



West Hudson Psychiatric Society
of the American Psychiatric Association
serving Rockland, Orange, Sullivan & Delaware Counties



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eSynapse

November 2014

Editor's Comments

James Flax, MD, MPH, DFAPA

“THANK YOU” to all those who have contributed to this issue of eSynapse! Please scroll through everything that follows, as there are many items you will find interesting and useful throughout.

You will find below a synopsis of our meeting so all readers will have an idea of district branch business. But, it's only a synopsis. You have **got to come** to a meeting to appreciate the rich discussions. In keeping with our focus on available mental health services, we are inviting all Rockland County readers to participate in the following survey. Towards the goal of better understanding behavioral health needs of Rockland County, the County Executive's Commission on Community Behavioral Health has asked WHPS to obtain feedback from as many providers as possible by completing the attached survey. Responses are confidential and will assist in determining community needs. Rockland County Provider survey www.surveymonkey.com/s/RCCBHAP

We had a presentation on Nyack Hospital services at our last Executive Council meeting on 10/31. Please see the synopsis. If you are wondering about the available services in Rockland you can check out this website:

<http://rocklandgov.com/departments/mental-health/provider-agency-links/>.

We are hoping to have information that reviews the services in Orange, Sullivan and Delaware in future editions of eSynapse.

Dr. Abdullah has again sent us a new article in his long line of erudite essays. There are ads that may interest you. Please scroll all the way to the end to see it all. And, if you are not receiving the MSSNY eNews, here's a link where you can read about issues of interest to all of medicine in New York State: <http://www.mssny.org>.

WEB SITE Your district branch is still in the process of improving it's website. If you have expertise or ideas about web page design, please chime in. You can see the existing "under construction" site at WestHudsonPsych.org. I recently created a website for my private practice. JamesFlaxPsychiatry.com. I learned a great deal in preparing a concise presentation of what I do professionally. If anyone wants advice on how one can create their own (simple) website, I'm happy to discuss it. 845-362-2557 or DrFlax@aol.com.

PRIVATE PRACTICE: FEES Here is a link to a legal public site where you can look up fees for a given zipcode. <http://www.fairhealthconsumer.org/>

PRIOR AUTHORIZATIONS If you are frequently bothered with cumbersome and seemingly unnecessary requests for prior authorizations, the APA is eager to hear from you: Ellen Jaffe , Director, Practice Management HelpLine/Medicare Specialist, Office of Healthcare Systems and Financing, American Psychiatric Association, (703) 907-8591 ejaffe@psych.org Practice Management HelpLine (800-343-4671) - email at hsf@psych.org. Also, one of our members posted to an international list-serv with regard to any denial of benefit so I quote Dr. John Fogelman:

The URL below will direct you to a database for the regional CMS (Centers for Medicare and Medicaid Services) headquarters. The names of the regional Medical Directors are listed. When you call, hang in through all the options, and at the end type in the name of the medical director. You will get either the real live doc, an assistant, leave a message, or the name of someone to call for an emergency. It usually works.

http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/sharedsavingsprogram/Regional_Contacts.html

My experience has been that the higher you go in any organization (hospital, government, insurance companies), the closer you are to the decision maker, and the decision makers do not have to stay on the unvarying mindless script. They do not instruct you to have a good day, apologize for your inconvenience, thank you profusely and hear how they know how valuable your time is. They usually listen, and if you do not scream at them, a favorable result often follows.

PLEASE MAKE EVERY EFFORT TO RETURN PHONE CALLS. EVEN IF YOU HAVE NO ROOM IN YOUR SCHEDULE FOR NEW PATIENTS

We have frequently heard complaints about patients leaving voice mails with private offices and never getting a return phone call. If true, this reflects very poorly on our profession. Yes, I know how many people leave voice mail messages that I can't understand, even after playing it back 6 times with the volume turned up full. Even so, the number of complaints seems to exceed the number of complaints that could be excused due to poor communication. I screen callers with my greeting message that gives enough detail about my practice so many callers know immediately not to bother leaving a message because I don't take their insurance. This saves valuable time for all.

IT'S A FREE LUNCH!

**Next Executive Council Meeting
Il Fresco Restaurant, Orangeburg, NY
Journal Club (15 minutes) PROMPTLY at 12 Noon
Followed immediately by Business Agenda
Friday, December 12th @ 12 Noon at Il Fresco in Orangeburg, NY.**

Please contact Dr. Russell Tobe, MD (rtobe@NKI.RFMH.org) (845) 398-6556) if you are planning to attend.

