Greetings and Welcome to the Bicentennial Edition of the Alumni Newsletter:

It is with great pomp and circumstance that we celebrate the 200th anniversary of McLean Hospital. Predating Francis Scott Key’s scribing of the Star Spangled Banner by three years, McLean Hospital has long been associated with superlative care for those suffering with mental illness. One can only imagine that Reverend John Bartlett and Drs. James Jackson and John Collins Warren, who so compassionately advocated for the creation of this hospital at the beginning of the 19th century, would take great pride in knowing that the facility they envisioned would not only endure, but would consistently be ranked the finest freestanding psychiatric hospital in the nation.

At the beginning of this year, Governor Deval Patrick and Boston Mayor Thomas Menino proclaimed February 25, 2011 as “Massachusetts General Hospital (MGH) and McLean Hospital Day” in the Commonwealth of Massachusetts and the City of Boston. The date marks the 200th anniversary of the signing of the charter that established both MGH and McLean as the first hospitals in Massachusetts and New England.

“In 1811, our charter called for MGH and McLean, a separate asylum for the mentally ill, to be sanctuaries for the ill,” said Scott Rauch, MD, McLean president and psychiatrist in chief. “For two centuries, we have honored this charter and we look forward to continuing to be a beacon of light for those who need our care most.”

In October 2011, McLean plans to unveil a “Historic Wall” in the Admissions Building. The permanent display will highlight key events throughout the hospital’s history. In addition to our regular features and programmatic updates, we hope you enjoy the Bicentennial-influenced articles Five leaders on seven decades of the McLean experience and A Conversation with Terry Bragg.

Finally, we would like to welcome Randy Auerbach, 2010, as the newest co-chair of the Stiver Psychology Alumni Association. Randy’s deft editing and writing capabilities are singularly responsible for the meteoric path to press of the 2011 edition of the alumni newsletter.

Have a healthy and satisfying remainder of 2011.
In light of the bicentennial, the McLean Alumni Associations included a special article highlighting different perspectives from past and present hospital leadership. Drs. Scott Rauch, Bruce Cohen, Steven Mirin, Shervert Frazier and Francis de Marneffe (co-chair, Psychiatry Residency Alumni Association) each chose two questions of interest from a list of six. The experiences encapsulated in their responses span seven decades of hospital leadership. Here are their responses.

Scott L. Rauch, MD
President and Psychiatrist in Chief, 2006 to present

What does it mean to you to serve as president of McLean?

It is a great honor and privilege to serve as president and psychiatrist in chief of McLean Hospital. This is an institution with a 200-year history of leading the field and serving people in need. I feel a profound responsibility to our patients and their families, to those who came before us and built the legacy of McLean, as well as to those who will follow us into the future. Perhaps it has always been so, but this feels like an especially exciting time in psychiatry, with abundant challenges, but also with extraordinary opportunities arising from emerging science and the promise of health-care reform. I can think of no better place from which to try and make a positive impact, nor any more dedicated team with which to work toward such worthy goals.

What do you think motivates so many of us to remain connected to McLean long after our training has been completed?

McLean is a truly unique place that inspires extraordinary loyalty.

Bruce M. Cohen, MD, PhD
President and Psychiatrist in Chief, 1997 to 2005

When you think of your tenure as president of McLean, of what advancement(s) are you most proud?

More than 200 Massachusetts state legislators and McLean Hospital and Massachusetts General Hospital leadership, staff and friends celebrated the 200th anniversary of the two hospitals during a moving charter renewal ceremony held at the State House on Feb. 25, 2011. Held in the Senate Chamber, the ceremony marked the exact day two centuries ago that McLean and MGH were chartered.
Contrary to predictions that we would shrink and close, we grew and thrived. We opened more than 30 new clinical services, more than doubled the size of research and enhanced training programs and opportunities. We increased the proportion of the budget going to front-line colleagues: clinicians, investigators, teachers and support staff. Even in the leanest times, we raised salaries for staff every year.

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What we learn and do here is crucially important to the lives of others and deeply rewarding to each of us. Our work, helping both our patients and one another, makes bonds that never break. McLean is a multigenerational family of all of us who have been here.

