

*President's Letter*



**Dennis H. Novack, MD**

The Thanksgiving Holiday entreats us to reflect — on how far we have come and where we are going. It is also a time to appreciate our blessings. At almost 60 years old/young, the American Psychosomatic Society has come a long way since the first meeting of our council was held in May of 1943, with honorary president Adolf Meyer presiding.

We have many blessings: our annual meetings feature the best research and ideas in our growing field; our journal is respected worldwide. There is no other society that has such diversity of members. Scientists from many fields, from students to emeritus professors, and a growing international membership make our meetings an incredible bazaar of ideas, fascinating research, and fun.

We also have a mission to promote research and education in our field. Leadership and committee members work throughout the year on that mission, working to keep our society vibrant.

We have many active committees; space limitations preclude me from mentioning all of them. First, Mark Lumley and his program committee are planning a terrific meeting in Phoenix on March 5<sup>th</sup>-8<sup>th</sup>, 2003. More information is highlighted on page 8. The APS band will be providing entertainment, for your listening pleasure! (I hope to see you all there!) Our fundraising committee, under the leadership of Richard Lane, has established the APS Fund to support a variety of initiatives, including travel awards for young investigators to

come to our meetings, school-based mind-body interest groups for medical students, visiting professorships, a curriculum project and many others. We have great hopes for the future of these efforts.

Susan Levenstein has done a superb job in her leadership of the web committee. You will soon be seeing a new look to our web page and more useful features and information there than ever before. The professional education committee has had a number of accomplishments. Again, Susan Levenstein has compiled a slide set for educators that reviews psychosomatic aspects of functional and inflammatory bowel disorders. There will be more information about this on our website in the future. Shari Waldstein led the efforts to survey US medical schools about the teaching of psychosomatic medicine in US medical schools, which was published last year in our journal (2001;63:335-43). The committee also put together a "White Paper" outlining the components of an ideal longitudinal and comprehensive curriculum in psychosomatic medicine, published in *Medical Encounter*. We are pleased that these two publications played a role in the decision of the Institute of Medicine to create a committee to delineate the ideal behavioral science curriculum for medical education. Two of our members, Neil Schneiderman and myself were invited to serve on this committee. I am excited that Neil and I will be able to represent psychosomatic medicine and to urge that more of our science be required in medical education. As a first step in this process, I have been working with APS colleagues to write an overview paper presenting the core concepts and research findings in our field that all medical students should learn. I will be posting a draft of this manuscript on our website sometime in January and will invite your input on that document.

As we reflect on our blessings and progress, we also pause to remember the many colleagues who have contributed so much to us. In the last few years we have lost dear

friends, among them Bill Greene and George Engel, and now Jerry Markovitz and Herb Weiner. Though many of us knew Jerry through his warmth, enthusiasm and years of contributions to our society, perhaps we all remember him best for his brilliant work in arranging the great debate two years ago, now documented in a recent issue of *Psychosomatic Medicine*. We will miss Jerry tremendously. Herb Weiner was a towering intellect. His voluminous published work and mentorship have inspired so many of us. Sidney Hart and Sigurd Ackerman led the efforts to endow the early career award, now fittingly named for Herb. Our condolences and our hearts go out to the families of Jerry and Herb. We will memorialize both of them at our next meeting.

So at this holiday season we are grateful, we remember, and we are hopeful for the future. And we are making plans to continue our traditions in Phoenix.

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*Happy Holidays  
from the  
American  
Psychosomatic  
Society*



## From the Editor

**Susan Everson-Rose, MPH, PhD**  
**Rush-Presbyterian-St. Luke's Medical**  
**Center, Chicago, IL**

Dear APS Colleagues,

This fall has been a time of reflection... a time to take stock of the events, activities, accomplishments and challenges of the past year, and a time to look forward to new activities and new challenges. At the most recent Council meeting held in mid-October, council members did just that. Several important issues were discussed that I believe will shape and strengthen our Society in the coming years.

Promoting the teaching and understanding of the science of psychosomatic medicine within medical school curriculums is one area that has been and is receiving a lot of attention and effort from a number of APS members. Dr. Peter Halperin is the current Chair of the Professional Education committee and is initiating a plan to create an "exportable" course in psychosomatic medicine that would be made available to medical schools. Peter has led a highly successful course in psychosomatic medicine at his institution for the last 3 years and this will serve as the model for the course to be developed. Such curriculum development will not only inform medical trainees about our science, but also has the potential to advance the field by bringing new scientists and clinicians into psychosomatic medicine.

