



Association of Gay and Lesbian Psychiatrists

OPENING MINDS

VOLUME XXVIII(4) · OCTOBER 2002

In this issue . . .

AGLP San Francisco 2003 <i>Dan Karasic, M.D., Vice-President</i>	1
Editor's Column <i>Cheryl Chessick, M.D.</i>	2
President's Column <i>Mary Barber, M.D.</i>	3
Book Review <i>Queer Blues</i> , by <i>Kimeron Hardin, Ph.D. and Marny Hall, Ph.D.</i>	4
Announcements	6
Interview: Julie Schulman, M.D. <i>Cheryl Chessick, M.D.</i>	7
AGLP 2002 Business Meeting <i>Meeting Minutes</i>	8
AGLP Contributors List	11
APA Election 2003 <i>The Candidates Respond</i>	12
Membership Forms	16



Zeum, the San Francisco children's interactive art museum, site of the AGLP Opening Reception

Entertainment, education (and CME credits) await you by the Golden Gate in May

Dan Karasic, MD

Start making your arrangements now for the AGLP and APA 2003 meeting in San Francisco, May 17-23. AGLP and the San Francisco local arrangements committee are working to make the meeting the most memorable yet.

We will be expanding the Saturday symposium to a full day of presentations and discussions on LGBT mental health care across the life cycle. The conference will be co-sponsored by the University of California, San Francisco. With this co-sponsorship, we will be offering CME credit. We are getting assistance from the UCSF's LGBT Resources Coordinator and the UCSF Lesbian Health Research Center. Through these collaborations, we hope to offer an unequalled educational experience in LGBT mental health care.

The conference will be held at the brand new San Francisco Downtown Courtyard Marriott, at 2nd and Folsom Streets (299 Second Street), just 3 blocks from the APA meeting at the Moscone Center. Rooms are \$199/night single or double occupancy (and \$20 for additional guests), and can be reserved by calling 800-321-2211 and asking for the AGLP block (group code AGLP). We've reserved only a limited block, so call now if you're planning to come to

The Newsletter of the
*Association of Gay and
 Lesbian Psychiatrists*

Editor, Cheryl Chessick, M.D.

Published quarterly from 4455 East 12th Avenue,
 Box A-00-11-21, Denver, Colorado 80220.

The views expressed in the *Newsletter* are those of the writer and do not necessarily represent the opinions of the Association of Gay and Lesbian Psychiatrists. The sexual orientation of any writer or any person mentioned in the *Newsletter* should not be inferred unless specifically stated. Mailing lists for the *Newsletter* are confidential, to be used only by the Association of Gay and Lesbian Psychiatrists, and do not imply sexual orientation.

INFORMATION FOR AUTHORS

Persons wishing to submit articles for publication should send them to: Cheryl Chessick, M.D., Editor, *Newsletter* of AGLP; is 4455 East 12th Avenue, Box A-00-11-21, Denver, Colorado 80220. (Phone: 303-315-9884, FAX 303-315-9570, E-mail:cheryl9753@aol.com). Submissions should be clearly readable. Submissions on electronic media (5.25 or 3.5 inch floppy disks) in IBM compatible formats are appreciated. A hard copy should be included along with a notation indicating which word processing program was used. Submissions become the property of AGLP and will not be returned unless requested and accompanied by a self-addressed and stamped envelope. The *Newsletter* reserves the right to make editorial changes and to shorten articles to fit space limitations. Name, address, daytime telephone number, and a short biographical statement about the author should accompany the submission even if the author requests anonymity in publication (which is discouraged). The deadline for inclusion in the next issue is January 15, 2003.

ADVERTISING RATES

The *Newsletter* of the Association of Gay and Lesbian Psychiatrists accepts limited advertising depending upon space and applicability to issues affecting psychiatrists who either are gay or lesbian or treat gay and lesbian patients. The mailing lists for AGLP are confidential and never sold or provided to any vendor.

Full Page Ad	\$200
Half-Page Ad	\$125
Business Card	\$50

Community service announcements are printed without charge, but are accepted only on a limited basis depending upon space limitations and applicability.

OFFICERS OF THE ASSOCIATION OF GAY AND LESBIAN PSYCHIATRISTS

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Editor's Column

Cheryl Chessick, M.D.

Well, if it isn't fall again. Everything in Colorado is already crisp; we go from summer to winter with snow already having fallen in the mountains.

I first want to acknowledge our Distinguished Service Award winner from this last year's meeting. This went to Dr. Jon Fryer whom I wanted to just say congratulations to and to acknowledge in our newsletter under my column. I have always enjoyed and valued Jon's thoughtfulness and wisdom around issues concerning our organization.

