

# Texas Psychiatrist

## Changing Practice Patterns in Psychiatry—A Look Backward

Paul Wick, MD

To describe practice changes in psychiatry over the last 50 years, we have to recall the enormous advances occurring in brain science, neurochemistry, psychopharmacology and psychotherapeutic modalities. Our profession has gained strict diagnostic nomenclature, clinical guidelines and evidence based medicine knowledge. The influences in practice would not be complete without adding the socioeconomic trends of health care financing, managed care and governmental insurance and regulations.

Flash back to the 1950's when psychoactive drugs were introduced in the U.S. Psychotherapy was predominant in many areas but biological psychiatry had a strong influence on Texas psychiatry. Private and state hospitals utilized somatic treatments as ECT and longer-term inpatient stays were necessary. Psychiatrists practicing outside of the larger institutions were considered pioneers in their communities. Stigma limited access.

Although psychiatrists in 1950 lacked the modern advances in knowledge, facilities and drugs, the practice climate was in some sense almost ideal. There were few outside impediments to providing treatments for patients. Treatment decisions were basically made between the patient and physician. There was no managed care and reimbursement was at fee for service rates. As Yogi Berra commented, "The future ain't what it used to be."

As psychiatrists grew in numbers, they settled in various cities throughout the state in the 1960-1970's generally as solo general psychiatrists splitting their time between seeing patients in the hospital and office. Better drugs, now considered older generation drugs, became available. Payment was mostly fee for service but

insurance was emerging.

Then a growing public awareness of mental disorders between 1970 and 1992 led to a significant increase in the number of private psychiatric hospitals and the services they provided. Social attitudes during the 1980's demanded expanded coverage for psychiatric services. Between 1984 and 1991, psychiatric hospital admissions rose 27% and hospital beds peaked. Private psychiatric hospitals in Texas flourished with names like Charter, HCA and Community Psychiatry appearing in most communities until over 100 psychiatric hospitals or units were operated in Texas. Psychosocial programs became organized, and units for substance abuse, child and adolescents and geriatric patients were offered. Lengths of stay were in terms of weeks to a few months. Many psychiatrists practiced at these facilities.

Coincident with the growth in the private psychiatric hospital industry came an era of governmental regulation set off in Texas and other states of allegations of fraud and unwarranted admissions. These influences along with limited availability of insurance coverage, Medicare constraints on length of stay and managed care controls caused the closure or consolidation of many psychiatric hospitals.

Managed care became the solution for aggressive cost containment. Events in the evolution of health care occurring since the 1970's caused a conflict between consumers, providers and purchasers of health care. Psychiatry was most negatively impacted by the Managed Behavioral



Health Organizations or carve-outs, which focused on reducing hospital stays and outpatient visits.

Psychiatrist's practices were challenged as decisions were made to be in or out of managed care. Patients were directed to a psychiatrist on the particular managed care panel. Hassles, intrusions into patient care and contracted fee schedule were problematic for psychiatrists. These socioeconomic events plus better psychotropic drugs influenced many psychiatrists to return to an office-based practice or seek an employed position. Other trends as deinstitutionalization of state facilities, cutbacks in community mental health, and mentally ill patients flooding emergency departments have also perhaps polarized psychiatrists to being either hospital psychiatrists or outpatient psychiatrists who referred their patients in need of inpatient care.

Some practice trends observed most notably in the past 20 years include:

1. Shorter hospital stays defined by "Medical Necessity", inpatients more at risk and dysfunctional.
2. More outpatient visits, more number of patients seen in a day, time limited visits, more oriented to medication management or brief psychotherapy.
3. Studies suggest that some 60% of psychiatrists take at least some managed care patients.
4. More payment by contracted rates as opposed to fee for service.
5. Less solo private practice, more groups or salaried arrangements for at least part of practice.
6. Scope of practice issues with many



Paul Wick, MD

types of therapists involved in patient care.

Through the years, our TSPP has been the organizational force where all of these changes have been debated, challenged and influenced. It has taken the time and effort of many members as well as our Executive Director and legislative affairs staff to secure a practice environment equal to any state. TSPP has played an active role in promoting and protecting the physician-patient relationship and will continue this journey with us.

Where does this leave us for the future? History tells us to prepare for coping with more changes. As Chair of the APA Committee on Managed Care, I recall an ethics statement that may apply to how we react to future changes particularly those imposed by regulatory and socioeconomic forces. It states, "We recognize the need to maintain a health care system that is creative, responsive, individualized and allows the benefits of medical judgment of the treating physician unhampered by forces that compromise the quality and standard of care." On what planet will this occur, you say? On this one, I hope. But I will let you know. ■

### INSIDE

Advocacy and Leadership Conference .....	2
Calendar of Meetings .....	8
Editors .....	8
Happy Birthday TSPP .....	2
Membership Changes .....	6
Mental Illness Awareness Week - 2006 .....	7
Resident Paper Competition .....	7
Strange Encounters .....	6
The Best Deal Possible .....	8
TSCAP Summer Conference .....	3
TSPP 50th Anniversary Convention and Scientific Program .....	4-5

### Texas Society of Psychiatric Physicians

## 2006 Golden Anniversary Scientific Program "Update 2006: Advances in the Clinical Management of Psychiatric Disorders"

J. Clay Sawyer, M.D., TSPP Scientific Program Chair

The 2006 CME program is proudly sponsored by the Texas Society of Psychiatric Physicians on the occasion of the Society's fiftieth anniversary of service to psychiatrists and to our patients. Designed in a format consisting of lectures and of direct discussion, the program will provide clinically-relevant information regarding ethics, new developments in treatment, and new directions in research.

On behalf of TSPP, it is my pleasure to formally announce the Golden Anniversary Scientific Program of the Texas Society of Psychiatric Physicians. The program will be held November 4-5,

2006, at the Westin Galleria Hotel in Dallas, Texas. All Texas psychiatrists, psychiatrists from other states, and all other interested physicians are invited, and are encouraged, to attend.

The 2006 edition of TSPP's annual scientific program promises to be a special event worthy of TSPP's 50th anniversary. The program is entitled, "Update 2006: Advances in the Clinical Management of Psychiatric Disorders." The ten hours of Category I CME offered will cover pertinent issues regarding PTSD, bipolar disorder, alcohol and other substance abuse, child and adult obesity issues, medical/legal/ethical issues

surrounding coma, and current approaches to the treatment of major depression. The lecture on coma will, in fact, count for two hours of Category I credit for meeting the annual ethics requirement.

I thank John Bush and Debbie Sundberg for their outstanding efforts in bringing about TSPP's scientific program every year, and especially this year. I also offer special and personal thanks to our former President Jefferson Nelson, MD, without whose help I could not have accomplished my job of orchestrating arrangements for this, our Golden Anniversary Scientific Program. ■



# Happy Birthday TSPP!!!

Leslie H. Secrest, MD, President, Texas Society of Psychiatric Physicians

As many of you may know, TSPP just turned fifty. On May 1, 1956, we were accepted as a district branch of the American Psychiatric Association. Over the years, a legacy has emerged that is phenomenal. The members and leaders have produced an organization that has been dynamic and even when distracted has been able to refocus on its mission statement... "The Texas Society of Psychiatric Physicians is dedicated to developing the highest quality of comprehensive psychiatric care for patients, families, and communities"... An organization that is dedicated to serving others can survive another fifty years or a hundred years because its primary purpose does not allow it to be self serving. As our mission statement focuses our efforts, secondary benefits occur which enhance our profession and enables us to be better physicians and psychiatrists. Our core values of TSPP membership: Advocacy for Patients and Psychiatry; Service to Community; Professional Education; and Fellowship with Colleagues, are important forces in accomplishing our Mission. It has been fifty years of dedicated individual members working together with an equally dedicated staff that has allowed TSPP to be a reliable community resource, to be respected by the state legislature, to be an advocate for

patients, and to be a leader in the organizations of medicine. Thanks to all our members and to our staff, your support has made a difference in many lives. Throughout this year, let's have fun celebrating our legacy and our Fiftieth Anniversary.