Mindfulness Meditation

Pat Bloom, MD presented a comprehensive overview of Mindfulness Meditation to about 45 members, internists, interested colleagues and spouses on Friday, October 17, 2014. The Meeting Objectives were to understand the physiology of stress, discuss the impact of stress on physical and mental diseases and to understand the evidence for the role of mindfulness in treating conditions relevant to psychiatry including depression, memory loss, chronic pain, agitation and PTSD. We hope to have a link to the Powerpoint presentation on our website in the near future. Here is a summary of a couple of the slides from the presentation:

Mindfulness for Physical Conditions: Levels of Evidence

► Level 1 (meta-analysis of RCTs)

- Reduction in BP
- Improvement in anxiety, depression, stress, QOL in cancer patients

► Level 2 (RCTs using TAU, waitlist, active controls)

- Decrease in proinflammatory cytokines, cortisol in cancer patients
- Decreased chronic pain (including weaker evidence for headaches)
- Decreased low back pain
- Decreased fibromyalgia pain
- Improvement in RA
- Decreased mortality, nonfatal MI, stroke (48%) in CAD patients
- Improved glycemic control in diabetics
- Improved psychological functioning and stability of CD-4 T-cell cts in HIV/AIDS
- Improvement in IBS
- Improved anxiety and sleep in organ transplant patients

Carlson LE. Mindfulness-Based Interventions for Physical Conditions. *ISRN Psychiatry*, Vol 2012, Article ID 651583. doi: 10.5402/2012/651583

Mindfulness for Psychological Conditions

Goyal M, Singh S, Sibinga EM et al. Meditation programs for psychological stress and well-being: A systematic review and meta-analysis. *JAMA Intern Med*.

Doi:10.1001/jamainternmed.2013.13018

- Reviewed 18,753 citations, included 47 trials, 3515 participants.
- Mindfulness meditation programs had moderate evidence of improved
 - anxiety (effect size 0.38 @ 8wks, 0.22 @ 3-6 mo)
 - depression (0.30 @ 8 wks, 0.23 @ 3-6 mo)
 - pain (0.33)
- Conclusion “Physicians should be prepared to talk with their patients about the role that a meditation program could have in addressing psychological stress. Stronger study designs are needed to determine the effects of meditation programs in improving the positive dimensions of mental health and stress-related behavior.”

Dr. Bloom has published a number of Guided Meditation CDs that can be purchased on CDBaby.com, Amazon.com or iTunes: Mindfulness for Busy People, Using Your Mind to

Heal Your Body, Cultivating Compassion and Connection. I have found them helpful for selected patients.

If you speak to your colleagues who are not members of the APA, remind them to become members. If members, tell them you've received your eSynapse and ask if they received theirs. If not, tell them to email Liz Burnich at westhudsonpsych@gmail.com with their email address so they can be added to the list. While some have indicated it is too costly to join the APA, the link below will remind you of the many benefits. The West Hudson Psychiatric Society Membership is one of the least costly in the nation and we hope to keep it that way. The benefits are numerous.

<http://www.psychiatry.org/join-participate/member-benefits>

PRESIDENT'S COLUMN

Russell Tobe MD (russell.tobe@gmail.com)

Dear West Hudson Psychiatric Society (WHPS) membership, colleagues, and friends:

Today's message will be short and, hopefully, sweet.

I wanted to first thank many of you for the wonderful turn out for Pat Bloom lecture on mindfulness meditation. For those of you who could not make it, Dr. Bloom gave a wonderful synopsis of the current literature involving numerous well-constructed research investigations into medical and cognitive benefits of meditation. Furthermore, there were some wonderful questions and discussion that were stimulated. (See below).

It was also nice to welcome involvement of three new members to the branch: ***Drs. Kimberly Robinson, Chuck Korrol and Margaret Fraser.***

As I mentioned in the prior Synapse, we have started an initiative to better understand changes within the services landscape. Dr. Kouyoumdjian (Dr. K) from Nyack Hospital attended our recent Executive Council Meeting and it was the best attending meeting in the past several years. Those who came specifically for Dr. K were alerted to ways of best collaborating with Nyack Hospital, service challenges that are being addressed, and upcoming changes. It also provided a fruitful opportunity to collaboratively discuss service gaps in our community and fostering partnerships. We are all very appreciative to Dr. K for his flexibility in meeting and candor in relaying information and educating.

Dr. William Greenberg will be attending our upcoming Executive Council meeting. Some of you may know Dr. Greenberg through his prior role at NKI where he ran outpatient research for many years while conducting pharmacology (amongst other) research. He recently accepted the role of Medical Director of the Mental Health Association and will be addressing the group about services, recent changes, and the upcoming landscape. All within the membership are quite welcome to attend. For those of you in our membership who similarly hold leadership roles and would be willing to give service updates please contact me if you would like to specifically represent your service delivery site.

Finally, a quick reminder that Dr. Summergrad will be speaking at our next educational forum. If you have not yet done so, please mark your calendars for **Friday, May 1, 2015**. RSVPs will be going on in the next few months. As always, please stay connected and relay feedback about or ideas for branch activities to me.

Summary from Executive Council Meeting Friday, October 31, 2013

Attendees Present: Russ Tobe, Mona Begum, Nigel Bark, Jane Kelman, Jim Flax, Les Citrome, Lois Kroplick, Scott Lawrence, Raj Mehta, Dom Ferro, Charles Korrol and Liz Burnich.

