

*President's Letter*



**Steven E. Locke, MD**

The days grow shorter as we approach the Winter Solstice. Many of us will soon be shoveling snow and envying our colleagues in Miami, Tucson, and San Diego. However, we do have the March meeting in Orlando to look forward to, and from what I have seen, it promises to be an outstanding meeting. To read about some of the meetings highlights, see page 6.

**PSYCHOSOMATIC MEDICINE AND BIODEFENSE**

APS once again helped to organize and cosponsor a second meeting on *Psychosocial Dimensions of Biodefense Preparedness and Response*, held at Georgetown Medical Center on November 10<sup>th</sup>. Fifty of the nation's leading experts on biodefense, stress, psychosomatic medicine, terrorism, outbreaks, risk communication, and medical informatics attended the invitational meeting. High level representatives of a dozen government agencies (CDC, SAMHSA, NIMH, DOD, HRSA, etc.), state departments of public health, and voluntary agencies (e.g., American Red Cross) participated in the meeting. The output of the meeting is a report and recommendations which will be provided this winter to the CDC and SAMHSA to guide preparedness planning. APS continues to promote the important and under-recognized role of our expertise in this important dimension of public health preparedness.

**THE FALL COUNCIL RETREAT WAS HELD ON SEPTEMBER 12-13<sup>TH</sup>**

Several actions undertaken at the retreat include:

**Annual Meeting – Theme**

A plan was approved by Council to establish a three-year trial of having a theme for the annual meeting and devoting a portion of the annual meeting to presentations in support of the theme. The first meeting at which this will occur is the 2005 meeting in Vancouver. Bob Rose has agreed to help organize the theme of asthma for that meeting.

**NIH MEETING GRANT**

Thanks to Paul Mills for his efforts in putting together and submitting an R-13 grant to NIH. This grant will help fund the APS Scholar Awards. The initial score was high, indicating the grant should be funded but we will not know for sure until sometime this Fall. See page 7 for an update.

**WEBSITE**

Kudos to the Website Committee chaired by Susan Levenstein and to Laura Degnon and her team at Degnon Associates for the vast improvements in the APS website. For more details on the websites improvements, see page 7. Be sure to check out the site at [www.psychosomatic.org](http://www.psychosomatic.org).

**PAST-PRESIDENTS OF APS**

Past-president Robert Rose was invited to attend the meeting to share his insight about ways to keep past officers as active contributors to APS. Bob agreed to consult with several other past presidents about ways to utilize the experience of past presidents. It was decided to create a committee of past officers (program chairs, officers, council members) with Council to designate a chairperson to serve a two-year term. The chair must have been out of a leadership position for five years. The chair

of the committee will be invited to Council meetings as a non-voting member. The chair will submit an article to the Newsletter addressing the committee's views on the state of the society. Bob Rose agreed to be the first chair of this past officers committee.

**BEHAVIORAL MEDICINE INTERSOCIETY CONFERENCE CALL**

The second teleconference among the leadership of our psychosomatic and behavioral medicine sister societies took place on October 31<sup>st</sup>.

Present on the call were American Psychosomatic Society (APS): Steven Locke (President), Nancy Frasure-Smith (President-Elect); APA Div 38 (Health Psychology): Michael Scheier (President), Barbara Keaton (Executive Director); Society of Behavioral Medicine (SBM): Linda Baumann (President), Judy Ockene (President-Elect), Beth Klipping (Executive Director); Academy of Behavioral Medicine Research (ABMR): Mike Irwin (President); Academy of Psychosomatic Medicine (APM): Mary Jane Massie (President), Ted Stern (President-Elect); George Degnon (Executive Director)

**SOCIETY UPDATES & ISSUES**

APA Div 38 will meet in Hawaii in August 2004 with a theme addressing international health psychology and diversity. Div 38 is preparing for recertification of the training program in clinical health psychology and contributing to the Evidence-based Behavioral Medicine project led by Karina Davidson of SBM. Div 38 wants to increase the number of international members.

SBM is planning a 25<sup>th</sup> annual meeting in Baltimore March 24-27, 2004 with a theme of Behavioral Medicine: Looking Forward to the Next 25 Years. One day of the conference will involve joint programming with the International Society of Behavioral Medicine. SBM is interested in more diversity of members by discipline and more

*(Continued on page 3)*

## From the Editor

**Christine A. Marco, PhD**  
**Rhode Island College**  
**Providence, RI**

Seasons Greetings!