During the recent American Psychiatric Association convention, Dr. Bill Reid and I were invited by the TSPP Representatives to the APA Assembly, Drs. David Axelrad, Pricilla Ray, and Clay Sawyer, to attend the meetings of the APA Assembly and Area V Council. Suddenly these two groups were no longer larger than life and incomprehensible. I was proud of our three representatives whose distinct personalities are melded into a team that has the respect of others in the Assembly and whose leadership and work helped defeat a constitutional amendment. The frailty of the Assembly was seen as it struggled to develop a policy defining the relationship between psychiatrists and prisoners of war. Such important policies would seem to merit more in-depth deliberations soliciting a wide range of input over a longer period of time. It is my opinion that TSPP members are making many positive contributions to the APA in diverse areas and have much more to give and to share.

This year it is my dream that we will set

and accomplish new goals and have fun in the process. We have not taken an in-depth look at our strategic plan since Dr. Agnes Whitley championed the process many years ago. This would seem to be an appropriate time to revisit this process. It is my hope that several champions will emerge who can lead us in the process and that it will invigorate us.

This is an election year and it is critical for us to be involved in the election cycle. It is a process that develops relationships which are critical when the legislature is in session. We are often the only voice that can represent our patients and develop an appropriate mental health policy. If there is a contested election for your state representative, state senator or congressman, choose a candidate, contact their campaign manager and volunteer to help their campaign. Your participation will not be forgotten. It is my hope that sometime this year each member of TSPP will talk to their state representative, state senator, and congressman or congresswoman. Each of us has much more to offer them than we give ourselves credit. Initially this might seem intimidating until we realize that our legislators want and need our help. By doing this we will collectively become one of the strongest legislative advocates in the country. Our web site lists twelve reasons



Leslie H. Secrest, MD

why we should be active in the political process. One that has struck my fancy by Jesse Jackson is particularly apropos, "In politics, an organized minority is a political majority." Several others have given me comfort when the courage and interest in contacting my legislator was at a low level. The first is attributed to Napoleon, "In politics, stupidity is not a handicap." The second is attributed to Tip O'Neil, "All politics is local." The last is attributed to Paul Lazarsfeld, "In politics, familiarity doesn't breed contempt. It breeds votes." If you are hesitant to visit your legislator take a friend with you and soon it will become easy and everyone will be better for it.

Last I want to thank each of you for the honor of being your President during our Fiftieth Anniversary year. It is my opinion that leadership is all about service. When this year is concluded, it is my desire that we will be able to see the results of our service and say we have had a heck of a lot of fun. ■

August 12-13

## Advocacy and Leadership Conference

J. Clay Sawyer, MD, Chairman, Federation of Texas Psychiatry

*"This was by far the most valuable educational experience on patient advocacy and influencing public policy that I have had in all my training. I sincerely wish every psychiatrist in the state/country could have this experience."*

*"An important wake-up call coupled with empowering information. Excellent training and materials enhanced by Joel's humor and sensitivity to the different temperaments. Socratic method encouraged critical thinking. Interactive mode built camaraderie. Practical advice for dealing with the media, lay legislators, and public quite valuable. Well worth the time and expense to come."*

The Federation of Texas Psychiatry, along with its partners in the Mental Illness Awareness Coalition (Depression and Bipolar Support Alliance of Texas, Mental Health Association in Texas, NAMI Texas and Texas Mental Health Consumers), is pleased to announce that Joel Roberts, the subject of the above rave reviews from his 2004 program for the Coalition, will be hosting its Advocacy and Leadership Conference, "Together, We Do make a Difference: Advocating With Impact," at the Westin La Cantera Resort in San Antonio on August 12-13. For hotel reservations at the discounted room rate, prior to July 12, call 210-558-6500 or 800-228-3000, refer to group name (Texas Society of Psychiatric Physicians). Every psychiatrist and mental health advocate in Texas should attend this conference and experience a Joel Roberts' communications training first hand. It



Joel Roberts

will be an experience never to be forgotten!

Perfecting our ability to communicate succinctly and effectively, especially with the media and public policy makers, is vital to advancing our causes of eliminating stigma and discrimination and of improving access to quality psychiatric care in Texas. If our messages are clear, targeted and understandable to the lay public, we will be more effective advocates for patients and for the profession of psychiatry. This is the goal of the conference. No matter how experienced you may be in dealing with the media, in public speaking or in educating your legislator, this conference and Joel Roberts will improve your techniques and effectiveness. Don't miss this opportunity!

On Saturday morning, Joel Roberts will teach the basics of "communicating with impact." During the afternoon session, participants will apply what they have learned to perfecting their talking points on key legislative issues. A luncheon program featuring a member of the Texas Legislature, yet to be confirmed, and a reception at the conclusion of the program on Saturday is also planned.

On Sunday morning, psychiatrists will meet and participate in a legislative planning meeting and help launch the Federation's Political Action Task Force, a grassroots program to encourage psychiatrists to become involved in the election cycle. Relationships formed with legislators and candidates during the election cycle will pay dividends during the next Legislative Session, beginning in January 2007.

This conference will be educational, inspiring and fun at the family friendly Westin La Cantera Resort. We hope you will attend. You will be glad that you did! ■

### "Together, We Do Make a Difference: Advocating with Impact"

#### Conference Registration

Registration Deadline: August 1, 2006 ★ Hotel Registration Deadline: July 12, 2006

Please mail or fax Registration with payment to:  
Federation of Texas Psychiatry, 401 West 15th St. #675,  
Austin, TX 78701; 512/478-5223 (fax)

#### REGISTRATION INFORMATION

Attendees (s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Affiliated with:  MHA  NAMI  DBSA  TMHC  TAP  TSPP Other \_\_\_\_\_

Work Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

#### ATTENDANCE

Total attending Saturday Program: \_\_\_\_\_; Luncheon: \_\_\_\_\_;  
Reception: \_\_\_\_\_; Sunday Program: \_\_\_\_\_

#### REGISTRATION FEES

No.		Amount
_____	Physicians @ \$45 each	\$ _____
_____	Resident Physicians, Allied Health Professionals, Spouses @ \$25 each	\$ _____
_____	Coalition Partners @ \$20 each	\$ _____
<b>TOTAL DUE:</b>		<b>\$ _____</b>

#### PAYMENT INFORMATION

Enclosed is a check for \$ \_\_\_\_\_; Make checks payable to Federation of Texas Psychiatry

Please charge my credit card: (check one)  MasterCard  Visa

Account #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Credit Card Billing Address: \_\_\_\_\_

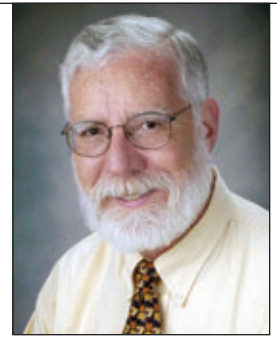
ADDRESS CITY STATE ZIP

Signature: \_\_\_\_\_



# TSCAP Educational Programs

Patrick Holden, MD, President, Texas Society of Child and Adolescent Psychiatry



Patrick Holden, MD

## Treating the Consequences of Trauma and Other Disorders

Have you thought about a weekend down at the coast, mixed with a little CME by some great speakers? Then Corpus Christi is the place for you.