Journal Club: Dr. Russ Tobe presented a study by Dr. Les Citrome on a single-dose, randomized, double-blind, placebo-controlled trial of sublingual asenapine for acute agitation. The Q&A portion of Journal Club was enhanced because Les was present to elaborate on his experiences with this trial. If anyone would like a copy of the article, please email Liz at westhudsonpsych@gmail.com. December 2014 Journal Club will be presented by Dom Ferro and Lois Kroplick will present at the first meeting in 2015.

Guest Attendee: Dr. Kouyoumdjian (Dr. K), the director of the Nyack Hospital Psych Unit was our guest at this meeting. He gave an overview of the services and challenges since their unit was opened and generously answered numerous questions.

Fall 2014 Educational Meeting – Patricia Bloom, MD was the guest speaker for our Fall Dinner Meeting on the topic of Mindfulness Meditation on Friday, October 17 at 6pm. The feedback was extremely positive with approximately 50 attendees.

Spring 2015 Educational Meeting – Dr. Paul Summergrad will be the speaker at our Spring 2015 Educational Dinner Meeting. It is scheduled for Friday, May 1, 2015 at 6pm. The topic and location to be determined.

Women's Group – the next Women's Group meeting will take place at Laura Antar's office on November 21 at 12:30pm.

Fall NYSPA Meeting – Nigel gave an update on the Fall 2014 New York State Psychiatric Association meeting.

- The deadline for mandatory electronic prescribing is March 27, 2015. Vendors were on site to give demos of their e-prescribing programs. NYSPA also had a webinar recently that members can view by logging in to the NYSPA website.

Mental Health Coalition Update – from Dr. Lois Kroplick

- The Annual Coalition Public Forum took place on Oct 22 on the topic of Schizophrenia at Rockland Community College to a packed crowd of 500 attendees and was a great success. Lois thanked us for our donation and for all the volunteers who helped out that evening.

Miscellaneous Items:

- Dr. William Greenberg, the Medical Director of the Mental Health Association of Rockland

County will be the guest at our next Executive Council meeting in December where he will give an overview of MHA services, etc.

- We would like to invite the NYPSA President to our Feb/Mar Executive Council meeting.

Next Executive Council Meeting - Friday, December 15, 2014 at 12 noon at Il Fresco, Orangeburg, NY. Dom Ferro will be our Journal Club presenter.

19TH YEAR COALITION'S PUBLIC FORUM A GREAT SUCCESS!

Lois Kroplick, DO, DFAPA: Founder of the Mental Health Coalition of Rockland County, Inc.

On October 22, 2014, The Mental Health Coalition along with its' partners, NAMI FAMILYA, Rockland County DBSA, Rockland Community College Student Development Center and Rockland County Department of Mental Health sponsored a Public Forum called "Living Life with Schizophrenia." The two speakers, Dr. Randy Pardell, and Bill McPhee were outstanding.

Dr. Pardell is a psychiatrist who founded the TMS Center of Hudson Valley and the Riverview Psychiatric Medicine, PC. He spoke about the Seven Questions concerning Schizophrenia. His presentation was very informative and included the signs, symptoms and treatment of this illness. A powerful part of his presentation was the video by Anderson Cooper, which allowed the audience to experience what is it like to hear voices. Dr. Pardell's passion and enthusiasm for helping others came through as he shared his knowledge about Schizophrenia.

Bill McPhee, who is the editor of S-Z magazine, has been diagnosed and treated successfully for Schizophrenia. He shared his past history and gave the audience an inside view of what it is like to be psychotic. He is a great inspiration as he is an example that treatment works! Presently, he is married, has a successful career and is the author of several books.

I would like to thank all the Coalition members who worked all summer to make this Forum a great success. There were over 500 people who attended the forum.

We always welcome new members to join us in the Coalition. Our next general meeting is Jan 8, 2015 at Rockland County Department of Mental Health Building F Conference Room at 12 noon.

Join us in our mission to destigmatize mental illness and promote mental health. It's a great way to network with colleagues and really make a difference in the community. Any questions, please email me at drkroplick@aol.com

COALITION'S PUBLIC FORUM OCTOBER 22, 2014



CORRESPONDENCE

(Editors note: I vowed when I started this publication to publish anything sent to me. Please send me announcements, news, notices, rumor, recipes, innuendo, ads etc).

Teilhard de Chardin, Human Consciousness and the Internet

Syed Abdullah, MD

"The idea is that of the earth not only becoming covered by myriads of grains of thought, but becoming enclosed in a single thinking envelope so as to form, functionally, no more than a single vast grain of thought on the sidereal scale, the plurality of individual reflections grouping themselves together and reinforcing one another in the act of a single unanimous reflection."
Pierre Teilhard de Chardin

The above quote is from his philosophical conceptualization of the Internet 50 years before it became a reality: 'A Globe, Clothing Itself with a Brain.'

