

# Department of Psychiatry

Instruction in psychiatry is given during the second, third and fourth years of the medical curriculum. Emphasis is on the teaching of psychiatry as a medical discipline, including the biological, social and psychological mechanisms and manifestations of psychiatric illness as well as psychological reactions to other illnesses. Psychiatric disorders are common and disabling illnesses. An explosion of knowledge resulting from research in neuroscience, genetics and epidemiology is leading to exciting advances in understanding and treating these disorders. Our department is heavily involved in this research, and our didactic curriculum integrates current clinical information with research advances to help students develop the knowledge, skills and attitudes to recognize these illnesses and understand the basic principles of treatment.

## William Greenleaf Eliot Division of Child & Adolescent Psychiatry

The Division of Child & Adolescent Psychiatry (<http://wuchild.wustl.edu/>) offers a varied teaching program for medical students, residents in psychiatry, and fellows at St. Louis Children's Hospital and the Child Psychiatry Center. The center provides outpatient services to children with an array of mental disorders. Trainees are assigned to these various services, where they participate in diagnostic evaluations and see patients in treatment, under the supervision of a fellow and the attending physician.

**Website:** <http://www.psychiatry.wustl.edu>

## Faculty

### Department Chair

**Charles F. Zorumski, MD** (<https://psychiatry.wustl.edu/people/charles-zorumski-md/>)

Visit our website for more information about our faculty (<http://www.psychiatry.wustl.edu/Faculty/>) and their appointments.

### A

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Professor of Psychiatry (primary appointment)  
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MD Saint Louis University 1989  
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L

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## M

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### **Daniel T. Mamah, MD**

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### **Gregory Warren Mattingly, MD**

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## N

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**S**

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MD Washington Univ in St. Louis 1974

**Barbara Sue Silverstein, MSW, PHD**

Assistant Professor of Clinical Psychiatry (Child Psychiatry) (primary appointment)  
MSW Washington Univ in St. Louis 1981  
BS University of Missouri 1978



PHD Saint Louis University 1992

**Nathan M Simon, MD, MS**

Professor Emeritus of Clinical Psychiatry (primary appointment)  
BS Yale University 1949  
MD Washington Univ in St. Louis 1955  
MS Yale University 1950

**Reed Earl Simpson, MD**

Assistant Professor of Clinical Psychiatry (primary appointment)  
MD Washington Univ in St. Louis 1976  
BA Wabash College 1972

**Judith Ann Skala, RN, RN, PHD, MA**

Assistant Professor of Psychiatry (primary appointment)  
RN St Louis Community College 1981  
RN 1981  
BS Washington Univ in St. Louis 1989  
PHD Washington Univ in St. Louis 2001  
MA Washington Univ in St. Louis 1992

**Stacey L Smith, MD**

Assistant Professor of Clinical Psychiatry (primary appointment)  
MD Northwestern University 1991  
BA Northwestern University 1986

**Timothy Eric Spiegel, MD**

Associate Professor of Psychiatry (Child Psychiatry) (primary appointment)  
BS Saint Louis University 2006  
MD University of Utah 2011

**Afshan Sultana**

Instructor in Psychiatry (Child) (primary appointment)

**Yun Ju Sung, PHD**

Associate Professor of Psychiatry (primary appointment)  
Associate Professor of Biostatistics  
PHD University of Minnesota 2003

**Dragan M Svrakic, MD, PHD**

Professor of Psychiatry (primary appointment)  
MD University of Belgrade 1978  
PHD University of Belgrade 1989

**Chad M Sylvester, MD, PHD**

Assistant Professor of Psychiatry (Child Psychiatry) (primary appointment)  
MD Washington Univ in St. Louis 2009  
PHD Washington Univ in St. Louis 2009  
BS University of Notre Dame 2001

**T**

**Mini Tandon, DOST**

Associate Professor of Psychiatry (Child Psychiatry) (primary appointment)  
BS Truman State University 1997  
DOST Kansas Cty Univ Med/Bioscience 2002

**Alexandre Todorov, M ED, PHD**

Professor of Psychiatry (primary appointment)

M ED Vanderbilt University 1988  
PHD Louisiana St University 1992  
BS Vanderbilt University 1985

**Ludwig Trillo Alvarez, MD**

Instructor in Psychiatry (primary appointment)  
MD Universidad de San Agustin 2005

**V**

**Jeffrey A. Vander Kooi, MD**

Instructor in Clinical Psychiatry (primary appointment)  
BS University of Iowa 1997  
MD University of Iowa 2002