Our last issue of our 2003 newsletter continues to bring interesting news to our membership. Allow me to direct you to President Locke's column, which includes an update on APS' role in our nation's biodefense, news from the Fall Council Retreat in September, and information on the Behavioral Medicine Intersociety activities.

Bill Gerin has provided an intriguing description of the upcoming annual meeting in Orlando this coming March. There are several new features that Bill and Julian (Thayer) are unveiling at this meeting. I am looking forward to it, especially considering the fact that we in New England have just dug out from our first nor'easter of the season!

I was extremely intrigued by the description of Dr. Stevo Julius' new book, *Neither Red Nor Dead – Coming of Age in Former Yugoslavia During and After World War II*. This book describes Dr. Julius' experiences during his formative years, including a description of the practice of psychiatry 50 years ago. I was quite taken aback with the image of a fellow colleague as a 14-year old with a gun roaming alone throughout the Croatian countryside. I realized how I take for granted that I was raised in the safety of the U.S., and how some issues (i.e., war) never seem to cease on our planet. [sigh] The eternal optimist in me wishes that we could find solutions to these age-old problems and bring peace to our embattled planet. If not, at least our professional efforts may help to alleviate some of the psychological pain and suffering and help to keep people healthier in an unhealthy environment.

Although it may seem superfluous, I want to acknowledge those people who have contributed generously to the APS Fund. I must reluctantly acknowledge that I have not yet done so, yet I encourage everyone (myself included) to consider contributing even the smallest amount. In these extremely difficult economic times, we continually are solicited for donations. Lately, I find myself sighing

in dismay, "Oh no, not another one!" whenever a cause approaches me. "Surely, I cannot give to them all! Where do I draw the line?" Just this week, I purchased gifts for two needy children registered with our annual holiday "Giving Tree". In Rhode Island, we have been bombarded for 10 months with fundraisers for the victims of the horrific Station nightclub fire that tragically took 100 lives this past February. These circumstances make me realize how fortunate I am, and how my small contribution can make somebody else's life a little better for a moment. Yet, I have looked at the APS Fund requests and turned away. I guess we find it easier to contribute to those causes that tug at our heart strings – those causes with a child's face or human tragedy attached to them.

Might it not be more important to consider those causes that are less emotional? The APS Fund is not a charity, but a supportive fund for professional endeavors to which we have dedicated our careers. There is nobody else to turn to: not the corporate world, not the general public, and certainly not our government (indeed, please see the information on "Threat to Peer-Reviewed Research at NIH?" in the President's column. It's frightening!). There is no "APS Poster Child" to tug at our heart strings. According to the President's column, we are a 900-member organization. Simple math reveals that a \$10 donation on each of our parts will contribute \$9,000 to the fund. Not too shabby! Most people have generously contributed much more than that, and we are grateful. So, as you have heard from fundraisers in other contexts, please consider even the smallest donation to our fund. They all add up to a greater whole.

Finally, I would like to mention that I plan to reveal a new feature in the next issue of our newsletter. This feature will get perspectives on a single topic from multiple viewpoints. I have several topics in mind, and would like to hear any suggestions that you may have for future issues. If there are any "burning issues" that you would like to see addressed from multiple perspectives, please send them to me.

I bid you all adieu and wish you a very happy and safe holiday season!

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## American Psychosomatic Society Leadership

**March 2003 - March 2004**

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1st 10 lines - no charge

11 or more lines - \$10/line

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Each line contains approximately 36 characters and spaces; this figure is an estimate only; advertisers will be charged based on the actual number of lines printed in the newsletter. If you have any questions, or if you wish to advertise a position opening, please contact the National Office.

## President's Letter

(Continued from front page)

outreach to other organizations with similar or overlapping interests.

ABMR will hold a meeting in June 10-12, 2004 in Jackson Hole to reach out to molecular medicine and stress the interface between basic processes and behavioral outcomes. The small meeting, attended by 30-40 of the 150 members, is very interactive between speakers and attendees.

