



PHILIPPINE PSYCHIATRISTS IN AMERICA

The Official Newsletter of the PPA



President’s Message

Maria Isabel Lapid, M.D.

Welcome to the PPA 2015 Spring edition newsletter. One of the joys of living in Minnesota is experiencing the passing of the seasons. After a week of heavy April showers, I woke up this morning to see a beautiful light blanket of white snow outside, which later turned into a snowstorm-like weather unexpectedly, but as I left at the end of the day it was sunny and calm and everything looked beautiful. It was uplifting to leave my office building and walk into a beautiful late afternoon. It makes me very excited about spring!

It is also an exciting time, as the APA Annual Meeting is coming up, and therefore our annual PPA meeting is coming up too!!! We have a great meeting planned, an excellent guest speaker, a very nice venue, and we guarantee excellent food and of course excellent company! We hope to see you all in Toronto! But before then, I invite you to visit our website now, and join or renew your membership online. (See page 2 for instructions.)

I am grateful to Dr. Buddy Ligot, Immediate Past-President, for all his support and guidance and all the work he is doing behind the scenes to run the PPA!

News Updates

Did you know?

- ◆ Our **41st PPA Annual Meeting** is on **Sunday, May 17, 2015, 11:30am-2:00pm**, at Pearl King in Toronto. Please RSVP now! See invitation and program on page 3.
- ◆ We have an updated website: <http://ppa-online.weebly.com> - check it out now!

2015 Membership Dues Information

Lifetime: \$500.00

Annual: \$100.00

Member-in-Training (MIT): \$25.00



**AMERICAN PSYCHIATRIC ASSOCIATION
168TH ANNUAL MEETING
Toronto, Canada • May 16-20, 2015**

Ways to renew or join:

1. Use PayPal or credit card online

Go to <http://ppa-online.weebly.com/> → click on “Membership”

2. Print and fill out membership form (page 6) and mail with check payable to Philippine Psychiatrists in America (PPA) to Dr. Alice Saldana, PPA Secretary/Treasurer, 10 River Oaks Drive, Grand Island, NY 14072
3. At the Annual Meeting



Meet and welcome our new MIT member: Dr. Lagman!

“I was born and raised in the Province of Guimaras. I completed my BS Biology at UP Visayas and Medicine at the West Visayas State University School of Medicine (1998-2002) in Iloilo City. I was a Municipal SK President while doing my medicine. The salary I received helped me finance my medical schooling.



I completed Pediatrics residency at West Visayas State University Medical Center (2003 - 2006). Then, I was petitioned by my boyfriend, now my husband Larry (also a Filipino, naturalized US Citizen) to go here in the US. I have been here in Philadelphia since June 2007. I started my family and worked at an outpatient mental health which is owned by a Filipino psychiatrist, Dr. Minda Magundayao. I worked there for 5 years. I decided to take USMLE in 2011. I was blessed to be accepted into psychiatry residency here at Albert Einstein Medical Center, Philadelphia in 2013. I am currently a PGY2 and planning to go into Child and Adolescent psychiatry. I have two children of my own: a 6 year-old son (Justin) and a 20 month-old daughter (Larisa). “

Jasmin Gange Lagman

You are cordially invited to the
41st Annual Meeting of the
Philippine Psychiatrists of America

on Sunday, May 17, 2015, 12:00-2:00 pm

Pearl King Restaurant

291 King St W Toronto ON M5J 1W5 Canada

Program

11:30 am Registration

12:00 pm Luncheon

12:30 pm Welcome Remarks, Dr. Maria Lapid, President

12:45 pm Guest speaker, Dr. Gertie Quitangon

*Clinical Assistant Professor of Psychiatry,
NYU School of Medicine*

“Vicarious Trauma: Bearing Witness to Disasters”

1:25 pm Business meeting

1:45 pm Networking

2:00pm Adjourn

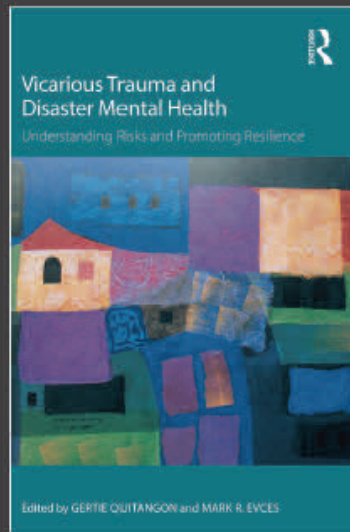
Please **RSVP** by **Friday, May 8, 2015**

By email: lapid.maria@mayo.edu

Meet and welcome our Guest Speaker

Dr. Gertie Quitangon

Gertie Quitangon, MD, is a Clinical Assistant Professor of Psychiatry at the New York University School of Medicine and is on faculty at the NYU Public Psychiatry Fellowship. She is currently the medical director at Chapel Street Center, a community-based outpatient clinic of the Department of Veteran Affairs New York Harbor Healthcare System.