**W**

**Mary C. Waldron, PHD**

Adjunct Assistant Professor of Psychiatry (primary appointment)  
PHD University of Virginia 2004

**Marysia Weber**

Instructor in Clinical Psychiatry (primary appointment)

**Reuben R Welch II, PHD, M ED**

Professor of Psychiatry (primary appointment)  
PHD University of Missouri 1988  
BA Point Loma Nazrene College 1980  
M ED University of Missouri 1982

**Michael L Wenzinger, MD**

Instructor in Psychiatry (Child) (primary appointment)  
MD Eastern Virginia Med School 2014

**Diana J Whalen, PHD, PHD**

Assistant Professor of Psychiatry (primary appointment)  
BS University of Pittsburgh 2005  
PHD University of Pittsburgh 2014  
PHD University of Pittsburgh 2014  
BS University of Pittsburgh 2005

**Denise Wilfley, PHD**

Professor of Psychiatry (primary appointment)  
Professor of Medicine  
Professor of Pediatrics  
Professor of Psychological & Brain Sciences  
Scott Rudolph University Professor  
PHD University of Missouri Columbi 1989

**Joshua L Wilson**

Instructor in Psychiatry (primary appointment)

**Katie E Wilson, MD1**

Instructor in Psychiatry (Child) (primary appointment)  
MD1 Wake Forest University 2004

**Matthew Stewart Wilson**

Instructor in Clinical Psychiatry (primary appointment)

**Eric Nicholas Wittrock, DOST**

instructor in Psychiatry (primary appointment)

DOST Kansas State University 2011

**Edwin D Wolfram, MD**

Assistant Professor of Clinical Psychiatry (primary appointment)  
MD University of Iowa 1959  
BS Iowa State University 1954

**Fay Yeh Womer, MD**

Associate Professor of Psychiatry (primary appointment)  
MD University of Connecticut 2003  
BS Washington Univ in St. Louis 1999

**David F Wozniak, MA, PHD**

Professor of Psychiatry (primary appointment)  
Adjunct Associate Professor of Psychological & Brain Sciences  
MA Connecticut College 1977  
BA Hobart College 1973  
PHD Washington Univ in St. Louis 1984

**Y**

**Carla Marie Yuede, PHD**

Associate Professor of Psychiatry (primary appointment)  
Associate Professor of Neurology  
Associate Professor of Neuroscience  
PHD University of MO St Louis 2006

**Sean H Yutzey**

Adjunct Professor of Psychiatry (primary appointment)

**Z**

**Charles F Zorumski, MD**

Samuel B. Guze Professor of Psychiatry (primary appointment)  
Head of the Department of Psychiatry  
Professor of Neuroscience  
MD Saint Louis University 1978  
BA Saint Louis University 1974

**Jorge Sergio Zwir, BSCS, MS, PHD**

Assistant Professor of Psychiatry (primary appointment)  
BSCS Universidad del Buenos Aires 1991  
MS Universidad del Buenos Aires 1995  
PHD University of Granada 2001

## Research Electives

### Psychiatry Research Electives

During the fourth year, opportunities exist for many varieties of advanced clinical or research experiences.

**Note to Students:** There are always a number of research projects in the Department of Psychiatry. For additional information, contact Dr. Rubin at 314-362-2462.

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**Andrey Anokhin, PhD**

Genetics of the Brain, Behavior and Psychopathology  
Central Institute for the Deaf (CID) Building  
660 S. Euclid Ave., Suite 1  
Phone: 314-286-2201  
andrey@wustl.edu