The TSCAP Summer Conference will be held there the last weekend in July. We have a variety of topics from trauma to eating disorder, from psychopharm updates to ethics. Dr. Marty Drell, a former member of TSCAP and now returned to New Orleans, will deal with the diagnostic and treatment issues for families and staff following Hurricane Katrina. He will answer the question, "Is it really PTSD?" and discuss the treatment of children exposed to such traumas. In addition to a case presentation by a resident about a youth with an eating disorder, Tyler Wooten from UT Southwestern will describe current treatment approaches

for youth with eating disorders. Graham Emslie, speaking on Relapse Prevention in Pediatric Depression, will share recent information about the role of medications and CBT on relapse prevention and Steve Pliszka will talk about new agents in the treatment of ADHD. Your ethics CME this year will be provided by Dr. Thomas McGovern from Texas Tech Medical School who will discuss ethical issues involved in child treatment.

Make your plans now to spend the last weekend in July in Corpus enjoying the beach, listening to some great presentations and catching up with your colleagues from around the state. You can visit [www.txpsych.org](http://www.txpsych.org) to get a copy of the registration and other information about dates, times and location. See you there. ■

## CONFERENCE INFORMATION

### LOCATION

Omni Corpus Christi Hotel  
Bayfront Tower  
900 North Shoreline Blvd.  
Corpus Christi, TX 78401  
(800) 843-6664 - Reservations

Conveniently located downtown in the Marina District, the Omni Corpus Christi Hotel is just minutes from the USS Lexington, Texas State Aquarium, Museum of Science and History, miles of sandy shores and a variety of nighttime entertainment and much more!

**\$125 single or double occupancy/\$135 triple or quad occupancy**

Check-in: 3 pm Check-out: Noon

**Hotel reservation deadline is Friday, July 14, 2006**

Reservations must be made directly with the hotel at (800) 843-6664. Please refer to the group and meeting name when making your reservation. Reservations must be made on or before July 14th to guarantee room rates and availability.

Hotel provides complimentary shuttle to and from the Corpus Christi International Airport for hotel guests.

### CONFERENCE REGISTRATION ADVANCE REGISTRATION DISCOUNT

**Discounted Registration Deadline is July 14, 2006.**

Advance registration for the conference is required to guarantee attendance for sessions and welcome reception. Discounted registration fees are available if registration is received by TSCAP prior to July 14th. Registration after July 14 and on-site will be accepted at the higher registration rate.

### CONTINUING MEDICAL EDUCATION

#### ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Texas Medical Association (TMA) through the Joint Sponsorship of the Texas Society of Psychiatric Physicians and the Texas Society of Child and Adolescent Psychiatry. The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of nine (9) *AMA PRA Category 1 Credits*<sup>™</sup>. Participants should only claim

credit commensurate with the extent of their participation in the activity.

The presentation "The Worth of a Child: An Ethical Reflection" has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

### SCIENTIFIC PROGRAM TARGET AUDIENCE / PROGRAM GOALS AND OBJECTIVES

The primary target audience of the program consists of Child and Adolescent Psychiatrists, Psychiatrists and other specialties of medicine. This continuing medical education activity will be presented in a classroom style format, with didactic lectures supplemented with audiovisual presentations, case presentations and question and answer discussions. At the conclusion of this program, attendees will be able to:

- Identify the impact on and most effective interventions for children and their families following a major trauma such as a natural disaster.
- Identify and discuss the consequences of trauma for children, families, the health care system.
- Identify and discuss interventions that work and those that don't.
- Describe the role of pharmacological agents in ADHD.
- Identify the use of new agents for the treatment of ADHD.
- Describe the current approach to eating disorders in children and youth through a case presentation and discussion.
- Describe the psychiatric and medical evaluation of a suspected eating disorder in children and youth, both females and males.
- Describe the current treatment approach for children and youth with an eating disorder.
- Describe the role of antidepressants in relapse prevention and learn psychotherapeutic techniques for preventing relapse.
- Understand the role of antidepressants in relapse prevention.
- Learn psychotherapeutic techniques for preventing relapse in pediatric depression.
- Discuss societal, institutional, individual dimensions of the care of children.
- Fulfill the ethics requirement by identifying and developing an ethical framework in caring for children with mental illness.

## REGISTRATION FORM

Fax Back (512) 478-5223 or Mail: 401 West 15th Street, Suite #675, Austin, TX 78701; Questions or Special Assistance: Call Debbie Sundberg (512) 478-0605 or E-Mail: [tscapofc@aol.com](mailto:tscapofc@aol.com)

NAME		DEGREE	
MAILING ADDRESS		CITY	STATE ZIP
TELEPHONE NUMBER		FAX NUMBER	
E-MAIL			

NAME OF SPOUSE/GUEST(S) ATTENDING WELCOME RECEPTION

*Conference fee includes the Saturday and Sunday Scientific Program; the Friday evening welcome reception; the Saturday and Sunday continental breakfasts and Saturday luncheon.*

### REGISTRATION

	Before July 14	After July 14	
TSCAP Member Physician	\$175	\$195	_____
Non-Member Physician	\$250	\$270	_____
Allied Health Professional	\$160	\$180	_____
Trainee - Member/Non-Member	No Fee	\$20	_____

### SOCIAL EVENTS

Friday Welcome Reception

\_\_\_\_\_ # Attending (Provide Guest Name(s) Above)

TOTAL REGISTRATION

--

## PAYMENT INFORMATION

Method of Payment - Make checks payable to "TSCAP"

Check  VISA  MasterCard  Credit Card

# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name of Cardholder (as it appears on card) \_\_\_\_\_

Signature \_\_\_\_\_

Credit Card Billing Address \_\_\_\_\_ ADDRESS CITY STATE ZIP

**CANCELLATIONS** - Deadline for cancellation is July 14, 2006. In the event of cancellation, a full refund will be made if written notice is received in the TSCAP office by July 14, 2006, less a 25% handling charge. NO REFUNDS WILL BE GIVEN AFTER JULY 14, 2006.

