

# Free Lending Library Log Outline

**\* Categories of Speaker Tapes (incl. DBSA Conference tapes and NY MDSG tapes/CDs)**

(o) Psychiatrists and Psychopharmacologists

(o) Therapists/Psychologists/Pharmacists/RNs

(o) Child/Adolescent (and Young Adult) Psychiatrists and Psychopharmacologists

(o) Professionals who have Mood Disorder

(o) Family Specific (also see about Mood Disorders). Also see Videos.

(o) Misc

**\* CDs (Others are audio cassettes) Note: switched to CDs for new lectures 3/09**

**\* Videos/DVDs**

**\* Infinite Mind Tapes**

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**We hope you will take advantage of the wonderful resource of our library!**

**Library is open 7:15 to 7:45 PM and 15 minutes after the lecture**

**You/your family**

**can borrow 3 audiocassettes at a time no charge for 1 month (possibly can renew 1 month)**

**can borrow 2 CDs at a time no charge for 1 month**

**can borrow 1 VIDEO at a time with a refundable deposit of \$10 for 1 month**

**can borrow 1 DVD at a time with a refundable deposit of \$10 for 1 month**

There is a label with the address of librarian if you won't be at the meeting.

Please return on time in order to help us keep the library intact for others.

## Speaker Tapes

(Also see DBSA Conference tapes section)

CDs instead of audiocassettes 3-09 on (See separate file on CDs too)

### **Psychiatrists and Psychopharmacologists (see Children&Adol too)**

#### **Annual Conferences**

Frederick K. Goodwin, M.D. Pre-eminent former scientific dir. of the NIMH, professor of Psychiatry at George Washington U., co-author with Kay Redfield Jamison of "the" book on manic-depressive illness

76 Shattering Myths & Stigma - The Role of Research (10/1/99)

80 New Horizons in the Management of Bipolar Disorder (4 Science Advisory Board Drs)(10/99)

#### **Infinite Mind Series**

N Manic-Depressive Illness (Landmark – Diet Change) Incl. Omega-3 Fatty Acids (10/98)

BCB Dysthymia (9/2/01)

BW Depression in the Brain --The latest scientific evidence confirming that clinical depression is a physical, medical illness which causes changes in the brain. (4/2006)

AX Women and Mental Illness Plus: Lee Cohen, MD discusses pregnancy & medications(9/17/00)

BC Post Partum Depression Psychosis (8/19/01)

**Jeffrey Apter, M.D.** Lectures and published widely Conducts medical studies, Research Collaborator at Princeton U. in psychology dept Psychopharmacologist

30 Mood Disorders & Anxiety Research (5/25/94)

98 Timeless information. (3/28/01)

135 Psychotropic Medications with an Emphasis on Emerging Drugs (4/30/03)

150 Adult Bipolar and Unipolar Depression – Child & Adolescence Medication (6/30/04)

159 Diagnosis then Treatment of Depressive & Bipolar Mood Disorders (3/30/05)

**Miron Baron, MD** professor, director genetics dept NYSPI/Columbia Presb., awards in research

99 The Promise of the Human Genome for Mood Disorders (4/25/01)

**Barbara Bartlik, MD** Psychiatrist, Cornell Medical College, and sex therapist

103 When Meds Hamper Sexuality: What Can You Do for Sexual Dysfunction (4/7/01) NYMDSG

**Nancy Block, MD** Assoc. Professor UMDNJ Medical School and private practice

71 Confounding Issues a Psychiatrist has to look at when Diagnosing & Treating You (2/24/99)

148 Observations on Managing Depression and Bipolar Illness (3/31/04)

**Robert C. Bransfield, MD**, clinical psychiatrist and psychopharmacologist with an emphasis on treatment resistant cases, President of ILADS (International Lyme & Associated Disease Society) 2010, will be the President of the NJ Psychiatric Assoc. in 2011, has done ground-breaking research, treats many patients who have Lyme Disease and has authored many articles also in medical books, is an international expert on late stage Lyme.

CD Late Stage Lyme Disease as a Cause for Bipolar Disorder and Depression. Lyme can take years to diagnose. Often is undertreated or mistaken for something else. It can have brain involvement (7-28-10)

**Michael Cannella, MD**, Board certified psychiatrist, certified in Adolescent Psychiatry and Addiction medicine, NIH (Nat'l Institute of Health) for postdoctoral training. He has received many awards incl. Outstanding Resident Award for Clinical, Research & Teaching Excellence, selected one of 10 Best NJ Doctors in NJ Monthly (2006).

187 Plasticity of the human brain, benefits of ECT and lots of Q&A (10-31-07)

196 Anger and Anger Management Relating to Mood Disorders and lots of Q&A (2-25-09)

**Dennis Charney, MD** Dean research, psychiatry, neuroscience, pharmacology and biochemistry at Mt. Sinai School of Medicine. One of foremost authorities on psychopharmacology. Author of "The Peace of the Mind Prescription"

CD The Very Latest Treatments for Mood Disorders (5/06) NY MDSG

CD Advances in the Diagnosis and Treatment of Depression (1-9-07) NY MDSG

**James C.Y. Chou, MD** Assoc. professor at NYU, pharmaceutical research incl. antipsychotics, Research Psychiatrist

111 Recognizing and Treating Mood Disorders (4/02)

CD What is Standard Care, Best Care for Bipolar Disease: Review of APA Guidelines for treating bipolar disorder (10/10/05) NY MDSG

**James Cocores, M.D.** Lectured & published widely in psychiatry, collaborated with newspapers & magazines incl. NYTimes Wall St Journal, etc. \* *Dynamic lecturer w/ humor* (see Child/Adol too)

36 Mimickers in Psychiatry (1/27/95)

53 Host of Manifestations that Mood Disorders Can Take (9/25/96)

65 What's Panic? What's Manic (4/29/98)

**Mark P. Faber, MD** Training at Yale affiliated Hosp. for adults & Robt. Wood Johnson incl. extra Fellowship in sleep and for child/adolescence.

86 Depression, Bipolar, Sleep and Anxiety Disorders plus Psychopharmacology (3/29/00)

**Ronald Fieve, MD** Pioneer in using Lithium as a mood stabilizer, Author of best-selling book “Moodswing” Professor of Clinical Psychiatry at Columbia Presbyterian, Chief of Psychiatric Research for Lithium studies and manic depression at NYSPI. Recent book explores the concept of “beneficial highs” -- can one safely take advantage of them.

**CD** Bipolar II: What I’ve Learned from Treating 800 Cases over Many Decades (5/1/07) NY MDSG

**Igor Galynker, MD, PhD** Director of Beth Israel’s Bipolar Family Treatment Center, Professor of Clinical Psychiatry Albert Einstein College of Medicine

**CD** Care for the Patient, Care for the Family: Family Inclusive Treatment for Mood Disorders Disorders Family members can be invaluable in helping doctors better know their patients. (3/4/08) NY MDSG

**Ivan Goldberg, M.D.** pre-eminent psychopharmacologist, author, formerly faculty of Columbia Presbyterian Medical School

17 1) Are there Reliable Biological Tests for Depression

2) What is the Decision Tree for Initial Treatment & Maintenance of Affective Disorders

3) Ask the Doctor

(6/24/92)

44 1) Low Doses of Lithium Therapy

2) Managing Side Effects of Prozac & Other Drugs Used for Mood Disorders

(9/27/95)

54 1) The New Treatments for Bipolar Disorders

2) Ask the Doctor

(11/20/96)

69 1) How to Tell if your Doctor is an Expert

2) How to Tell if Someone who Appears to be Unipolar is Really Bipolar (but has not had a Manic Episode Yet)

3) Ask the Doctor

(10/98)

83 1) The Relationship Between Mood Disorders and Borderline Personality Disorder

2) Drug Therapy and/or Psychotherapy for People who have Depression

3) Ask the Doctor

(11/17/99)

94 Beyond Lamictal & Topamax The Really NEW Treatments for Mood Disorders

(11/15/00)

107 1) Stress Related Symptoms of 9/11/01 Attack

2) Antidepressant Combinations For People w/ Treatment Resistant Depression

3) Question and Answer Period

(11/14/01)

131 1) The Importance of Thyroid and Thyroid Testing

2) Placebos’ Effectiveness

3) Ask the Doctor

(11/13/02)

142 1) The Bipolar-Migraine Connection;

2) Antipsychotics as mood stabilizers: a dangerous or useful practice?

3) Questions & Answers

(11/12/03)

155 1) Anger/Irritability plus

2) Ask the Doctor session

(10/27/04)

165 1) Anxiety Panic Comorbid with Mood Disorders

2) Ask the Doctor on all aspects of mood disorders.

(10/05)

180 1) STAR\*D (Sequenced Treatment Alternatives to Relieve Depression) , funded by the NIMH, has been

completed. Dr. Goldberg discussed the results in the light of some of the errors made by the designers of the study

2) Ask the Doctor on all aspects of mood disorders

(02-28-07)

186 1) Recurrent brief depression -- a diagnosis that is more commonly used in Europe than in the USA. It refers to episodes of unipolar depression which happen with a frequency of about once a month, have nothing to do with the menstrual cycle and in some instances lead to suicide attempts.