STEVEN MIRIN, MD
President and Psychiatrist in Chief, 1988 to 1997

Assuming the leadership of a hospital as large as McLean is a monumental undertaking. What was/were the most formidable obstacle(s) that you faced while in office?

As an institution focused on the long-term inpatient care of people with severe mental illness, McLean was ill prepared for the constraints imposed by the widespread imposition of managed care. In the late 1980s and early 1990s, pressure to reduce inpatient lengths of stay and justify clinical decisions to managed care intermediaries challenged our conceptions about what constituted appropriate care. At the same time, increased patient acuity and reduced reimbursement threatened our survival as a financially viable, freestanding institution. Working with staff to reconfigure our care model, develop new programs and advance the hospital’s academic mission, while having to dramatically reduce operating costs and change the institutional culture, was the most challenging task of my tenure. That we were able to do so while honoring our commitment to patients demonstrates McLean’s enduring strength as one of the world’s premier psychiatric institutions.

What do you think of your tenure as president of McLean, of what advancement(s) are you most proud?

The impact this major psychiatric center has on the world, coupled with the opportunity to mentor so many brilliant, up-and-coming professionals, is what keeps us connected, along with a culture of collaboration that takes place among a staff who is so enlightened, so informed and so dedicated to the cause. McLean Hospital is a patient-centered hospital in which staff and employees bear equal responsibility for sustaining its mission of excellence.

FRANCIS DE MARNEFFE, MD
Director, 1962 to 1980
General Director, 1980 to 1987

When you think of your tenure as president of McLean, of what advancement(s) are you most proud?

I assumed the directorship of McLean in 1962 at a time when its future existence was in jeopardy. Cumulative deficits over a number of years had prompted the board of trustees to question our viability as a freestanding institution. My challenge, as director, was to rectify this financial instability, while concurrently, expanding our clinical, teaching and research initiatives. These objectives were successfully accomplished, making possible the remarkable achievements of the years that lay ahead.

What do you think motivates so many of us to remain connected to McLean long after our training has been completed?

Beginning with my residency, McLean has been an ideal place for me to devote my 58 years (and counting) to the field of psychiatry. It has enabled me to fulfill my professional desire to care for others (patients, families, trainees and colleagues); while, at the same time, satisfy more personal and individual goals. It is an institution worthy of one’s best effort, where that best effort will be recognized and encouraged, only to discover the presence of still greater talents and abilities in the process. Over time, staff and employees develop a personal identification with McLean and take great pride in their connection to this nationally recognized, superb institution. The opportunities for professional development at McLean are nearly limitless, whether one aspires to a career in clinical work, teaching, research or administration.

Shervert Frazier, MD
Psychiatrist in Chief, 1972 to 1984, 1986 to 1987
General Director and Psychiatrist in Chief, 1987 to 1988

When you think of your tenure as president of McLean, of what advancement(s) are you most proud?

I am most proud of the development of our research and resource centers. The Mailman Research Center, which opened its doors in 1978, the Shervert H. Frazier Institute created in 1992, and the Jonathan O. Cole Mental Health Consumer Resource Center begun in 1993. These influential centers of learning will perpetuate McLean’s position as cutting edge in the frontier of mental health advancement.

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A conversation with Terry Bragg

In his 30 years at McLean, Terry Bragg, MA, MSLS, is well known to members of the professional staff as registrar and archivist. Considered by many as McLean’s “resident historian,” Bragg, on the occasion of McLean’s bicentennial, shares his knowledge and perspective on the establishment of the McLean Archives and the growth the hospital has enjoyed since his arrival in 1981.

“I came to McLean on Nov. 1, 1981 to establish a formal archive, supported by a one-year grant from the National Historical Publications and Records Commission, written and submitted by Robert J. Waldinger, MD, of McLean and Harvard University History Professor Barbara G. Rosenkrantz, PhD, through McLean’s Research Administration. Subsequently, the hospital (Francis de Marneffe, MD, general director, Shervert Frazier, MD, psychiatrist in chief; Henry Langevin, hospital administrator; and Joseph H. Davis, DSc, director of Research Administration) provided additional funding for outside professional restoration of rare books and special collections, as well as the microfilming of 19th-century records in need of conservation. The funding also provided for the ongoing position of archivist to administer the collection. Professional conservation was also supported by an archives fund established by Frederic Washburn, MD, former director of Massachusetts General Hospital (MGH), who specifically stated that the fund be split between McLean and MGH.