APS is a 900-member organization in its 60<sup>th</sup> year. About 25% of members are international. The 2004 annual meeting will be held March 3-6, in Orlando. A one-day pre-conference workshop on genetic epidemiology will be offered. APS's fundraising campaign will support young investigators. The organization is currently involved in bioterrorism and public health preparedness. An upcoming supplement to *Psychosomatic Medicine* will focus on depression and cardiovascular disease. APS is outreaching to other clinically relevant organizations.

APM is a 800-850 member organization in its 50<sup>th</sup> year. The annual meeting will be held November 20-23 in San Diego with the theme Psychosomatic Medicine: From the Bench to the Bedside. The meeting is usually attended by 300-400 members. A meeting devoted to setting priorities for the new subspecialty of Psychosomatic Medicine as a consultation area of psychiatry will be held in June 2004. There is interest in more collaboration with other organizations.

### EXPLORATION OF JOINT EFFORTS

#### *Liaisons to Other Societies*

All of the societies want to link more with other organizations and discussion took place about what liaison methods work best.

#### *Advocacy*

A suggestion was made to form a joint committee similar to the evidence-based practice committee headed by Karina Davidson (SBM), for members from other societies to focus on identifying policy statements and a policy agenda to: a) identify the outcomes we hope to achieve; b) determine what the message is that we want to get out; and c) frame the discussion in policy development rather than advocacy, which comes later. Decisions would need

to be made about what funds would be used for and why the issue is important. For example, what does it take to get physicians (and other providers) to use behavioral treatments in daily management? A current IOM committee is addressing how to incorporate more behavioral medicine content into medical school curricula. APS has a committee on medical school education and has developed a white paper co-authored by Dennis Novack.

Each society has some type of policy, liaison or advocacy committee. APA has a well-developed policy office that alerts Div 38 to current policy issues. Barbara Keaton offered to feed this information to our societies.

The next conference call meeting will be in late April, 2004 sponsored by APA Div 38.

### THREAT TO PEER-REVIEWED RESEARCH AT NIH?

Ronald Glaser, PhD, the current PsychoNeuroImmunology Research Society president, wrote to APS: "I thought it prudent to bring the following matter to your attention. Some of you may be aware of the current "de-funding" activities in Congress by which certain members of the government are now attempting to supersede the current peer-review architecture of the NIH funding procedures and directly label certain projects as inappropriate to receive funding based upon political and religious ideology. Thus, if this continues, the current 2-tier NIH review process will become a 3-tier process with the ultimate decision power resting in the U.S. Congress."

If you disagree with these activities, you may consider contacting your congressional representatives. In addition, more information and official letters of disapproval from other organizations may be found at:

[http://www.house.gov/reform/min/politicsandscience/nih\\_support.htm](http://www.house.gov/reform/min/politicsandscience/nih_support.htm)

### NOW YOU CAN RENEW YOUR APS MEMBERSHIP ONLINE

For the first time, we'll be doing the APS Dues Renewal on-line. I'm excited about this and trust our members will appreciate it as well.

I look forward to seeing you in Orlando in March.

## In Memorium

*Marvin Stern, MD*  
*New York, NY*

### \*NOTE\*

A full archive of the APS  
Newsletters since 1997  
can be viewed under the  
"Media Center" section  
of our new website:  
[www.psychosomatic.org](http://www.psychosomatic.org)

Do you have colleagues that  
might be interested in  
APS activities?  
Have them visit our website at  
[www.psychosomatic.org](http://www.psychosomatic.org)

*New!!*

## *Physician - Scientist Fellowships Available*

APS members are invited to nominate a physician-scientist colleague or trainee (who does not belong to APS) for 1 year of full APS membership benefits at no charge. The program is designed to increase the exposure of individuals to psychosomatic medicine, and foster their own research in these areas. To nominate an individual or get more information, please visit:

[www.psychosomatic.org](http://www.psychosomatic.org) or call APS headquarters.

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## *International Fellows*

By supporting the International Fellows program, the Cousins Center for Psychoneuroimmunology at the UCLA Neuropsychiatric Institute is pleased to extend the vision of the late Mr. Norman Cousins, the Center's founding member. For many years, it was Mr. Cousins vision to promote peace by cooperation among nations, and by educating less privileged members of other countries.