This research elective is intended for students interested in cognitive neuroscience, biological psychiatry, and behavior genetics. Dr. Anokhin's laboratory investigates the links between genes, brain and behavior in order to better understand the complex etiology of mental disorders. Our major focus is on the externalizing spectrum of psychopathology characterized by deficits in inhibitory self-regulation and related psychopathologies, including ADHD, conduct disorder and addictive behaviors. We are particularly interested in the intermediate phenotypes (endophenotypes) mediating genetic risk for addiction, such as impulsivity, risk taking, and abnormal reward processing. In our laboratory-based studies with human volunteers, including twins, we investigate individual differences in brain activity using the recording of brain oscillations (event-related brain potentials) and functional magnetic resonance imaging (fMRI). For example, an ongoing longitudinal study of adolescent twins explores the developmental and genetic determinants of brain activity related to reward and punishment processing, inhibitory control of behavior, and risk taking to identify prospective predictors of substance abuse and associated behavioral problems. In another ongoing study, we examine twins who are discordant for adolescent marijuana use in order to identify the consequences of substance abuse for the brain, cognition and emotion and to distinguish them from preexisting risk factors. Interested students will be able to learn a variety of methods used in these studies, such as the recording and analysis of neural activity, including electroencephalogram (EEG) and event-related brain potentials (ERPs), MRI scanning, startle response, autonomic measures, the administration of neuropsychological and behavioral tests, and the statistical analysis of data. The format of this research elective may include the following: (1) directed reading; (2) participation in laboratory experiments involving human subjects; (3) analysis of existing data from various research projects; and (4) designing and piloting new behavioral experiments. Qualifications include reliability and responsibility, the ability to commit a specified amount of time per week and to work a schedule that can be negotiated on an individual basis, and good computer skills.

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**Deanna M. Barch, PhD**

Cognitive and Affective Neuroscience of Schizophrenia and Depression  
4525 Scott Avenue, Suite 1153K  
Phone: 314-747-2160

Students may participate in the conduct of clinical studies of schizophrenia and depression. Involvement in clinical studies can include training and experience in interviewing psychiatric patients, or it may involve gaining experience in the techniques of assessing cognitive and emotional function using behavioral and brain imaging methods.

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**Laura Jean Bierut, MD**

Maternity Building  
Phone: 314-362-2544

This research elective will focus on analyzing data from high-risk studies of smoking and other addictions. Students will have the opportunity to examine genetic and environmental factors that place some individuals at risk for developing nicotine, alcohol and other substance dependence and that protect others from the development of these disorders.

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**Kevin J. Black, MD**

4525 Scott Ave., Room 2205  
Phone: 314-362-5041  
kevin@wustl.edu

Students will participate in ongoing studies of brain imaging, movement disorders or neuropsychiatric illnesses. Degree of participation will relate to the student's available research time, skills and interest. Visit the laboratory's webpage (<http://www.nil.wustl.edu/labs/kevin/>) for examples of past research.

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**Ginger E. Nicol, MD**

Taylor Avenue Building, Suite 121  
Phone: 314-362-5154

We are part of the Healthy Mind Lab in the department of psychiatry, and our clinical research broadly focuses on increasing longevity and quality of life in children, adolescents, adults and older adults. Our specific projects focus primarily on obesity treatment and prevention, and they include clinical and genetic studies of psychotropic medications known to cause weight gain, like antipsychotic agents. We are interested in developing and testing medication-assisted psychotherapies with agents like ketamine and psilocybin for weight management and disordered eating. We also employ mobile health (mHealth) tools for collecting data and for delivering healthy lifestyle and behavioral weight loss treatments, and we use precision functional brain mapping and EEG-guided transcranial magnetic stimulation (TMS-EEG) to study individual, brain-based mechanisms of illness and treatment response. This elective offers the student a broad exposure to clinical research protocols, including protocols in adults and children. Students will have an opportunity to focus on a particular project of interest.

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**Rumi Kato Price, PhD, MPE**

Central Institute for the Deaf (CID) Building  
4560 Clayton Rd.  
Phone: 314-286-2283

Medical students, post- and pre-doctoral students, and clinical fellows will work closely with Dr. Price and her collaborators on ongoing research projects in psychological trauma, substance abuse, psychiatric epidemiology and methodologies relevant for prevention and intervention in the community research context. Current projects include epidemiology and clinical studies of human trafficking and gender-based violence in the St. Louis region as well as in a global context. We work closely with the Institute for Public Health, and we collaborate with multidisciplinary researchers, community leaders, international governmental agencies, and NGOs.

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**Psychiatric and Behavioral Health  
Sciences Concentration**

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**Rumi Kato Price, PhD, MPE (concentration program director); Patricia Cavazos-Rehg, PhD; Sarah Hartz, PhD MD; Ginger Nicol, MD**

Taylor Avenue Building (TAB)  
660 S. Taylor Ave.  
Phone: 314-286-2283

Courses are held at the Institute for Public Health TAB building. The Psychiatric and Behavioral Health concentration is an integral component of the Master of Population Health Sciences (MPHS) and taught by psychiatry faculty members. The concentration provides clinician-researchers, postdoctoral fellows, and advanced medical and other graduate students with strong conceptual and methodological skills required for the design, advanced analysis and interpretation of epidemiological and treatment-effectiveness studies. Didactic training focuses on the understanding of disease phenotypes and developmental trajectories; understanding the underlying biological and environmental factors and their interactions; understanding the role of psychiatric and substance abuse epidemiology in disease prevention and intervention locally and globally; and evaluating psychiatric clinical treatment and management of psychopathology, including digital applications. A fellow/student has an option of applying for an MPHS degree program or taking appropriate courses as part of their training or academic program.