Baldemor, Manuel. *Kay Ganda ng Himig sa Baghaw na Paligid (The Beauty of the Sound of Blue Surroundings)*. 1995

January 2015: 6 x 9: 208pp
3 Illustrations

Hb: 978-1-138-79329-3 | \$160.00
Pb: 978-1-138-79330-9 | \$49.95
eBook: 978-1-315-76134-3

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Series Editor Foreword Figley Introduction 1. Understanding Vicarious Trauma 1. What is vicarious trauma? Evces 2. What factors can predict susceptibility to vicarious trauma? Quitangon, St. Cyr, Nelson 3. What are the barriers to addressing vicarious trauma? *Hammerslough* II. Understanding Disasters 4. What do we need to know about disasters? Quitangon 5. How different is Psychological First Aid from other psychotherapeutic modalities? Watson 6. How do we understand disaster-related vicarious trauma, secondary traumatic stress and compassion fatigue? *Naturale* III. Understanding Vicarious Resilience 7. What is vicarious resilience? Nelson, St. Cyr 8. What factors are associated with vicarious resilience? Nelson, St. Cyr 9. What are the positive effects from working with victims of trauma? Nelson, St. Cyr IV. Managing Vicarious Trauma In Disasters 10. How do we measure vicarious trauma? St. Cyr 11. How can we rescue ourselves from vicarious trauma? Kaplan 12. What can organizations do to address vicarious trauma in disasters? Quitangon, Evces V. Navigating Resources on Vicarious Trauma and Disaster 13. What resources are available on vicarious trauma? Iqbal, Lavy, Evces 14. How do we navigate relevant information on disasters? Ryu, Lavy, Evces Appendix Index

20% Discount with this flyer until December 31, 2015

Vicarious Trauma and Disaster Mental Health

Understanding Risks and Promoting Resilience

Edited by **Gertie Quitangon** and **Mark R. Evces**

Series: *Psychosocial Stress Series*

Vicarious Trauma and Disaster Mental Health offers insight and analysis of the research and theory behind vicarious trauma and compares and contrasts with other work-impact concepts. It proposes practical evidence-informed personal strategies and organizational approaches that address five cognitive schemas (safety, esteem, trust, control and intimacy) disrupted in vicarious trauma. With an emphasis on the psychological health and safety of mental health providers in the post-disaster workplace, this book represents a shift in perspective and provides a framework for the promotion of worker resilience in the standard of practice in disaster management.

20% Discount Available - enter the code IRK71 at checkout*

Hb: 978-1-138-79329-3 | \$128.00
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For more details, or to request a copy for review, please contact: Paris West, Marketing Assistant, Paris.West@taylorandfrancis.com

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www.routledge.com/9781138793309

Many thanks to our PPA Annual Meeting organizing group—Drs. Buddy Ligot, Alice Saldana, Norma Panahon, and Alvin Panahon- who went to Toronto in search of a venue for our conference. Thank you your hard work is much appreciated!



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Special Lunch Menu

Shrimp Dumplings: Har Kau - 雪花蝦餃
Scallop & Shrimp Dumpling - 翡翠帶子餃

Shrimp & Pork Dumpling - 鮮蝦粉菓
B.B.Q. Pork Bun - 蜜味叉燒飽
Eggplant Stuffed W. Shrimp - 鮮蝦釀茄子
Garlic Shrimp Dumpling - 蒜茸蝦角

Fried Beef Short Ribs Honey Pepper - 蜜椒牛仔骨
Cantonese Chow Mein

Mango ice cream
Fried Banana



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10 River Oaks Drive
Grand Island, NY 14072

<http://ppa-online.weebly.com/>

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Membership dues (check one)

Lifetime \$500

Annual \$100

Member-in-Training \$25

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Questions? Contact Maria Lapid, MD (507) 316-3855