When I came to McLean in the 1980s, the hospital was licensed for 328 inpatient beds. The number of beds in use changed dramatically from 248 in 1971 to 328 in 1976. The number of patients admitted rose from 423 in 1971 to 1,119 in 1976 to 1,528 in 1982. The total number of patients served in 1981 was 3,657, which included inpatients, outpatient clinic patients/visits (1,813), partial hospital patients/visits (188), and 128 patients in community residential services. McLean also made its staff and expertise available to varied community organizations, such as Bridgewater State Hospital and Northampton State Hospital, on a contractual basis. It was a hospital to which many other institutions referred their most difficult cases. An extensive research program was supported by $8.5 million in research grants in 1985. Hundreds of students and mental health professionals participated in McLean’s educational programs. During that period, the hospital met the major challenge of implementing its long-range building and renovation plan, leading to the construction of the Admissions Building and the Francis de Marneffe Building, and the renovation of the inpatient buildings constructed in the 1890s.

Although McLean's inpatient beds have been reduced to a number equaling what we were originally built to house, the hospital has expanded its services to a greater number of clients through ambulatory services, specialty treatment programs and the delivery of care at satellite programs throughout the commonwealth. Research support has quadrupled to more than $40 million annually, with a consequent increase in research space and the number of laboratories and principal investigators. The Mailman Research Center has grown in size and staff, alcohol and drug abuse research has continued to expand and the Neuroimaging Center and unit-based clinical research programs have been established. While McLean may no longer be a hospital comprised of 44 buildings located on 242 acres, its future, on all fronts—clinical, research and education—has never looked brighter.”

The importance of community

Katrina L. McCoy and Laramie Duncan

For clinical psychology graduate students, the clinical internship year is marked by transition. Internship begins with the flurry of applications and the transition out of the departments of psychology where we have gathered the foundation of knowledge and skill that will guide our careers. Internship ends with the transition from our roles as students into our roles as professionals—the culmination of our graduate training. Internship, however, is not simply a stepping stone from graduate school to professionalism. Though it comprises only a fraction of our graduate training, internship can have a disproportionately potent influence on the path that follows. It is a formative consolidation of the skills we learned in classrooms and on practicums. It is where we develop the basis for our professional identities.

The internship Class of 2010-2011 is honored to have spent this important year working at McLean Hospital. In thinking about this year, we return again and again to the idea of community. From the very first day, we felt welcomed into the McLean ‘family.’ We were afforded opportunities to continue on page 5
collaborate with some of the brightest minds in research. Exceptional supervisors and seminar leaders dramatically strengthened our clinical competency, and we had the pleasure of working with the staff of the Behavioral Health Partial Program (BHHP) on a daily basis. On top of this, our internship cohort developed into a source of support, fellowship and strength that none of us had imagined. These things allowed us to thrive amid challenging clinical work and the rigors of research. As we embark upon our careers, we hope to maintain the support and sense of community that made our internship year at McLean great.

Psychology Internship
Class of 2011

First row, from left: Sarah Kertz, PhD, postdoctoral Fellow, Behavioral Health Partial Program, McLean Hospital/Harvard Medical School; Laramie Duncan, PhD, postdoctoral fellow, Harvard School of Public Health, Massachusetts General Hospital, McLean Hospital/Harvard Medical School; Katrina McCoy, PhD, postdoctoral fellow, Behavioral Health Partial Program, McLean Hospital/Harvard Medical School; Chad McWhinnie, PhD, postdoctoral fellow, Adolescent Residential Treatment Program, McLean Hospital/Harvard Medical School.

Second row, from left: Michele Candrian, PhD, postdoctoral fellow, McLean Hospital/Harvard Medical School; Jason Krompinger, PhD, postdoctoral fellow, OCD Institute, McLean Hospital/Harvard Medical School; Sarah St. Germain Smith, PhD, postdoctoral fellow, Klarman Eating Disorder Center, McLean Hospital/Harvard Medical School.