2) Ask the Doctor on all aspects of mood disorders

(09-26-07)

195 1) The Many Faces of Bipolarity: The Bipolar Spectrum.

2) Medicine "cocktails" for the treatment of individuals with hard-to-treat major (unipolar) depression

3) Ask the Doctor on all aspects of mood disorders

(11-12-08)

**CD** 1) Anxiety

2) Depressive Cognitions

3) What are typical side effects from ECT as far as memory goes.

4) Ask the Doctor on ALL aspects of mood disorders.

(10-28-09)

**Joseph F. Goldberg, MD** Asst. Professor of Psychiatry at Cornell Univ.

131B Rapid Cycling -- what it is (it isn't) & which treatments best

(11/02) NY MDSG

**Frederick K. Goodwin, M.D.** Pre-eminent former scientific dir. of the NIMH, professor of

Psychiatry at George Washington U., co-author of “the” book on manic-depressive illness

95 Update on Advances in the Pharmacological Treatment of Bipolar Disorder (9/11/00) NY MDSG

**Jack Gorman, MD** Well-known author *Essential Guide to Psychiatric Drugs* (Dynamic speaker).

28 - Explains many timeless aspects of mood disorders.

(11/13/93)

33 - Explains many other timeless aspects of mood disorders.

(9/28/94)

87 - “Ask the Doctor”

(4/26/00)

158 - New Meds, Best Meds & What’s in the Pipeline – Keeping up w/ Latest Advances in Medicine (3/05) NY MDSG

**Lycia Alexander Guerra, M.D.** supervises residents at Mt Sinai Medical Ctr NY

18 Benefits of Psychopharmacology and Benefits of Group Therapy

(7/29/92)

27 The Benefits of Psychopharmacology & Benefits of Group & Family Therapy -- Con't (7/28/93)

**David Hellerstein, M.D.** Was Ass't Professor at Albert Einstein College of Medicine, author of "Family of Doctors", now Assoc Professor of Clinical Psychiatry, Columbia Univ, Research Psychiatrist, NY State Psychiatric Institute  
45 Dysthymia & Ways to Manage Symptoms of Chronic Depression (10/25/95)  
CD Help! My Medication's Not Working "There are approaches that can help people gain or regain a good response. From rethinking diagnosis, to trying new regiments to exploring options like exercise or meditation." (10-08) NY MDSG

**Merritt Hubsher, MD** Board Certified Psychiatrist in adult, adolescent and child psychiatry  
84 Anxiety and Social Anxiety Disorders (12/15/99)  
179 Adult Mood Disorder Masquerading as Attention Deficit Disorder *Primer on ADD vs Bipolar* (01/31/07)

**Kay Redfield Jamison and others on PBS Charlie Rose**  
CD Excellent episode of the Charlie Rose Brain Series, a discussion of mental illness with Kay Redfield Jamison of Johns Hopkins, Elyn Saks of U of Southern California, Jeffrey Lieberman of Columbia U, Helen Mayberg of Emory U, Stephen Warren of Emory U, and Eric Kandel of Columbia U. Jamison has bipolar disorder and Saks has schizophrenia -- both are highly functioning authors and professors. (6-10)

**Frank A. Jones, Jr., MD** Clinical professor of Psychiatry, Top Doctors in NY/NJ list  
151 The Alliance between the Family And the Doctor including Handling Telephone Calls Plus Q & A on all Aspects of Mood Disorder (7/28/04)  
162 Dual Diagnosis (7/27/05)

**Eric Kandel, MD** Nobel Prize-winner and luminary in the field of neuroscience. Brilliant speaker.  
CD The Neuroscience of Mood Disorders (*One of best lectures I have ever heard!*) (10/2/07) NY MDSG

**Donald F. Klein, M.D.** Considered the dean of American Psychopharmacology, professor of Psychiatry at Columbia's Medical School and director of research at NY State Psychiatric Institute  
48 Bipolar Disorder (1/15/96) NY MDSG

**James H. Kocsis, MD** Professor of Psychiatry at Cornell Medical College  
102 New Treatments for Chronic Depression (3/5/01) NY MDSG

**Peter Kramer, MD** received his M.D. from Harvard, author of "Listening to Prozac". His latest book, "Against Depression". Host of the public radio series, The Infinite Mind. He is a Clinical Professor of Psychiatry and Human Behavior at Brown University, and has a private practice.  
CD Against Depression (6/13/05) NYMDSG

**Louis Littman, MD & Suzanne Datto, MD** Dr. Littman is a clinical ass't professor at the UPenn. Dr. Datto graduated from Robert Wood Johnson Medical School and has done research on bipolar disorder.  
182 More than Sadness: Major Depression and Bipolar Disorders. They share excerpts from their forthcoming book of their experiences dealing w/ Suzanne's bipolar illness and hospitalization during her psychiatric residency. (4-07)

**Harish Kumar Malhotra, MD** board certified psychiatrist, Clinical Associate Professor of Psychiatry at UMDNJ where he teaches psychiatry to medical students, private practice in Summit.  
\*6 How to Manage Dementia in Someone You Love  
CD Coping with Suicidality: Suicidal Ideas, attempts and completed suicide. Its universality and how to think about it and work against it. Dr. Malhotra talked to the Tricounty Psychiatric Society. They had the largest turnout and it was a grand success. Many people consider suicide at times but don't talk about it (4/09)

**Francis Mas, MD** Professor of Clinical Psychiatry & Assoc. Dir of brain research laboratory of NYU Medical School  
141B- Identification & Treatment of Mixed States (10/03) NY MDSG

**Sanjay Mathew, MD** Ass't Professor at Mt Sinai School of Medicine, award-winning researcher and expert on "difficult to treat" depression at Mt. Sinai School of Medicine  
CD Exciting New Therapies for Treatment-Resistant Depression (11/6/07) NY MDSG

**David Nathan, MD** Psychopharmacology, psychotherapy & ECT Princeton U, U Penn Medical School, Residency McLean (Harvard). Ass't Clinical professor Robert Wood Johnson, UMDNJ  
145 Straight Talk about Depression & Bipolar Disorder (basics) along with Q & A's (1/11/04) DBSA Succasunna

**Charles Nemerhoff, MD** Chair Dept. of Psychiatry Emory U. School of Medicine  
115 Remission is the Goal of Treatment of Mood Disorders (5/02) NY MDSG

**Maria Oquendo, MD** Professor of clinical psychiatry at Columbia University, researcher and practicing psychiatrist  
CD Antidepressants for Bipolar Disorder -- Are They Helpful? Are They Safe? (2/6/07) NY MDSG

**Ed Ratush, MD**, Board certified psychiatrist, extensive experience with adults & adolescents who have depression & bipolar disorders, anxiety disorders. Adult ADHD. OCD, substance abuse, insomnia & fatigue. Outstanding speaker at the state DBSA Conference.  
CD Open Q&A/discussion on all sorts of topics (8/26/09)  
CD Continued (9/29/10)

**Stewart Reiter, MD** Psychopharmacologist in Overlook, undergraduate at Johns Hopkins, trained at NYU Medical Ctr and NJ Medical school, Fellowship at Mass General, formerly on Harvard's faculty  
89 Medication Treatment for Unipolar and Bipolar Depression (6/28/00)

**Michael Robinson, M.D.** Clinical Ass't Prof of Psychiatry at Robt. Wood Johnson Medical School, formerly Clinical Director at Carrier Foundation  
38 Treatment Resistant Depression [+ tutorial on Electro Convulsive Shock Treatment] (3/29/95)

50 A Historical Perspective on Treatment for Affective Disorders (4/24/96)

**Jesse Rosenthal, M.D.** Head of Clinical Mood Disorders at Beth Israel in NYC.

20 Treating Treatment Resistant Depression (*Still* relevant) (1/11/93) NYMDSG

**Howard Rudominer, MD** clinical assistant professor at NYU Medical school, Board certified in children & adults

Dr. Rudominer enjoys really taking time with complex, difficult questions about adults, children

190 Chance to “Ask the Doctor” all the difficult q’s that often do not get the in-depth answers that satisfy you (3-08)

**CD(2)** 2<sup>nd</sup> annual Chance to “Ask the Doctor” all the difficult q’s that often do not get the in-depth answers that satisfy you (3-09)

**CD** Mini Topic: fish oil and omega 3's and its relationship to DEPRESSION, LONGEVITY, HEALTHY HEART, HEALTHY BRAIN and HEALTHY JOINTS. Then THE annual Chance to “Ask the Doctor” ALL your questions including all the difficult questions that often do not get the in-depth answers from clinicians or your reading that satisfies you – Dr.