### FRIDAY, JULY 28

- 1:00pm-5:30pm Exhibits Set-Up / Nueces A
- 4:00pm-6:30 pm Executive Committee Conference / Matagorda Room
- 6:30pm - 8:00pm Welcome Reception with Exhibitors / Nueces A

### SATURDAY, JULY 29

- 7:00am-2:00pm Exhibits / Nueces A
- 8:00am-9:00am Continental Breakfast w/Exhibitors / Nueces A
- Scientific Program / Nueces B 5 Hours Category 1 Credit**
- 9:00am-9:10am Welcome / Introductory Remarks
- 9:10am-11:10am Katrina and Other Catastrophies; Treating the Consequences of Trauma, Martin J. Drell, M.D.
- 11:10am-11:30am Refreshment Break w/Exhibitors
- 11:30am-12:30 pm New Psychopharmacological Agents for the Treatment of ADHD Steven R. Pliszka, M.D.
- 12:30pm-2:00pm Membership Business Meeting / Luncheon w/Exhibitors
- 2:00pm-4:00pm Resident Case Presentation: Current Approaches to Treatment of Eating Disorders in Children & Youth, Paul Croarkin, DO, Resident Tyler Wooten, MD., Discussant
- 4:00pm-4:10pm Closing Remarks
- Free Evening to Enjoy Host City

### SUNDAY, JULY 30

- 8:30am-10:00am Continental Breakfast / Nueces B
- Scientific Program / Nueces B 4 Hours Category 1 Credit**
- 8:30am-8:35am Opening Remarks
- 8:35am-10:35am Relapse Prevention in Pediatric Depression, Graham J. Emslie, M.D.
- 10:35am-10:45am Refreshment Break
- 10:45am-12:45pm The Worth of a Child: An Ethical Reflection, Thomas F. McGovern, Ed.D., LPC, LMFT
- 12:45pm-1:00pm Closing Remarks



Texas Society of Psychiatric Physicians

# 50th Anniversary Gala Convention & Scientific Program

## Welcome Reception

You will enjoy visiting with your colleagues and friends from all areas of Texas at the TSPP Welcome Reception, the first social event on Friday evening, November 3 beginning at 6:30 pm. There will also be an opportunity to visit with Exhibitors to learn more about products and services and to thank Exhibitors for their support of TSPP. A silent auction is planned for the evening to benefit the Texas Foundation for Psychiatric Education and Research and gifts will be given to members through drawings that will occur throughout the evening.

Also, a poster session chronicling the history of TSPP and Texas Psychiatry will be available for viewing.

## Westin Galleria Hotel

Located within the impressive Galleria (13340 Dallas Parkway), the Westin Galleria Dallas offers instant access to more than 200 exclusive shops, restaurants and entertainment options. Settle into your luxuriously appointed accommodations. Dine, or relax with a drink and catch the big game at Options Restaurant and Bar. Step outside and you're in the Galleria, the best shopping experience in Texas. Stroll down to Saks Fifth Avenue or start your wish list at Tiffany & Company.

The award-winning Westin is renowned for its luxurious guest rooms and for helping you manage your travel needs. Enjoy the extensive meeting facilities and comprehensive services at the business center. Guests also appreciate the on-site car rental agency.

At the Westin Galleria Dallas, every guest room features a coffee maker, 2 dual-line telephones with data ports and satellite television with movies on command.

To receive TSPP's discounted room rate of \$139, you must register with the Westin Galleria Hotel by October 12 by calling 972/934-9494 or 888/627-8536. Refer to the Group and Meeting Name: Texas Society of Psychiatric Physicians' 2006 Annual Convention.

## History of Texas Psychiatry

Over the years, Dan Creson, MD of Houston has video taped interviews with the pioneers and leaders of Texas Psychiatry. Dr. Creson will present highlights from these video interviews which will reflect on the development and growth of psychiatry in Texas. You will not want to miss his histori-

cal presentation during the Membership Luncheon on Saturday, November 4 at 12:00 noon.

## Special Programs for MIT Members

The Member-in-Training Section is planning a special program for members entitled, "Stress Management: Burnout Prevention," which will be conducted on Friday, November 3.

Following the Welcome Reception on Friday evening, the MIT Section is planning an "After Hours Social" for members and their families.

## Annual Business Meeting

The Annual Business Meetings of TSPP and the Texas Foundation for Psychiatric Education and Research will be conducted at the conclusion of the Scientific Program on Sunday. During the luncheon program, members will be entertained by a visual presentation of photos taken during the many events of the Annual Convention. Each registrant will receive a CD copy of the presentation as a memento of the 2006 TSPP Annual Convention and 50th Anniversary Gala. ■

## DAILY SCHEDULE

### Thursday, November 2

2:00 pm Golf Outing Arranged by Dallas Members

### Friday, November 3

7:00 am - 8:00 am Registration/Information  
 8:00 am - 5:00 pm Committee Meetings  
 12:00 pm - 1:15 pm Member Luncheon  
 5:00 pm - 6:30 pm Executive Council Meeting  
 6:30 pm - 8:00 pm Welcome Reception with Exhibitors  
 8:00 pm - MIT After Hours Social

### Saturday, November 4

7:30 am - 6:00 pm Registration/Information  
 7:30 am - 8:15 am Complimentary Continental Breakfast for Program Registrants with Exhibitors  
 Exhibits  
 Scientific Program  
 Refreshment Break with Exhibitors  
 Membership Luncheon Featuring Video Presentation by Dr. Creson  
 Refreshment Break with Exhibitors  
 6:30 pm - 7:00 pm 50th Anniversary Gala Reception  
 7:00 pm - 12:00 am 50th Anniversary Gala with Entertainment

### Sunday, November 5

7:30 am - 1:00 pm Registration/Information  
 7:30 am - 9:00 am Complimentary Continental Breakfast for Program Registrants  
 8:00 am - 12:30 pm Scientific Program  
 10:15 am - 10:30 am Refreshment Break  
 12:30 pm - 2:00 pm Annual Business Meetings' Luncheon



TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

## 50TH ANNIVERSARY CONVENTION & SCIENTIFIC PROGRAM

November 3-5, 2006 • Westin Galleria Hotel, Dallas, Texas

Please complete this form and return it with your check, money order or credit card information for your registration and event fees to the Texas Society of Psychiatric Physicians, 401 West 15th Street, Suite 675, Austin, Texas 78701 by October 12 to receive the discounted registration fee. Registration forms and payments by credit card may be faxed to TSPP at 512/478-5223.

NAME \_\_\_\_\_ E-MAIL \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_  
 NAME(S) GUEST(S) ATTENDING (for name badges) \_\_\_\_\_

## REGISTRATION FEES

Indicate the **NUMBER** of individuals who are registered for each event in the appropriate enrollment category listed below. Please note the enrollment fees are **PER PERSON** and your payment should reflect the proper fee for the number of individuals registered per event.

NUMBER ATTENDING EVENT	DISCOUNTED REGISTRATION (If postmarked before 10/12)	AFTER 10/12	NUMBER ATTENDING EVENT	DISCOUNTED REGISTRATION (If postmarked before 10/12)	AFTER 10/12
<b>MEMBER LUNCHEON</b> - Friday			<b>SCIENTIFIC PROGRAM</b> - Saturday and Sunday		
# <input type="checkbox"/> Member Luncheon - Friday	\$15	\$20	# <input type="checkbox"/> TSPP/Academy Member	\$190	\$235
<b>WELCOME RECEPTION</b> - Friday Evening			# <input type="checkbox"/> MIT (TSPP/Academy)	\$25	\$35
# <input type="checkbox"/> NOT Registered for Scientific Program	\$40	\$50	# <input type="checkbox"/> Non-Member Physician	\$235	\$290
# <input type="checkbox"/> Registered for Scientific Program	No Chg	No Chg	# <input type="checkbox"/> Non-Member MIT	\$35	\$50
<b>PROGRAM LUNCH</b>			# <input type="checkbox"/> Allied Health Professional	\$105	\$130
<b>Profiles of Texas Psychiatry</b> - Saturday			# <input type="checkbox"/> Spouse	\$96	\$120
# <input type="checkbox"/> Program Luncheon - Saturday	\$15	\$20	# <input type="checkbox"/> Advocacy Organization	\$15	\$20
<b>50th ANNIVERSARY BANQUET</b>			<b>TOTAL REGISTRATION FEE</b> \$ <input type="text"/>		
Saturday Evening/ Black Tie Optional			If you require any special assistance to fully participate in this conference, please contact TSPP at (512) 478-0605.		
# <input type="checkbox"/> 50th Anniversary Gala Dinner	\$35	\$55	<input type="checkbox"/> <b>Vegetarian Plate Requested.</b> No additional fee if requested prior to 10/12, otherwise there will be an additional fee of \$5.00.		
<b>ANNUAL BUSINESS LUNCHEON</b> - Sunday					
# <input type="checkbox"/> Annual Business Luncheon	\$15	\$20			