Current available courses include the following:

1. M19 PHS 562 Addictions and Addictive Behaviors (Course director: S. Hartz, MD; 3 credits): This course provides an overview of the principles of substance-related addictions and the processes and mechanisms that underlie addiction. Students will work on data analysis and manuscript preparation simultaneously.
2. M19 PHS 5656 Global Burden of Diseases: Methods and Applications / S55 MPH 4003 (Course director: R.K. Price, PhD; 3 credits): This course provides an overview of the current methods for studying the global burden of medical and psychiatric diseases from a multidisciplinary perspective.
3. M19 PHS 566 Psychiatric and Behavioral Assessment in the Digital Age (Course directors: G. Nicol, MD, and P. Cavazos-Rehg, PhD; 2 credits): The first segment of this course introduces psychiatric disorder nosology and diagnostic assessment and screeners. The second segment will provide didactic and student-initiated digital applications of evidence-based prevention and intervention examples coupled with implementation frameworks of such digital applications.

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## Courses

Visit online course listings to view offerings for M85 Psych (<https://courses.wustl.edu/CourseInfo.aspx?sch=M&dept=M85>).

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### **M85 Psych 676A Diseases of the Nervous System: Psychiatry**

This course will emphasize the diagnosis of major psychiatric illnesses in adults and children. Psychiatric diseases will be described in terms of epidemiology, clinical presentations, natural history, genetics, differential diagnosis and clinical management. Biological and psychological influences on these diseases will be presented. Interviewing techniques and performance of the mental status exam will be demonstrated by patient interviews.  
Credit 44 units.

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### **M85 Psych 770 Psychiatry Clerkship**

Students spend three weeks on the inpatient psychiatry service of Barnes-Jewish Hospital at the main campus unit. Students evaluate and treat patients with psychiatric illness under the supervision of house staff and an attending physician. Students are also assigned for one week at either an ambulatory treatment site or an inpatient consult-liaison service. There is also an opportunity for students to gain exposure to emergency psychiatric services in the Barnes-Jewish Hospital emergency department. The clerkships includes required attendance at teaching conferences, including small-group sessions with WUSM clinical faculty and upper-level psychiatry residents. Students are responsible for completing learning exercises and other assignments.  
Credit 154 units.

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### **M85 Psych 771 Ambulatory Clerkship: Psychiatry for Generalists**

Up to 2 students may elect to pursue their ambulatory medicine selective through the psychiatry department. Students participate in clinical duties depending on assigned locations, which can include the BJH adult psychiatry clinic, a community mental health center, the Wash U child and adolescent psychiatry clinic, and both the adult and child psychiatry consultation services. Students will also submit a written review of a relevant clinical topic of their choice. There are no call obligations at any clinical site.

Credit 154 units.

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### **M85 Psych 805 Psychiatry Consult Subinternship**

Students spend four weeks on the psychiatry consult service at Barnes-Jewish Hospital. Under the supervision of house staff and attending physicians, students participate in the evaluation and collaborative management of inpatients on medical and surgical units for a broad range of psychiatric and behavioral concerns. They learn about the intersection between psychiatry and other medical specialties and important skills for collaborative patient care. Students attend departmental conferences and other educational sessions, and they also prepare and present a clinical topical review of their choice

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### **M85 Psych 810 Outpatient Community Psychiatry**

This elective will provide the student with a significant outpatient experience in Psychiatry. Students will be paired with a Resident physician and have exposure to two adult clinics and one child clinic over the course of the rotation. Students will observe and assist in the diagnosis and treatment of patients in the clinic setting. Students will also attend scheduled lectures and conferences over the course of the rotation relevant to outpatient Psychiatry. During the elective, the student will learn about the outpatient presentations of psychiatric disorders, a variety of treatment techniques (psychotherapy and psychopharmacology), and general principles of outpatient clinical management.

