Dr. Jess Fiedorowicz

Dr. Jess Fiedorowicz wrote a perspective from his experiences in the COVID vaccination clinic as an Op-Ed in the Ottawa Citizen, January 8, 2021

https://ottawacitizen.com/opinion/fiedorowicz-giving-ottawans-the-covid-vaccine-left-an-indelible-impression

This Op-Ed led to being a guest on the Canadian Broadcasting Corporation’s (CBC) Ontario Today open line show on January 19, 2021 with Host Rita Celli. The discussion focused on experiences with the COVID-19 vaccination clinic and personal experiences of the audience with the vaccine. https://www.cbc.ca/listen/live-radio/1-45-ontario-today/clip/15819562-vaccinated-first-person-stories

Dr. Fiedorowicz has been participating as a scientific advisor for the Bipolar Disorder Roadmap Initiative (BDRI) led by the Milken Institute Center for Strategic Philanthropy, who are working with the Sergey Brin Family Foundation and the Brain and Behavior Research Foundation to develop a guide to direct philanthropic contributions to advance the field of research in bipolar disorder forward.

Dr. Fiedorowicz also published an update for the year 2020 as Editor-in-Chief for the Journal of Psychosomatic Research, which saw a massive >50% uptick in submissions over the year (from the mid 800’s in 2019 to over 1300 submissions in 2020):


Dr. Mamta Gautam

Congratulations to Dr. Mamta Gautam for making the Medical Post’s 2021 Power List, as a Physician Wellness Advocate. The list is compiled by Medical Post journalists, who reached out to talk off-the-record to doctors in the power structure and asked them which doctors they think are most influential.

https://www.canadianhealthcarenetwork.ca/the-medical-posts-2021-power-list

Dr. Khalid Bazaid

Congratulations Dr. Bazaid on becoming the WPA Working Group on Medical Students. As a member of the WPA, he will be working to promote psychiatry as a career option for medical students, reduce the stigma surrounding this field, and engage students in diverse research projects. We are certain that Dr. Bazaid will be a valuable member of the WPA as he continues to innovate undergraduate medical education, initiate and promote research, and advocate students’ recruitment in psychiatry.

Best of luck Dr. Bazaid on all your future endeavors.

Star Center Updates

Help Teens & Young Adults Sleep Well: Practical, Evidenced-Based Strategies, January 22, 2021

Presented by Dr. Colleen Carney – Dr. Carney is an Associate professor at Ryerson University and Director of the Sleep and Depression Laboratory. She is also the leading expert on cognitive behavioural insomnia treatment for those with comorbid illness. This workshop used didactics, experiential exercises, & breakout room role-plays to teach the evidence-based Transdiagnostic Sleep and Circadian Rhythm (TransS-C) Intervention which addresses arousal, insomnia, hypersomnia and delayed phase problems.

Attendees of the workshop learned:
- What causes sleep problems and how to identify targets in young adults.
- How to use motivational interviewing techniques to help set beneficial goals.
- How to collaborate with teens on stabilizing their schedule; and much more.

Narrative Exposure Therapy (NET) Workshop, Jan 14-15, 21-22, 28-29, 2021

Presented by Drs Alselm Chrombach, Elisa Kaltenbach, and Simon Hatcher

This workshop provided clinicians with an understanding of the theoretical basis and the practical application of Narrative Exposure Therapy (NET). NET has been shown to be effective in clinical trials and systematic reviews for complex PTSD and trauma related symptoms. Attendees of this workshop learned:
- Foundational knowledge and skills necessary to being using NET in their own research and practice.
- Participants learned about the impact that complex trauma has on the brain and the resulting fear networks that hijack daily functioning.
- By means of lectures and small group experience and practice, participants gained confidence in the strategies used by NET to provide effective and safe interventions.

Fun Opportunity: The Cooking Show for Mental Health Professionals - Massachusetts General Hospital Psychiatry Academy