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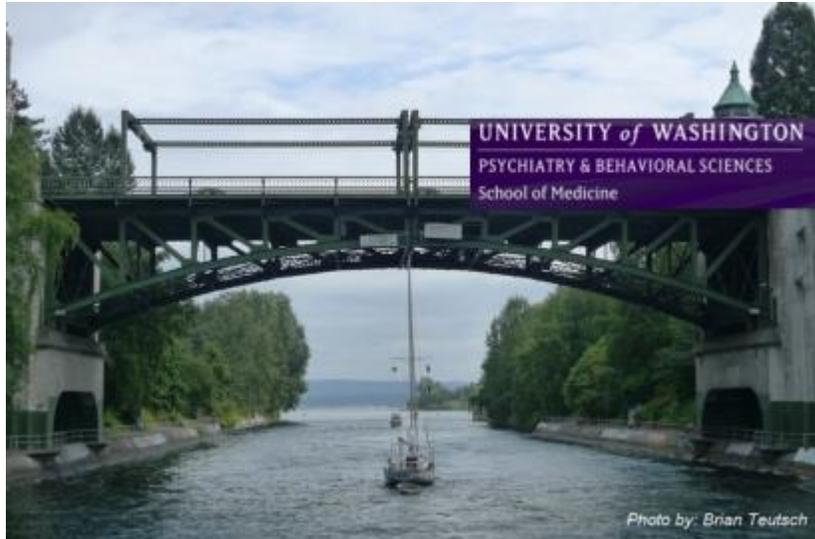
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PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

October 2014

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- ❖ Doug Zatzick, MD, receives new NIH Research Awards To Address Multiple Chronic Conditions

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- ❖ Behavioral Health Integration Program (BHIP) Expands to all Nine UW Neighborhood Clinics

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- ❖ Treating Alcohol Addiction in Native Communities
- ❖ Global Mental Health
- ❖ The Language of Interaction
- ❖ Harm Reduction Research and Treatment (HaRRT) Lab

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- ❖ New Director of Psychiatry Residency Program – Suzanne Murray, MD
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- ❖ Society of Addiction Psychology Invites Proposals for Annual Meeting: Collaborative Perspectives on Addiction
- ❖ Foundational Motivational Interviewing
- ❖ Robert Wood Johnson Foundation Health Policy Fellows Call for Applications
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COMMUNICATIONS:

- ❖ Have a news story or newsletter feature?
- ❖ Call for photos!
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MESSAGE FROM THE CHAIR

Dear Colleagues,

Welcome to our new department newsletter!

I hope you will enjoy reading about department news and catching up on what your colleagues have been up to. With nearly 1,000 regular and clinical faculty, staff, and trainees, our interests vary widely and we don't often have the opportunity to meet in person. In this newsletter, we will profile some of the people and programs that make our Department special, introduce new staff and faculty, and share important developments with the primary goal of helping us all stay in touch. Later this month, we will also launch a new department website. Rosemary Whitright and her team have designed a state-of-the-art website with a new look and easy navigation and we will need all of your help with content to make sure that the new site reflects the great work you do and helps us put our best foot forward. Before long, the new site will link to a feature called 'profiles,' a searchable database that will make it easier to find faculty and staff with specific interests and skills. This fall, we will also initiate an effort to create greater ties to our alumni through a survey and various on- and off-campus activities and starting next year, we will experiment with an "Open Dialogue with the Chair," facilitated by televideo technology. Stay tuned for more on this effort.



Jürgen Unützer, MD, MPH, MA
Professor and Chair

I am now seven months into my new role as department chair and I find it challenging to convey all of the exciting things that are happening in our department, but I'll try.

- We are engaged in strategic planning efforts to better serve our patients as UW Medicine becomes an Accountable Care Network focused on improving the health of populations.
- We are working on expanding our clinical consultation programs in King County, throughout our State and across the WWAMI region.
- We are developing new programs in Maternal and Child Mental Health, Mental Health and Technology, Trauma, Innovative Behavioral Health Interventions, and Global Mental Health, and we are engaged in strategic planning efforts related to our Neurosciences and Addictions research portfolios.
- Our training programs continue to attract some of the best and brightest applicants from around the country and we are looking at new ways to improve our reach to help train and support a strong mental health workforce around the state.
- We have recruited several new faculty members and staff in key leadership roles (see the "New Faculty and Staff" section) and we have a number of ongoing recruitments for faculty positions at UWMC, HMC, SCH, and the VA.
- We have initiated a new symposium series called 'State of Mind' in which we will introduce our department's strategic efforts and goals to community members who can help support our work through financial and other means.
- By far the most important asset we have is our diverse group of faculty, staff, and trainees. To further strengthen our team, we are establishing a new departmental diversity task force to help us recruit and retain trainees and faculty from underrepresented groups.