I have started a new process that I hope will continue for years. I randomly chose someone from our membership to interview. This turned out to be Dr. Julie Schulman and the interview is in this edition of the newsletter. For the next newsletter, Dr. Schulman will continue the process by picking another member of AGLP randomly and interviewing that person for the next newsletter...something like paying it forward. The hope is to get many more AGLP member's thoughts and idea and what ever the heck they are doing these days out for other members to know of. This is a way to get to know out members a little bit.

The tenth anniversary of Amendment two is this fall. I certainly see changes for the better in Colorado i.e. no formal "Family Values" organization and people seem more comfortable with "gay" people or they have just learned to hide it better. We still have a ways to go but I have hope that we will get there, eventually.

We are also on the anniversary of 911. I was in New York City not too long ago. From what I hear, people seem to take just a moment longer to make sure their neighbor is okay. NYC was quite busy and continuing to grow and heal from at least the outside. I hope we keep all the folks affected by this tragic event in our minds and hearts. Please enjoy the rest of the newsletter and note the upcoming important information about the AGLP/APA meetings in San Francisco.

Thanks, Cheryl

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President's Column

Mary Barber, M.D.

As I hurried to catch the train back to NYC from Washington, DC after the AGLP fall meeting, I ran headlong into the brave new world of travel post-9-11. The boarding gates had been roped off, and police and security guards were posted to prevent anyone from going back to where the train tracks were. All we were told was that they were "checking something." Several minutes later, the police abruptly closed one of the stores near the gates, and ushered all the salespeople out. I could feel my body tensing up as the minutes passed and the crowd grew. We were given no timeline for how long this "checking" might take.

I called my partner to tell her the news, and she suggested I should consider getting out of the train station. "But then I might miss the train. Anyway, they didn't say we should evacuate. I'm sure they would do that if they thought it was unsafe to be here." "What do they know, they don't know anything!" my partner replied. Of course she's right, I thought anxiously. What a different conversation we would have had over a year ago in a similar situation. Then, we would have been expressing our annoyance about the inconvenience, the obtuseness of security people, the unpredictability of travel. About 30 minutes later, we departed from a different track than had been posted, and the trip proceeded without incident. Still, it was a chilling reminder of how much things have changed since the last AGLP fall meeting on September 8, 2001.

Little incidents like this make me all the more thankful that we can come together to meet, get work done, and catch up on each other's lives in DC each year. I'd like to thank everyone who participated in this year's fall meeting, as well as those who attended the mini-mini retreat we held before the meeting to wrap up work begun last May. We used the follow-up retreat to hammer out our mission and vision statements, and to come up with a slogan that will appear under our name on stationery and on our web site. In coming up with these statements, we drew upon the priorities we discussed at our last retreat in Philadelphia.

So, without further ado, here they are:

The Association of Gay and Lesbian Psychiatrists (AGLP) strives to be a community for the personal and professional growth of all Lesbian Gay Bisexual and Transgendered psychiatrists and to be the recognized authority on LGBT mental health issues.

Mission: The Association of Gay and Lesbian Psychiatrists (AGLP) provides networking and support for Lesbian Gay Bisexual and Transgendered psychiatrists and education and advocacy on LGBT mental health issues.

Vision: The Association of Gay and Lesbian Psychiatrists (AGLP) strives to be a community for the personal and professional growth of all Lesbian Gay Bisexual and Transgendered psychiatrists and to be the recognized authority on LGBT mental health issues.

Slogan: Opening Minds

Feedback on these statements is welcome. Do they seem to convey what you think our organization is all about? Do they evoke pride, warmth, and security, or chills, nausea, and irritability? Does the vision statement make you think about new goals, and how we can reach them? What kind of image or images does the slogan bring up?

There are many exciting things going on in AGLP right now. The San Francisco meeting promises to set the bar ever higher for AGLP's educational program, with a planned full-day symposium co-sponsored by several local groups. We are working on a film project, spearheaded by David Scasta, which will help educate the public about mainstream psychiatry's view of homosexuality and sexual orientation change treatments. AGLP's Journal of Gay and Lesbian Psychotherapy is coming out regularly with timely and informative writing on a variety of topics. And our web site continues to draw new people, from the psychiatric community and from the public, seeking information and referrals.