Rudominer enjoys educating audiences, and he very much enjoys really taking time with straightforward as well as complex, difficult questions about adults, children or adolescents (3-10)

**Donald Sweeney, MD, PhD** Professor at Yale, director of Fair Oaks

1 - Overview of Affective Disorders– 1st lecture -- *still worth listening to.* (2/26/86)

**Clifford Taylor, M.D.** Psychiatrist, Clinical Assoc. Professor of Psychiatry at UMDNJ

4 How Psychotherapy Can Help Affective Disorders (6/28/09)

132 Observations on Management of Depression and Bipolar Illness (1/29/03)

**Hilda Templeton, M.D.** Professor, Chairperson Dept of Psychiatry at St. Barnabas

64 Depression in Women and Men Across the Life Cycle (3/25/98)

133 Mood Disorders and Pregnancy Plus the Post-Partum Period (2/26/03)

**Laurence Westreich, M.D** Addiction and Forensic Psychiatrist. currently Clinical Assoc. Professor, Supervising Psychiatrist for Psychiatric Residents and Fellows in Addiction Psychiatry at NYU Medical Ctr, won teacher of the year award from NYU Medical Ctr on Alcoholism and Drug Abuse, book *Helping the Addict You Love.*

175 Addiction and Mood Disorders (9/27/06) Also **Scott Bienenfeld, MD.**

185 Mood Disorders and Addiction (7/25/07)

192 Addiction and Mood Disorders (6/25/08)

**Peter Whybrow, M.D.** author *A Mood Apart*, former Chairman of Psychiatry U of Penn and now UCLA

7 Thyroid & Rapid Cycling Research (5/30/90)

22 Body Clocks and Mood Disorders (3/8/93) NY MDSG

**Jeffrey Wolff, M.D.** Psychiatrist, training at NYU, Bellevue and Downstate Medical Center. Vice Chairman of the Department of Psychiatry at Morristown Memorial Hospital,

75 1) Newer Medications for Bipolar and Unipolar Illnesses

2) Recognizing Childhood Bipolar Illness

3) Getting Help for People Who are Avoiding Help . (9/29/99)

113 Observations on Treating Mood Disorders (6/26/02)

149 Appropriate Use of Antidepressants In Bipolar Disorder. Will Lamictal Make Antidepressant

Usage Less Often? (5/26/04)

172 Differences in Presentation and Treatment of Mood Disorders Across the Ages (06/06)

**CD** 1) What does a thorough medical checkup for causes and treatment of treatment resistant depression include?

2) Bipolar disorder, ADHD, Borderline Personality Disorder: how to tell them apart & how to treat them when they co-exist (11/09)

**Michael Zornitzer, MD** Uses psychopharmacology & psychotherapy, a Top Doctor in NY Magazine

167 Treatment of Depression--major depression, bipolar depression, atypical depression, psychotic depression and treatment-resistant depression. (3/06)

## Therapists/Psychologists/Pharmacists/RNs

### Annual Conferences

2 Myrna Weissman, Ph.D. Interpersonal Therapy (7/88)

81 Kay Redfield Jamison, Ph.D. Hope in the Prevention of Suicide (10/99)

120 Susan Rose Blauner, Author *Helping Yourself, Helping Others* incl suicide prevention (8/02) [No Backup]

121 Cheryl Buechner, PhD Dual Diagnosis - Mood Disorders & Substance Abuse (8/02) [No Backup]

124 David Gussak, PhD Creative Expression/Art Therapy (8/02) [No Backup]

127 Karinne Greene, JD & Ana Smythe, MA Getting the Most out of Talk Therapy (8/02)

138A Kay Redfield Jamison, Ph.D. Charting a Course (8/02)

138B Ask the Doctors Panel w/ 3 well esteemed doctors moderated by Harvey Rubin, MD (8/03)

### Infinite Mind Series

BQ Schizoaffective Disorder

BS Hypomania – Pros and cons hosted by Dr. Peter Kramer with discussions with Jane Pauley,

Andy Behrman, Dr. Kay Redfield Jamison PhD, and many prominent psychiatrists (11/20/05)

AQ Borderline Personality Disorder (11/21/99)

BO Weather & The Mind (SAD) Seasonal Affective Disorder incl Norman Rosenthal, MD(2004)

BV ECT Update: Research shows today's electroconvulsive therapy is the quickest, most effective way to treat major depression. The very real pros and cons are discussed. (5/2006)

**CD** Pregnancy and the Mind, Pregnancy and mental illness. Guests include experts in reproductive psychiatry and developmental psychology. (2004)

**Lisa Athan, MA** in Counseling & Education, executive director of Grief Speaks (an organization dedicated to educating people about grief, loss & healthy ways to cope), a group therapist for three years in the Overlook Hospital in-patient psychiatric unit.

**CD** 1) Dealing with Loss After Diagnosis 2) Coping with Bipolar Disorder and Depression (4-28-10)

**Catherine Bianchi, PhD** Clinical psychologist, in training at Institute for Psychoanalysis and Psychotherapy in NJ

130 Post-Traumatic Stress Disorder - Treatment Approaches, Etc (9/25/02)

160 How Did Freudian Get to Be a Dirty Word? (4/05)

184 Coping with Emotional Eating During Depression (6/27/07)

**Jeffrey M. Brandler, EdS, LCSW** Licensed Marriage and Family Therapist and Certified Addictions Specialist, over 20 years experience dealing with adults, couples and families, our chapter advisor

85 The role of the therapist in treatment of depression/bipolar illness; therapy &/or medication options (2/23/00)

96 Complicating Factors in Assessment & Treatment of Depression & Bipolar Illness (1/31/01)

109 Strategies for Combating the Illness (1/30/02)

161 Mood Disorders and Anxiety--that other cousin nobody told you about -- dealing with anxiety that often accompanies mood disorders including Panicking about Anxiety, "What if" and other dangerous words and "Fear of Things Getting Worse" (5/25/05)

178 & **CD** Everyone is Jolly and Ho Ho Ho, and You Are How? (*very thoughtful*) (12-13-06)

**CD** I have this problem that I'm not supposed to have, that I don't want to have, now what? (AKA how to live a happier life with a mood disorder.) (1-27-10)

**Katherine Burdick, PhD** Neuropsychologist, Zucker Hillside Hospital; Ass't Professor, Albert Einstein College of Medicine

**CD** Cognitive Problems in Bipolar Disorder: Are They Real? Can They Be Treated? On objective tests it is common to see deficits in specific areas of cognitive areas of verbal memory, executive function and cognition, altho intelligence appears to remain intact. Scientists are beginning to dig deeper to see what can be done to treat it. (9-9-08) NY MDSG

**David Chowes, MA** Professor of Psychology, originated the prestigious Distinguished Speaker Lecture series in the NY Mood Disorders Support Group, where he was Chairman of the group for over 15 years. David has been a psychology professor at Baruch College/CUNY for over 25 years -- and has taught many courses in psychology; specializing in: abnormal, statistics and research methodology. Attended Queens College/CUNY and Columbia University Graduate School.

12 Stigma, Self-Perception & Disclosure (1/7/92) NY MDSG

40 Talking Back to Dr. Peter Breggin – The Anti-Psychiatry Psychiatrist (5/31/95)

68 & **CD** Coping with Mood Disorders for a Lifetime (8/26/98)

100 & **CD** Mood Disorder – Understandings And Treatments – Past, Present, & Future (5/30/01)

117 1) John Nash – A Beautiful Mind - The movie and the book

2) Downside of using the word "consumer" rather than "patient" (8/28/02)

153 & **CD** Controlling depression & bipolar for the past few decades. Curing them in the coming years.

\*Special guest\* who had severe mania in his 20's and with rigorous use of a mood stabilizer has been episode free for 26 years. (9/23/04)

188 "25 years of dealing with people who have Mood Disorder; 25 years of being in the vanguard of the DBSA; 25 years of teaching it at the University". (11/28/07)

**CD** Discussion of the differences between 'traditional treatments' (e.g., lithium, Prozac, &, etc.) and 'alternative methods' (e.g., nutrients, vitamins, etc. one could buy in GNC stores, acupuncture, chiropractic procedures + all sorts of other therapies). The main point of the talk is to differentiate between the two categories. An important point is that alternative can become traditional after vigorous scientific testing. Not with anecdotal evidence or a friend saying, 'Gee! That worked for me!' In 1948 John Cade came up with lithium -- at first after only 10 patients being given lithium it was an alternative treatment. Now after 60 years, countless studies and the improvement of scores of millions of patients (and the benefit/cost ratio is positive), it is now a traditional scientifically validated drug treatment. At times a treatment is validated -- but, then new information comes to be known as more people are exposed to the treatment and the treatment is withdrawn: Thalidomide, Vioxx... (07/29/09)

**John F. Clarkin, PhD** Clinical Professor, Cornell University

**CD** Talk Therapy for Mood Disorders: Many Different Types. Which is Best for You? (11/7/05) NY MDSG

**Jean Endicott, PhD** Professor in clinical psychology and research

60 Why Many People do not Seek Treatment or do not Stay in Treatment + own story. ((7/30/97)

101 Female/Male Similarities & Differences in Major Mood Disorders 6/27/01)

140 Special Issues for Women & Men including Pre-Menstrual Dysphoric Disorder (9/24/03)

194 Mood Disorders: Periodic changes in mood and behavior( by time of year, time of month, time of day) --including SADS, Diurnal Variation and PMS + own story (10-29-08)