Third row, from left: Phil Levendusky, PhD, ABPP, director of Psychology; Gary Taylor, PhD, ABPP; Thröstur Björvinsson, PhD, ABPP; Alumni co-chair, Class of 1997.

Psychology Internship
Class of 2012

First row, from left: Idan Aderka, PhD, Boston University; Alexia Spanos, MA, Michigan State; Christian Webb, MA, University of Pennsylvania; Michael Treadway, MA, Vanderbilt University.

Back row, from left: Jesse Crosby, MS, Utah State University, Matthew Schrock, MA, University of Louisville; Lisa Berghorst, MA, Harvard University.

Class of 2010—where they are now?

Our graduating interns continue to find tremendous opportunities. Here is an update on where the members of the Class of 2010 are now.

Randy P. Auerbach, PhD, director, Child and Adolescent Mood Disorder Laboratory, McLean Hospital/Harvard Medical School.

Lawrence Ian Reed, PhD, clinical research training postdoctoral fellow, Harvard Medical School.

Amy Meade, PhD, staff psychologist, Borderline Center Outpatient Clinic and Behavioral Health Partial Program, McLean Hospital/Harvard Medical School.

Valerie Photos, PhD, postdoctoral fellow, Adolescent DBT Program, McLean Hospital/ Harvard Medical School.

David H. Rosmarin, PhD, instructor, Department of Psychiatry, McLean Hospital/ Harvard Medical School.

Anne Saw, PhD, associate director, Asian American Center on Disparities Research, University of California, Davis.
The BHPP research-practice initiative
Thröstur Björgvinsson, PhD, ABPP

Consistent with McLean Hospital’s mission to incorporate empirical research into clinical practice, the Behavioral Health Partial Program (BHPP) launched an ambitious initiative to systematically evaluate the efficacy of its skill-based cognitive behavioral program last July (2010). Each BHPP patient now receives a structured diagnostic interview to assess for Axis I symptoms, and completes a series of self-report measures of symptoms, vulnerability factors and CBT skill acquisition at both admission and discharge from the BHPP. Data provided by patients is compared to epidemiological benchmarks and made available immediately to the clinical team by way of a shared computer drive. As such, clinical team managers, consultants and other BHPP staff are provided with numerous quantitative indices of patient functioning. This allows us to implement program improvements and to tailor and personalize interventions in a sophisticated manner.

A second objective of this protocol is to enhance the BHPP’s clinical training program by providing opportunities for interns, postdoctoral fellows, practicum students and BHPP staff to engage in clinical research. Patients who agree to have their data de-identified make up the data set for research purposes, and to this end, the BHPP has amassed a research database with a sample of n = 527 (~90 percent of BHPP patients). Exploratory analyses on this dataset have already led to many scientific advancements. Topics of study have included the efficacy of the program for various diagnostic groups, the role of insight in treatment outcomes with psychotic patients, the importance of worry within an acutely comorbid psychiatric sample, spiritual/religious factors and their relevance to symptoms and treatment outcomes, emotion regulation and its relevance to depression, and treatment outcomes with anxiety disordered patients. To date, the BHPP research initiative has yielded numerous academic conference presentations, and several scientific papers have been published.

Moving forward, the next step in the ongoing development of this initiative will involve solicitation of BHPP patients to complete a web-based battery of symptom measures four weeks following discharge. This will enable us to examine the prolonged effects of the BHPP, and ultimately to understand both the immediate and short-term impact of the treatment.

Children’s programs grow on and off the Belmont campus

McLean increased its capacity to respond to the mental health needs of children and their families with the 2010 expansion of its inpatient unit and the launch of two residential programs.

■ The McLean/Franciscan Child and Adolescent Inpatient Mental Health Program increased from 20 to 32 inpatient beds, with a new wing at Franciscan Hospital for Children (FHC) in Boston. Established in 1997, the program, for children and adolescents ages three to 19, incorporates a critical educational component not often found in inpatient programs. The F.A.O. Schwartz Family Foundation funded aspects of the new wing’s décor.

■ The Mill Street Lodge, located on McLean’s Belmont campus, is a longer-term residential program for adolescent girls ages 13 to 20 with emerging borderline personality and other disorders of affect dysregulation. The program offers ongoing care and support within a group home setting as patients integrate back into school and the greater community. The six-bed program places heavy emphasis on dialectical behavioral therapy (DBT) and is complemented by educational and community integration components.

