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SALZBURG WEILL CORNELL PSYCHIATRY SEMINAR

June 30 – July 6, 2019

- 30 fellows from 23 different countries and regions
- 6 faculty members from the United States
- 15 lectures, 1 case presentation session and 1 group work session given by faculty
- 27 interesting case presentations by fellows
- 7 excellent case presentations selected by faculty

Faculty Photo (L-R)
Anna Dickerman, MD; Barbara Milrod, MD; Robert L. Hughes, JD; Richard A. Friedman, MD;
John C. Markowitz, MD and John W. Barnhill, MD (Course Director)
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**2019 Salzburg Weill Cornell Seminar in Psychiatry**

Sunday 30 June – Saturday 6 July 2019
WEILL CORNELL SEMINAR in SALZBURG

"Psychiatry"

June 30 – July 6, 2019

FACULTY
Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children’s Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.

Wolfgang Aulitzky, MD

Director, Open Medical Institute

**American Austrian Foundation**

Associate Dean and Gerhard Andlinger Professor for International Medicine & Distance Learning
Adjunct Professor of Clinical Urology
Adjunct Professor of Clinical Reproductive Medicine

**Weill Medical College of Cornell University**

Adjunct Professor of Pediatrics

**Perelman School of Medicine at the Children's Hospital of Philadelphia**

Associate Professor of Urology

**Medical University of Innsbruck, Austria**

Kärntner Straße 51/II/Top 4
1010 Vienna
Austria

Phone: +43-1-533-8658
Fax: +43-1-533-8658-10
Email: w.aulitzky@openmedicalinstitute.org
John W. Barnhill, MD (Course Director) is vice chair for consultation-liaison psychiatry at New York Presbyterian Hospital/Weill Cornell Medicine, where he is professor of clinical psychiatry, professor of medical ethics, and a DeWitt Wallace Senior Scholar. He is a psychoanalytic lecturer at Columbia University’s Psychoanalytic Center, where he chairs the Ethics Committee. He directs the house staff mental health program for NYP/WCM physician trainees and directs the employee assistant program for the New York Mets baseball team. He does psychiatric screening for patients who are being evaluated for heart transplants at NYP. Within the psychiatry department, he directs faculty development and the promotions process. Dr. Barnhill has taught and done clinical consultations in Africa, Asia, and the Middle East. Dr. Barnhill has recently edited 3 textbooks: The Approach to the Psychiatric Patient (2nd edition, APA 2019); Co-Occurring Mental Illness and Substance Use Disorders: A Guide To Diagnosis and Treatment (APA 2018, with Jonathan Avery); and DSM-5 Clinical Cases (APA 2014). This is Dr. Barnhill’s 5th trip to Salzburg.

John W. Barnhill, MD
Professor of Clinical Psychiatry and Medical Ethics
DeWitt Wallace Senior Scholar
Vice Chair for Psychosomatic Medicine
Department of Psychiatry
Weill Cornell Medical College
New York Presbyterian Hospital/Weill Cornell Medical Center
525 East 68th Street, Box 181
New York, NY 10065
USA

Phone: +1-212-746-3671
Fax: +1-212-746-5946
Email: jwb2001@med.cornell.edu
Anna Dickerman, MD is an Assistant Professor of Clinical Psychiatry at Weill Cornell Medicine, and an Assistant Attending Psychiatrist at New York-Presbyterian Hospital. As Chief of the Psychiatric Consultation-Liaison Service, Dr. Dickerman supervises residents doing psychiatric consultations on patients in medical and surgical settings. In addition to her academic and hospital clinical responsibilities, she maintains an active faculty practice in psychiatry and psychotherapy. Dr. Dickerman attended Harvard College, where she graduated magna cum laude with highest honors in field. Following her undergraduate studies, she received her M.D. degree at The New York University School of Medicine, where she was elected to the Alpha Omega Alpha medical honor society. She completed her residency in Adult Psychiatry at New York Presbyterian Hospital/Weil Cornell Medical Center, where she received the Payne Whitney Faculty Council Award for Excellence in Teaching and the Consultation Psychiatry Department Trainee Award. Following her residency, Dr. Dickerman completed a fellowship in Psychosomatic Medicine (Consultation-Liaison Psychiatry) at the Columbia University Medical Center. She also completed psychoanalytic fellowships at the Columbia University Center for Psychoanalytic Training and Research, and the American Psychoanalytic Association. She is a recipient of the William L. Webb Fellowship Award from the Academy of Consultation-Liaison Psychiatry, and is a Fellow of the American Psychiatric Association. Dr. Dickerman has been published on a broad variety of topics in Psychiatry, including papers on subjects ranging from thyroid testing in psychiatric patients to the management of depression in palliative care. She has written or co-written textbook chapters on psychodynamic psychotherapy, personality disorders, somatic symptom disorders, psycho-oncology and HIV Psychiatry. Dr. Dickerman has also co-edited multiple study guides from American Psychiatric Publication. From 2015-2018, she served on the Scientific Program Committee of the American Psychiatric Association.