This list is just the tip of the iceberg and I will provide more information about all of these efforts in future newsletters and communications. In the meantime, I want thank those of you who are featured in this month's newsletter for your outstanding work and I would like to invite all of you to share your news, your ideas and suggestions for this newsletter and other ways we can stay in touch. Please contact our communications team at pbsci@uw.edu with any of the above.

Jürgen

PSYCHIATRY IN THE NEWS

Top Doctors Announced in Seattle Met

Seattle Metropolitan Magazine asked medical professionals in the greater Seattle area to select the medical care providers that they would personally choose for their loved ones. Congratulations to our faculty who were recognized by their colleagues in this way!

- Heidi Combs, MD
- Christos Dagadakis, MD, MPH
- Ray Chih-Jui Hsiao, MD
- Wayne J. Katon, MD
- Bryan King, MD
- Hower Kwon, MD
- Murray Raskind, MD
- Carol Rockhill, MD, PhD
- Mark Snowden, MD
- Jürgen Unützer, MD, MPH, MA

[Anti-craving drug and counseling lower alcohol harm in homeless, without sobriety demands](#) – Susan Collins, PhD, *HSNewsBeat*, May 20, 2014

[Intervention For Chronic Alcoholics Doesn't Require Sobriety](#) - Susan Collins, PhD, KUOW, May 22, 2014

[Rethinking 'the wagon'](#) – Susan Collins, PhD, *Real Change*, June 4, 2014

[Billions spent treating vets with PTSD, but is it working?](#) - Doug Zatzick, MD., MyNorthwest KIRO News, June 24, 2014

[Case Study: Heartbreak and Lessons Learned](#) - Jürgen Unützer, MD, MPH,MA - *Psychiatric News*, June 24, 2014

[Editorial: What's troubling mental-health care? Story: Separate silos of care](#) – Jürgen Unützer, MD, MPH, MA *Seattle Times*, August 16, 2014

[Integrated Care Teams Incorporate Behavioral Health in Primary Care](#) – Marc Avery, MD, *Psychiatry Advisor*, August 29, 2014

[Q&A: Insights to successful depression care for women](#), Wayne Katon, MD – *HSNewsBeat*, August 27, 2014

NEW FACULTY AND STAFF

Maureen Johnson - Academic Human Resources Manager



Maureen recently joined our team as the Academic HR Manager for the Department of Psychiatry and Behavioral Sciences and Staff HR Manager for the Departments of Neurology and Psychiatry and Behavioral Sciences. Maureen brings tremendous expertise from prior work at the Fred Hutchinson Cancer Research Center and UW's Department of Orthopedics and Sports Medicine along with wonderful energy and enthusiasm. We welcome Maureen and look forward to working with her.

Erik Carlson, MD, PhD - Acting Assistant Professor; Neurosciences



Erik completed his residency training with us in the Neuroscience Track. His research interests lie at the interaction between genes, circuits, and experience, and how these interactions elicit mental illness. He is particularly interested in how the cerebellum, which has reciprocal connections with the corticolimbic system, regulates cognition, social interaction, and affective states. Erik received a perfect score on his recently funded KO8 NIMH Career Development Award. He is working with his mentor, Larry Zweifel, PhD to investigate the role of genetic and virally targeted cell populations in deep cerebellar nuclei and cerebellar cortex in cognitive, social and affective function in mice.

Cecilia Breinbauer, MD - Clinical Assistant Professor; Global Mental Health and Center of Excellence in Maternal and Child Mental Health



Cecilia is an experienced Child and Adolescent Psychiatrist and expert on Global Mental Health. She has a joint appointment in the Department of Global Health and will work with us to develop a new Center of Excellence in Maternal and Child Mental Health with both local and global projects. Dr. Breinbauer moved from Chile, her native country, to Washington DC where she collaborated with internationally renowned experts on child and young adolescent development and mental health at the Pan American Health Organization (PAHO), the Inter-American Development Bank (IADB), UNICEF, and various other nonprofit organizations.

