. I am now licensed in Maryland, D.C., Virginia and West Virginia and am in private practice operating under the name "Sommet Institute" since I specialize in using hypnosis and related short-term focused therapies to treat the problems of "peak" performers. I have also become more involved in political consulting, using my linguistic and philosophical training along with my clinical experience to assist presidential and gubernatorial candidates. On a more personal note, my husband and I have two daughters, Neshama, 9, and her sister Neilah, 7, who are bright, active and loving."

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### 1986

**Robert Heinssen, PhD, ABPP**, was recently named associate director for Prevention Research at the National Institute of Mental Health. In addition, Dr. Heinssen continues to serve as chief of the Schizophrenia Spectrum Research Program in the NIMH Division of Adult Translational Research and Treatment Development.

### 1990

"I gave birth to a beautiful, healthy baby girl on 10/11/04," writes **Dara S. Manoach, PhD**. "I am also an associate professor in the Psychiatry Department at Mass. General, where I conduct research on cognitive deficits in schizophrenia."

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### 1992

**Sherry L. Hamby, PhD**, writes, "I'm now a research associate professor at University of North Carolina at Chapel Hill. I'm married to Al Bardi, class of '96, who is assistant professor at St. Andrews College, also in NC. We have two children, Lynnaya Hamby, 5, and Julian Bardi, 2."

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### 1994

We received this update from **Susan Mistler, PhD**: "I am living and working in Hong Kong and have been for the past five years. I am heading up PDI's coaching practice in Asia Pacific and have a thriving clinical practice. My husband and I had twin boys who are now 18 months old. All of this is a great adventure. I look forward to seeing others' news in the alumni paper."

1999

**Dan Shapiro, PhD**, writes: "The biggest news on my end is that my wife (Mia) and I are expecting a baby boy in August. I recently founded a Harvard-based initiative that focuses on the psychology of ethno-political conflict and develops ideas to reduce the recurrence of identity-based conflict around the world. A book I've been co-authoring with Roger Fisher is out on the bookshelves in October and is titled *Beyond Reason: Using Emotions as You Negotiate* (Viking/Penguin, 2005).

2000

**Roberto Olivardia, PhD**, and his wife were blessed with the arrival of Roman Roberto Olivardia on April 16, 2005. At birth, he weighed 9 pounds, 1 ounce and was 21 inches long.

2004

**Julian Guillaumot, PhD**, sends his greetings from Oregon, where he recently moved after spending a year on the faculty at American University in Paris. He writes, "Paris was a bit difficult of a city for a family with two young kids. I got a great clinical job in Corvallis, Oregon, working for a private physician group. The job is terrific and the three other psychologists working with me are really great people. I have also been offered an instructor job at Oregon State University to teach a seminar on consciousness in the fall. Brooke and the kids are loving it here. We just bought a grand piano for Brooke and she's probably going to start teaching in a few weeks."

**Sara Hickmann, PhD**, updates us from the Big Apple: "I am working in Player Development at the National Football League and completed my first marathon (San Diego) in June."  
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## NEW INTERNS BEGIN THEIR TRAINING AT MCLEAN

On July 1, 2005, six interns in the McLean Hospital/Harvard Medical School Internship Training Program in Clinical Psychology embarked on a new chapter of their education as they began their training at McLean.



**Psychology interns: Pictured top row, left to right:**

Elizabeth Stevens, Yale University; Cortney Warren, Texas A&M University, and Szu-Hui Lee, Ohio State University.

**Bottom row, left to right:**

Christina Meade, Yale University; James Chok, University of North Carolina, and Mariola Magovcevic, Clark University.

WHERE ARE THEY NOW?

INTERNS CLASS OF  
2004-2005

**Sherrie Delinsky, PhD**

Post-Doctoral Fellow  
Klarman Eating Disorders Center  
McLean Hospital  
Degree: Rutgers University  
ssdelinsky@yahoo.com

**Joshua Hrabosky, PhD**

Post-Doctoral Fellow  
Yale University  
Degree: VA Consortium  
jihrabosky@hotmail.com

**Hyo-Jin Kim, MA**

Post-Doctoral Fellow  
Behavioral Health Partial Program  
McLean Hospital  
Degree: Boston University  
hkim@bu.edu

**Catherine Tellides, MEd**

Post-Doctoral Fellow  
Behavioral Health Partial Program  
McLean Hospital  
Degree: McGill University  
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**Ezemenari Obasi, PhD**

Assistant Professor  
University of Southern Illinois  
Degree: Ohio State University  
ezemenari@obasi.org

**Christine Rizzo, PhD**

Post-Doctoral Fellow  
Brown University  
Degree: University of Southern  
California  
rizzoch@hotmail.com

## PSYCHOLOGY ALUMNI NEWSLETTER CLASS NOTES (continued from previous page)

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### 2004

"My truly thrilling news" writes **Bill Jaffee, PhD**, "is my engagement to a wonderful woman, **Catherine Tellides, MEd '05**, whom I met at McLean's AABT social two years ago. We're planning a small wedding in Greece in August 2006. On the career front, I'm involved with several substance abuse research protocols at McLean's Alcohol and Drug Abuse Treatment Program (working closely with **Jennifer Sharpe Potter, PhD, '00** and **Alan Shields, PhD, '03**) and serving as the communications editor for the *Harvard Review of Psychiatry*. I'm also growing my private practice, focusing on adolescents struggling with substance abuse and co-morbid disorders."

Those of you who have provided us with your email address can look forward to receiving future editions of the *Psychology Alumni Association News* by email. Please send any email address changes to us at: [psychologyalumni@mclean.harvard.edu](mailto:psychologyalumni@mclean.harvard.edu)



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