Anna Dickerman, MD
Chief, Consultation-Liaison Psychiatry Service
Assistant Attending Psychiatrist
New York-Presbyterian Hospital
Assistant Professor of Clinical Psychiatry
Weill Cornell Medical College
Weill Cornell Medicine I New York-Presbyterian
Psychiatry
525 East 68th Street, Box #140
New York, NY 10065
USA

Phone: +1-212-746-3529
Fax: +1-212-746-5946
Email: and2033@med.cornell.edu
Richard A. Friedman, MD is Professor of Clinical Psychiatry at Weill Cornell Medical College and Director of the Psychopharmacology Clinic in the Department of Psychiatry. Dr. Friedman has a particular interest and expertise in the psychopharmacology and neurobiology of mood disorders, and in particular, treatment-resistant depression. Recently, he has done research in the military’s use of various psychotropic medications in active duty troops during the Iraq and Afghanistan wars and is now extending this research to the veteran population. Dr. Friedman is actively involved in teaching and training psychiatric residents and is Director of Student Mental Health at Weill Cornell Medical College. He has also done research in depressive disorders, including studies of new medications for depression and a large collaborative study of the genetics and neurobiology of bipolar disorder. Dr. Friedman has authored publications in the New England Journal of Medicine the Journal of the American Medical Association, the American Journal of Psychiatry, among others. He is also a contributing Op-Ed writer at the New York Times where he writes on mental health, addiction, human behavior, and neuroscience.

Richard A. Friedman, MD  
Professor of Clinical Psychiatry  
Director of Psychopharmacology Clinic  
Weill Cornell Medical College  
Weill Cornell Medicine, NewYork-Presbyterian  
Psychiatry  
525 East 68th Street, Box 140  
New York, NY 10065  
USA  
Phone: +1-212-746-5775  
Fax: +1-212-746-8976  
Email: rafriedm@med.cornell.edu
Robert L. Hughes, JD, Director, K-12, the Bill and Melinda Gates Foundation, oversees all aspects of the foundation’s five-year, $1.5 billion effort to increase the number of Black, Latinx and low-income students who graduate from high school and are on track to attain a credential with labor market value within one year of graduation. Prior work includes leading New Visions for Public Schools (2002-16) which created 106 innovative district and charter high schools as well as a teacher and leader preparation program. Trained as a lawyer, he was co-counsel on several institutional litigation matters, including Campaign for Fiscal Equity v. State of New York, (successful state constitutional challenge to New York State’s education finance system). He graduated from Dartmouth (AB, 1984) and Stanford (JD, 1989), has served on numerous boards and has written the New York Times, the Wall Street Journal, Fast Company and a series of law journals. He is married to Richard Friedman, MD.