Joseph Cerimele, MD - Acting Assistant Professor; Health Services



Joe joined us as a fellow in Primary Care Psychiatry / Health Services Research after completing his residency at Mt. Sinai School of Medicine. He serves as an attending physician on the inpatient unit at UWMC and conducts research on improving recognition and quality of care for primary care patients with bipolar disorder seen in safety net settings. He also serves as a psychiatric consultant in the Washington State Mental Health Integration Program (MHIP) and works with the AIMS Center to develop training materials in Integrated Care for practicing psychiatrists.

John Fortney, PhD - Professor and Associate Director of Research; Integrated Care & Public Health



John recently joined the Department as the Associate Director of Research for the Division of Integrated Care & Public Health (AIMS Center). Originally trained as a geographer, with an emphasis on spatial economics and econometrics, he has become one of only two geographers ever funded by NIMH and a leading expert in Mental Health Services Research. He joins us from the University of Arkansas where he directed a Division of Mental Health Services Research in the Department of Psychiatry. His research focuses on identifying and overcoming barriers to mental health care for rural and otherwise underserved populations and he is an expert in rural mental health and tele-mental health care. John holds a joint appointment as an investigator in the VA Health Services Research and Development (HSR&D) program here in Seattle.

Amanda Focht, MD - Acting Assistant Professor; Medical Director UWMC Outpatient Psychiatry



Amanda graduated from Columbia with a degree in English and completed her post-baccalaureate pre-medical requirements at University of California, Berkeley. She then went on to medical school at Mount Sinai, where she stayed on to complete her psychiatry residency and geriatric psychiatry fellowship. After fellowship, she joined the faculty at Mount Sinai as an Assistant Professor and served as the Assistant Director of the outpatient psychiatry program, a role that included administrative and teaching responsibilities. She has a strong interest in verbal therapies and completed training in psychodynamic psychotherapy and psychoanalysis at the New York Psychoanalytic Institute. She moved to Seattle with her husband, Dr. Matthew Hopperstad, and their eight year-old daughter, Grace.

Ramanpreet Toor, MD – Acting Assistant Professor; Behavioral Health Integration Program



Ramanpreet usually goes by the name “Raman.” She was born and raised in India where she completed her premed. Raman received her MD from Russian State Medical University in Moscow with high honors. She has spent the past five years in Massachusetts for her post graduate training where she completed her residency from Baystate Medical Center, Tufts School of Medicine and psychosomatic medicine fellowship from Cambridge Health Alliance, Harvard Medical School. Raman’s areas of interest are collaborative care and women’s mental health. She enjoys traveling, dancing, and good food.

HONORS AND AWARDS

Jesse Fann, MD, MPH receives Academy of Psychosomatic Medicine Honors



Dr. Jesse Fann is the recipient of the Academy of Psychosomatic Medicine 2014 Research Award. The Annual Research Award honors an individual studying psychopathology in the medically ill and is intended to recognize a currently active researcher in the field of psychiatry of the medically ill.

Sarah Walker, PhD recognized as MacArthur Foundation Champion of Change



Dr. Sarah Cusworth Walker received a [Champion for Change award from the MacArthur Foundation](#) for work on juvenile justice reform last December. She has worked extensively with Washington Models for Change Initiative.

Dennis Donovan, PhD Appointed to New National Committee



Dr. Dennis Donovan, Director of the University of Washington Alcohol and Drug Abuse Institute (ADAI), has been appointed to and serves as one of the 17 members of a National Academy of Sciences' Institute of Medicine (IOM) Committee to Evaluate the Department of Veterans Affairs Mental Health Services.

Judith Turner, PhD becomes president of Pain Society



Dr. Judith Turner has been elected the next President of the *International Association for the Study of Pain*, the most prestigious pain society in the world. She is the third UW Pain faculty member to have been elected to this office and the UW is the only university where more than one faculty member has been IASP president. UW professors John Bonica and John Loeser have served in this role in the past.

Jeremy J. Clark, PhD receives Presidential Early Career Award



Dr. Jeremy Clark is among this year's recipients of a Presidential Early Career Award for Scientists and Engineers. Clark was recognized for his studies on the neurobiology of motivated behavior. As part of his award, NIH has substantially extended the funding for his current R01.

Jürgen Unützer, MD, MPH awarded the American Psychiatric Association's Health Services Research Senior Scholar Award

Dr. Jürgen Unützer, has been selected to receive the American Psychiatric Association's Health Services Research Senior Scholar Award. He will be accepting the award and presenting a lecture at the IPS meeting in San Francisco this October. The theme of this year's conference is [Integrating Science and Care in a New Era of Population Health](#).