Pierre Teilhard de Chardin was born in 1881, at Auvergne, in France. He developed an interest in geology and minerology while a boarder at a Jesuit school. He joined the Jesuit Order at the age of eighteen and taught physics and chemistry at the Jesuit College in Cairo and Hastings. He was ordained a Jesuit priest in 1912. His goal at this point was to begin a lifelong career of teaching and research in Paleontology, which is the study of ancient plants and animals based on the fossil records preserved in rocks. Paleontology overlaps to some extent with geology, botany, biology,

zoology, and ecology, fields concerned with living creatures and how they interact.

His dreams were interrupted when he was conscripted for military service during the first World War. As a stretcher bearer on the front lines, he had a close look at the horrors of the ghastliest battles. Teilhard's personal faith was challenged as he witnessed the human tragedy of thousands of men being killed or maimed in minutes to no purpose. This set him thinking and developing a vision of an alternative to the intermittent mayhem and destruction that humanity was engaged in.

After the war, he resumed his studies at the Institute of Human Paleontology at the Museum of Natural History in Paris and dedicated himself to study the evolution of human consciousness. He got his doctorate in 1922 at the Sorbonne. While conducting research in the Egyptian desert, Teilhard was digging around for the remains of ancient creatures when he turned over a stone, dusted it off, and suddenly realized that everything around him was harmoniously connected in one vast, pulsating web of divine life. This was a transformative moment and a turning point from which there was no return for him.

Teilhard, in his writings, sometimes drifted into the realm of philosophical speculation. His fertile imagination occasionally led him into a fantasy world foreign to scientists and theologians alike. This partly explains the severity of opposition he faced from both the camps. He was seen by the Vatican as a threat to the integrity of the faith. The mention of "evolution" was an anathema to the Church as it evoked the vision of the dreaded Darwinian controversies. Rome insisted that his religious writings should not be published; he was forbidden to teach or even to speak publicly on religious subjects.

Teilhard faced the crisis of his life. He had continued to explore the lines of thought that had begun with his "Cosmic Life." Perhaps inevitably, his observations came to the attention of the Church authorities. The reaction to some of Teilhard's ideas was ultimately severe. He was deprived of his teaching position and admonished not to publish his observations on religion and science. He observed that restriction until his death in 1955.

Facing the alternative of excommunication, he accepted the assignment to go on a mission to China where he stayed for about 22 years, with only brief visits to France. Yet his ideas were informally and secretly disseminated by friends and colleagues in a small circle of younger priests and theologians. His writings, though never published while he was alive, were thus preserved and surfaced after his death.

In the scientist community his references to God and Divinity were subjected to ridicule in the era of scientific euphoria of the 20th century when scientific "purity" was the dominant creed. His work was regarded as 'flaky' and 'weird' and was treated with derision. He was thus isolated and thrown on his inner resources to carry on his paleontological exploration trekking the Gobi desert. In China he lived in a state of semi- exile, while conducting ground breaking research at the Sinanthropus or "Peking Man" site of Zhoukoudian; the Nihewan Basin of Hebei, where archeological excavations have brought to light the oldest well-dated Paleolithic assemblages known outside Africa; and the late Pleistocene site of Salawusu in Inner Mongolia, known for remains of the earliest modern humans in Asia.

Teilhard's philosophy of 'neo-humanism' that unites a scientific appreciation of the reality of evolution as a compelling force of nature with a metaphysical understanding of the human condition, has a profound meaning for all those concerned with the future of humanity in the 21

st century and beyond. Sir Julian Huxley states: “Teilhard... effected a threefold synthesis—of the material and physical world with the world of the mind and spirit; of the past with the future; and of variety with unity, the many with the one...” Teilhard’s vision was well ahead of his time and is becoming more relevant with each passing day. The progressive optimism of his message regarding the future mental and spiritual evolution of humankind is a counter balance to the cynicism and parochialism so rampant within modern society.

Teilhard and his Russian counterpart Vladimir Vernadsky inspired the Gaia hypothesis (later defined by James Lovelock and Lyn Margulis): the global ecosystem is a super-organism with a whole greater than the sum of its parts. Suddenly everything, from rocks to people, takes on a holistic importance. A handful of cyber-philosophers are exploring this ideological construct as they search for the deeper implications of the Internet.

Teilhard visualized a stage of evolution characterized by a complex membrane of information enveloping the globe and fueled by human consciousness. More than half a century after his death, a vast electronic web now encircles the Earth that permits us to mentally travel, in the blink of an eye, from Detroit to Delhi and beyond, sharing ideas and exchanging views with fellow humans.

In his seminal work *The Phenomenon of Man*, Teilhard wrote, “Is this not like some great body which is born - with its limbs, its nervous system, its perceptive organs, its memory...which has come to fulfill the ambitions aroused in the reflective being by the newly acquired consciousness?” According to John Perry Barlow : “What Teilhard was saying can be easily summed up in a few words: the point of all evolution up to this stage is the creation of a collective organism of Mind.”