**Jon Freeman, PhD**

154 Mood Disorders and Sleep: The Crucial Connection (9/13/04) NY MDSG

**Sandra Guerra, LCSW** Treats adults & adolescents with mood & anxiety disorders

157 Which Type of Psychotherapy is Right for Me? \* *Very good talk on therapy* (1/26/05)

**Bernard Ivin, LCSW** clinical social worker, certification in alcohol & substance abuse counseling, extensive training in Cognitive Behavioral Therapy, treats depression, anxiety, panic attacks, OCD, childhood disorders, personality disorders, relationship difficulties

176 His story plus Cognitive Behavioral Therapy (10/25/06)

**CD** Mood Disorders and Substance Abuse (5-26-10)

**Lois Jessen, PhD** Clinical Assoc. Prof. and Vice Chair at Dept of Pharmacy at Rutgers

114 Drug Reactions Between Psychiatric and Non-Psychiatric Medications (7/31/02)

**Kenneth S. Mathisen, Ph.D.** Former director of anxieties Program at Carrier Foundation

42 Types of Anxiety Problems & Ways to Manage Symptoms of Anxiety (7/26/95)

**Julia Mayo, Ph.D.** Chief of Clinical Studies at St. Vincent's for Psychiatry, Prof in medical school. Designation as Master Therapist who maintains that these disorders are treatable. Graduated from Bryn Mawr & UPenn. Was at NIMH.

16 Maintaining Stability or "How to Get to Buffalo" (4/29/92)

34 The Anatomy of an Episode (11/16/94)

57 The Informed Consumer – What Every Bipolar and Unipolar Family Should Know (4/30/97)

92 Successful Outcomes in the Treatment of Affective Disorders – A Longitudinal Study (9/27/00)

163 Unipolar and Bipolar Depression and The Family of Persons with Mood Disorders (8/31/05)

**Raymond McCarthy, LCSW**, works in Morristown Memorial Hospital IOP (Intensive Outpatient) Unit and has his own practice.

**CD** Addictions and Substance Abuse (6-24-09)

**Maryellen McHale, RN, MS, CS.**, Psychiatric Nurse and Associate Professor. Before teaching worked in many inpatient units as a psychiatric nurse. For the last 18 years she has been teaching psychiatric/mental health nursing

193 Ancient Connections: Earliest Evidence of Mood Disorders (9/24/08)

**Susan Neigher, Ph.D.** psychologist in private practice over 25 years.

164 Interrelationship of Pain, Physical Problems&Mood Disorders in Children, Teens&Adults (9/05)

**Richard O'Connor, Ph.D** celebrated author of "Undoing Depression and Undoing Perpetual Stress." He is also a practicing psychotherapist, always packs a full house. He is an MDSG favorite and is back by popular demand.

**CD** Self Destructive Behavior, Mood Disorders and Stress (9/12/05) NY MDSG

**CD** Making the Best of Depression: You Can Do Better than Coping (10/10/06 NY MDSG)

**Robert Schacter, Ph.D.** Ass't professor at both Dept Psychiatry Columbia Presbyterian Medical School and Mt. Sinai Medical Center, author

39 Cognitive Therapy (4/26/95)

**Wilma Selenfriend, MSW** Creator and former director of an innovative comprehensive family center for families of mentally ill. *Very good lecture on therapy.*

112 The Role and Use of Counseling in the Management of Mood Disorders for the Patient and/or The Family (5/02)

**Lynn Shapiro, MSW, LCSW** Pvt practice, in-patient and out-patient work experience. *A wonderful talk about psychotherapy involving audience as well.*

52 Counseling as a Component of Treatment (8/28/96)

**Joshua Wolf Shenk** author of book below. Joshua Shenk suffers from Clinical Depression

**CD** Lincoln's Melancholy -- How Depression Challenged a President and Fueled his Greatness (3/06 NY MDSG)

**Beth M. Smith, PsyD** psychotherapy and psychoeducational issues for adults and children, PTSD, psychological evaluation of personality

138 Anxiety Disorders as Components To Mood Disorders (7/30/03)

**Heidi Wehring, Pharm D** Ass't Clinical Professor of Clinical Pharmacy. Practice at St. John's U.

143 Medications: Getting the Full Effect, losing the side effects (11/03) NY MDSG

## Child/Adolescent Psychiatrists and Psychopharmacologists

### Annual Conferences

125 Joseph Biederman, MD; Cristy Worthen & Mary Worthen Not Just a Phase – Disorders in Young People

### Infinite Mind Series

AO Suicide in Young People (10/31/99) [No Backup]

AU Manic-Depressive Illness in Children (3/12/00)

AY The Bipolar Child Including Dr. Demitri Papolos (book "The Bipolar Child" is recently updated alot)

BF Attention Deficit Disorder (ADD) in Children [Sometimes confused with or sometimes co-morbid with mood disorder] (1/6/02)

**James Cocores, M.D.** Lectured & published widely in psychiatry, collaborated with newspapers & magazines incl. NYTimes Wall St Journal, etc. \**Dynamic lecturer w/ humor* (see Adult Section too)

46 Early Detection of Unipolar and Bipolar Disorder in Adolescence(11/15/95)

**Gianni Faedda, MD** a top researcher in this field, a practicing psychopharmacologist and author of "Parenting a Bipolar Child". Offers practical advice for raising a bipolar child as well as for adults..

**CD** Mood Disorders and Development -- from Childhood to Adulthood

**Michael Giuliano, M.D.** child and adolescent psychiatrist, also college age patients

23 How to Spot Anxiety & Depression in Children (3/31/93)

144 Comorbid conditions with Bipolar Disorder for children & adolescents -- such as ADHD

(Attention Deficit Disorder with hyperactivity), anxiety, panic (12/10/03)

189 More on Comorbid conditions with Bipolar Disorder for children & adolescents (12/12/07)

**Rosalie Greenberg, MD.** Board Certified child&adol psychiatrist, psychopharmacology of child/adolescent mood disorders & Attention-Deficit/Hyper-activity Disorder. Ass't .Prof. of Clinical Psychiatry at Columbia's Medical School, author of "Bipolar Kids -- helping your child find the calm in the mood storm", Top Doc in Castle Connelly for the NY Metropolitan Area

183 Her Many Observations on ADHD, BIPOLAR & more. Then Q&A also on other child, adol. topics (5/30/07)

**Merritt Hubsher, MD** Board Certified Psychiatrist in adult, adolescent and child psychiatry

166 Child & Adolescent Mood Disorders & child psychiatry (11/05)

**CD** Mood Disorders in Children. Adolescents and Young Adults: Are they All Bipolar? (5-27-09)

**Celeste A. Jacque, MD** pvt practice, clinical instructor at Mt. Sinai Medical Ctr, taught Columbia Presbyterian and Boston Colleges

171 Children, Adolescents and Young Adults -- Specific difficulties of treating children, adolescents and young adults who suffer from depression or bipolar disorder; obtaining a correct diagnosis; problems that the family encounters; and how to find the best medication for treatment (5/06)

**CD** o Treating children and adolescents who have depression or bipolar disorder including obtaining a correct diagnosis  
o Discussion of treating young adults (12/9/09)

**Debra E. Koss, MD.** Fellowship U Mass for Child & Adolescent Psychiatry. Board Certified Child&Adolescent subspecialty. Was Ass't Professor in the Dept of Psychiatry at U Mass Medical Ctr. Pvt practice.

191 Children and Adolescent Mood Disorders (5-28-08)

**Norman Ladov, M.D.** Medical director for children and adolescents at NW Covenant Medical Center.

73 Mood Disorders in Childhood & Adolescence (5/99)

**Ted Lipman, MD** psychopharmacologist for children/adolescents/college age, graduated from Columbia 's Medical school, residency at Stanford Univ. Doctor who doctors go to for help with diagnostic dilemmas.

136 Treatment of Depressive/Bipolar Disorders in Children and Adolescents (5/28/03)

**Howard Rudominer, MD** clinical assistant professor at NYU Medical school, Board certified in children & adults

177 Sorting out Bipolar from ADHD and other child, adol. Topics incl. psychopharmacology (11-06)

*Also see Dr. Rudominer Q&A in adult section*

**Margaret E. Tompsett, MD, DLFAPA, FAACAP** child, adolescent psychiatrist who also treats college age students. Dr. Tompsett trained at Cambridge University and St Mary's Hospital Medical School in England. Consults for several school systems. Ass't Professor on the voluntary faculty of UMDNJ. Past president of the NJ Council of Child & Adolescent Psychiatry. Trained to do disaster work with the American Red Cross in 1999 and worked at local Red Cross with children who lost their fathers on 9/11 President of the NJ Psychiatric Assoc. Pvt practice in Summit where she also treats adults.