Joseph Cerimele, MD given the American Psychiatric Association's Early Career Health Services Research Award



Dr. Joseph Cerimele is receiving the American Psychiatric Association's Early Career Health Services Research Award and is presenting a lecture at the October meeting in San Francisco titled "Bipolar Disorder in Primary Care: Clinical Characteristics and Gaps in Quality of Care." Dr. Cerimele is also presenting as part of a workshop on bipolar disorder treated in primary care.

Anna Ratzliff, MD, PhD earns AAP Early Career Development Award



Dr. Anna Ratzliff received the AAP (Association for Academic Psychiatry) Early Career Award is for her contribution to the development of educational materials to support integrated care. An important part of this work is the development of an elective rotation in Collaborative Care to teach psychiatric residents about integrated care. The materials for this rotation are available on the [AIMS Center website](#). Anna is excited to continue her work in this exciting emerging field of psychiatry!

Doug Zatzick, MD, receives new NIH Research Awards To Address Multiple Chronic Conditions

Douglas Zatzick, MD received one of three new research awards from the National Institutes of Health's (NIH) [Health Care Systems \(HCS\) Research Collaboratory](#) to address the growing proportion of the U.S. population that has multiple chronic medical conditions. Dr. Zatzick's project -- A Policy Relevant U.S. Trauma Care System Pragmatic Trial for PTSD and Comorbidity -- focuses on patients who are being treated for acute physical injuries and who also have conditions such post-traumatic stress disorder, alcohol and drug use problems, depression, chronic pain, and other medical conditions. The trial will be conducted



in partnership with 20 Level I trauma centers across the United States. This project will be primarily overseen by the National Institute of Mental Health and secondarily by the National Institute on Alcohol Abuse and Alcoholism. [Press release](#)

CLINICAL PROGRAMS

Enhancing Rural Primary Care Access to Mental Health and Opioid Management Consultations in Washington Via Telehealth

Richard Veith, MD and colleagues in the Department of Psychiatry and Behavioral Sciences with support from faculty in Anesthesiology & Pain Medicine and in UW Medicine are conducting a four-year telehealth project funded by the HRSA Office for Advancing Telehealth to address critical shortages in mental health care and pain management in rural, underserved sites in Washington State. The lack of mental health services leads to under-treatment, higher rates of suicide, increased use of emergency services, and hospitalizations. Compounding the problems related to inadequate access to mental health care, primary care providers (PCPs) in rural areas report having inadequate skills to manage mental health problems, especially serious psychiatric disorders and conditions aggravated by co-occurring substance abuse. [Read more.](#)

For more information please contact [Richard Veith, MD.](#)

Behavioral Health Integration Program (BHIP) Expands to all Nine UW Neighborhood Clinics

Mental health services offered by UW Medicine will increase with the expansion of the Behavioral Health Integration Program (BHIP) to all nine UW Neighborhood clinics later this year. BHIP uses the Collaborative Care model developed at UW for treating common mental health conditions such as depression and anxiety in primary care. In BHIP, UW psychiatrists work as clinic-based psychiatric consultants who are responsible for supporting mental health care provided by primary care providers and behavioral health care managers as well as providing direct patient consultations. This allows us to reach patients in primary care where many of them present for care and to leverage the skills of psychiatric consultants to reach larger patient populations. [Read more.](#)

For more information please contact [Marc Avery, MD.](#)

RESEARCH

Treating Alcohol Addiction in Native Communities

Faculty from the Departments of Psychiatry and Behavioral Sciences and Epidemiology are partnering with three American Indian and Alaska Native communities on an NIH-funded study to investigate whether or not motivational incentives can improve alcohol addiction treatment in American Indian and Alaska Native communities. [Read more.](#)

Global Mental Health

The Department of Psychiatry and Behavioral Sciences and the London School of Hygiene and Tropical Medicine have agreed to collaborate on research, training, and capacity building efforts in the areas of Global Health and Maternal and Child Mental Health. The vision outlined in the Memorandum of Understanding is to develop, evaluate, and help implement cost-effective interventions to improve well-being and health in underserved populations. This may include work in low and middle income countries but also in rural or otherwise underserved areas of high income countries such as those in Europe or the United States. Visit the [Centre for Global Mental Health](#) to learn more about the London School's work in this area.