Also discussed at the Council meeting was the need to "activate" some of our committees – that is, encourage active participation of the committee members throughout the year. It is believed that greater committee activity throughout the year and specified goals and action items will better allow the Society to achieve its objectives and further promote our science. We all recognize that there are numerous professional organizations and associated meetings to which we can belong and in which we can participate, and those lists seem to be expanding all the time. To maintain a high quality program, retain members and recruit new members we have to be an active, vibrant organization that appropriately serves the needs of a broad membership. The APS has been successful in this regard and Council believes committees that take an active role in our organiza-

tion will contribute to further and future success and growth. In this issue of the newsletter we have updates from three of our committees, the Advancing the Physician-Scientist, Liaison, and Website committees. Any member interested in the work of these or any other committee is encouraged to contact the committee chair for further information and the opportunity to participate on the committee.

Another topic at the Council meeting was recognition of the current APS leadership skills, but also discussion of the challenges we face. There was general consensus on a number of important issues, including: the need to continue promoting and developing relations with other professional organizations and encourage cross-disciplinary interactions and exchanges with other scientists and medical professionals; the need to foster international collaborations and coordinate research and educational activities with our international colleagues; and the need to bring new focus to the clinical implications and potential policy impact of our research.

I note these issues discussed at the Council meeting only to highlight some of the important areas that our Society is focused on. APS has a tradition of welcoming input and insight from all members, and we encourage you to get involved in committees, seek out Council members to discuss topics of concern to you and make your voice heard. Such participation only serves to strengthen our Society.

Dr. Jessie Gruman has contributed another column to this newsletter. In "Teflon and Tang," she notes that a better balance needs to be struck between research that is driven by curiosity and is discovery-based and that which is mission-driven and applied. As always, Jessie's words are thoughtful and thought-provoking.

As I noted above, this fall has been a time of reflection. Part of that desire or need to reflect comes when we lose those near and dear to us. In the past few months we have lost 2 APS members who were near and dear to many of us. Dr. Jerry Markovitz lost his courageous battle with pancreatic cancer in September. He was very active in our Society and certainly considered by many to be an up and coming leader in APS. Dr. Karen Matthews, one of Jerry's mentors, has written a beautiful and moving tribute to Jerry, which can be found inside this newsletter. Also, as we were

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## From the Editor

(Continued from page 2)

putting together this issue of the newsletter, we received word that Dr. Herb Weiner passed away. Dr. Weiner was a pioneer in the field of psychosomatic medicine and his work and leadership influenced countless numbers of scientists who are still very much active in the field. Prior to his passing, APS had taken the step of renaming the Early Career Award in Dr. Weiner's honor. Dr. Sidney Hart has written a lovely column for this issue of the newsletter, announcing the Herbert Weiner Early Career Award, and noting many of the fine achievements of Dr. Weiner and his influence on psychosomatic medicine.

Regards,  
Sue

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## New Task Force

**Steven Locke, MD**  
**Institute of Cybermedicine**  
**Boston, MA**

APS has created a Task Force on Biopsychosocial Effects of Terrorism, in an effort to lend our expertise to the worldwide and national efforts to improve biodefense preparedness and systems of response. The Task Force, which will be co-chaired by Frederick Stoddard, MD and Robert J. Ursano, MD, two members with considerable experience.

Dr. Stoddard is Chief of Psychiatry, Shriners' Burns Hospital, Massachusetts General Hospital, Boston, and past chair of the Massachusetts Psychiatric Society's Disaster Committee. Dr. Ursano is Chairman of the Department of Psychiatry at the Uniformed Services University of the Health Sciences, Bethesda, Maryland and is also Director of the Center for the Study of Traumatic Stress.

The Task Force will begin meeting via teleconference in January, 2003. Those members with relevant experience in such areas as disaster response, human stress research, somatization, infectious disease, and toxicology who wish to be considered for appointment to the Task Force should send a single-page biographical sketch to the APS

office at: [info@psychosomatic.org](mailto:info@psychosomatic.org). Please include complete contact information, academic and clinical affiliations, and describe briefly your relevant research and/or clinical experience.