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### **M85 Psych 836 Inpatient Psychiatry Subinternship**

This is a senior rotation that provides the students with an opportunity to expand their knowledge of inpatient clinical psychiatry by functioning as interns. Students attend all staffing and teaching conferences given to first-year psychiatry residents, take patients in rotation, and share night call with first-year residents approximately every fifth night. Immediate supervision is provided by the inpatient attending, and additional supervision can be arranged as desired. Teaching emphasis is directed toward psychiatric diagnosis, appropriate use of psychopharmacologic agents, psychotherapeutic intervention, use of community resources and pursuit of the psychiatric scientific literature. The student will write a self-selected clinical topic relevant to treatment and management of psychiatric inpatients.

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### **M85 Psych 840 Child Psychiatry**

This elective in child psychiatry utilizes the Child Psychiatry Outpatient Clinic and the consult-liaison service at St. Louis Children's Hospital. It provides experience in age-appropriate diagnostic and treatment methods in children and adolescents. A portion of the student's time may be spent on the inpatient behavioral unit at St. Louis Children's Hospital if interested and if circumstances permit. A paper on a topic of the student's choosing is required.

**M85 Psych 844 Forensic Psychiatry**

The medical student will be actively involved in many aspects of forensic psychiatry including civil litigation, workman's compensation, malpractice, civil commitment, and guardianship. There may be opportunities to be involved in criminal forensic issues. The student will work with several instructors within the Department of Psychiatry but will primarily meet with the Course Director a minimum of two hours per week. They will also work with The BJH Manager of Case Management and The City of St Louis Probate Court. The student will also be assigned readings of landmark cases, textbooks, psychiatric expert opinions, legal filing with the probate court and attend civil hearings. The student will learn relevant criminal statutes regarding competency and civil commitment, causation in civil litigation, the concept of medical malpractice and risk assessment of violence and suicide. There may be the opportunity to witness sexually violent predator evaluations and/or treatment. The student will be required to research and write an opinion on a specific approved topic in forensic psychiatry. The objectives will be measured by attendance and by formal evaluation of the student's participation and knowledge during the supervision discussion. It will also be determined by the originality, thoroughness, and quality of the research paper.

**M85 Psych 855 Introduction to Eating Disorders**

Students will learn the basics of assessment, participate in groups that focus on family education, gain experience in interdisciplinary psychiatric team work, attend case discussions with psychiatrists, and participate in treatment planning. Students will be able to describe core symptoms, recommend treatment options, and discuss the medical, nutritional, and psychiatric components of treatment.

**M85 Psych 880 Schizophrenia Precursors & Prodromal States**

This is an opportunity for trainees to gain experience in the evaluation of children and adolescents who may be at high risk for schizophrenia. The rotation would center around the "First Contact Assessment Service", which evaluates patients who show characteristics suggestive of prodromal schizophrenia (such as new-onset attenuated psychotic symptoms along with recent deterioration in functioning) and/or early life characteristics that may indicate risk for developing schizophrenia later in life (for example, nonspecific social/emotional/behavioral symptoms in a child/adolescent with a strong family history of schizophrenia). Since the full symptoms of schizophrenia are often preceded by a wide range of childhood behavioral and developmental abnormalities, this rotation would also help trainees integrate information regarding the continuity between childhood development and adult psychopathology. Trainee would observe all aspects of First Contact evaluations (including semi-structured diagnostic interviews and examination of subtle neurological signs), participate in case discussions, and observe follow-up consultations involving patients with psychotic and/or complex neurodevelopmental disorders. Trainee would also be required to write a literature review on a topic relevant to the rotation.

**M85 Psych 889 Interventional Psychiatry**

Interventional Psychiatry involves the application of procedures including ECT (Electroconvulsive Therapy), rTMS (Repetitive Transcranial Magnetic Stimulation) and other neuromodulation techniques such as VNS (Vagus Nerve Stimulation) in the treatment of medication-resistant psychiatric illness. The student will learn about indications for ECT and rTMS, participate

in the clinical management of patients undergoing these interventions and will receive training in the application of these procedures. As cases become available, the student will be involved in evaluations of patients receiving VNS. The student will participate in the evaluations of patients referred to the Treatment Resistant Depression Clinic supervised by Dr. Charles Conway. The student will be encouraged to review appropriate literature and make clinically relevant case-oriented presentations. The student will be expected to write a review of a self-selected clinic topic relevant to interventional psychiatry. As advances in the field occur, the rotation may also involve exposure to individuals receiving other modalities of intervention, such as esketamine for treatment resistant depression.

**M85 Psych 900 Research Elective-Psychiatry**

Research opportunities may be available. If interested, please contact the Department of Psychiatry.