Teilhard conceived all this as a natural culmination of a cosmic process of organization which has never ceased since those remote ages when our planet was young: First the molecules of carbon compounds with their thousands of atoms symmetrically grouped; next the cell which, within a very small volume, contains thousands of molecules linked in a complicated system; then the metazoa in which the cell is no more than an almost infinitesimal element; and later the manifold attempts made sporadically by the metazoa to enter into symbiosis and raise themselves to a higher biological condition. And now, as a germination of planetary dimensions, comes the thinking layer which over its full extent develops and intertwines its fibers, not to confuse and neutralize them but to reinforce them in the living unity of a single tissue. He called it the Noosphere, from the Greek word Noos meaning mind.

Teilhard continues “ Really I can see no coherent, and therefore scientific, way of grouping this immense succession of facts but as a gigantic psycho-biological operation, a sort of *mega-synthesis* , the 'super-arrangement' to which all the thinking elements of the earth find themselves today individually and collectively subject... If that is what really happens, what more do we need to convince ourselves of the vital error hidden in the depths of any doctrine of isolation? The egocentric ideal of a future reserved for those who have managed to attain egoistically the extremity of ‘everyone for himself’ is false and against nature. No element could move and grow except with and by all the others with itself.”

Taking a sweeping look at special groups’ privileges he says, rather poetically: “Also false and against nature is the racial ideal of one branch draining off for itself alone all the sap of the tree and rising over the death of other branches. To reach the sun nothing less is required than the combined growth of the entire foliage.

The outcome of the world, the gates of the future, the entry into the super-human--these are not thrown open to a few of the privileged nor to one chosen people to the exclusion of all others. They will open only to an advance of *all together*, in a direction in which *all together* can join and find completion in a spiritual renovation of the earth...we are therefore moving towards some new critical point that lies ahead. In spite of its organic links, whose existence has everywhere become apparent to us, the biosphere has so far been no more than a network of divergent lines, free at their extremities. By effect of reflection and the recoils it involves, the loose ends have been tied up, and the noosphere tends to constitute a single closed system in which each element sees, feels, desires, and suffers for itself the same things as all the others at the same time.”

He elaborates further “ We are faced with a harmonized collectivity of consciousnesses equivalent to a sort of super-consciousness. The idea is that of the earth not only becoming covered by myriads of grains of thought, but becoming enclosed in a single thinking envelope so as to form, functionally, no more than a single vast grain of thought on the sidereal scale, the plurality of individual reflections grouping themselves together and reinforcing one another in the act of a single unanimous reflection.”

He continues his philosophical discourse: “The two-fold crisis whose onset began in earnest as early as the Neolithic age and which rose to a climax in the modern world, derives in the first place from *mass-formation* (we might call it a 'planetization') of mankind. Peoples and civilizations reached such a degree either of frontier contact or economic interdependence or psychic communion that they could no longer develop save by interpenetration of one another. But it also arises out of the fact that, under the combined influence of machinery and the super-heating of thought, we are witnessing *a formidable upsurge of unused powers*. Modern man no longer knows what to do with the time and the potentialities he has unleashed. We groan under the burden of this wealth. We are haunted by the fear of ‘unemployment.’ Sometimes we are tempted to trample this super-abundance back into the matter from which it sprang without stopping to think how impossible and monstrous such an act against nature would be. ”

The Unity of All Things

In the seeming myriad of entities around us, Teilhard perceives a unity: "My starting point is the fundamental initial fact that each one of us is perforce linked by all the material organic and psychic strands of his being to all that surrounds him." Moreover, that unity reaches back in time and continues into the future: "If we look far enough back in the depths of time, the disordered anthill of living beings suddenly, for an informed observer, arranges itself in long files that make their way by various paths towards greater consciousness."

Teilhard's science had already convinced him of the validity of evolution as a paradigm fundamental to understanding the meaning of human existence. He affirms that "the belief that there is an absolute direction of growth, to which both our duty and our happiness demand that we should conform. It is his [the human] function to complete cosmic evolution." He goes so far as to say: "Christ is realized in evolution."

Teilhard was also convinced that a further and even more profound change had taken place. On the one hand we could see humanity simply swept along in an evolutionary stream into the future over which he had no control. Or, we could see that an evolution conscious of itself could also direct itself. "Not only do we read in our slightest acts the secrets of [evolutions] proceedings; but for an elementary part we hold it in our hands, responsible for its past to its future."

Noogenesis moves ever more clearly toward self-direction; it is now something we determine. Still, can we make some estimate of where we are going? Man is not the center of the universe as once we thought in our simplicity, but something much more wonderful-the arrow pointing the way to the final unification of the world. This is nothing else than the fundamental vision and I shall leave it at that."

Teilhard was hardly alone in that dream of human unity and its chief benefit, peace. He was also aware of the formidable barriers that lay in the path of its achievement. Indeed, the very awareness of the challenges plays its own role in noogenesis. "I can now add that what disconcerts the modern world at its very roots is not being sure, and not seeing how it ever could be sure, that there is an outcome-a suitable outcome-to that evolution."