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## APS 61<sup>st</sup> Annual Scientific Meeting - Workshop Information

### **EFFECTS OF COGNITIVE-BEHAVIORAL STRESS MANAGEMENT IN PEOPLE WITH LIFE-THREATENING DISEASE: RATIONALE, EMPIRICAL VALIDATION, MECHANISMS OF ACTION, AND CLINICAL APPLICATIONS**

*Roselyn Smith, Michael Antoni, Department of Psychology, University of Miami, Coral Gables, FL*

This workshop will present the rationale for the use of cognitive-behavioral stress management in patients dealing with major life-threatening diseases such as cancer and HIV/AIDS. The workshop will present a psychological model, discuss issues concerning tailoring of the intervention to specific groups, summarize the domains where effects are hypothesized to occur (affective, cognitive, social, behavioral, endocrine, immunologic, virologic, oncologic), list some common measurements of these domains, and then present empirical evidence for effects of stress management on these domains in persons with HIV or breast cancer. This will be followed by a clinical focus on special populations and methods to deal with resistances at the individual level, while maintaining fidelity to the protocol used in clinical trials.

### **NONVERBAL HEALTH BEHAVIOUR: WHAT WE KNOW THROUGH THE STUDY OF PAIN EXPRESSION**

*Kenneth M. Prkachin, Psychology, University of Northern British Columbia, Prince George, British Columbia CANADA, Kenneth D. Craig, Psychology, University of British Columbia, Vancouver, British Columbia, CANADA*

Direct, intensive study of how people behave when they are in pain has led to conceptual and practical advances that are relevant to clinicians who work with pain patients. The focus of this workshop will be on assessment of facial expression, but other

nonverbal behaviour will be addressed as well. The workshop will begin with a conceptual model of pain behaviours, particularly facial expressions, and their properties. Characteristics of pain expression in infants, children, adults and the communicatively challenged will be articulated, and examples of assessment protocols will be demonstrated. Participants will learn about how to identify and measure pain expressions from the obvious to the subtle. The advantages and limitations of assessing nonverbal expression will be addressed as will be issues of clinical application and interpretation. What is not known about pain expression and directions for future research and development will be discussed. This workshop will be limited to a maximum of 30 participants. It would be appropriate for clinicians who work with pain patients across the lifespan, researchers interested in pain behaviour and graduate students with interests in pain.

### **QUANTITATIVE METHODS IN PSYCHOSOMATIC RESEARCH: RECENT ADVANCES IN REGRESSION ANALYSIS**

*Carlos F. Mendes de Leon, Rush Institute for Healthy Aging, Rush-Presbyterian-St. Luke's Medical Center, Chicago, IL, Michael Babyak, Psychiatry and Behavioral Sciences, Duke University, Durham, NC*

The first lecture will focus on various forms of multivariable regression analysis that are often used by psychosomatic researchers. An examination of recent publications in the field suggests that researchers may be unaware of many important advances that have been made in regression methodology. The lecture will present an overview of these recent advances, including 1) some new thoughts on how to select covariates for a model and why traditional univariate pre-screening and automated selection of candidate predictors can be inadequate and misleading; 2) using degrees of freedom wisely; 3) resampling as a superior method of model validation; 4) why no one should ever dichotomize a graded or continuous variable and what to do instead; 5) transformations and smoothing techniques for non-linear effects. Real world data and simulation studies will be used to support the main points. The second lecture will focus on the analysis of processes of change, with emphasis on random-effect models. Many studies of

(Continued on page 5)

## Advancing the Physician Scientist Committee

Our committee continues to promote Society activities that contribute to the recruitment and retention of physician scientists. A number of committees, such as the Membership Committee, and the Journal have incorporated initiatives that are helping us in this endeavor. The Physician's Corner of the webpage is now available—please take a look and give us some feedback. We are making contacts with other medical societies to let them know that some of their members might find a second (or first) home here..in particular, Bruce Rollman has been working with the Society of General Internal Medicine. Our biggest asset though is you, our members. Please recruit potential physician scientists and support your colleagues who may be meeting challenges to continued careers as both a practicing physician and a practicing scientist. We are an open committee.

Members, who would like to help, should contact Dick Jennings at:  
JenningsJR@msx.upmc.edu.

J. Richard Jennings, PhD  
Advancing the Physician Scientist  
Committee Chair  
Pittsburgh, PA

## Liaison Committee

### International Stature of APS

The American Psychosomatic Society is headquartered in the United States, but its membership, journal activities and annual meeting tend to reflect the increased globalization of science. This increasing involvement of those from abroad in the activities of our society and journal is a testament to our growing international stature and willingness to reach out to the world's best mind-body scientists.