## METHOD OF PAYMENT

**Check** - Make checks payable to "Texas Society of Psychiatric Physicians"

**VISA**  **MasterCard** **Credit Card #** \_\_\_\_\_ **Exp. Date** \_\_\_\_\_

**Name of Cardholder** (as it appears on card) \_\_\_\_\_

**Signature** \_\_\_\_\_

**Credit Card Billing Address** \_\_\_\_\_  
ADDRESS CITY STATE ZIP

**CANCELLATION POLICY:** In the event of cancellation, a full refund will be made if **written notice is received in the TSPP office by October 12, 2006, less a 25% handling charge. No refunds will be given after October 12, 2006.**

**Return to: TSPP • 401 West 15th Street, Suite #675 • Austin, TX 78701 • (512) 478-0605 • FAX (512) 478-5223**

## 50th Anniversary Gala

A highlight of the festivities during the 2006 Annual Convention will be a special 50th Anniversary Gala Dinner. This black tie optional dinner will be held on Saturday, November 4, beginning at 7:00 pm. The dinner will be preceded by a reception beginning at 6:30 pm. TSPP's members including Past Presidents and previous Award Recipients will all be recognized for their contributions to TSPP. Following the presentation of an anniversary cake and champagne, the evening will continue with musical entertainment and dancing. Please join us for a festive and memorable celebration of TSPP!



## Texas Society of Psychiatric Physicians Scientific Program

# "Update 2006: Advances in the Clinical Management of Psychiatric Disorders"

November 4-5, 2006 • Westin Hotel, Dallas, Texas

### ACCREDITATION

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of ten *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The presentation "Medical, Legal, and Ethical Issues in Serious Brain Injuries and Severe Mental Illnesses" has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

### SCIENTIFIC PROGRAM TARGET AUDIENCE AND PROGRAM OBJECTIVES

This CME program is proudly sponsored by the Texas Society of Psychiatric Physicians on the occasion of the Society's fiftieth anniversary of service to psychiatrists and their patients. Designed in a format consisting of lectures and direct discussion, the program is designed to provide its' primary target audience of Psychiatrists, as well as other specialties of medicine with clinically-relevant information regarding ethics, new developments in treatment, and new directions in research.

At the conclusion of the program, CME participants will be able to explore, to describe, and to discuss the following areas and topics:

- Causes of PTSD, with an improved ability to accurately diagnose and to implement appropriate treatment
- The diagnosis, prognosis, and current effective treatments for bipolar disorder.
- Evaluation and treatment of alcohol abuse and abuse of other substances, with emphasis on realistic treatment outcomes.
- Recognition of obesity in child and adulthood and effective means of intervention.
- The various classes of coma and the implications of each on treatment and prognosis.
- Dealing with ethical dilemmas faced by the families, and the physicians, of patients in coma.
- Current strategies for achieving symptom remission and recovery in major depression.

### Golf Anyone?

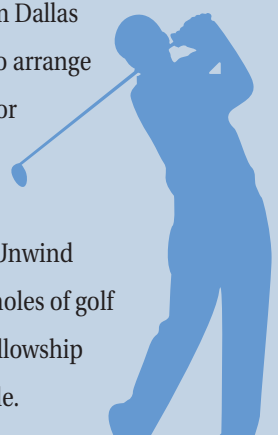
Our hosts from Dallas have offered to arrange a golf outing for members on

Thursday,

November 2. Unwind

and enjoy 18 holes of golf followed by fellowship

at the 19th hole.



### SCIENTIFIC PROGRAM SPEAKERS

#### Jonathan R.T. Davidson, MD

Professor, Dept of Psychiatry and Behavioral Sciences

Duke University Medical Center South Durham, North Carolina

#### Robert L. Fine, MD, FACP

Director, Office of Clinical Ethics Baylor Health Care System

Director, Palliative Care Consultation Service

Baylor University Medical Center

Dallas, Texas

#### Urszula B. Kelley, MD

Clinical Director, Eating Disorders Program

Presbyterian Hospital

Dallas, Texas

#### Edgar P. Nace, MD

Clinical Professor of Psychiatry

University of Texas Southwestern Medical School

Dallas, Texas

#### A. John Rush, MD

Vice Chair for the Department of Clinical Sciences

Betty Jo Hay Distinguished Chair in Mental Health

Rosewood Corporation Chair in Biomedical Science

Professor of Psychiatry

University of Texas Southwestern Medical Center

Dallas, Texas

#### Trisha Suppes, PhD, MD

Associate Professor of Psychiatry

Director, Bipolar Disorders Clinic & Research Program

UT Southwestern Medical School

Dallas, Texas

#### Resident Paper Competition Winner

To be determined following selection by CME Committee ■

## SCIENTIFIC PROGRAM SCHEDULE

### SATURDAY, November 4, 2006

(Six Hours Total Category I Credit)

8:30am-8:45am	Opening Remarks
8:45am-10:15am	<b>Post Traumatic Stress Disorder: The Latest Developments</b> <i>Jonathan R. T. Davidson, M.D., Duke University, North Carolina</i>
10:15am-10:30am	Refreshment Break
10:30am-12:00pm	<b>The Current Essentials in Diagnosing Bipolar Disorder Today</b> <i>Trisha Suppes, PhD, MD, UT Southwestern, Dallas, TX</i>
12:00pm-1:30pm	Program Luncheon with Exhibitors <b>Featured Speaker: Daniel L. Creson, MD, Houston, TX</b> <b>"Profiles of Psychiatry in Texas"</b>
1:30pm-2:30pm	Resident Paper Competition Winner
2:30pm-2:45 pm	Refreshment Break
2:45pm-3:45 pm	<b>Alcohol and Substance Abuse: Realistic Treatment Options and Pitfalls to Avoid</b> <i>Edgar P. Nace, MD, UT Southwestern, Dallas, TX</i>
3:45pm-4:45pm	<b>Obesity in our Child and Adult Patients</b> <i>Urszula B. Kelley, MD, Presbyterian Hospital, Dallas, TX</i>
4:45pm-5:00pm	Closing Remarks

### SUNDAY, November 5, 2006

(Four Hours Total Category I Credit)

8:00am-8:15am	Opening Remarks
8:15am-10:15am	<b>Medical, Legal, and Ethical Issues in Serious Brain Injuries and Severe Mental Illnesses</b> <i>Lecture for Ethics Credit: Robert L. Fine, M.D., Baylor Health Care System, Dallas, TX</i>
10:15am-10:30am	Refreshment Break
10:30am-12:30pm	<b>Toward the Optimal Treatment of Depression</b> <i>A. John Rush, MD, UT Southwestern Medical Center, Dallas, TX</i>

## THE INSTITUTE OF CONTEMPORARY PSYCHOANALYSIS

offers a

## Weekend Psychoanalytic Training Program

Courses are held at 12121 Wilshire Blvd. #505, Los Angeles, CA 90025  
Application deadline is June 25, 2006

Saturday and Sunday

6 hours each day  
1 weekend a month  
10 months per year

Courses offered are equivalent to ICP's regular weekly psychoanalytic program.