QUEER BLUES: THE LESBIAN AND GAY GUIDE TO OVERCOMING DEPRESSION

KIMERON HARDIN, PHD AND MARNY HALL PHD

NEW HARBINGER PUBLICATIONS, OAKLAND CA 2001

This book belongs on your shelf! I recommend it to any lesbian or gay male individual struggling with depression, to their loved ones, and to all mental health clinicians who work with gay and lesbian patients. *Queer Blues* is very well-written with an approachable, folksy and engaging style, but it is also comprehensive and scientific. The authors use memorable anecdotes to illustrate points and provide readers with useful, helpful exercises designed to help combat depression. Humor is scattered throughout which makes the book an excellent read. After reading *Queer Blues*, patients will have an excellent understanding of what depression is and how it is treated, but also very importantly, what is unique about depression in gay men and lesbians.

In their introduction, Drs. Hardin and Hall review why there is a need for such a book and provide statistics regarding the prevalence of depression in gays and lesbians. They review and summarize contributors to the higher rates of depression reported in this population including depression as a response to fear of violence and social ostracism, the effects of internalized homophobia such as low self-esteem and self-destructive behaviors, the effect of the coming out process, and the impact of substance abuse. They introduce the concept of negative thoughts and write about the impact of AIDS. The introduction closes with brief blurbs the authors wrote about themselves including revealing personal histories of depression.

Queer Blues is very well-written with an approachable, folksy and engaging style, but it is also comprehensive and scientific. The authors use memorable anecdotes to illustrate points and provide readers with useful, helpful exercises designed to help combat depression. Humor is scattered throughout which makes the book an excellent read.

The first chapter, "Shades of Blue: What Depression Is and isn't" provides an overview of depression using the DSM framework including discussion of various subtypes. The authors review the causes of depression including biology, psychology and environment. This chapter ends with a self-assessment tool to help the reader determine the role of biological, psychological and cultural factors in his or her own depression. Chapter 2, "Blue Passages: How Society Contributes to Depression for Lesbians and Gays" reviews developmental stages through the lens of a lesbian or gay man to illustrate society's impact on for this population. The author's state, "We grow up in a society that teaches us that homosexuality is wrong: a sign of moral failing, emotional disturbance, hormonal disorders, or bad genes. Constant immersion in such negative cultural beliefs is bound to have a corrosive effect on self-esteem."

The biologic underpinnings to depression are reviewed in depth in Chapter 3, "Blue Genes: Internal Contributions to Depression." The authors describe the nervous system, neurotransmitters, synapses, and various biologic theories of depression. They review the relationship between stress and depression including an easy to understand presentation of the hypothalamic-pituitary-adrenal axis and of thyroid function. The genetics of depression and of gayness are summarized, and the authors also review the impact of substance abuse, sleep disturbance and diet on mood.

BOOK REVIEW: *Queer Blues*

Continued from page 4

After laying the groundwork of describing what depression is and from whence it comes, in Chapter 4, eight different patient narratives are presented including an older man with BAD, a woman whose lover broke up with her and denied her access to their child, a Puerto Rican young man coping with cultural differences, and a Mormon male teenager forming connections on the web. The vignettes are diverse, compelling, and illustrative of many of the points made in the earlier chapters.

One of the most valuable chapters is Chapter 5, "Tips for Main Squeezes: How to Cope With a Depressed Partner" which combats myths about depression and provides a list of "informal signs of your partner's depression" such as increased alcohol or recreational drug use, more TV, less intimacy, changes in expression of emotions, etc. The authors include lists of both bad and good things to say to a person who is depressed and include a helpful complete section on "What if your partner is suicidal?" They also address burn-out in the non-depressed partner and list specific suggestions to take care of oneself.

The next chapter, "Monitoring the Minotaur: Self-management and Self-nurturing," provides an excellent and thorough description of the theory of Cognitive Behavioral Therapy and several exercises individuals can do on their own. The chapter includes a section on how to combat internalized homophobia. "Queer blues consists of internalized, negative messages as well as reactions to very depressing external realities (external homophobia)."

Chapters 7, "Queer Psychotherapy: The talking cure," and 8, "Medications and Other Biological Treatments: Queer Psychiatrists Speak Out" present treatment options in detail. Different types of therapists and schools of therapy are defined. A discussion of whether it matters to have a lesbian or gay therapist is thorough and balanced, and the authors also cover insurance issues and reparative therapy. Excellent general information about antidepressants is presented including theories of how they work and descriptions of the different classes. Saint John's Wort, DHEA, exercise, light therapy, ECT, transcranial magnetic stimulation, vagal nerve stimulation, and acupuncture are all well described. This chapter ends with interviews of two psychiatrists: Nanette Gartrell, MD, a lesbian and Todd Cornett, MD, a gay male. The interviews are informative about these psychiatrists' approaches to antidepressant use. The information is largely anecdotal, but readers would most likely find it reassuring and educational.