Of approximately 900 APS members, about 200 are from outside the US. Our journal, *Psychosomatic Medicine*, now receives more submissions from abroad than domes-

tically. Although the attendance of 450 participants this past year in Barcelona, Spain was about the same as last year's record, more than half of the attendees in Barcelona were not from the US. This of course is attributable to the shift in site to another continent, but nevertheless, attendance at this coming year's meeting is likely to reflect that 40% of the abstracts received have come from abroad.

The outreach efforts of APS to colleagues from other nations has been important. At present 3 of our 10 council members are from outside of the US and the Editorial Board of *Psychosomatic Medicine* is similarly represented. The APS is also an active member of the International Society of Behavioral Medicine (ISBM), an organization comprised of 17 national and regional societies from 5 continents. Organizations rather than individuals belong to the ISBM. Most of ISBM's former and present presidents currently hold APS membership. During the ISBM Congress in Helsinki last August, which hosted delegates from 46 countries, APS members were prominently featured in a keynote address, multiple symposia and debates, and on the program committee.

The ISBM website ([www.psy.miami.edu/isbm](http://www.psy.miami.edu/isbm)) has a direct link to the APS website thereby providing an important conduit to APS for scientists from all over the world. And, of course, APS members pay reduced registration fees at the international Congress.

In conclusion, APS outreach has increased the number and quality of submissions to our journal and annual meeting, contributed to the growth of our society, and helped provide us with a broad platform to reach the world community. The increase in membership from abroad is of particular interest, because it provides us with the potential to reach a large number of diverse, high quality physician-scientists, which is an important goal of the APS.

Neil Schneiderman, PhD  
Liaison Committee Chair  
Coral Gables, FL

## Website Committee

The American Psychosomatic Society website continues to add features — most lately a Physicians' Corner which pulls together various locations in the site of special interest to physicians, and an APS Fund Brochure intended to inform potential donors to the Society. But the biggest website news is that we have begun a major overhaul of the site, so that by the March 2003 Annual Meeting the site should be structured better and have an entirely new look. Stay tuned!

A major new feature coming soon at the website will be the educational Powerpoint presentation, "Psychosocial Factors in Organic Gastrointestinal Disease, I: Inflammatory Bowel Disease," which is planned to be the first of a series prepared by our Society with the aid of a top-flight graphics artist. APS members will be able to download the presentation free and use the 39 annotated slides as they will, either to supplement other teaching presentations or as the basis of a complete lecture reviewing the topic; individual slides are in non-alterable form but they can be selected or rearranged as desired.

It is hoped that this series of presentations will help spread the word about the science of mind-body interactions by aiding educators in medical schools, psychology programs, and other settings in teaching the biopsychosocial model.

Susan Levenstein, MD  
Website Committee Chair  
Rome, Italy

## *In Memory of Jerome H. Markovitz, MD, MPH*

**Karen A. Matthews, PhD**  
**University of Pittsburgh**  
**Pittsburgh, PA**

Our friend and colleague, Jerome H. Markovitz, MD, MPH, died on September 5, 2002 at the age of 45 of pancreatic cancer. He was a remarkable man, both in the way he lived his life and in the way he approached his illness and eventually his death.

Jerry's interest in psychosomatic medicine stemmed from his father, who is a pediatrician and "closet" psychodynamic thinker. Jerry took his B.A. in Psychology at the University of Minnesota, Minneapolis where he graduated *summa cum laude* and wrote his thesis in child psychology. He received his M.D. at the University of Minnesota as well and had postgraduate training at Mount Sinai School of Medicine and University of Rochester. Jerry solidified his scientific interest in psychosomatic medicine while he was a fellow at the University of Pittsburgh in the Cardiovascular Behavioral Medicine Research Training Program. Thereafter, he joined the faculty at the University of Alabama, Division of Preventive Medicine, and Department of Medicine.

At the time of Jerry's death, his career was on an accelerating curve. Much of his work was on mechanisms that linked behavioral risk factors with atherosclerosis and more recently with diabetes. His platelet studies were innovative in concept, used the most recent methods for assessment, and yielded new discoveries. A recent effort that was particularly exciting to him was on platelet activation in South Asians. A participant in his first platelet study was an Indian from South Asia, who had a strikingly large increase in platelet activation during mental stress. After being convinced that the response was reliable, he had embarked on studies of treatment of platelet activation in

diabetic South Asians with his Indian colleagues. They began a Fogarty International Center, NIA funded program in clinical research training for studies of cardiovascular disease in India, with the first class arriving in Alabama in 2001. He was not afraid to go on paths that few had traveled nor was he reluctant to begin an entirely new level of analysis. Jerry followed his instincts and his data, resulting in a remarkable legacy for an investigator of his age.