**This program is designed for those who live outside the Los Angeles area or work full-time.**

For further information please call (310) 207-8441  
Visit our web site: [www.icpla.edu](http://www.icpla.edu)

INSTITUTE OF **ICP** CONTEMPORARY PSYCHOANALYSIS

# Strange Encounters

Spencer Bayles, MD

I recently was given a copy of THE OBSERVER (a British newspaper) for "Sunday 9 April 2006" (as the British write their dates.) The cover article was an expose of the Church of Scientology. The article was based on a nine month study by Janet Reitman, said to be "one of America's leading writers."

The story brought to mind my own encounters with the organization and its predecessor over the last 53 years.

My first strange encounters began during my first job. I was Student Health Psychiatrist for the University of Colorado in Boulder. I had started there in 1950 fresh out of completing my psychiatric residency in Denver. During late '51 and early '52 I began to notice an increase in the number of students coming to the Student Health Service with typical and atypical symptoms of early schizophrenia. They complained of unreality feelings, had ideas of being watched, of others having bad thoughts about them. Some even had beginnings of delusions and hallucinations.

I was aware that schizophrenia may be present in about one percent of the adult population and that the illness regularly begins to show up in the late teens and early twenties, but I had not seen such a large number of students with such symptoms during my first year on the job. The Health Service records for past years showed much less frequent complaints.

My social worker associate who had worked in the Student Health Service for several years talked with friends of the patients and began to discover that many of the new patients had been talking to a few students who had set themselves up as "auditors" who for a fee would listen to the students talk about themselves. The students were obliged to report everything that came to their minds and were promised many sorts of great improvements.

We soon learned that the "professional education" these "auditors" possessed was that they had read a new book. Dianetics, The Modern Science of Mental Health had just been published (1950) by L. Ron Hubbard who was at that time one of the most successful science fiction writers in the world. Hubbard was an expert in the method of taking some real fact, or theory or discovery from legitimate science and elaborating on that information a little farther than had been proved or demonstrated. The skillful manipulation of "what if" led to fascinating stories that could claim at least some basis in legitimate science.

Dianetics was just such a fantasy Hubbard took much of Freud's theories of

the unconscious, the long term influence of repressed or hidden memories the person does not know about, along with the mathematical speculations of Norbert Weiner who was developing mathematical models of brain function. Hubbard described the brain as a massive data storage area with messengers racing back and forth with packages of data as needed. Hubbard invented new language to label these functions and activities. The person who listened to all the patient reported was appropriately called the auditor. The patient who talked long enough would eventually get rid of all those harmful forgotten memories and become "clear." The former sufferer would

---

*The fourth of the Scientologists  
ten major religious objectives  
was the rescue of all patients who  
now and in the future might be  
treated by psychiatrists.*

---

then be able to listen, to become an "auditor" and help the next person to become "clear." Fees were of course necessary for the listening to become really effective.

By 1955 Dianetics was spreading so rapidly that problems began to arise. Hubbard identified his invention as a religion. Some speculate this was to avoid interaction with medical licensing boards. Others suggested it was a move to avoid taxes on the considerable sums the movement was beginning to accumulate. He renamed the new religion Scientology and the name has become famous. Not least has been the attraction of the movement to many rich and famous entertainers. Tom Cruise, John Travolta, Kirstie Alley, and Priscilla Presley are examples.

By the mid fifties I had left Colorado, left college health psychiatry, taught a while at two different medical schools and had moved to Texas. I was only distantly aware of the growth and increasing popularity of Scientology.

During my attendance at a meeting of the American Psychiatric Association in Philadelphia in the mid seventies the Scientologists forced their reality into my awareness. There was a brief parade in front of the main meeting hall of black suited persons, six of whom were carrying a black coffin shaped box with the label "Killed by Psychiatry." I learned that the

fourth of the Scientologists ten major religious objectives was the rescue of all patients who now and in the future might be treated by psychiatrists.

In the fall of 1985 the Texas Society of Psychiatric Physicians held its annual meeting in Corpus Christi. That was the year I was President of the Society. We anticipated the major problem of the meeting would be the angry feelings of the older members who resented the change of our name from the Texas Neuro Psychiatric Association. To our surprise, when we came down to breakfast we found the street in front of the Hotel filled with black clothed men carrying signs that "Psychiatry Kills." No coffins this time but the demonstration did not improve our appetite. More surprise when we finished breakfast. The open decked tour boat that chugs up and down Corpus Christi Bay so tourists can scan the full length of the business section was this morning covered with a great white cloth on which was painted "Psychiatry Kills". We were permitted to observe this moving sign all day long.

A little later we heard a small airplane somewhere close by the hotel.

Looking up we were honored with the same message. This time on a banner being towed by a rope attached to the little plane. This also lasted most of the day.

That evening we had scheduled a cocktail party on the roof garden of Corpus Christi's newly opened Art Gallery. It was delightfully pleasant weather for the outdoor party. but suddenly there was the sound of the little airplane that had insulted us all day. What... more?? When the plane came in view it had a new sign. "Rent this banner for 50 dollars!" For the first time in the day we had a good laugh. We had not realized what a bunch of cheapskates the Scientologists really were.

The following two or three legislative sessions were occupied with the efforts of the Scientologists to get the Legislators to pass a law that would forbid the use of any form of electro-convulsive therapy (ECT). In those years ECT was the most effective treatment for depression that was available (some of us feel it may still be). Unfortunately a few patients develop a severe aversion to the treatment, even though their depression may have been completely alleviated. The Scientologists had recruited maybe a dozen such patients and they paraded repeatedly through the legislative hearings on the issue. With minimal effort the psychiatrists were able to bring to the hearings a more impressive group of persons who gave strong support to the positive effects of the ECT. The Scientologists only succeeded in getting the legislators to forbid



Spencer Bayles, MD

the use of ECT on children under sixteen. The psychiatrists were unable to counter this action since no psychiatrist in the state had treated any patients in that age group.

One interesting aspect of the parade of complainants came from the former patients who complained about the loss of memory caused by the ECT. It was common for patients to notice a loss of memory for the worst part of their illness. That is the period just before the treatments were started. Many patients saw this as a positive effect. The strongest complainers described terrible permanent loss of memory for events before and after their treatments. They described such losses in great and precise detail. One wonders how they could recall such losses in such detail if their memory were really significantly impaired.

In Austin now there does not seem to be much controversy about or from the Scientologists, however it is clear that they are active and prosperous. They have a large "church" on "the Drag" (otherwise known as Guadalupe street) just across from the University of Texas. Whatever they are doing now must be profitable but it is quieter than in the past.

In the last few years we have not seen evidence of major activity by the Scientologists in the Legislature. The psychiatric profession remains in a state of eternal vigilance which, as you may recall, is said to be the price of liberty. ■

## Psychiatrists needed in Houston.

Full-time positions with very competitive salary and benefits package. Seeking two (2) psychiatrists. Position 1 is for provision of physician services to psychiatric patients in an inpatient setting.