**CD** Child, Adolescent and Young Adult Mood Disorders

### **Professionals who have Mood Disorder** (also see DBSA Conference tapes section)

#### **Annual Conferences**

79 Robert O. Boorstin, Senior Advisor to the Secretary of Treasury, on his experiences with bipolar disorder -- interviewed by Dr. Stuart Yudofsky, M.D *very moving & interesting* (10/99)

118 - see MISC Martha Manning, PhD is a psychologist, author and has mood disorder (8-02)

#### **Infinite Mind Series**

\*1 Patty Duke Narrating award winning, many commendations landmark premier "Voices of an Illness" on Manic-Depression on NPR Public Radio. This is the first major documentary to feature people with manic-depressive illness telling their own stories in their own words. The program features nine people with the mood disorder--including a Fortune 500 executive, a nurse, a high school teacher, a therapist, and Patty Duke herself--describing their efforts to stabilize the disorder's effect on their lives.

\*7 Rod Steiger Narrating "Voices of an Illness" on Clinical Depression -- NPR Public Radio. This one-hour program features a Harvard professor, an engineer, a high school student, among others, telling their stories of struggle and triumph over this common, yet often unrecognized and untreated brain disorder that affects one out of every ten Americans. Academy Award-winner Rod Steiger adds his own voice to the others, sharing his personal battle with clinical depression.

BU Four Lives II - Mary Jo Cody, Jane Pauley, Judge Sol Wachter, and Chris Corman discuss their mood disorder problems (01/25/06)

**Salvina Cappello** Graduate degree from Georgetown University, 20 yrs as a top television media Research Specialist, advanced degree in Psychiatric Rehabilitation, working for NAMI NJ

**CD** Her inspiring bipolar story of disabling psychotic manias every 2 years where she was unable to leave her mother's house -- now controlled by medication. Salvina credits a four day seminar by DBSA entitled "Pathways to Recovery" for helping her

have a “turnaround” experience. She made goals for herself on the spot -- to go back to school and to work again. She will also share lessons learned concerning her struggle with weight gain and diabetes. (8-25-10)

**Robert Corrington, PhD** professor at Drew, author and bipolar

97 The Value of Depression and Manic-Depression – A Perspective On Creativity & the Quest for Wholeness (2/28/01)

146 Beyond Mere Survival: The Quest for Wholeness -- autobiographical book (1/04)

**Suzanne Datto, MD & Louis Littman, MD** Dr. Datto graduated from Robert Wood Johnson Medical School and has done research on bipolar disorder. Dr. Littman is a clinical ass’t professor at the UPenn.

182 More than Sadness: Major Depression and Bipolar Disorders: They share excerpts from their forthcoming book of their experiences dealing w/ Suzanne's bipolar illness and hospitalization during her psychiatric residency. (4-07)

**Jean Endicott, Ph.D.** Professor in clinical psychology and research (*see psychologists too*)

60 Why Many People do not Seek Treatment or do not Stay in Treatment + own story. (7/30/97)

194 Mood Disorders: Periodic changes in mood and behavior( by time of year, time of month, time of day) --including SADS, Diurnal Variation and PMS + own story (10-29-08)

**Janine Crowley Haynes** Author and screen-writer who suffered rollercoaster manias, depression, psychosis, paranoia and ultimately made a serious suicide attempt -- saved in time by her husband and 12 yr old son. Her book is “laced with humor to make the bitter pill of mental illness go down a little easier.”

CD My Kind of Crazy -- Living in a Bipolar World (her book) (9-30-09)

**Kay Redfield Jamison** author and professor in Johns Hopkins Medical school who has Bipolar disorder

CD with others on PBS Charlie Rose)

(*see entry under Psychiatrists and Psychopharmacologists*) (6-10)

**Bill Lichtenstein** Teaches at New School of Social Research in NY, creator of award winning Infinite Mind Series

41 His Own Story of Living with Bipolar Disorder and an Overview of his Work on Mood

Disorders on the Infinite Mind public radio program (6/28/95)

55 About the making of Voices of an Illness on Depression with Rod Steiger which aired on NPR (3/26/97)

82 More About his works on the Infinite Mind and his bipolar illness (10/27/99)

**John McManamy** Former financial analyst with a law degree, publishes online McMan’s Depression and Bipolar Report, was facilitator in DBSA Princeton, newly published book *Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn’t Tell You*

139 A Companion Called Fred: My Story of Denial, Acceptance, And Healing (8/27/03)

152 Me, God, and my Neurons – how our illness affects personality and Spirituality plus a little brain science (8/04)

181 Knowledge is Necessity: Living Well with Depression and Bipolar Disorder (3/28/07)

**Margaret Duthie Molnar** Special Ass’t for Consumer Affairs at the State Div. of Mental Health Services in Trenton, prev. State Program Coord. for the NJ Self-Help Group Clearinghouse, formerly Assoc. Director of statewide consumer-operated service provider agency in NJ (CSP-NJ), past Executive VP of Nat’l DMDA (now DBSA), Bipolar.

108 The Recovery/Wellness Model Approach to Regaining Your Health –The Never Ending Pursuit of One’s Best (12/12/01) [*No Backup*]

**Rich Satkin** One of founders and Chair of NY MDSG Episode free over 20 yrs, Fully employed, married, father of teenagers

90 How He Has Managed His Illness So Well (7/00)

141 Observations on Maintaining Stability (10/29/03)

**Mary Lou Selo** professional interpreter (speaks 5 languages), tour guide in the USA for people from foreign countries, has bipolar illness, helped found Nat’l DMDA, NY MDSG & Swiss group.

91 Her Story (8/30/00)

137 7 Steps to Heaven – 7 Things that would make the Illness easier to Bear (6/25/03)

**Former NY State Chief Justice Sol Wachtler** One of the nation’s finest legal minds. Undiagnosed case of bipolar disorder he stalked his former lover, he ended up in solitary confinement in a federal prison (see our video of interview with him at NY MDSG -- *one of my alltime favorites!*)

116 His Manic Fall from Power (6/02 - NY MDSG)

### **Family Specific (also see about Mood Disorders). Also see Videos.**

#### **Annual Conferences**

3 Ellen Frank, MD, Mark Chappe & Ted Harrison Family Interrelationships (7/88) [*No Backup*]

26 Working for Family Understanding (6/93) [*No Backup*]

**Jeffrey M. Brandler, EdS, LCSW** Licensed Marriage and Family Therapist and Certified Addictions Specialist, over 20 years experience dealing with adults, couples and families.

63 & CD How Family Relations are Impacted by Mood Disorders (2/25/98)

134 Family Issues (3/26/03)

178 Everyone is Jolly and Ho Ho Ho and You Are How? (*very thoughtful presentation*) (12-13-06)

**Igor Galynker, MD, PhD** Director of Beth Israel’s Bipolar Family Treatment Center, Professor of Clinical Psychiatry Albert Einstein College of Medicine

**CD** Care for the Patient, Care for the Family: Family Inclusive Treatment for Mood Disorders Family members can be invaluable in helping doctors better know their patients. (3/4/08) NY MDSG

**Lycia Alexander Guerra, M.D.** supervises residents at Mt Sinai Medical Ctr NY

27 The Benefits of Psychopharmacology&Benefits of Group & Family Therapy -- Con't (7/28/93)

**Frank A. Jones, Jr., MD** Clinical professor of Psychiatry, Top Doctors in NY/NJ list

151 The Alliance between the Family And the Doctor including Handling Telephone Calls Plus Q&A on all Aspects of Mood Disorder (7/28/04)

## MISC

### Annual Conferences

118 Opening Session – Exploring Wellness: Martha Manning, PhD; Dana Alishouse, Author&Michael Hogan, PhD(8/02)

120 Susan Rose Blauner, Author Helping Yourself, Helping Others (8/02) [No Backup]

122 Frederick Goodwin, MD & Bill Lichtenstein Mood Disorders – Special Issues for Men (8/02)

123 Paula Clayton, MD & Bonnie Rosenthal Mood Disorders – Special Issues for Women (8/02)

128 Jamie Negron, SSA Social Security Disability (8/02) [No Backup]

129 DBSA Update & Closing - Lydia Lewis, Exec Dir., John Bush, John McManamy & Hihkmah Gardiner (8/03)

**Steve Fishbein** Dir. of Office of Human Resource & Rehab. Development in the State Div. of Mental Health Services

105 Social Security Work Incentives/Ticket to Work (8/29/01)

**Robin Schwartz, Esq.**

58 topics incl. disability, ADA (Amer Disability Act) and NJ law on discrimination (6/25/97)

**Marc Strauss, Esq.** an attorney specializing in SSD and a partner at the firm of Pyrros and Serres LLP

**CD** Social Security Disability and Mental Health: Getting What You're Entitled To (2/5/08) NY MDSG

### Panel Discussions

47 How to Get a Job & Keep a Job (12/18/95) - NY MDSG

59 Julie Briggs (WMTR ) Depression & Bipolar - Harish Malhotra, MD (psychiatrist), Catherine Bianchi, PhD(psychologist), Suzanne Hays, PhD (psychologist), person w/ bipolar illness (7/97)

**CD** - Roundtable: Coping with Depression and Bipolar Disorder -- Advice from the Experts panel of facilitators (4/06) NY MDSG

147 Returning to Work & Still Keeping your Benefits While Living w/ a Mood Disorder (2/25/04)

174 Roundtable of trained, experienced facilitators: Coping with Depression & Bipolar Disorder.

The facilitators who lead our support groups have been discussing many issues with bipolar and depressed people for years. This is all about practical advice (8/30/06)

## Psychiatrists and Psychopharmacologists

**Robert C. Bransfield, MD**, clinical psychiatrist and psychopharmacologist with an emphasis on treatment resistant cases, President of ILADS (International Lyme & Associated Disease Society) 2010, will be the President of the NJ Psychiatric Assoc. in 2011, has done ground-breaking research, treats many patients who have Lyme Disease and has authored many articles also in medical books, is an international expert on late stage Lyme.