The Language of Interaction

Behavioral interventions such as psychotherapy are leading, evidence-based practices for a variety of problems (e.g., substance abuse), but the evaluation of provider fidelity to behavioral interventions is limited by the need for human judgment. A recent paper by David Atkins, PhD, evaluated the accuracy of statistical text classification in replicating human-based judgments of provider fidelity in one specific psychotherapy—motivational interviewing (MI).

[Atkins, D. C., Steyvers, M., Imel, Z. E., & Smyth, P. \(2014\). Scaling up the evaluation of psychotherapy: Evaluating motivational interviewing fidelity via statistical text classification. *Implementation Science*, 9, 49. doi: 10.1186/1748-5908-9-49](#)

A second paper pointed to possibilities for studying how psychotherapy works at the level of the language within a therapy session.

[Imel, Z. E., Steyvers, M., & Atkins, D. C. \(2014, May 26\). Computational psychotherapy research: Scaling up the evaluation of patient-provider interactions. *Psychotherapy*. Advance online publication.](#)

Harm Reduction Research and Treatment (HaRRT) Lab



Susan Collins, PhD



Seema Clifasefi, PhD

Susan Collins, PhD, and Seema Clifasefi, PhD, collaborate with students, substance users and the agencies that serve them to develop, conduct and evaluate community-based interventions that help substance users reduce their substance-related harm and improve their quality of life on their own terms.

Read more about the projects and interventions on their [HaRRT](#)

[website.](#)

EDUCATION

Education Program Leadership Transitions

- ❖ Dr. Suzanne Murray, MD will succeed Deborah Cowley, MD, Director of our Psychiatry Residency program, starting on February 16, 2015. Dr. Murray is a graduate of our residency program and our geriatric psychiatry fellowship, an Associate Professor in our department, and a highly experienced psychiatric educator. She has served as Associate Residency Director at UWMC for the past 12 years and has extensive clinical and leadership experience in consultation-liaison and inpatient psychiatry. Over the past decade, she has held important roles in medical student and residency education at UW on a national level. She has won departmental and national awards as an outstanding clinician teacher. We are truly fortunate to have a person with Dr. Murray's skills and experience take over this important role.

Dr. Cowley will continue in her role as Vice Chair for Education, working closely with all of us as we continue to improve and grow our departmental training efforts.

- ❖ Ray Hsiao, MD succeeded Christopher Varley, MD as Director of our Child and Adolescent Psychiatry (CAP) fellowship, effective July 1, 2014. Dr. Hsiao is a graduate of our residency program and of our CAP and Addiction Psychiatry fellowships. His clinical and teaching expertise is in adolescent addictions, he has won awards as a teacher and as an outstanding clinician teacher faculty member, and he has held leadership roles in major regional and national psychiatric professional organizations. Dr. Varley has taken on the role of Director of Education and Faculty Development for our Child and Adolescent Psychiatry Division.
- ❖ As of May 1, 2014, Stephen Thielke, MD, MPH, MA succeeded Marcella Pascualy, MD as Director of our Geriatric Psychiatry fellowship. Dr. Thielke completed our residency, geriatric psychiatry fellowship, and geriatric health services research fellowship and is an accomplished teacher, clinician, and researcher. Dr. Pascualy will continue to direct our Psychosomatic Medicine fellowship.
- ❖ As of August 28, 2014, Rebecca Engelberg, MD is our new Associate Residency Director at the University of Washington Outpatient Psychiatry Center, succeeding Julie Lord, MD. Dr. Engelberg is a graduate of our residency and geriatric psychiatry fellowship and has a strong interest in psychotherapy practice and education.

Education Awards

At the September 2014 annual meeting of the Association for Academic Psychiatry (AAP), Anna Ratzliff MD, PhD received the AAP Early Career Development Award and Thomas Soeprono, MD (Psychosomatic Medicine fellow) received the AAP Fellowship Award. Congratulations to Drs. Ratzliff and Soeprono for this national recognition of their excellence as educators!

Chris Varley, MD, Professor and program director for child and adolescent psychiatry, has won the 2015 Parker J. Palmer Courage to Teach Award. The award honors program directors who find innovative ways to teach residents and to provide quality health care while remaining connected to the initial impulse to care for others in this environment. Ten program directors are selected each year out of a pool of nearly 9,000. Varley will be honored at the 2015 ACGME Annual Conference. [Read more](#) about the award on the ACGME site.