It was Teilhard's conviction that should humanity lose hope for the future, the hope of transcending the barriers to human unity and peace, noogenesis would cease. "Between these two alternatives of absolute optimism or absolute pessimism, there is no middle way because by its very nature progress is all or nothing." Yet, does not evolution itself offer hope? It has gone from geogenesis to biogenesis and has entered up noogenesis. Will it now be frustrated at this stage and fail to evolve further into the future? Teilhard clings to hope, "there is for us, in the future, under some form or another, a least collective, not only survival but also super-life." In 1950, Teilhard made what was a final attempt to get his observations published. He wrote a short work, "Man's Place in Nature", which summarized what he felt was his scientific position. He carefully avoided mentioning the religious aspects of his views. Unfortunately, he was no more successful than he had been earlier. Teilhard does not depart from his earlier views, but he does state them with greater precision.

A Foreboding of the Internet

Crucial to the process of human evolution, i.e. to progress is, in Teilhard's view, scientific research. In the past such investigations were isolated, sometimes no more than the hobbies of individuals. "Today we find the reverse: research students are numbered in the hundreds of thousands-soon to be millions-and they are no longer distributed superficially and at random over the globe, but are functionally linked together in a vast organic system that will remain in the future indispensable to the life of the community." One can't but think of today's Internet, yet this was written about 50 years before the advent of the Internet. What did he base this prediction on?

Teilhard was aware of the early forms of the computers He writes "I am thinking of those astonishing electronic machines (the starting point and hope of the young science of cybernetics), by which our normal capacity to calculate and combine is reinforced and multiplied by the process and to a degree that heralds as astonishing advances in this direction as those that optical science has already produced for our power of vision."

But what of the ultimate future, if any. Teilhard says there are no guarantees, "synthesis implies risk." "Life is less certain than death." However, if evolution does in fact reach a final stage it will be "the self-subsistent centre and absolutely final principle of irreversibility and personalization: the one and only true Omega." Teilhard's hope for the future of the noosphere is found in what he called the "Omega Point," perhaps the most controversial aspect of his thought. To understand it, we return to *The Phenomenon of Man*.

Towards Omega

Here we continue Teilhard's treatment of noogenesis: "We are faced with a harmonized

collectivity of consciousnesses to a sort of superconsciousness. The earth not only becoming covered by myriads of grains of thought, but becoming enclosed in a single thinking envelope, a single unanimous reflection." Yet such a unanimity of consciousness implies a condition that humans generally reject, depersonalization. Indeed, the conclusion seems inevitable: "So that at the world's Omega, as it is at its Alpha, lies the Impersonal." At this point, "Omega," the last letter in the Greek alphabet, simply refers to the final stage of evolution. At the end the noosphere becomes an "all" that absorbs all.

In refining his description of "Omega" Teilhard states: "Because it contains and engenders consciousness, space-time is necessarily of a convergent nature [and] must somewhere in the future become involuted to a point which we might call Omega, which fuses and consumes them integrally in itself." Here "Omega" takes on its deeper meaning. Noogenesis, as it evolves, inevitably reaches a single focus. He had said "Everything that ascends must converge." In the midst of a particularly ghastly fulfillment of the dictum "War is hell," Pierre Teilhard de Chardin struggled to hold on to a hope for the human future. Ultimately, he found it in noogenesis and in the future of the noosphere.

Teilhard spent the last four years of his life in America. He died of a coronary artery rupture on Easter Sunday April 10th 1955 in New York City, and was interred in a small cemetery in Rhinebeck, NY. There, still in exile, Teilhard lies under a simple stone inscribed with his name.



APA Institute on Psychiatric Services
October 8-11, 2015
New York, NY

It's That Time of the Year. You can influence the promise of shared knowledge and expertise available at APA's 2015 Institute on Psychiatric Services (IPS) by submitting workshop, symposium or innovative program abstracts. The [abstract submission](#) site is open now and remains open until **December 12, 2014**. [Poster abstract submission](#) closes May 21, 2015. For inspiration, check the [2014 IPS Program](#).

APA Observes National Family Care Givers & American Indians and Alaska Natives Heritage Month



To mark National Family Caregivers Month and celebrate the selfless efforts of people who care for their family members and friends with mental illness, APA has posted [a number of resources](#) that you can share with your patients' caregivers to ensure they take care of themselves and recognize the signs of burnout. As you know, caregivers have higher levels of depression and stress that may jeopardize not

policy. There is a new timeline for this fellowship, which now better aligns with the academic year (August 2015-June 2016). The new deadline for submitting an application is **December 19**.

Integrated Care: What It Means To You



Resource Guide Will Improve Your Ability to Help Veterans, Service Members

http://www.integration.samhsa.gov/clinical-practice/Veterans_Resource_Guide_FINAL.pdf

The SAMHSA-HRSA Center for Integrated Health Solutions has developed a guide for primary and behavioral health care professionals serving military members, veterans, and their families. The guide provides links to a variety of resources regarding clinical care, community resources, helping patients get referrals to the VA, what non-VA providers can expect in working with the VA, and more. Access the resource guide [here](#).