CD Late Stage Lyme Disease as a Cause for Bipolar Disorder and Depression. Lyme can take years to diagnose. Often is undertreated or mistaken for something else. It can have brain involvement (7-28-10)

**Dennis Charney, MD** Dean research, psychiatry, neuroscience, pharmacology and biochemistry at Mt. Sinai School of Medicine. One of foremost authorities on psychopharmacology. Author of "The Peace of the Mind Prescription"

CD The Very Latest Treatments for Mood Disorders (5/06) NY MDSG

CD Advances in the Diagnosis and Treatment of Depression (1-9-07) NY MDSG

**James C.Y. Chou, MD** Assoc. professor at NYU, pharmaceutical research incl. antipsychotics, Research Psychiatrist

CD What is Standard Care, Best Care for Bipolar Disease: Review of APA Guidelines for treating bipolar disorder (10/10/05) NY MDSG

**Gianni Faedda, MD** a top researcher in this field, a practicing psychopharmacologist and author of "Parenting a Bipolar Child". Offers practical advice for raising a bipolar child as well as for adults..

CD Mood Disorders and Development -- from Childhood to Adulthood (12/5/06) NY MDSG

**Ronald Fieve, MD** Pioneer in using Lithium as a mood stabilizer, Author of best-selling book "Moodswing" Professor of Clinical Psychiatry at Columbia Presbyterian, Chief of Psychiatric Research for Lithium studies and manic depression at NYSPI. Recent book explores the concept of "beneficial highs" -- can one safely take advantage of them.

CD Bipolar II: What I've Learned from Treating 800 Cases over Many Decades (5/1/07) NY MDSG

**Igor Galynker, MD, PhD** Director of Beth Israel's Bipolar Family Treatment Center, Professor of Clinical Psychiatry Albert Einstein College of Medicine

CD Care for the Patient, Care for the Family: Family Inclusive Treatment for Mood Disorders Disorders Family members can be invaluable in helping doctors better know their patients. (3/4/08) NY MDSG

**Ivan Goldberg, MD** pre-eminent psychopharmacologist, author, formerly faculty of Columbia Presbyterian Medical School

CD 1) Anxiety

2) Depressive Cognitions

3) What are typical side effects from ECT as far as memory goes.

4) Ask the Doctor on ALL aspects of mood disorders.

(10-28-09)

**David Hellerstein, M.D.** Was Ass't Professor at Albert Einstein College of Medicine, author of "Family of Doctors", now Assoc Professor of Clinical Psychiatry, Columbia Univ, Research Psychiatrist, NY State Psychiatric Institute

CD Help! My Medication's Not Working "There are approaches that can help people gain or regain a good response.

**Celeste A. Jacque, MD** pvt practice, clinical instructor at Mt. Sinai Medical Ctr, taught Columbia Presbyterian and Boston Colleges

CD o Treating children and adolescents who have depression or bipolar disorder including obtaining a correct diagnosis

o Discussion of treating young adults

(12-9-09)

**Kay Redfield Jamison and others on PBS Charlie Rose**

CD Excellent episode of the Charlie Rose Brain Series, a discussion of mental illness with Kay Redfield Jamison of Johns Hopkins, Elyn Saks of U of Southern California, Jeffrey Lieberman of Columbia U, Helen Mayberg of Emory U, Stephen Warren of Emory U, and Eric Kandel of Columbia U. Jamison has bipolar disorder and Saks has schizophrenia -- both are highly functioning authors and professors. (6-10)

**Eric Kandel, MD** Nobel Prize-winner and luminary in the field of neuroscience. Brilliant speaker.

CD The Neuroscience of Mood Disorders

(10/2/07) NY MDSG

**Peter Kramer, MD** received his M.D. from Harvard, author of "Listening to Prozac". His latest book, "Against Depression". Host of the public radio series, The Infinite Mind. He is a Clinical Professor of Psychiatry and Human Behavior at Brown University, and has a private practice.

CD Against Depression (6/13/05) NYMDSG

**Harish Kumar Malhotra, MD** a board certified psychiatrist, Clinical Associate Professor of Psychiatry at UMDNJ where he teaches psychiatry to medical students, past chairman of the Dept. of Psychiatry at Overlook Hospital and of the Council of Psychiatrists of the Atlantic Health System. He has published many papers in scientific journals. His special interest is patient education. He has a private practice in Psychiatry in Summit, NJ.

CD Coping with Suicidality: Suicidal Ideas, attempts and completed suicide. Its universality and how to think about it and work against it. Dr. Malhotra talked to the Tricounty Psychiatric Society. They had the largest turnout and it was a grand success. Many people consider suicide at times but don't talk about it. (4/09)

**Sanjay Mathew, MD** Ass't Professor at Mt Sinai School of Medicine, award-winning researcher and expert on "difficult to treat" depression at Mt. Sinai School of Medicine

CD Exciting New Therapies for Treatment-Resistant Depression (11/6/07) NY MDSG

**Maria Oquendo, MD** Professor of clinical psychiatry at Columbia University, researcher and practicing psychiatrist

CD Antidepressants for Bipolar Disorder -- Are They Helpful? Are They Safe? (2/6/07) NY MDSG

**Ed Ratush, MD**, Board certified psychiatrist, extensive experience with adults & adolescents who have depression & bipolar disorders, anxiety disorders. Adult ADHD, OCD, substance abuse, insomnia & fatigue. Outstanding speaker at state DBSA Conference.

CD Open Q&A/discussion on all sorts of topics (*A fresh approach*) (8/26/09)

CD continued (9/29/10)

**Howard Rudominer, MD** clinical assistant professor at NYU Medical school, Board certified in children & adults.

CD(2) 2<sup>nd</sup> annual Chance to "Ask the Doctor" all the difficult questions that often do not get the in-depth answers that satisfy you (3-09)

CD Mini Topic: fish oil and omega 3's and its relationship to DEPRESSION, LONGEVITY, HEALTHY HEART, HEALTHY BRAIN and HEALTHY JOINTS. Then THE annual Chance to "Ask the Doctor" ALL your questions including all the difficult questions that often do not get the in-depth answers from clinicians or your reading that satisfies you – Dr. Rudominer enjoys educating audiences, and he very much enjoys really taking time with straightforward as well as complex, difficult questions about adults, children or adolescents (3-31-10)

**Margaret E. Tompsett, MD, DLFAPA, FAACAP** child, adolescent psychiatrist who also treats college age students. Dr. Tompsett trained at *Cambridge University* and *St Mary's Hospital Medical School* in England. Consults for several school systems. Assistant Professor on the voluntary faculty of *UMDNJ* Past president of the NJ Council of Child & Adolescent Psychiatry. Trained to do disaster work with the American Red Cross in 1999 and worked at local Red Cross with children who lost their fathers on 9/11 Pres. of the NJ Psychiatric Assoc. Pvt practice in Summit where she also treats adults.

CD Child, Adolescent and Young Adult Mood Disorders

**Jeffrey Wolff, M.D.** Psychiatrist, training at NYU, Bellevue and Downstate Medical Center. Vice Chairman of the Department of Psychiatry at Morristown Memorial Hospital

CD 1) What does a thorough medical checkup for causes and treatment of treatment resistant depression include?

2) Bipolar disorder, ADHD, Borderline Personality Disorder: how to tell them apart & how to treat them when they co-exist (11/09)

### Therapists/Psychologists/Pharmacists

**Lisa Athan, MA** in Counseling & Education, executive director of Grief Speaks (an organization dedicated to educating people about grief, loss & healthy ways to cope), a group therapist for 3 years in the Overlook Hospital in-patient psychiatric unit.