Robert L. Hughes, JD
Director, K-12, the Bill and Melinda Gates Foundation
USA

Email: bob.hughes@gatesfoundation.org
John C. Markowitz, MD is a Research Psychiatrist at the New York State Psychiatric Institute and Professor of Clinical Psychiatry at the Columbia University College of Physicians & Surgeons. Dr. Markowitz received his medical degree from Columbia University in 1982 and completed psychiatric residency training at the New York Hospital-Cornell Medical Center in 1986. He trained in cognitive behavioral therapy and is a Founding Fellow at the Center for Cognitive Therapy in Philadelphia, and trained in interpersonal psychotherapy (IPT) with the late Gerald L. Klerman, M.D. at Cornell. Dr. Markowitz has conducted clinical research involving psychotherapy and pharmacotherapy of mood, anxiety, and personality disorders. Since moving to Columbia University/New York State Psychiatric Institute in 2001, he has focused on personality disorders and posttraumatic stress disorder (PTSD), with grants from the National Institute of Mental Health, NARSAD, and other foundations. He has lectured widely on IPT and other topics. Dr. Markowitz is author, co-author, or editor of 20 books (including Interpersonal Psychotherapy for Posttraumatic Stress Disorder, Oxford U. Press, 2016) and more than three hundred peer-reviewed articles and chapters. He serves on several journal editorial boards and was Editor-in-Chief of Comprehensive Psychiatry.

John C. Markowitz, MD
Research Psychiatrist
New York State Psychiatric Institute
Professor of Clinical Psychiatry
Columbia University College of Physicians & Surgeons
1051 Riverside Drive, Unit #129
New York, NY 10032
USA

Phone:  +1-646-774-8098
Email:  jcm42@cumc.columbia.edu
Barbara Milrod, MD is Professor of Psychiatry at Weill Cornell Medical College and serves on the Faculty of both the New York Psychoanalytic Institute and the Columbia Psychoanalytic Institute for Treatment and Research. She is the first person to operationalize, test, demonstrate efficacy, and replicate studies for a scientifically credible, reliably reproducible form of psychodynamic psychotherapy for DSM Axis I Anxiety Disorders, Panic Focused Psychodynamic Psychotherapy (PFPP). Dr. Milrod has tested this treatment in adults with panic disorder and agoraphobia, in anxiety disorder non-responders to standard forms of treatment, and she has operationalized major modifications of this treatment for children and adolescents with anxiety disorders, in a modification called Child Anxiety Psychodynamic Psychotherapy (CAPP). CAPP has been tested in a small study of children and teens aged 8-16 with primary generalized anxiety disorder, social anxiety disorder and separation anxiety disorder. She is also studying US Veterans at three Veterans Administration hospitals with PTSD with a modification of this treatment.

Barbara Milrod, MD
Professor of Psychiatry
Weill Cornell Medicine
New York, NY
USA

Email: bmilrod@med.cornell.edu
WEILL CORNELL SEMINAR in SALZBURG

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FELLOWS
Amrah Abdullayev, MD
Referans Polyclinic
Department of Psychiatry
25A Mirgasimov
AZ1033 Baku
Azerbaijan
amrah.abdullayev@gmail.com

Ece Aqtas Ertan, MD
Ankara University Faculty of Medicine
Department of Psychiatry
Mamak Street
06340 Ankara
Turkey
eceagtas@windowslive.com

Sergey Belous, MD, MSc
Republican psychiatric hospital
Department of Psychiatry
Akta 8
050000 Almaty
Kazakhstan
1sb@bk.ru

Julieta Bermudez Gomez, MD
National Psychiatry Institute
Department of Psychiatry
Calzada Mexico-Xochimilco 101
14370 Mexico City
Mexico
jbego89@gmail.com

Hugo Guillermo Cornu Rojas, MD
Fray Bernardino Alvarez Psychiatric Hospital
Nino Jesus 2
14000 Mexico City
Mexico
hgdoelp@hotmail.com
Olanrewaju Ibigbami, MBChB  
State Specialist Hospital Osogbo, Osun State, Nigeria.  
Department of Psychiatry  
Asubiaro  
230222 Osogbo  
Nigeria  
oibigbami@yahoo.com

Biljana Iliev, MSc  
International Slavic University  
Department of Psychiatry  
Str. Marsal Tito No 77  
2220 Sv.Nikole  
North Macedonia  
biliev@live.com

Gantulga Javzandulam, MD  
National Center for Mental Health  
Department of Psychiatry  
50th street  
+976 Ulaanbaatar  
Mongolia  
mentorgantulga@gmail.com

Stepanka Kickova, MD, PhD  
Charles University 2nd Faculty of Medicine and University Hospital Motol  
Department of Psychiatry  
V Uvalu 84  
15006 Prague  
Czech Republic  
stepanka.beranova@centrum.cz