Position 2 is for provision of physician services to psychiatric patients primarily in an outpatient setting, with some inpatient and possible psychiatric research services. Must have current Texas Medical License. Current Medicare number preferred. Please email resume and references to: [bkaplan@medlabsresearch.com](mailto:bkaplan@medlabsresearch.com)

## MEMBERSHIP CHANGES

### TSPP NEW MEMBERS

The following membership applications have been approved by the TSPP Executive Committee and have been transmitted to the APA.

#### Member in Training

Guirguis, Nabil, MD, Houston  
James, Kimberly, MD, Galveston  
Nagireddy, Shanti, MD, Galveston  
Ochoa-Perez, Melissa, MD, Pearland

Qamar, Muhammad T., MD, Dallas  
Quinones, Marlon, MD, San Antonio  
Root, Walter, MD, Irving  
Smitherman, Wendy, MD, Houston  
Turnipseed, Brent, MD, Austin

## Senior PsychCare

**Psychiatrist.** Be part of a growing entrepreneurial mental health company with locations in Houston and San Antonio. Clinical care and supervision of NP, PA, and LCSW in long term care facilities. Opportunity for regional medical director. Billing and patient referrals provided. Flexible schedule and independence, ideal for semi-retirement. Base salary of \$200K plus bonus. Fax: 800-605-2138, email [lborrellvc@hotmail.com](mailto:lborrellvc@hotmail.com) or call 800-806-0465.

# Mental Illness Awareness Week – 2006

Planning should be underway in each TSPP Chapter for Mental Illness Awareness Week 2006, the first week in October. The purpose of MIAW is to increase the public's understanding of mental illnesses and psychiatric treatments. MIAW provides an annual opportunity to address three primary goals: 1) to encourage psychiatrists to collaborate with mental health advocacy organizations in the planning and implementation of MIAW activities; 2) to produce a variety of educational outreach programs to reach as broad an audience as possible; and 3) to involve community leaders, policymakers, educators, clergy, the media

etc. in delivering positive and informative messages about psychiatric illnesses.

Again this year, the Texas Foundation for Psychiatric Education and Research will provide grants to TSPP Chapters to help underwrite the expenses of MIAW activities. Each Chapter President will receive information about funds available for each Chapter as well as grant application forms. To apply for these MIAW grants, Chapter Presidents should submit the Chapter's grant request to the Foundation prior to August 1. A Foundation Grants Review Committee will evaluate grant requests and will forward funding recommendations to the Foundation's Executive Committee for

final approval. An important consideration in determining funding amounts will be the level of participation by psychiatrists in MIAW activities. Funds will be distributed to Chapter Presidents by September 15. As a condition of accepting a grant from the Foundation, a Chapter receiving a grant is expected to submit a brief written report about its MIAW activities to the Foundation by November 1.

Mental Illness Awareness Week is an excellent opportunity to educate the public about mental illnesses and to foster working relations with patient advocacy groups in each community. TSPP and the Foundation encourages all

Chapters to participate this year.

If you have not yet made your 2006 contribution to the Texas Foundation for Psychiatric Education and Research, please consider sending your tax deductible donation to the Foundation today! ■

## TEXAS FOUNDATION FOR PSYCHIATRIC EDUCATION AND RESEARCH

I am pleased to support the Foundation with a contribution of:

\$50     \$100     \$250     \$500     \$1000     \$ \_\_\_\_\_

I am pleased to support the Foundation with a pledge of \$ \_\_\_\_\_ payable \_\_\_\_\_

### DONOR INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone (    ) \_\_\_\_\_

### Contact me about a PLANNED GIFT as follows:

A Bequest

A Gift of Insurance

A Charitable Trust

Please make your check payable to

**"Texas Foundation for Psychiatric Education and Research"**

**401 West 15th Street, Suite 675, Austin, Texas 78701.**

*Thank you for your support!*

*Your contribution is tax deductible to the full extent of the law.*

## CALL FOR ENTRIES

# 2006

## TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

### RESIDENT PAPER COMPETITION

Papers are now being accepted for the 2006 Residents' Paper Competition! Entries must be an original work produced by a resident member of TSPP while in residency training. The paper may be a piece of original research, literature review or discussion on a topic of interest to psychiatrists and should be 10-12 typewritten, double-spaced pages (excluding references). In the case of multiple author papers, the resident must be the one who has done the bulk of the research and writing. A statement to this effect must accompany the paper from the co-authors.

The winner will be announced in advance, and the paper presented on Saturday, November 4, 1:30 pm - 2:30 pm at TSPP's 50th Anniversary Annual Convention and Scientific Program at the Westin Galleria Hotel in Dallas. All papers entered in the competition will be recognized at the meeting. The winner will receive a certificate presented in recognition of the presentation, as well as a \$250 honorarium and waiver of the scientific program registration fee and one night's hotel accommodation at the host hotel. Runners-up will be invited to present their papers as posters, the poster session to be held Friday and Saturday, November 3-4 during the hours of the Welcome Reception and Scientific Program. Residents submitting papers will be notified of the judges' decision no later than September 30.

In addition to the Resident Paper Competition, all members-in-training are encouraged to participate in TSPP's Poster Session to be held in conjunction with the opening Welcome Reception on Friday evening and during hospitality breaks on Saturday in the Exhibit Hall. If you are interested in presenting a poster, please contact the TSPP Office. Applications must be submitted by October 1, 2006.

The 2006 Scientific Program will address the following:

- Post Traumatic Stress Disorder: The Latest Developments
- The Current Essentials in Diagnosing Bipolar Disorder Today
- Alcohol and Substance Abuse: Realistic Treatment Options and Pitfalls to Avoid
- Obesity in our Child and Adult Patients
- Medical, Legal and Ethical Issues in Serious Brain Injuries and Severe Mental Illnesses
- Toward the Optimal Treatment of Depression

SEND TWO COPIES  
OF YOUR MANUSCRIPT TO:  
Texas Society of Psychiatric Physicians  
401 West 15th Street, Suite 675  
Austin, Texas 78701

**DEADLINE FOR SUBMISSION OF PAPERS  
IS AUGUST 1, 2006**

# Make it simple.

## Professional Liability Insurance Designed for Behavioral Healthcare Groups...

Make it simple! Psychiatrists, psychologists, social workers, and independent contractors practicing in a group can all be covered under one policy with The Psychiatrists' Program for Groups. Reduce your paperwork and eliminate the hassle of working with multiple carriers. All the same benefits of The Psychiatrists' Program are extended to everyone associated in the group practice. Be confident with top-notch legal representation and minimize risk through the Risk Management Consultation Service – a real-time toll-free helpline.

Partner with the malpractice insurance program that is dedicated to serving the field of psychiatry and behavioral healthcare! Contact us to get your personalized quote and receive a complimentary copy of "Retaining and Discarding Psychiatric Records."



**The Psychiatrists' Program**  
For Groups

(800) 245-3333, ext. 304

[www.psychprogram.com/groups](http://www.psychprogram.com/groups)

Managed by: Professional Risk Management Services, Inc. (In California, d/b/a Cal-Psych Insurance Agency, Inc.)

# The Best Deal Possible

Robert T. Gunby Jr., MD, TMA Immediate Past President

In recent weeks, the Texas Legislature has moved to reduce local school property taxes and craft replacement business taxes much more quickly and with far less discord than many seasoned legislative observers could have imagined. Under a June 1 deadline imposed by the Supreme Court of Texas, which helped provide the necessary momentum, Gov. Rick Perry, Lt. Gov. David Dewhurst, House Speaker Tom Craddick, and leaders in both chambers finally collaborated on legislative strategy and tactics. This stands in marked contrast to the dissension and conflict that marked the previous three special sessions and the 79th regular session, all of which ended with unsuccessful attempts to rewrite the state's school finance laws.