Integrated Care: There's a Model to Fit Your Practice Style

Jürgen Unützer, M.D., describes different models of integrated care. Among them are collaborative care (CC) and the behavioral health consultant (BHC). Research has demonstrated that CC is effective for a broad range of mental health problems, including depression, mood and anxiety disorders, PTSD, ADHD, substance abuse, and chronic pain. The BHC model emphasizes a generalist behavioral health provider embedded in a primary care clinic who provides rapid access to behavioral health intervention. Read [more](#).



MUR Members: Get Ready for Next Year's Election

The position of minority and underrepresented (MUR) group trustee will appear on APA's 2015 election ballot. Only enrolled members of the MUR caucuses can vote for the MUR trustee. Psychiatrists who identify with any of APA's recognized MUR groups and are not enrolled in a caucus are urged to join by **December 1** so that they will receive a ballot that permits voting for this position. To join a caucus or check your caucus status, log on to [online member profile](#), select Section 3: Current Practice and Professional Activities, and then go to question 3Fa APA Minority and Underrepresented Group Caucus Membership. **Be sure to save your updated information.** There are seven MUR caucuses: American Indian/Alaska Native/Native Hawaiian, Asian American, Black, Hispanic, Lesbian/Gay/Bisexual, International Medical Graduate, and Women.



“The Art and Science of Adolescent Psychiatry and Psychotherapy”

Registration is now open for the joint meeting of the **American Society for Adolescent Psychiatry** and the **International Society for Adolescent Psychiatry and Psychology** in New York March 26-29, 2015 at the New York Marriott East Side Hotel, 525 Lexington Avenue. You may register for the meeting on line at <http://adolescent-psychiatry.org> or complete and return the attached registration form. To reserve a room at the hotel go to (<http://www.marriott.com/hotels/travel/nycea-new-york-marriott-east-side/>) or call: 800-242-8684 and ask for the ASAP/ISAPP room block. There is a block of rooms at the rate of \$299 per night. We are anticipating that this block will sell out quickly so you should make reservations soon.

The meeting theme is **“The Art and Science of Adolescent Psychiatry and Psychotherapy.”** You won't want to miss this exceptional meeting, which will offer 3 ½ days of a diverse, multi-disciplinary in-depth scientific conference. There will be over 100 presenters, with about half coming from other countries, including Canada, Europe, Asia, and Latin America, with many nationally and internationally known speakers. The **Certification Examination in Adolescent Psychiatry** is being resumed and will be held on Thursday, March 26. Information and an application for the examination may be obtained from Frances Bell at the Central Office, adpsych@aol.com, or via the website: <http://adolescent-psychiatry.org>

Thursday morning will feature an institute on critical issues in **Psychopharmacological Treatment of Adolescents**, including lectures on **“Treating Adolescent Depression: Thinking Outside the Black Box,”** and **“Are Antipsychotics an Option in Adolescent Depression?”**

Another institute will be held on Sunday on **Adolescent Addictions**, organized by **Gregory Bunt, MD**. This institute will feature a lecture on “New Psychopharmacological Developments in Adolescent Substance Use Disorders.”

Efrain Bleiberg will present the William A. Schonfeld Award Lecture, “The Mentalizing Model of Emerging Borderline Personality Disorder in Adolescence: The State of the Art.”

Some of the other featured speakers will be:

Robert Hendren and **Steve Adelsheim**, “New Understanding Leads to New Treatments for Schizophrenia in Youth”

William Pollack, “Hearing Young Males Voices: Healing Their Pain: Empathic Listening and ‘Male-Friendly’ Psychotherapy for Male Adolescents with Covert Depression”

Jack and Kerry Kelly Novick and **Enrico DeVito**, “Loneliness in Adolescence”

Lynn Ponton, “Issues & Strategies of Therapeutic Engagement with Emerging Adults Using a Developmental Frame”

Andres Pumariega, **Eugenio Rothe**, and **Rama Gogineni**, “Culture and Adolescence: Development, Psychopathology, and Treatment”

Annette Streeck-Fischer, “Shame and Narcissism in Adolescence”

Stevan Weine, “Protecting Adolescents against Radicalization and Recruitment to Violence”

The meeting will feature screenings of two award-winning short documentary films, for which **David Baron** served as Executive Producer. There will also be posters, including New Research Posters, on Friday and Saturday.

The registration fee is all-inclusive and includes admission to the two institutes, all workshops and courses, and lunch on Thursday, Friday and Saturday.