Psychology and Psychiatry Recruitment

We are all looking forward to the beginning of a new recruitment season, and are asking all of you to help us attract the best and brightest applicants for next year's class of Psychology and Psychiatry Residents and Fellows!

Grand Rounds

When: On select Fridays from 12:00pm - 1:00pm

Where: Harborview Medical Center, Research and Training Building, Room 109

Streaming Video: UWMC BB-1640

For Live Streaming and video click [here](#).

Grand Rounds is a Continuing Medical Education (CME) program which consists of a series of educational lectures from department faculty and speakers from other institutions around the country. These lectures are open to the public.

- ❖ October 17, 2014 – Ian Cook, MD – Neurostimulation Treatments in Psychiatry
- ❖ November 7, 2014 - Megan Moreno, MD, MPH – Title to be announced

[Join the Grand Rounds Mailing List for up-to-date information.](#)

On-line Training for Opioid Abuse with COPE-REMS



Discover training and resources at COPE-REMS, an interactive, multimedia training experience aimed at preventing opioid misuse and abuse and preventing deaths from opioid overdose. Mark Sullivan, MD, PhD is the Executive Director. [Start training here.](#)



EVENTS and OPPORTUNITIES

Society of Addiction Psychology Invites Proposals for Annual Meeting: Collaborative Perspectives on Addiction, October 20, November 20, and January 20

The Society of Addiction Psychology (APA Division 50) invites proposals for their 3rd Annual Mid-Year Meeting, Collaborative Perspectives on Addiction: The Changing Landscapes of Addiction, to be held on March 6-7, 2015 at The Hotel Monaco Baltimore in Downtown Baltimore, MD. They are seeking ½ day Workshop Proposals (due October 20), Symposia Proposals (due November 20), and Poster Proposals (due January 20; consideration for travel award due November 20). Travel awards will be available for those who submit Poster Proposals by November 20th. If you have questions please contact Katie Witkiewitz at katiew@unm.edu. Call for proposals, hotel information, and online registration now [available](#).

Foundational Motivational Interviewing, November 4-5

Course objectives for the Foundational Motivational Interviewing include describing a conceptual model for enhancing client motivation and reducing resistance, discussion on why confrontational interventions often fail, and more. Click [here](#) to register.

Robert Wood Johnson Foundation Health Policy Fellows Call for Applications, November 13

The Robert Wood Johnson Foundation Health Policy Fellows program provides the nation's most comprehensive fellowship experience at the nexus of health science, policy and politics in Washington, D.C. It is an outstanding opportunity for exceptional midcareer health professionals and behavioral and social scientists with an interest in health and health care policy promoting the health of the nation. Fellows participate in the policy process at the federal level and use that leadership experience to improve health, health care and health policy. Deadline: November 13. For more information click [here](#).

ITHS Grant Writing Workshop, November 18-19

The Institute of Translational Health Sciences (ITHS) is offering an interactive grant writing workshop designed for junior faculty who are preparing grant applications to the NIH. The workshop focuses on how to communicate the key elements of successful NIH proposals through the use of didactics and experiential learning. Click [here](#) to register.

COMMUNICATIONS TEAM

Have a news story or newsletter feature?

Our communications team helps publicize the great work coming out of our department and works closely with the UW Medicine Marketing team. Please contact [Rebecca Sladek](#) or [Rosemary Whitright](#) if you have newsworthy items to share for this newsletter, UW, or the media.

Call for photos!

Does your program or center have good photos representative of your work? We're trying to build a photo library of department work to use on our website and in other communication materials. Please pass along your pics to [Rebecca Sladek](#) or [Rosemary Whitright](#).

Credits:

Editors: [Rosemary Whitright](#) and [Rebecca Sladek](#)

Section Editors:

- New faculty and staff: Maureen Johnson
- Education: Deb Cowley
- Clinical Programs: Mark Snowden

Lead Designer & Developer: [Colleen Himes](#)

Header Photograph (Banner added): [Brian Teutsch's "Montlake Bridge"](#)

More Information:

If you have a question, want to receive this newsletter, or would like to be removed from this mailing send an email to PBSCI@uw.edu.

The media relations staff at UW Medicine/UW Health Sciences can help publicize your work and prepare you for interviews. Please contact [Rebecca Sladek](#) or [Rosemary Whitright](#) for more information.

THIS NEWSLETTER WAS SENT BY:
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