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## **2004 62ND ANNUAL SCIENTIFIC MEETING MARCH 3 - 6**



at the  
**Caribe Royale Resort Suites**  
Register online now, to receive  
the advanced registration fee!  
[www.psychosomatic.org](http://www.psychosomatic.org)

## *APS Meeting*

### Featured Presentations

#### INVITED SYMPOSIUM:

#### State of the Art Symposium

Chair- William Gerin PhD  
Sleep - Martica Hall PhD  
Menopause - Karen A. Matthews PhD  
Hypertensions, JNC VII - Thomas G. Pickering MD  
Social Support - Timothy W. Smith PhD  
Quality of Life - Robert M. Kaplan PhD

#### Genetics and Race Special Presentation:

Chair - Redford B. Williams MD  
Discussant - Norman B. Anderson PhD  
Speakers - Kenneth M. Weiss PhD and  
Steven Thomas PhD

#### PRE-CONFERENCE WORKSHOP:

#### Genetic Epidemiology in Psychosomatic Disorders

(March 3, 2004)

The workshop is tentatively scheduled to run from 9:00am until 5:00pm on Wednesday, ending in time for the opening reception of the APS Annual Meeting. A minimal fee will be required. As more information becomes available, we will be sure to post it.

1. An overview of research designs in Genetic Epidemiology (including twin, family and linkage designs), Harold Snieder, Ph.D., Medical College of Georgia.
2. An introduction to genetic laboratory methods, Yanbin Dong, M.D., M.Sc., Ph.D.
3. Association and candidate gene approaches, Speaker to be determined.
4. An application of genetic epidemiological methods to the study of neuroendocrine function, Eco de Geus, Vrije Universiteit, The Netherlands.

#### Also:

Paper Sessions, Poster Sessions, Symposia, Workshops, Roundtable Lunches, Presidential Address, Herbert Weiner Early Career Award Winner, Scholar Awards, Mentoring Program and more!

You can register online at  
[www.psychosomatic.org](http://www.psychosomatic.org).

## *Welcome... New Members!*

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*Pittsburgh, PA*

**Kara Zivin Bambauer, MS**  
*Brighton, MA*

**Samuel Basch, MD**  
*New York, NY*

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*Evanston, IL*

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*Kent, OH*

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*Denver, CO*

**Dean D. Snow, PhD**  
*Fredericton, NB, Canada*

**Lucia Dettenborn, MS**  
*New York, NY*

**Caroline Carney Doebbeling, MD**  
*Los Angeles, CA*

**Albena Halpert, MD**  
*Chapel Hill, NC*

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*Vancouver, BC, Canada*

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*Vancouver, BC, Canada*

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*Stanford, CA*

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*Indianapolis, IN*

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*Stockholm, Sweden*

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Richard D. Lane

## Why I Contributed to the APS Fund

"The APS Fund is an essential part of the growth of psychosomatic medicine. Our membership dues pay for direct member benefits, but to grow we need additional support. As a senior member of the APS, I have benefited from the Journal and my contacts with members over the years. Now, I am more than happy to give something tangible back to APS so that it can grow into the future."

**- William R. Lovallo, PhD**

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If you would like to share your reason for contributing, you can email it to [info@psychosomatic.org](mailto:info@psychosomatic.org).

To make a donation to the APS Fund, you can send payment to APS Fund, 6728 Old McLean Village Drive, McLean, VA 22101. Donations are fully tax deductible to the amount permitted by law.

*Highlights of the APS Program, Orlando, FL, 2004*

**William Gerin, PhD - Associate Chair**  
**Julian F. Thayer, PhD - Chair**  
**Program Committee**

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The APS program that we will present in Orlando, Florida in March, 2004 promises to follow in the great tradition of past programs, with diverse perspectives and cutting-edge science. The theme of the upcoming program, "Genetics and Race", is controversial and we hope will provoke a great deal of debate. For those who need to learn, or relearn, the basics, a full-day pre-conference workshop "Genetic Epidemiology in Psychosomatic Disorders" will be offered. This has been organized by Jeanne McCaffery, and you must register to attend. In addition, an invited symposium on the genetics of race and its implications for Psychosomatic Medicine will be given. Confirmed speakers include Stephen B. Thomas of the University of Pittsburgh and Kenneth M. Weiss of The Pennsylvania State University. Redford Williams will Chair this panel, and Norman Anderson will serve as discussant.

Another special feature of this meeting will be a presentation by Robert M. Rose, an APS Past President, and one of the authors of the landmark Air Traffic Controllers Study. Bob will give us an overview of this historic study and an update on recent analysis of follow up data.