CD 1) Dealing with Loss After Diagnosis 2) Coping with Bipolar Disorder and Depression (4-28-10)

**Katherine Burdick, PhD** Neuropsychologist, Zucker Hillside Hospital; Ass't Professor, Albert Einstein College of Medicine

CD Cognitive Problems in Bipolar Disorder: Are They Real? Can They Be Treated? On objective tests it is common to see deficits in specific areas of cognitive areas of verbal memory, executive function and cognition, altho intelligence appears to remain intact. Scientists are beginning to dig deeper to see what can be done to treat it. (9-9-08) NY MDSG

**Jeffrey M. Brandler, EdS, LCSW** Licensed Marriage and Family Therapist and Certified Addictions Specialist, over 20 years experience dealing with adults, couples and families, our chapter advisor

CD I have this problem that I'm not supposed to have, that I don't want to have, now what? (AKA how to live a happier life with a mood disorder.) (1-27-10)

**John F. Clarkin, PhD** Clinical Professor, Cornell University

CD Talk Therapy for Mood Disorders: Many Different Types. Which is Best for You? (11/7/05) NY MDSG

**David Chowes, MA** originated the prestigious Distinguished Speaker Lecture series in the NY Mood Disorders Support Group, where he was Chairman of the group for over 15 years. David has been a psychology professor at Baruch College/CUNY for over 25 years -- and has taught many courses in psychology; specializing in: abnormal, statistics and research methodology. Attended Queens College/CUNY and Columbia University Graduate School.

CD Coping with Mood Disorders for a Lifetime (8/26/98)

CD Mood Disorder – Understandings And Treatments – Past, Present, & Future (5/30/01)

CD Controlling depression & bipolar for the past few decades. Curing them in the coming years.

\*Special guest" who had severe mania in his 20's and with rigorous use of a mood stabilizer has been episode free for 26 years. (9/23/04)

CD Discussion of the differences between 'traditional treatments' (e.g., lithium, Prozac, &, etc.) and 'alternative methods' (e.g., nutrients, vitamins, etc. one could buy in GNC stores, acupuncture, chiropractic procedures + all sorts of other therapies). The main point of the talk is to differentiate between the two categories. An important point is that alternative can become traditional after vigorous scientific testing. Not with anecdotal evidence or a friend saying, 'Gee! That worked for me!' In 1948 John Cade came up with lithium -- at first after only 10 patients being given lithium it was an alternative treatment. Now after 60 years, countless studies and the improvement of scores of millions of patients (and the benefit/cost ratio is positive), it is

now a traditional scientifically validated drug treatment. At times a treatment is validated -- but, then new information comes to be known as more people are exposed to the treatment and the treatment is withdrawn: Thalidomide, Vioxx...

(07/29/09)

**Bernard Ivin, LCSW** clinical social worker, certification in alcohol & substance abuse counseling, extensive training in Cognitive Behavioral Therapy, treats depression, anxiety, panic attacks, OCD, childhood disorders, personality disorders, relationship difficulties

CD Mood Disorders and Substance Abuse

(5-26-10)

**Raymond McCarthy, LCSW**, works in Morristown Memorial Hospital IOP (Intensive Outpatient) Unit and has his own practice.

(6-24-09)

CD Addictions and Substance Abuse

**Richard O'Connor, Ph.D** celebrated author of "Undoing Depression and Undoing Perpetual Stress." He is also a practicing psychotherapist, always packs a full house. He is an MDSG favorite and is back by popular demand.

CD Self Destructive Behavior, Mood Disorders and Stress

(9/12/05) NY MDSG

CD Making the Best of Depression: You Can Do Better than Coping

(10/10/06 NY MDSG)

**Joshua Wolf Shenk** author of book below. Joshua Shenk suffers from Clinical Depression

CD Lincoln's Melancholy -- How Depression Challenged a President and Fueled his Greatness (3/06 NY MDSG)

### Child/Adolescent Psychiatrists and Psychopharmacologists

**Gianni Faedda, MD** a top researcher in this field, a practicing psychopharmacologist and author of "Parenting a Bipolar Child". Offers practical advice for raising a bipolar child as well as for adults..

CD Mood Disorders and Development -- from Childhood to Adulthood

(12/5/06) NY MDSG

**Merritt Hubsher, MD** Board Certified Psychiatrist in adult, adolescent and child psychiatry *See entry for adults*

CD Mood Disorders in Children. Adolescents and Young Adults: Are they All Bipolar? (5-27-09)

**Howard Rudominer, MD** clinical assistant professor at NYU Medical school, Board certified in children & adults  
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### Professionals who have Mood Disorders

**Salvina Cappello** Graduate degree from Georgetown University, 20 yrs as a top television media Research Specialist, advanced degree in Psychiatric Rehabilitation, working for NAMI NJ

CD Her inspiring bipolar story of disabling psychotic manias every 2 years where she was unable to leave her mother's House -- now controlled by medication. Salvina credits a four day seminar by DBSA entitled "Pathways to Recovery"

For helping her have a "turnaround" experience. She made goals for herself on the spot -- to go back to school and to Work again. She will also share lessons learned concerning her struggle with weight gain and diabetes. (8-25-10)

**Janine Crowley Haynes** Author and screen-writer who suffered rollercoaster manias, depression, psychosis, paranoia and ultimately made a serious suicide attempt -- saved in time by her husband and 12 yr old son. Her book is "laced with humor to make the bitter pill of mental illness go down a little easier."

CD My Kind of Crazy -- Living in a Bipolar World (her book)

(9-30-09)

**Kay Redfield Jamison** author and professor in Johns Hopkins Medical school who has Bipolar disorder

CD with others on PBS Charlie Rose)

(see entry under Psychiatrists and Psychopharmacologists

(6-10)

### Family Specific

**Jeffrey M. Brandler, EdS, LCSW** Licensed Marriage and Family Therapist and Certified Addictions Specialist, over 20 years experience dealing with adults, couples and families, our chapter advisor

CD How Family Relations are Impacted by Mood Disorders (2/25/98)

**Igor Galynker, MD, PhD** Director of Beth Israel's Bipolar Family Treatment Center, Professor of Clinical Psychiatry Albert Einstein College of Medicine

CD Care for the Patient, Care for the Family: Family Inclusive Treatment for Mood Disorders Disorders Family members can be invaluable in helping doctors better know their patients. (3/4/08) NY MDSG

### MISC

**Marc Strauss, Esq.** an attorney specializing in SSD and a partner at the firm of Pyrros and Serres LLP

CD Social Security Disability and Mental Health: Getting What You're Entitled To (2/5/08) NY MDSG

### Panel Discussions

CD - Roundtable: Coping with Depression and Bipolar Disorder -- Advice from the Experts panel of facilitators (4/06) NY MD

## **MOOD DISORDER VIDEOS (Most are VHS)**

*Videos require \$10 refundable deposit DVDs require \$10 refundable deposit -- Due back in one month*

Dead Blue - Surviving Depression *In depth, moving, special--Recommended!* - with Mike Wallace, Martha Manning, PhD and William Styron (all have mood disorders) with their families' points of view (1 hour) HBO

Former Judge Sol Wachtler's Story of Bipolar Disorder (1 hour) *Really is wonderful -- A favorite* 06-02 [NY MDSG]

Jane Pauley "Out of the Blue" on Dateline NBC (1hour) – September 1, 2004 Interviewed by Stone Phillips

Lincoln's Melancholy on The History Channel, 2006 narrative about Abraham Lincoln's depression and how that served as fuel to the fire of his great achievements.

Daughter of Suicide with Dempsey Rice Women Make Movies (72 minutes) Copyright 1999

Dark Glasses&Kaleidoscopes --(33 min) Living w/ Manic Depression w/ Tony Dow from "Leave it to Beaver" 1997,1998

Eight Leading Experts Answer The Five Most Common Questions About Chronic Depression NMDA/DBSA) 1998 (25min)

**DVD and VHS -- Real Questions Real Answers About Depression (25 min.)** Eli Lilly Copyright 2004

I'm Bipolar (1 hour) - MTV in July 2002

### ***combined on one video:***

Depression&Suicide on ABC News Nightline(12 min) Gov. Gordon Smith, Kay Redfield Jamison& Mike Wallace (3/2004

The Burgeoning Use of Anticonvulsant Drugs in the Treatment of Bipolar Spectrum Disorders Copyright April 2002

- 1) Diagnosis of Bipolar Spectrum Disorders
- 2) Current Status of Treatment of Bipolar Treatments of Bipolar Disorder
- 3) Second-generation Anticonvulsants
- 4) Questions & Answers

Hosted by Charles B. Nemerhoff, MD, PhD, Jeffrey S. Simon, MD, & Lauren B. Marangell, MD

### ***combined on one video:***

Kay Redfield Jamison on Good Morning America (5 minutes)

Patty Duke Interview on 20/20 (25 minutes)

Patty Duke on Oprah Show (1 hour)

"Moods and Music" at Kennedy Center with music and history of composers with bipolar disorder (1hr)

### ***combined on one video:***

Four Lives – Portraits of Manic-Depression (1 hour?) NMDA (now DBSA)

Gary Goldsmith&Marilyn Weiss (founders of NMDA/now DBSA) The Morning Show their stories (10-15 min) (86)

### ***combined on one video:***

Clinical Depression 30 min. (Fred Goodwin, MD); SAD (Norman Rosenthal, MD); NIMH and NARSAD (H.Pardes,MD) and Schizophrenia incl. patient greatly helped by medication on Cutting Edge Medical Report) 1995 [*No Backup*]

The Mind – Depression on NOVA (1 hour) [*No Backup*]

William Styron "Darkness Visible" (1 hour)

### ***combined on one video:***

Woman to Woman - Finding Help for Depression Hosted by Nancy Stafford (30 minutes) - NMDA (DBSA) 1998

Everyone Needs a Hand to Hold on To Hosted By: Walter Cronkite (18 minutes) NMDA (DBSA) Copyright 1995

People's stories and information about NMDA – now DBSA

### ***Note: Chronic Depression Series comprised of DBSA Scientific Board Experts***

Chronic Depression Series – Volume 1 – NMDA (DBSA) Copyright 1998

Epidemiology by Myrna M. Weissman, Ph.D.