■ The Landing at McLean Hospital is a 12-bed residential program combining intensive and extended transitional care for adolescents with co-occurring substance use disorders and psychiatric illness. The transitional care component enables male and female adolescents ages 13 to 19 to consolidate the skills acquired, build confidence and integrate learning for when they return to home and the community.

SAVE THE DATE:
Make plans to join McLean Hospital, friends and colleagues at the 45th annual ABCT Convention November 10-13, 2011 in Toronto, Canada
Compiled by Randy Auerbach, PhD, Class of 2010, co-chair of the Silver Psychology Alumni Association

1970
Stuart A. Pizer is a founding member, faculty, supervising analyst and former president of the Massachusetts Institute for Psychoanalysis; assistant clinical professor of psychology, Department of Psychiatry, Harvard Medical School; faculty and supervisor, Program for Psychotherapy, Cambridge Hospital; faculty and supervising analyst, Institute for Relational Psychoanalysis of Philadelphia; associate editor, Psychoanalytic Dialogues; past president, International Association for Relational Psychoanalysis and Psychotherapy; author of “Building Bridges: The Negotiation of Paradox in Psychoanalysis” (1998). He lives and practices in Cambridge, Mass. (sapizer@gmail.com).

1975
Ronnie Levine was recently honored by the Eastern Group Psychotherapy Society (EGPS) for contributions to the field of group psychotherapy. She is active in EGPS and the American Group Psychotherapy Associations. She is known for her workshops, teaching and has been a featured keynote speaker for group therapy conferences in the U.S., Belfast and St. Petersburg. She is in private practice in NYC providing individual, couple and group psychotherapy as well as individual and group supervision (rilih@aol.com; 212.307.0079).

1978
Baird Brightman has spent the last 15-plus years developing innovative assessment and development programs designed to help people succeed in their career and business (details at www.wklf.com). Also, he recently wrote a book about the obesity epidemic, “One Perfect Meal: Saving the World from the Calorie Crisis,” using principles from evolutionary and positive psychology. He hopes that all the talented alumni are well and thriving in their work and lives!

Michael R. Lowe is a professor in the clinical psychology doctoral program at Drexel University. He does research on restrained eating, dieting, eating disorders and obesity. He is a consultant to both Weight Watchers and the Renfrew Center. He continues to benefit from the outstanding mentoring he received from Phil Levendusky and others during internship. He is married and has two children, both of whom are on their own.

1980
Joel Dvoskin just completed two books, both published by Oxford University Press: “Evaluation of Personal Injury” and “Using Social Science to Reduce Violent Offending.” He writes: “My daughter, Jenn, is now a licensed psychologist in Tucson, and my son, Mike, is receiving his MBA next week from UCLA. As for me, I’m still working too hard, and playing as much basketball and guitar (though not at the same time) as possible. My e-mail address is joelthed@aol.com.”

Barbara Keefe has lived in Ridgefield, Conn., for two decades where she has raised two wonderful daughters and maintained her psychoanalytic practice. It has been pure enjoyment that both of her daughters have immersed themselves in the study of psychology. Her oldest is in a doctoral program in clinical psychology at Stony Brook University and her youngest in a biopsychology program at Tufts University. They continue to expand her knowledge of the field and evoke her yearning for graduate school!

1986

1988
Philip D. Jaffe is a tenured professor at the University of Geneva and heads the University Institute Kurt Bösch, Switzerland’s smallest autonomous publicly funded academic teaching and research entity. Located in Sion, a stone throw away from the most famous alpine resorts, the institute’s two departments specialize in the interdisciplinary fields of children’s rights and tourism. He writes: “As for myself, I am the proud father of 26-month-old Jasper.” His work e-mail is www.iukb.ch and personal e-mail is www.jaffe.ch.”

Emily Kales continues as clinical associate at McLean. She would like to announce the publication of her new book published by SUNY Press, “BODY SHOTS: Hollywood and the Culture of Eating Disorders.” For more information, please visit the book website: http://www.emilyfox-kales.com.