Jerry was an enthusiastic contributor to the American Psychosomatic Society. He served as a member of the Program Committee and the Professional Education Committee. One of his achievements was to organize and moderate the highlight of the 2001 scientific meeting: the debate that "Resolved: Psychosocial interventions can improve clinical outcomes in organic disease." The distinguished debaters were Arnold Relman and Marcia Angell presenting the con position and Redford Williams and Neil Schneiderman presenting the pro position. With his parents in the audience and dedicating the debate in honor of his father, Jerry moderated the event with the balance of wit and dignity necessary to make the debate work and become an important part of the history of our organization.

Despite his many accomplishments in his academic work, Jerry has said that being a father to his children and husband to his wife were most important to him, followed by being a doctor, and then a scientist. Susan, his wife of 16 years and his soul mate for more, was the center of his life. They shared much in their lives, including a love of many forms of music. Jerry played jazz guitar in college, and, at Susan's urging, he began taking lessons again in the last two years. Susan, a social worker by profession, noted that "Jerry was nuts about his kids," Ari, now 9-years-old, and Eve, now 11-years-old. He thoroughly enjoyed his time with them. During his illness, he made it a high priority not to burden them and to make sure that they had fun together. A love of Jerry's was watching ice hockey (reflecting his Minnesota roots) and he was thrilled to see Ari's first hockey game.

Jerry was admirable in the way he faced his illness. Reflecting his scientific approach, he thoroughly investigated possible treatments and chose a demanding experimental course of chemotherapy. He persevered through the unusually difficult treatment and

remained optimistic throughout that he would be in the 5% who survived this devastating illness. When he became ill, he was diligent about maintaining close contact with the hundreds of friends from all parts of his life. He thanked us repeatedly for our support, when we, of course, felt honored and grateful to be part of his last months.

As much as his illness would allow, he continued his academic work during the short duration of his illness. When it became apparent that he would not survive, he said he was not afraid to die, but rather he was disappointed that he could not finish the work he had started. In the last few weeks of his life, he worked diligently to pass along the work he started to his colleagues. Once again, near the end, he thanked us for our joint work and expressed how much he enjoyed the collaborations. We feel privileged to have known and worked with this wonderful person.

Jerry was an unassuming person, loved his work and his family, and embraced life to its fullest. On September 20, 2002, his collaborators in India established the Jerome Markovitz Laboratory for Atherosclerosis Research at the Madras Diabetes Research Foundation, India. It was dedicated by the President of the American Diabetes Association, Dr. Francine Kaufman, in Jerry's name. It was a moving tribute to and celebration of Jerry's spirit in living and dying. We miss you, Jerry.

## *Workshop Information*

*(Continued from page 3)*

health processes involve assessment of outcomes that are repeated over time. Although this affords much greater precision in the analysis of these processes, it also poses a number of challenges. The lecture will first address the advantages of serial outcome data, and then discuss the analysis of such data using random-effects models. It will cover the basic sources of between- and within-person sources of variability, and how explanatory variables account for these sources of variability. The models will be illustrated with data from psychosomatic studies, with a focus on conceptual rather than statistical issues.

## Herbert Weiner Early Career Award

**Sidney Hart, MD**  
**Cos Cob, CT**

The first Herbert Weiner Early Career Award will be conferred at the March 2003 meeting of the APS. Dr. Weiner's accomplishments and contributions to the field of psychosomatic medicine are legion and too numerous to elaborate in this venue. He was Professor Emeritus of Psychiatry and Biobehavioral Sciences at UCLA, Dr. Weiner had been Professor and Chairman of the Department of Psychiatry at Albert Einstein College of Medicine in New York City, past president of the APS (1971-72), editor of our journal, *Psychosomatic Medicine* (1972-1982), and was awarded an Honorary Doctor of Medicine by the Technical University of Munich, Germany in 1988.

The author of scores of scientific papers and chapters, his book, "Psychobiology and Human Disease" remains a landmark in the interpretation and elaboration of the interplay of biological, psychological and socioeconomic forces in health and illness and this work was moved along still further in the monograph, "Perturbing the Organism: The Biology of Stressful Experience" published in 1992. His most recent monograph, "The Concept of Psychosomatic Medicine" has just been published by the UCLA Neuropsychiatric Institute. His colleagues at UCLA, Drs. Peter C. Whybrow, Fawzy I. Fawzy and Andrew F. Leuchter, best summarize Dr. Weiner's status in the field of psychosomatic medicine in their introduction to this monograph.