Aleksandra Klasinc, MD  
Psihiatricna bolnisnica Ormoz - Psychiatric hospital Ormoz  
Plujska Cesta 33  
2270 Ormoz  
Slovenia  
sandra_klasinc@yahoo.com

Antonin Kolek, MD  
University Hospital Olomouc  
Department of Psychiatry  
I.P. Pavlova 6  
77900 Olomouc  
Czech Republic  
antonin.kolek@gmail.com
June 30, Sunday. I arrived in Salzburg by train in the afternoon, coming from Vienna. It was a short trip from the Czech Republic, and it was an extremely hot day. I took a bus as instructed, it was very easy and clear. When I got off the bus at the “Volksgarten” bus stop, I met one of my colleagues, and we got to the Schloss Arenberg together. The hotel is located on a little hill surrounded by a garden. After I filled in some formal papers, I was accommodated in a nice single room with air conditioning, which was very nice since it was extremely hot that day. At 7 p.m. there was an officially reception meeting with drinks, where I got to meet the Faculty and all the participants from different countries. There were 32 participants from 26 countries. I met the other 2 Czech guys and 1 girl from Slovakia, and we enjoyed our first dinner together.

July 1, Monday. At 8 a.m. there was an official introduction to our seminar on Psychiatry and we had to take a pre-seminar test. I was very surprised that I had to write a test here. I still don’t know the results. In the morning there was the first lecture from John W. Barnhill on The Case write up, in which he explained to us how to write an interesting case. Too bad I had already prepared my presentation at home! Afterward, there was a lecture on Race, Poverty and Schools and we had to divide into small groups of 4-5 people and discuss our different school systems. Then the lecture about Cognitive Decline was told by Richard A. Friedman. In the end there was the first fellows case presentation. After a great lunch there was a lecture on Schizophrenia in adolescence and young adulthood. In the evening we went for a walk into a city center and had some beer.

July 2, Tuesday. In the morning, we started lessons with the topic about psychotherapy. First there was a lecture about Time limited psychotherapy, which was told by John C. Markowitz. After the coffee break, he continued with interpersonal therapy. The rest of the lectures we told by Barbara L. Milrod which talked about PTSD and anxiety. She also showed us a youtube video about her case. Another case presentation from my colleague followed. In the afternoon we went to a swimming pool that was nearby and relax a bit.

July 3, Wednesday. We started the day with lectures about writing to a public with Richard A. Friedman, we talked about how to make our writing more interesting to the public. Then there was a lecture about Schizophrenia. At the end of the day there was a talk about new depression therapies, ketamine and brexanolone. Few other case presentations from my colleagues were told. As we had a free afternoon, we decided to go on a trip. We took a bus to St. Gilgen, which is a village that is near the Wolfgangsee. It was very nice there. We went for a little walk around the lake and some people went swimming. We ended up having dinner there.
July 4, Thursday. In the morning there was different lectures concerning co-occurring disorders and subspecialization, which was very interesting for me. Then there was a consult cases presentation which I personally found very useful and interesting since I do consult in my hospital. Anna Dickerman had a lecture on delirium. I found out that the 2 most common medication for delirium in the Czech Republic are not registered in the U.S. After lunch there were some more fellow’s case presentations. Before dinner I went to do some jogging and then had a little rest in my room. Others went to the swimming pool again or for a tour to a local brewery. At the end of this day there was a wonderful concert of classical music that was organized for us at the Schloss.

July 5, Friday. Friday should be our last day with lectures and presentations. According to our schedule, there should be a lecture on psychodynamics of pain that I am really looking forward to. Today is also my case presentation and I am a bit nervous about it since I have to present it in English.

Looking back at the week, I am very happy and grateful that I could have been here. It was a great opportunity to meet and discuss with people from different countries. I would like to thank everybody who helped to prepare this seminar.

Sona Dudeskova, MD (Czech Republic)
June 30, Sunday evening. I arrived to Salzburg by train, coming from Vienna. I arrived to Vienna by plane from Kutaisi, Georgia, so I had the possibility to walk a little around Vienna. The trip was comfortable and it was easy to find Schloss Arenberg using the instructions send us by seminar organizers. I was so happy to visit Salzburg Cathedral during Sunday church service and to listen to absolutely charming music. Then, I returned to Schloss Arenberg and after filling in some formal papers and leaving the luggage in a nice room, there was the first meeting about practical organization of the seminar, which was held in a very friendly atmosphere following with nice dinner with fellows. It was interesting to meet Faculty and all the participants from different countries. Despite it was first time we met each other it was the feeling we all were old friends with common interests and sense of humour. After the dinner I had a walk in the night in Salzburg and it was magic with its narrow streets and medieval atmosphere.