1992
Sherry Hamby was recently appointed the founding editor for a new APA journal, Psychology of Violence. She hopes that anyone doing research related to violence or victimization will consider submitting.

Ruth E. Lewis recently resigned as assistant clinical director for New England Forensic Associates. Currently, she maintains an independent private practice with a specialty in treating clients with a range of sexual compulsivity disorders and a general psychotherapy practice providing consultation services, individual and group therapy. Additionally, she recently published a book chapter, Outpatient Treatment Considerations for Mentally Ill Clients with Problem Sexual Interests, Behavior or Offending, in “The Handbook of Sex Offender Treatment.”

1994
Christoph Leonhard has been developing his entrepreneurial side by starting a company to market his invention, LifeBalance Station—an active work station that combines a sit-down elliptical trainer and a desk, allowing users to be physically active while doing desk work. Chris has found a distributor in the United States and is currently globetrotting to market LifeBalance Station in Europe and Asia. See it for yourself at www.LifeBalanceStation.com.

2001
Eshkol Rafaeli lives in Israel with his wife, Alexandra, who is also a clinical psychologist, and three kids: four-year-old twins Hillel and Ma’ayan and 20-month-old Ad. Eshkol is an associate professor and head of the adult clinical program at Bar-Ilan University. He heads the Affect and Relationships Lab, and devotes his non-existent spare time to teaching and supervising schema therapy. His book, “Schema Therapy: Distinctive Features,” with Jeff Young and David Bernstein was published earlier this year by Routledge.

2007
George M. Slavich completed three years of postdoctoral training in psychoneuroimmunology after leaving McLean, first as a NIMH postdoctoral fellow in health psychology at UCSF and then as a NIMH Postdoctoral Fellow in psychoneuroimmunology at UCLA. Currently, he is an assistant professor and Society in Science: Branco Weiss Fellow in the Department of Psychiatry and Biobehavioral Sciences at UCLA, and a research scientist at the Cousins Center for Psychoneuroimmunology, where he directs the Laboratory for Stress Assessment and Research.
Sara Becker recently accepted a position as assistant professor (research) and co-director of the Adolescent Cognitive Behavioral Therapy Clinic in the Department of Psychiatry and Human Behavior at Brown University Medical School. Sara, her husband, Marcin, and their daughter, Fiona (born 9 days after internship!), look forward to reconnecting with fellow intern Andri Bjornsson and other McLean Psychology alumni in the Providence area.

David Rosmarin and his wife, Miri, are happy to announce the birth of their son, Akiva, in November 2010. Next year, David will be continuing his program of research on patient spirituality/religion at McLean part-time, and starting an anxiety center in New York City (www.centerforanxiety.org).

Send Class Notes to Randy Auerbach, PhD, at rauerbach@partners.org.

In memoriam

On June 18, 2010, John R. Z. Abela, PhD, died from sudden cardiac arrest. At 39 years of age, it is a tragic loss for family and friends. John received his Bachelor of Arts from Brown University, and his Master's and Doctorate from the University of Pennsylvania. John was a valued member of the McLean Hospital/Harvard Medical School 1999 internship class. Following internship, John joined the psychology faculty at McGill University, and he had recently moved to Rutgers University. Despite his age, John made a significant impact in the field of depression, publishing over 70 empirical articles and receiving numerous awards including early career recognition from the National Alliance for Research on Schizophrenia and Depression as well as the Association for the Advancement of Behavior Therapy.

Longtime McLean staff psychologist Maressa Hecht Orzack, PhD, passed away November 11, 2010 at the age of 86. A member of the McLean faculty since 1980, she was recruited to the hospital by her close friend and colleague Dr. Jonathan Cole to conduct research that studied the impact on mood of sedative and stimulant drugs in casual drug users. Five years later, she became the coordinator of behavior therapy in the Affective Disorders Program and in the early 1990s founded the hospital’s Computer Addictions Service. Dr. Orzack was a major pioneer in conducting clinical care and research in the area of computer and Internet addiction.

Alumni News is collaboratively produced by Cecelia O’Neal, MSc, operations director for Business Development, and Alumni Association chairpersons Robert L. Youngberg, PhD, Thröstur Björgvinsson, PhD, ABPP, and Randy Auerbach, PhD. © 2011, McLean Hospital.