



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

I hope you had a wonderful Thanksgiving and found some time to rest and catch up with family and friends, even if only virtually.

As we enter yet another month of the pandemic, we need to keep our strength. The good news is that we have some good antidotes to burn-out and exhaustion: working together collaboratively on critically important projects that will help others. The importance of the work to which we are all devoted provides opportunities for altruism and paired with gratitude, it can provide “herd immunity” against these twin problems and help us remain resilient and hopeful. I was fascinated by a recent article in the New York Times in which they interviewed people who spent long periods of time in insolation: astronauts living in International Space Station and scientists working in Antarctica. One quote spoke to me: “It’s not a marathon, it’s an ultramarathon.” That is certainly what this pandemic has turned out to be! But no matter, we have some difficult weeks ahead, yet there are a number of vaccines that are coming on line and Penn will start receiving supplies this month. Of course the vaccines are to be deployed to priority individuals such as those living in nursing homes and front line health care providers. Nonetheless, the arrival of vaccines allows us to catch a glimmer of the light at the end of the tunnel.

As usual, I want to thank you for everything you do! Your dedication and hard work is nothing short of inspiring and I am humbled to have

the chance to work with such a wonderful team. Please make sure to take care of yourself. Remember to stick to your routines regarding eating, sleeping and exercise. Remember the things for which you are grateful, which might include the fact that you are blessed with work that makes a difference in other people's lives. Take good care!

P.S. — Please join me for our Town Hall meeting on Wednesday, December 9<sup>th</sup> at 5 p.m. I hope to see you there!

Warmly, m

#### **PSYCHOLOGY INTERNSHIP UPDATE**

The Penn Clinical Psychology Internship Program is in the midst of a significant remodel. The program was started by Mike Kowitt, PhD and has been in existence since 1982 through Pennsylvania Hospital. After Dr. Kowitt's retirement in 2018 the program went through a leadership transition and is now directed by Phil Gehrman, PhD with associate director Jason Lewis, PhD. In the next training year starting July 2021 the program will move to 3535 Market Street and merge with a separate internship led by Keiran Rump, PhD in the Center for Mental Health focused on children and developmental disabilities. They have been working with a larger psychology training committee to develop a new training model that will include many of the current rotations and add a number of new offerings that span the clinical programs of the department. They have just completed the review of applications for the upcoming training year, having received 308 applications, a 65% increase over last year. Interviews will be in January and we will welcome our first class of five interns in the revamped program next summer.

#### **CULTURAL PSYCHIATRY CERTIFICATE PROGRAM EVENT**

The Cultural Psychiatry Certificate Program welcomes you to join Dr. Wendy Gonaver as she discusses her book, [The Peculiar Institution and the Making of Modern Psychiatry, 1840 – 1880](#). The conversation will be on December 10<sup>th</sup> from 12:15 to 1:30. Click [here](#) for the Zoom link. The meeting number is 995 7240 1456 and the password is 348048. *"Though the origins of asylums can be traced to Europe, the systematic segregation of the mentally ill into specialized institutions occurred in the United States only after 1800, just as the struggle to end slavery took hold. In this book, Wendy Gonaver examines the relationship between these two historical developments, showing how slavery and ideas about race shaped early mental health treatment in the United States, especially in the South. She reveals these connections through the histories of two asylums in Virginia: the Eastern Lunatic Asylum in Williamsburg, the first in the nation; and the Central Lunatic Asylum in Petersburg, the first created specifically for African*

*Americans. Eastern Lunatic Asylum was the only institution to accept both slaves and free blacks as patients and to employ slaves as attendants. Drawing from these institutions' untapped archives, Gonaver reveals how slavery influenced ideas about patient liberty, about the proper relationship between caregiver and patient, about what constituted healthy religious belief and unhealthy fanaticism, and about gender. This early form of psychiatric care acted as a precursor to public health policy for generations, and Gonaver's book fills an important gap in the historiography of mental health and race in the nineteenth century."*

---

## **WELLNESS RESOURCES**

Click [here](#) to access our Wellness Resources.

## **THANK YOU FOR YOUR SERVICE.**

---

### **Vision**

Promoting health for the brain and mind to transform lives and the world.

### **Mission**

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.