A new feature of the program is the "Cutting Edge" symposium. This panel comprises a series of experts who will give brief presentations concerning the state of the science in a set of very diverse areas, including health issues that arise during menopause (Karen Matthews), social support (Tim Smith), quality of life (Bob Kaplan), sleep disorders (Martica Hall), and hypertension, specifically, the controversy surrounding the new JNC-7 Guidelines (Tom Pickering). The idea is that you can spend a couple of hours, and walk out informed about a diverse set of topics.

This year we're adding a new feature to the program called the APS Data Blitz. On the opening night of the meeting, we're going

to have eight scientists present their findings during a 30-minute "blitz." Each scientist will have 2-3 minutes to present, and be allowed to show a maximum of 2 slides. The idea is to give meeting participants a preview of what we consider to be some of the most exciting findings in psychosomatic medicine.

There will be several paper as well as poster sessions on a broad range of topics. One particularly relevant session concerns the effects of catastrophic events and terrorist attacks on several health outcomes. In addition, one of the Saturday workshops focuses on "Psychosomatic Dimensions of National Response Readiness for Terrorism, Disasters, & Other Public Health Emergencies", given by Charles Engel and Dori Reissman. Other workshops address such issues as "Using Bibliotherapy to Reduce Stress in Older Adults (Robert Beland); Detection of Malingering (Alan Hirsch), and "A Primer on Grantwriting and Career Development (Bill Gerin and Martica Hall).

Not least, we have persuaded Mike Antoni to show up with his band; they will play after our last-evening communal dinner, rounding out what we hope and anticipate will be a memorable session for the Society's archives.

Julian F. Thayer, Program Chair  
Bill Gerin, Associate Program Chair

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*Neither Red Nor Dead-  
Coming of Age in Former  
Yugoslavia During and After  
World II. "*

*A book by Stevo Julius MD - APS Member  
- Medvista Publishers, 489 pages*

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In this book Stevo Julius, Professor of Medicine and Physiology at the University of Michigan, a leading expert in the field of hypertension, describes his youth in former Yugoslavia.

Julius, son of a Jewish psychiatrist resides with his family on the grounds of an asylum for mental patients in former Yugoslavia. He is 12 years old when the Germans

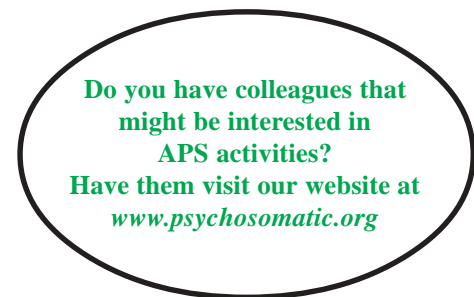
occupy the country. His family hides in a small village and eventually joins Tito's guerrilla. At 14 years of age he is appointed as a military courier, given an outdated Italian gun, and sent to roam alone through mountains, forests, and small villages of Croatia. After the war, his father breaks down under the Communist pressure and the author is forced to take refuge again.

This is a story of how extraordinary events can bring out the worst and the best in ordinary people. How the author, to keep himself sane in the turmoil, learns to see the funny side of things, to understand what makes people tick, to keep eyes open, and when the going gets really rough- to recite poetry. This is also a story how a son unwittingly repeated some of his father's history.

The narrative is told in a spirited, humane voice, which conveys very well the richness as well as the danger of the time. There are many vivid and unforgettable moments in it. In addition to his own story Julius describes the background of ethnic tensions in former Yugoslavia, the life under Communism, and- of special interest to Members of the Society- how psychiatry was practiced 5 decades ago.

The book is available at [www.medvistaa.com](http://www.medvistaa.com), [www.amazon.com](http://www.amazon.com) and at [www.barnesandnobles.com](http://www.barnesandnobles.com). or by order from your local B&N bookstore.

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*NIH Meeting Grant Update*

**Paul Mills, PhD**  
**UCSD Medical Center**  
**San Diego, CA**

APS has long recognized the importance of supporting and training promising trainees. As part of its ongoing support for trainees, in 1988 APS instituted the Scholars Travel Award. Since that time Scholar Travel Awards have been presented to 12 outstanding abstract submissions where the first author of an accepted abstract is a pre- or post-doctoral trainee.