"For more than half a century, Herbert Weiner has been a driving force in the field of Psychosomatic Medicine...Herb is the unquestioned intellectual leader in psychosomatic medicine: his scholarly writings are intense, exhaustive and integrative of the many schools of thought that define this discipline."

Dr. Weiner was also a teacher, mentor, colleague and friend to many in our field including Drs. Myron Hofer, Sigurd Ackerman, Russell Gardner, Joel Yaeger and Jack Katz to name only a few.

With this award it is hoped young investigators destined to become the distinguished researchers of the future will continue in the tradition and spirit of Dr. Herbert Weiner by seeking to understand and integrate the complex relationships of mind, brain, physical and social environment and their contributions to the process we call health and disease.

It is with great sadness that we share the news of Dr. Herbert Weiner's death, late night, on November 12, 2002. We hope this award will stand as a fitting tribute to the lifetime of research and teaching of this great leader and scientist. Our deepest condolences go out to the family of Dr. Herbert Weiner.

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### Welcome... New Members!

**Linda E. Carlson, PhD**  
*Alberta, Canada*

**Marc D. Gellman, PhD**  
*Coral Gables, FL*

**Robert N. Golden, MD**  
*Chapel Hill, NC*

**Jamie Johnson, BS**  
*Iowa City, IA*

**Grant Kauwe, BS**  
*Honolulu, HI*

**Kurt Kroenke, MD**  
*Indianapolis, IN*

**Roselyn Smith, MS**  
*Miami, FL*

**Rebecca Thurston, MA**  
*Seattle, WA*

## Herbert Weiner Early Career Award

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## Teflon and Tang

**Jessie C. Gruman, PhD, President and Executive Director,  
Center for the Advancement of Health**

Last month, a year after the bioterrorism alarm sounded, Dr. Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, promised that as the recipient of a \$1.5 billion appropriations increase - the largest in NIH history - he will strive to produce results. "In three or four years when the question is asked, 'What did you learn?' the wrong answer is, 'We learned a lot,'" he said. "The right answer is, 'We learned a lot and now we have the following deliverables for you. ... We will maintain the basic science base, but we *will* have deliverables."

It is a notable occasion when an NIH institute director publicly holds himself and the scientists funded by his institute accountable for finding solutions to very specific public health threats within a given time frame. That is because of the NIH's long tradition of emphasizing the funding of investigator-initiated research in the basic sciences, for which there is not necessarily a procedure, policy or product in mind.

Dr. Fauci seems confident that his mission-driven research efforts will yield effective measures. His strategy is one that ought to be applied not just to bioterrorism but to other common health problems that persistently contribute to pain and suffering, disability, lost productivity and premature death.

Now, when the nation faces the uncertain threat of biological and chemical attack, it is deemed suitable to direct research funding for a concentrated "put-a-man-on-the-moon" effort. But in the face of an absolutely certain demographically-driven explosion in illness and death associated with familiar chronic conditions like diabetes, heart disease, cancer, depression, and Alzheimer's Disease, there remains resistance to directing funds toward translating basic science into health-enhancing deliverables.

Instead, the public is asked to wait patiently for the fruits of the investigative process to drift into the media, clinic and hospital,

pushed principally not by what might provide the most benefit for the most people, but rather by the unpredictable winds of third-party reimbursement, professional adoption and pharmaceutical marketing. Left to this process, new discoveries often take decades to be delivered for public benefit.

There were many ancillary rewards from the NASA research program, but the singular goal was putting a man on the moon by the end of the '60s. The goal was not to develop Teflon and Tang, though those were some of the enduring by-products of this effort. It is time to consider the wisdom of directing funding toward addressing specific aspects of chronic disease prevention, management and cure. If there is to be serendipitous discovery - this generation's Teflon or Tang - perhaps it will be the realization that behavior is an indispensable part solving critical public health problems.

We need to build the nation's health research portfolio in the same way we build the elements of a financial portfolio - to provide the greatest possible benefit over time. This means diversification across sectors and instruments. If we are to capture the value of our investment in health research, we need to find a better balance between the differing risks of investigator-initiated, curiosity-driven discovery research and mission-driven applied research.