July 1, Monday. We had breakfast at 7 am and while it was too early for me, I was full of energy and readiness to start training. At 8 o’clock, John W. Barnhill welcomed us to the seminar, and we took the pre-seminar test. It was a little bit complicated, but I was calm, as all the issues will be considered during the seminar. The first lecture was done by Robert L. Hughes about Race, Poverty and Schools. It was very actual and problematic theme and all the participants were involved into discussion. Then we had an extremely interesting lecture about Neurobiology of Cognitive Decline and Cognitive Enhancement lectured by Richard L. Hughes. It was a really helpful information. It was very comfortable to ask questions during the lecture and I really appreciated this kind of interaction with the auditory. After a healthy and tasty lunch, we took the group photo with the faculty. Afterwards we continued with participant’s case presentations, we were actively discussing really interesting cases, especially I liked case about mental problems during Parkinson disease. After dinner I went for a walk along the riverside.

July 2, Tuesday. In the morning, we started with the topic about Time Limited Psychotherapy by John C. Markowitz. It was informative and participants themselves were sharing their experience and opinions during the lecture. For me from the following case presentations the most interesting case was about child psychiatry made by college from Nigeria. After the coffee break we had an absolutely amazing lecture by Barbara L. Milrod about Dynamic treatment for Anxiety and PTSD. Besides the knowledge her lecture charged us with positive energy. And after lunch we had a pleasure to listen to Barbara once more about clinical case from her practice. This was a really interesting and video case was followed with active discussion. Thereafter with my new friends from Armenia and Bulgaria we went for a walk to the wonderful Hohensalzburg Castle which is located just on the hill near the city center and can be seen from every part of Salzburg. We visited the Hohensalzburg museum and got a lot of information about Austrian history. The view from the castle was stunning from all the sides and I took a huge amount of wonderful pictures which will remind me this beautiful day.
July 3, Wednesday. We started the day with lecture about writing for the public by Richard A. Friedman. It was so practically useful information that all participants we actively interacting during the session. It was the day for my case presentation and I was feeling a bit nervous, but my colleagues met my presentation warm and with interest. There were several exciting fellows’ case presentations and one of the most impressive was about Teratoma made by my colleague from Mexico. After lunch we had the possibility to gain knowledge about new tendencies in treatment of resistant depression with Ketamine and Brexanolone. Thereafter we had a free afternoon and our course was divided into several groups: one did a Hop-on Hop-off bus tour to the lakes the others took a walk around the city.

July 4, Thursday. This day was full of interesting cases made presented by the fellows and especially by John Barnhill and Anna Dickerman. The most unusual case from a fellow was about Niman-pick disease. And my special attention deserved cases about psychotic and addiction co-occurring disorders as it is relevant to my sphere of interest. We enthusiastically listened to Anna Dickerman about Cognitive Problems in the Hospitalized Elderly. The Lunch was tasty and healthy just like in other days. In the evening we had an opportunity to immerse into the atmosphere of Austrian culture with a chamber music concert in Schloss Arenberg.

July 5, Friday. We started the last day with the topic of Psychodinamics of Pain by Anna Dickerman and followed with fellow’s case presentations. After the coffee break we had a discussion with all faculty about what it means to be a psychiatrist and how to became a researcher or psychotherapist. Than we completed the post-seminar test and after the seminar all questions seemed to be clear and simple. In evening we got the certificates and had an amazing graduation dinner.

July 6, Saturday. It was the day of departures and looking back at last week I want to express my gratitude to the all who made this seminar possible and gave me the opportunity for professional development, gaining new knowledge and meeting amazing people from all over the world. I will bring the gained knowledge to my country and share it with my colleagues. It was a priceless experience and I am leaving a part of my heart in Salzburg with the hope to be part of Salzburg Weill Cornell Seminar in Psychiatry once more.

Olgha Kukhianidze, MD (Georgia)