Applicants for these awards are students or trainees enrolled in medical, graduate or undergraduate school, or those in residencies, internships, or post-doctoral fellowships. Scholars are selected on a competitive basis from those trainees who are first authors on an abstract accepted for presentation at the APS Annual meeting.

Since 1988, APS has awarded a total of 68 Scholar awards. This year APS was awarded a five-year R13 Scientific Meetings Grant from NIH. The grant will provide funds to expand the Scholars Travel Awards from 12 to 24 recipients and expand aspects of the program dedicated to trainees. Over the years, Scholar Award recipients have represented the broad scientific interests and diversity of our society; awards have been presented for research in the areas of cancer, HIV, depression, hypertension, cardiovascular and neuroendocrine reactivity, psychoneuroimmunology, ethnic differences, pulmonary medicine, chronic fatigue syndrome, women's health, treatment adherence, health care utilization, health behaviors, and stress, to name a few.

As a testament to the scientific quality and strength of the research presented at the APS meetings, the NIH meeting grant is being supported by five different institutes, including NHLBI, NCI, NCCAM, NICHD and NIAMS. We will begin this expanded trainee program and Scholar Travel Awards with the 2004 meeting in Orlando.

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*Website Improvement Update*

**Susan Levenstein, MD**  
**Website Committee Chair**  
**Rome, Italy**

The Society's website has been entirely overhauled, and the new one is both beautiful and functional. It is now possible to search the entire site on names or keywords, and to perform full-text searches among abstracts from the last several Annual Meetings as well as enjoying audiotapes from Monterey and photos from Barcelona. You can not only submit Annual Meeting abstracts and register for the Meeting online, but you can even renew your APS membership with a click of the mouse. There is a new Physicians' Corner, a much-utilized Job Board, a seamless interconnection with our Journal's web site, and the beginnings of a collection of educational materials for educators in medicine and psychology. APS members have access to a membership directory, and can choose their own favorite password to enter this members-only section. Check it all out at [www.psychosomatic.org](http://www.psychosomatic.org).

Ciao  
susan

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<http://www.psychosomatic.org>

## Calendar of Events

2004

### MARCH

**3-6 American Psychosomatic Society, 62nd Annual Scientific Meeting, Orlando, FL.** (Information on page 6)

**25 - 28**

**Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society 2<sup>nd</sup> Annual Conference for Clinicians, Researchers and Educators.**

An international gathering of mindfulness meditation oriented clinicians, researchers, and educators presenting clinical topics, scientific findings, and training institutes critical to the development of mindfulness-based interventions and research.

Sponsored by The Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School. At the Crowne Plaza Hotel – Worcester, Massachusetts. Call 508-856-5493 or go to [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm) for schedule and registration information.

### AUGUST

**25 - 31**

**Organized by the “Janos Selye” Hungarian Society of Behavioural Sciences and Medicine, and the Institute of Behavioural Sciences at Semmelweis University with support of the International Society of Behavioural Medicine:**

(ISBM [www.isbm.miami.edu](http://www.isbm.miami.edu))

International Symposium in Budapest, Hungary, August 29-31. The topic will be: "The Role of Behavioural Medicine in Understanding and Preventing the Mortality and Morbidity Challenges Occurring in Central and Eastern European Countries."

This will be a Satellite Meeting of the Eighth International Congress of Behavioural Medicine (Mainz, Germany, August 25-28.)

**\*Deadlines for workshop proposals and oral presentation submissions**

- February 1, 2004

**\*Deadline for poster presentations**

- March 15, 2004

### FOR DETAILED INFORMATION

please check our website  
[www.selyesociety.org](http://www.selyesociety.org)  
or email [Adrienne Stauder info@selyesociety.org](mailto:Adrienne.Stauder@info@selyesociety.org)

The APS Newsletter is published 3 times a year by the American Psychosomatic Society with the cooperation of Degnon Associates.

Comments and Suggestions are invited.

Remember, this is

YOUR Newsletter.

**The deadline for submission for our next Newsletter is February 16, 2004**

Please send correspondence to the

APS Newsletter Editor

Christine A. Marco, PhD

6728 Old McLean Village Drive

McLean, VA 22101-3906

Fax: 703-556-8729

Email: [info@psychosomatic.org](mailto:info@psychosomatic.org)