As Texas Medicine was going to press, the tax bill would impose new state taxes on businesses in the service industry, including many physician practices. Thanks to the efforts of the Texas Medical Association and most of the state's largest specialty societies, however, those taxes will not be nearly as onerous as they could have been. For many specialists with typical Medicaid and Medicare patient loads, the tax savings will be \$1,000 or more.

TMA's timing in reaching an agreement with the governor was fortuitous. Any delays or thoughts of waiting until the end to cut a deal would have been disastrous, as the bill has not changed since it left the floor of the House of Representatives on April 24. Many other industries find themselves exposed to the full tax liability. Some large corporations

even face penalties because their low-wage workers qualify for and use Medicaid.

## The Course of Events

For the past several years, TMA has argued that a physician's practice is not a traditional business activity and should not be subject to a tax on business activity. In both public testimony and private conversations, we repeated that position to the governor's Texas Tax Reform Commission.

Unfortunately, even with a physician on it, the Tax Reform Commission issued a plan that would have taxed physician practices exactly like any other business. But TMA leaders and the Council on Legislation held firm to our position, and we withstood pressure to endorse the Perry-Sharp tax plan early on.

It was quite obvious from conversations with the governor, legislative leaders, and individual representatives and senators that there was little political support to exempt health care from the tax bill entirely. Given that political reality, we pushed for, and obtained, important concessions that would allow physicians to exclude revenues from government health care programs (Medicare, Medicaid, CHIP, workers' compensation, TriCare) from their taxable income. Physicians also could exclude the cost of all uncompensated charity care provided to patients.

The Council on Legislation carefully considered these concessions in several emergency sessions. Based on expert advice and

our best political intelligence, the council concluded that rejecting the offer or pushing for additional concessions would most likely result in a bill that would tax all of physicians' income, with no exclusions at all.

## What the Tax Plan Would Do

It is important to remember that the elected officials supporting the tax bill focus on the reductions it will achieve in personal and business local school property taxes. These will amount to cuts of 11 cents per \$100 of taxable value the first year and 44 cents the second. In many communities, however, some of these savings will be offset because property tax values continue to rise.

As the bill is written, solo proprietors, physicians working in a government setting (including most academic physicians), those working in a federally qualified nonprofit organization, and those with gross receipts of less than \$300,000 per year would be excluded from the tax bill. TMA estimates that those provisions alone would exclude nearly one-third of all Texas physicians from the bill.

I encourage you to spread the word about the TMA 2006 Tax Calculator (on the TMA Web site at [www.texmed.org/taxcalculator](http://www.texmed.org/taxcalculator)). The calculator allows physicians to determine exactly how the new tax and the property tax reductions would affect their practice. We continuously update the tax calculator so that it reflects the most current version of the tax bill.

The bill as it passed the House and Senate



Robert T. Gunby Jr., MD

provides physicians with all of the tax concessions to which TMA and Governor Perry agreed, with two exceptions. It excludes from taxable income only 100 percent of revenues from Medicaid and CHIP, rather than the 150 percent that TMA negotiated. The bill also does not include a credit for investments in health information technology.

In both the House and the Senate, TMA physician leaders, key contacts, and lobbyists worked with lawmakers to offer amendments that would incorporate all of the provisions agreed to with the governor. Because legislative leaders employed a no-amendments strategy to ensure the tax bill's passage, however, we were unable to make any changes to the bill. We considered, but rejected, plans to issue "action alerts" exhorting all members to contact their legislators; we concluded that these efforts actually would harm our position.

TMA continues to work with the governor and legislative leaders to find means to further recognize the well-below-cost reimbursements from Medicaid and CHIP and to encourage practices to invest in electronic medical record systems and other important technologies. ■

## CALENDAR OF MEETINGS

### JULY

- 28-30 TSCAP "Treating the Consequences of Trauma and Other Disorders"**  
9 Hours Category 1 Credit  
Omni Corpus Christi Hotel, Corpus Christi, TX  
\$125 Single/Double; \$135 Triple/Quad Rate Prior to July 14 1/800/843-6664  
Refer to the group and meeting name  
(Texas Society of Child and Adolescent Psychiatry) for discounted rate  
For more information, contact Debbie Sundberg 512/478-0605

### AUGUST

- 12-13 Federation Mental Health Advocacy and Leadership Conference**  
Westin La Cantera Resort, San Antonio, TX  
\$179 Room Rate Prior to July 12 / 210/558-6500 or 800/228-3000  
Refer to the group and meeting name  
(Texas Society of Psychiatric Physicians) for discounted rate  
For more information, contact Debbie Sundberg 512/478-0605

### NOVEMBER

- 3-5 TSPP's 50TH ANNIVERSARY GALA**  
Annual Convention & CME Scientific Program  
"Update 2006: Advances in Clinical Management of Psychiatric Disorders"  
Westin Galleria Hotel, Dallas, TX  
\$139 Room Rate Prior to October 12 / 972/934-9494 or 1/888/627-8536 Refer to the group and meeting name  
(Texas Society of Psychiatric Physicians 2006 Annual Convention)  
For more information, contact: Debbie Sundberg 512/478-0605
- 3 TSPP Committee Meetings**  
Member Luncheon  
Executive Council Meeting  
Welcome Reception with Exhibitors  
MIT After Hours Social
- 4 TSPP Scientific Program**  
Member Luncheon/Profiles of Texas Psychiatry  
50th Anniversary Gala Banquet
- 5 TSPP Scientific Program**  
Annual Business Meetings' Luncheon



## FEDERATION OF TEXAS PSYCHIATRY

The Federation was established on July 1, 2004 with the following purposes:

- to promote the common professional interests of psychiatrists;
- to facilitate the coordination of and work in concert with state professional psychiatric associations and state professional subspecialty psychiatric associations, to unify programs that advance public and professional education and advocacy for psychiatry and persons with psychiatric illnesses;
- to provide centralized services to state professional psychiatric associations and state professional subspecialty psychiatric associations;
- to make psychiatric knowledge available to other practitioners of medicine, to scientists, and to the public; and,
- to promote the best interests of patients and those actually or potentially making use of mental health services.

The TEXAS PSYCHIATRIST is published 5 times a year in February, April, June, August, and October. Members of Federation member organizations are encouraged to submit articles for possible publication. Deadline for submitting copy to the Federation Executive Office is the first day of the publication month. Copy must be edited, acceptable for publication.

Display advertising is available and publication is determined on a case by case basis by the Editorial Board. The Editorial Board reserves the sole right to accept or reject any submitted advertising copy.

### EDITORIAL BOARD

Joseph Castiglioni, Jr., MD  
Edward L. Reilly, MD

### MANAGING EDITORS

John R. Bush  
Debbie Sundberg

Federation of Texas Psychiatry  
401 West 15th Street, Suite 675  
Austin, Texas 78701  
(512) 478-0605  
(512) 478-5223 (FAX)  
TxPsychiatry@aol.com (E-mail)  
<http://www.txpsych.org> (Website)

PSRRT STD  
U.S. Postage  
**PAID**  
AUSTIN, TX  
Permit No. 1149

**Federation of Texas Psychiatry**

401 West 15th Street, Suite 675  
Austin, Texas 78701

TIME DATED MATERIAL