**American Psychosomatic Society's  
61<sup>st</sup> Annual Scientific Meeting  
March 5th – 8th, 2003  
Sheraton Crescent Hotel, Phoenix, Arizona**

**FEATURED PRESENTATIONS**

**Invited Symposium:**

**General versus Specific Risk Factors for Progression of Cardiovascular Disease and HIV / AIDS**

- \* Nancy Frasure-Smith, PhD \* Willem J. Kop, PhD \* Michael H. Antoni, PhD
- \* Margaret Kemeny, PhD \* Michael F. Scheier, PhD, - Chair: Gail Ironson, MD, PhD

**Preconference Workshop:**

**Neural Mechanisms of Pain and Emotion: Implications for Treatment**

- Featuring Presentations by:

**A.D. (Bud) Craig, PhD, Barrow Neurological Institute  
Irene Tracey, PhD, FMRIB Centre, Oxford University  
Daniel J. Clauw, MD, University of Michigan  
Francis Keefe, PhD, Duke University Medical Center**

(For details and description of this workshop, visit [www.psychosomatic.org](http://www.psychosomatic.org))

**Saturday Workshops:**

The following workshops will be offered on Saturday:

- \* EFFECTS OF COGNITIVE-BEHAVIORAL STRESS MANAGEMENT IN PEOPLE WITH LIFE-THREATENING DISEASE: RATIONALE, EMPIRICAL VALIDATION, MECHANISMS OF ACTION, AND CLINICAL APPLICATIONS
- \* NONVERBAL HEALTH BEHAVIOUR: WHAT WE KNOW THROUGH THE STUDY OF PAIN EXPRESSION
- \* QUANTITATIVE METHODS IN PSYCHOSOMATIC RESEARCH: RECENT ADVANCES IN REGRESSION ANALYSIS

(Details of these workshops will be posted at [www.psychosomatic.org](http://www.psychosomatic.org), as they become available. A description is printed in this newsletter on pages 3 and 5.)

**Scholar Awards** will be awarded to the top 10 student/trainees who are first authors on an abstract accepted for presentation at the Annual Meeting.

**Herbert Weiner Early Career Award**

applications/nominations are due by December 31, 2002.

**Travel Assistance Award**

applications/nominations are due by December 31, 2002.

*For more information please go to [www.psychosomatic.org](http://www.psychosomatic.org)*

## *Paid Advertisements*

### **POSTDOCTORAL FELLOWSHIP BEHAVIORAL MEDICINE RESEARCH IN CARDIOVASCULAR DISEASE**

The Behavioral Medicine Research Program at the University of Miami has an opening for a postdoctoral trainee interested in working with a multidisciplinary team investigating the biobehavioral bases of coronary heart disease (CHD) risk and management. Ongoing research includes assessment of the relationships among behavioral risk promoting variables, poor diet, inadequate exercise and evaluation of cognitive behavioral interventions on these risk variables in adolescents with elevated blood pressure and adult post-myocardial infarction patients. Other relevant research involves examining treatment to resolve fatigue and circulatory abnormalities in chronic fatigue syndrome as well as behavioral and neurophysiological studies in Watanbe heritable hyperlipidemic rabbits. We are seeking fellows that desire advanced research training in cardiovascular psychophysiology, statistical methods, psychosocial assessments, and psychosocial interventions.

Applicants must have a PhD or MD degree. U.S. citizenship or residency is also required. This position is funded by a training grant from the National Heart, Lung, and Blood Institute.

Faculty include: Neil Schneiderman, PhD, Ronald Goldberg, MD, Barry Hurwitz, PhD, Gail Ironson, MD, PhD, Nancy Klimas, MD, Maria Llabre, PhD, Philip McCabe, PhD, Rafael Sequeira, MD, Jay Skyler, MD, Martin Bilsker, MD, Patrice Saab, PhD, and Marc Gellman, PhD

**Please send a letter expressing interest in the above position, official transcripts, curriculum vitae, and three letters of recommendation to: Dr. Marc Gellman, University of Miami, Dept of Psychology, PO Box 248185, Coral Gables, FL 33124-2070 or e-mail inquiries to [mgellman@miami.edu](mailto:mgellman@miami.edu).**

### **POSTDOCTORAL FELLOWSHIP BIOPSYCHOSOCIAL RESEARCH TRAINING IN IMMUNOLOGY AND AIDS**

The Behavioral Medicine Research Program at the University of Miami has an opening for a postdoctoral trainee interested in working with a multidisciplinary team investigating the biopsychosocial aspects of HIV and AIDS. An ongoing NIMH-funded program project, "Behavioral Management and Stress Responses in HIV/AIDS" is examining the effects of a cognitive behavioral stress management (CBSM) group intervention on the psychological, neuroendocrine, and immune function of HIV+ individuals. Research projects include 1) CBSM Intervention in Gay Men with HIV/AIDS; 2a) CBSM Intervention in Women with HIV/AIDS; 2b) CBSM Intervention in Women with HIV HPV at risk for cervical carcinoma; 3) CBSM Intervention in Latino men with HIV/AIDS; 4) CBSM Intervention in HIV+ Substance Users. Other ongoing projects include examining coinfection with Hepatitis C, and assessing the impact of nutritional antioxidant intervention on immune function and cardiovascular disease risk in HIV+ men and women.