For more information, contact Frances Bell at adpsych@aol.com

Conference co-chairs

Gregory Barclay, MD, ASAP President-Elect

Lois Flaherty, MD, ISAPP President-Elect



ASAP AND ISAPP JOINT MEETING

Registration Form
March 26-29, 2015

Name: _____ Degree: _____

Address: _____

City/State/Zip _____

Phone: _____

Email: _____

For Continuing Education Accreditation, check one:
 MD Social Work Psychology LMFT LPC Other

If Resident/Student, name of Institution/School: _____

Conference Registration Fees:

	Earlybird fee by January 31	Late fee after February 1
ASAP/ISAPP Member	\$425	\$575
ASAP/ISAPP Non-Member	\$525	\$675
Students/Resident/Fellows	\$225	\$325
One day registration	\$225	\$275

Total: _____

A check is enclosed payable to ASAP. (A \$35.00 fee will be assessed for returned checks)

Bill my credit card: Visa MasterCard

Account #: _____

Expires: _____

Signature: _____

No refunds after January 31, 2015
Mail checks to: ASAP, PO Box 570218, Dallas, TX 75357-0218
Email: adpsych@aol.com
FAX: 972-613-5532

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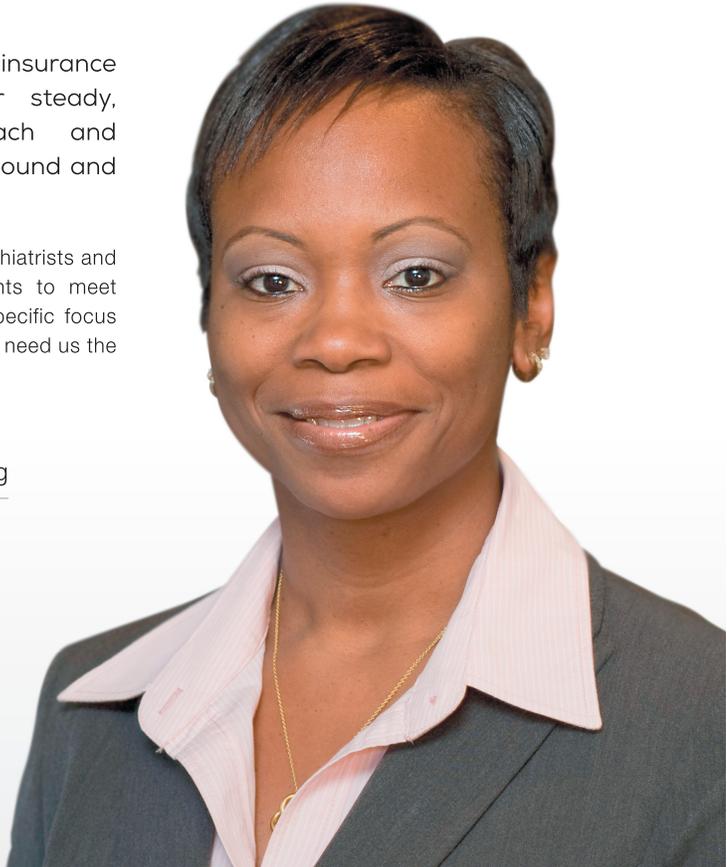
Victoria Chevalier

Assistant Vice President, Underwriting

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Orange Regional Medical Center Department of Psychiatry is seeking a Child & Adolescent Psychiatrist, Full Time for our growing outpatient division. Above average pay and excellent benefits. Call Carlos Rueda, MD at 845-333-2240.

Crystal Run Healthcare has openings for BE/BC Psychiatrists to join 3 others and a full ancillary staff including psychiatric RN's and LCSW's in a busy out-patient behavioral health setting. Crystal Run Healthcare is a physician owned multi-specialty group practice in Hudson Valley NY 60 miles northwest of NYC. With over 300 providers, over 40 specialties and 18 locations, Crystal Run Healthcare is one of the largest practices in the Northeast. Responsibilities include integrated care, consultations, initial evaluations, and follow-ups. Telephone shared back-up call, electronic medical records utilized. Crystal Run has also just recently partnered with Mt. Sinai Health System to form the Mount Sinai-Crystal Run Alliance for Healthcare Transformation. Contact Nicholas Batson, M.D. nbatson@crystalrunhealthcare.com for more information.

Psychiatry/Psychotherapy Office for Rent

Saturday all day, Sunday after 10:30

Route 45, Pomona

Shared Waiting Room, Wheelchair Accessible, Wall-to-Wall Windows,

Private Bath, Full Sound Insulation, Separate Entrance/Exit

Call Lorraine Schorr, MSW 354-5040

Depression Support Group

Depression support group meets 2 times a month in Pomona, NY. We are inviting new members at this time. We are moderated by a clinical social worker. This is not a therapy group but social support for people fighting depression. Call Kathy for more information (914) 714- 2837.

Rockland County Depression and Bipolar Support Alliance

peer-to-peer run support group for people with depression, bipolar disorder, anxiety disorder or any related mood disorder & their friends & family. The support group meets every Thursday night from 6:30 - 8:30 at St. John's Episcopal Church, located at 365 Strawtown Road in New City. Reservations are not required. There is no fee for attending the support group meetings. This is a very warm and welcoming group run by people who have been there and can help. Any questions please call Leslie or Leonard at 845-837-1182.