Course and Outcome by Martin B. Keller, MD

Chronic Depression Series – Volume 3 – NMDA (DBSA) Copyright 1998

Psychosocial Treatments by James H. Kocsis, MD

Strategies and Tactics by A. John Rush, MD

Chronic Depression Series– Volume 4 – NMDA (DBSA) Copyright 1998

Pharmacological Treatments by Lorrin M. Koran, MD  
Positive Outcomes of Treatment by Ellen Frank, Ph.D.

### **Children and Adolescents Videos /DVDs**

Explosive Children on The Oprah Winfrey Show (1 hour) Feb 18, 2000 Dimitri Papolos, MD and Janice Papolos co-authors of “The Bipolar Child” and Ross W. Greene, Ph.D. author of “The Explosive Child”: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

**DVD** – Educating and Nurturing the Bipolar Child by Janice Papolos The Juvenile Bipolar Research Foundation (JBRF)  
September 18, 2004 *Requires \$10 deposit*

### **Schizophrenia Videos**

West 47<sup>th</sup> Street (1 ½ hours) August 19, 2003

Portrayal of 4 people with serious mental illness over 3 years. On and off the street, in and out of the hospital and homeless shelters, healthy and psychotic. Set at Fountain House, a rehabilitation program for serious mental illness. 3 people appear to struggle with schizophrenia, one with bipolar disorder.

A Brilliant Madness with John Nash PBS - Spring 2002

Hope is Here – Schizophrenia with Mike Wallace

## The Infinite Mind Series Tapes

(Also **SEE SPEAKERS SECTION**)

**Voices of an Illness** -- Premiered 1992 on NPR Public Radio. Many, many awards and commendations. See lmedia.com. Precursor to the Infinite Mind. Producer Bill Lichtenstein, who has manic-depression.

\*1 **Patty Duke** narrating landmark premier "Voices of an Illness" on Manic-Depression on NPR Public Radio. This is the first major documentary to feature people with manic-depressive illness telling their own stories in their own words. The program features nine people with the mood disorder--including a Fortune 500 executive, a nurse, a high school teacher, a therapist, and Patty Duke herself--describing their efforts to stabilize the disorder's effect on their lives.

\*5 **Jason Robards, Jr** narrating The Peabody Award-winning "Schizophrenia: Voices of an Illness," the first major radio documentary to feature people with the thought disorder telling their own stories in their own words. Eleven people, many of whom have recovered--including a doctor, a writer and a teacher--provide intimate, first-person accounts of the onset, living with, and recovering from this most misunderstood illness. (His first wife was institutionalized.)

\*7 **Rod Steiger** narrating "Voices of an Illness" on Clinical Depression. This one-hour program features a Harvard professor, an engineer, a high school student, among others, telling their stories of struggle and triumph over this common, yet often unrecognized and untreated brain disorder that affects one out of every ten Americans. Academy Award-winner Rod Steiger adds his own voice to the others, sharing his personal battle with clinical depression.

A Feed Your Head with Dr. Andy Weil (4/20/98) Also: Philosophers for Hire (Talk Therapy)(8/98)

B Anxiety (5/10/98) & Life Enhancement Drugs (5/17/98) [No Backup]

D Body Clocks (5/24/98) & Schizophrenia (5/31/98)

F The Criminal Mind (6/21/98) & Meditation (6/28/98)

H Prayer, the Mind and Healing (7/26/98) & Suicide (8/2/98)

K Rewiring the Brain (Neuroplasticity) (9/13/98)

L Mental Illness and Violence (9/20/98) [No Backup]

N Manic-Depressive Illness (New Discovery – Diet Change) Incl. Omega-3 Fatty Acids (10/98)

O Grief (11/23/98)

P Multiple Personality Disorder&Treating Depression. Also Transcranial Magnetic Stimulation (12/98)

R Obsessive-Compulsive Disorder Also: Obsessing about Y2K (1/17/99)

S Sigmund Freud; Psychoanalysis; and Impulse Control (1/24/99)

T Vision – Also Perception of Colors & Vision Therapy (1/31/99)

U Brain Surgery – Latest Developments (2/7/99)

V Pain (2/22/99) [No Backup]

Y How We Look – Self Image & Body Dysmorphic Disorder (3/28/99)

Z Importance of Sleep – Insomnia (4/4/99)

AA Creativity and its Link to Mental Illness (4/11/99)

AB Parkinson's Disease (4/18/99)

AC Fears and Phobias (The Difference) (5/9/99)

AD The Mind (5/17/99)

AE Post-Traumatic Stress Disorder (PTSD) (5/17/99)

AH Physical Diseases with Psychological Symptoms (6/27/99)

AI Human Genome Project (7/18/99)

AJ Autism – Beyond the Silence (7/25/99)

AK Addiction (8/22/99)

AL Epilepsy (9/26/99)

AM Menopause (10/4/99)

AO Suicide in Young People (10/31/99) [No Backup]

AP The Brain – Newest Research and Theories (11/7/99)

AQ Borderline Personality Disorder (11/21/99)

AR Holistic Remedies (1/23/00)

AS Psychosis (2/27/00)

AT Stress (3/5/00) [No Backup]

AU Manic-Depressive Illness in Children (3/12/00)

AV Huntington's Disease (3/19/00)

AW Tourette's Syndrome (5/7/00)

AX Women and Mental Illness Plus: Lee Cohen, MD discusses pregnancy& medications (9/17/00)

AY The Bipolar Child Including Dr. Demitri Papolos (?2005)

BA Art & Madness (2/25/01) [No Backup]

BB-CD-Infinite Mind Series Sampler – 15 tracks with Intro & Close

BC Post Partum Depression Psychosis (8/19/01)

- BCB Dysthymia (9/2/01)
- BD Terror, Trauma, & Healing in response to U.S.A. Terrorist Acts (9/22/01) [No Backup]
- BDB Migraine (12/16/01)
- BE Courage, Trauma, Anxiety, and Grief (1/6/02)
- BF Attention Deficit Disorder in Children (1/6/02)
- BJ State of Mind – America 2002 (3/10/02)
- BH Dyslexia (2/24/02)
- BK Psychoanalysis (5/5/02)
- BL Mental Health and the Elderly (5/26/02)
- BM Multiple Sclerosis A Chronic Neurological Disease (4/2/02)
- BN Alzheimer's - Research Success Stories (10/30/02)
- BO Weather & The Mind (SAD) Seasonal Affective Disorder incl. Norman Rosenthal, MD (2004)
- BP Infinite Mind Series Update – Latest in Neuroscience and Psychiatry incl. meds that work (1/03)
- BPB -CD Pregnancy and the Mind, Pregnancy and mental illness. Guests include experts in reproductive psychiatry and developmental psychology. (2004)
- BQ Schizoaffective Disorder (3/28/04)
- BR Lupus: The Great Pretender - General information & depression-like symptoms (11/05)
- BS Hypomania – Pros and cons hosted by Dr. Peter Kramer with discussions with Jane Pauley, Andy Behrman, Dr. Kay Redfield Jamison PhD, and many prominent psychiatrists (11/20/05)
- BT Neuroprosthetics – John Donoghue's research on how a paralyzed person can move things like computer cursors using their brain power when a tiny brain sensor is inserted in their brain.(1/06)
- BU Four Lives II - Mary Jo Cody, Jane Pauley, Judge Sol Wachter, and Coris Corman discuss their mood disorder problems (01/25/06)
- BV "ECT Update": Research shows today's electroconvulsive therapy is the quickest, most effective way to treat major depression. The very real pros and cons are discussed. (5/2006)
- BW "Depression in the Brain" The latest scientific evidence confirming that clinical depression is a physical, medical illness which causes changes in the brain. (4/2006)
- BX "Asperger's Syndrome" In one of the most important programs to date this offers a groundbreaking and extraordinary look at Asperger's in children&young adults. 2<sup>nd</sup> of 2 part special

*Note: Public radio program on many topics relating to the mind. Hosted by Fred Goodwin, MD. This long running series, from December 1997 to October 2008, is now out of production. You can listen to recordings of many past programs from the web site. Look for the "Listen Now" button. You may have to install or update RealPlayer to listen. (Plan is to make all available) Use lmedia.com.*