The position will provide opportunities to write manuscripts for publication, pursue individual research interests, and obtain intervention-based research training. Applicants must have a M.D. or Ph.D. degree in the areas of psychology or clinical immunology. U.S. citizenship or residency is also required. This position is funded by a training grant from the National Institute of Mental Health (T32-MH18917)

Faculty include: Neil Schneiderman, Ph.D., Michael Antoni, Ph.D., Mary Ann Fletcher, Ph.D., Barry Hurwitz, Ph.D., Gail Ironson, M.D., Ph.D., Nancy Klimas, M.D., and Mahendra Kumar, Ph.D.

Application deadline is March 1, 2003. **Please send a letter expressing interest in the above position, official transcripts, curriculum vitae, and three letters of recommendation to: Dr. Marc Gellman, University of Miami, Department of Psychology, P.O. Box 248185, Coral Gables, FL 33124-2070 or e-mail inquiries to [mgellman@miami.edu](mailto:mgellman@miami.edu).**

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**[www.psychosomatic.org](http://www.psychosomatic.org)**

#### **In Memorium**

***Jerome H. Markovitz, MD, MPH***  
*Birmingham, AL*

***Herbert Weiner, MD, DrMed***  
*Los Angeles, CA*

#### **\*NOTE\***

**A full archive of  
the APS Newsletters  
since 1997, can be  
viewed at**

**<http://www.psychosomatic.org/newsletter.html>**

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## *Calendar of Events*

### **2002**

The Fourth Annual Helen Flanders Dunbar Lecture on Pastoral Care and Pastoral Counseling was presented by Donald Capps, PhD, the William Harte Felmeth Professor of Pastoral Theology at Princeton. The lecture took place at New York-Presbyterian Hospital, Columbia Presbyterian Center on November 20. Anyone interested in receiving a summary or tape of the presentation, should contact Rev. Dr. Lawrence at (212) 305-5817.

### **2003**

**February 18-22** - The Biofeedback Foundation of Europe (BFE) is holding its 7th Annual meeting in Italy. The meeting will be held at the Hospital Gervasutta in Udine, one of the largest rehabilitation hospitals in Italy. There will be SEMG and EEG biofeedback tracks and choices of one-day and two-day workshops led by well-known clinicians from Europe and North America. These clinicians will demonstrate the latest biofeedback techniques and technology for many applications. For more information go to [www.bfe.org](http://www.bfe.org).

**August 23-28** - The 17th World Congress on Psychosomatic Medicine will be held in Waikoloa, Hawaii, USA. This meeting occurs biennially under the auspices of the International College of Psychosomatic Medicine to promote education and research in the biopsychosocial aspects of health and disease. Call for Abstracts deadline is 15 March, 2003. On-line abstract submission and registration at [hawaii residency.org/icpm2003](http://hawaii residency.org/icpm2003). Contact Jon Streltzer, MD, Chair, Organizing Committee, 17th World Congress on Psychosomatic Medicine, Queen's Ofc of Continuing Medical Educ., Harkness 117, 1301 Punchbowl Street Honolulu, Hawaii 96813, USA  
TEL: 808-547-4406; FAX: 808-585-5040  
EMAIL: [icpm2003@aol.com](mailto:icpm2003@aol.com)  
WEB: [hawaii residency.org/icpm2003](http://hawaii residency.org/icpm2003)

**October 19-21** - Third Annual Conference on "The (Non) Expression of Emotions in Health and Disease", Tilburg University, Tilburg, The Netherlands. For more information go to: [emotions2003@tilburguniversity.nl](mailto:emotions2003@tilburguniversity.nl) or [www.tilburguniversity.nl/fsw/emotions2003](http://www.tilburguniversity.nl/fsw/emotions2003).

## **American Psychosomatic Society**

**61st Annual  
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**Visit our website for information  
on this and more!  
[www.psychosomatic.org](http://www.psychosomatic.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 15, 2003**

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