The final chapter, "Befriending the Black Dog: Putting it All Together" presents a holistic approach to depression with information about Eastern medicine theories, mindfulness, and group sup-

port. Profiles of well-known individuals who have struggled with depression yet contributed as activists or performers are included. Lastly, the authors provide multiple resources including AGLP.

In sum, *Queer Blues* is a wonderful aid to any queer individual struggling with depression or to his or her loved ones. It is also a superb tool for any heterosexual therapists wanting to know more about the uniqueness of depression for gay men and lesbians. The main criticism of this work is its lack of specific information regarding bisexual and transgendered individuals. Otherwise, however, *Queer Blues* is an informative, comprehensive, well-written, and practical book that I highly recommend. Drs. Hardin and Hall close stating, "We've explored the way in which culturally ingrained homophobia contributes to depression, and we've pinpointed the hideouts of additional potential mood assassins—everything from blue genes to alcohol abuse, from neurotransmitter short circuits to self-deprecating interior monologues." I believe that the authors have succeeded superbly in their exploration of this complex subject.

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• **Consultation-Liaison Fellowship
University of California, San Francisco**

• The University of California, San Francisco (UCSF) announces a one-year consultation-liaison fellowship position available for PGY-V level or higher at the San Francisco Veterans Affairs Medical Center (SFVAMC), starting July 1, 2003. Exciting opportunity to gain expertise in inpatient and outpatient C/L work, acquire advanced teaching and leadership skills, and develop clinical research interests in an academic setting. Responsibilities include serving as consultant and liaison in the primary care clinics, supervising psychiatry residents and medical students, teaching medicine residents and staff, and assisting in leadership of the inpatient and outpatient C/L teams. Opportunities exist to develop a liaison focus with such specialty areas as infectious disease, geriatrics, women's health, and oncology. Supervision is available for group and individual psychotherapy in the consult setting. Position is particularly suited to those who would like to work in the context of a unique primary care program that promotes interdisciplinary training among medicine, psychiatry, psychology, and social work. Approved by the Academy of Psychosomatic Medicine. If interested, please contact Kewchang Lee, M.D., 4150 Clement Street #116N, San Francisco, CA 94121; e-mail: kewlee@itsa.ucsf.edu; Phone: (415) 221-4810, x3141; FAX: (415) 750-6648.

• **Upcoming World Psychiatric Association Meetings in Vienna and Caracas**

Before the next WPA Congress in 2005, the WPA will hold smaller conferences that are worth attending. In Vienna, the WPA will convene an International Thematic Conference called Diagnosis in Psychiatry: Integrating the Sciences, from June 18-21, 2003. For more information call 43 1 91060 11311 or see www.wpa2003vienna.at. The deadline for symposia submissions is December 1st. If you are interested in participating in a symposium, please contact Gene Nakajima, MD at (415) 292 1554 or Gnakajima@alumni.stanford.org as soon as possible.

In Caracas, the WPA will hold a regional conference from October 2-4, 2003. For more information, see the website www.wpa2003.org. The deadline for submission is in March 2003. If you are interested in participating in a symposium,

please contact Milton Wainberg, MD at (212) 265-1817 or mlw35@columbia.edu

The WPA will also co-sponsor the World Congress of Psychosomatic Medicine, which will take place in Waikoloa, Hawaii from August 23-28, 2003. For information, see www.hawaii residency.org/icpm2003

Submission deadline is in March 2003. If you are interested in participating in a symposium, please contact Gene Nakajima at the number above.

Upcoming Northern California Psychiatry Society meetings

The annual NCPS meeting will be held in Monterrey from March 28-30, 2003. The NCPS LGBT issues committee will present a workshop, perhaps on HIV issues. If you are interested in speaking, please contact Dan Karasic at karasica@itsa.ucsf.edu. The next joint NCPS and Oregon Psychiatry Society meeting will take place from September 12-14, 2003 in Ashland, OR. No theme has been determined, but the plays that will be performed that weekend at the Oregon Shakespeare festival and discussed at the meeting include *Midsummer Night's Dream* and *Hedda Gabbler*. If you are interested in either meeting, please contact NCPS at 415 3342418

Yosemite Update

There are no more rooms available at the Wawona hotel through the Yosemite central reservations office for the informal AGLP trip after this year's APA conference. We do have extra rooms available. If you are interested in one of these rooms, please contact Gene Nakajima at 415 292 1554.

An Interview with Julie Schulman, M.D.

By Chery Chessick

I Wanted to get this started with the following questions:

-I know you have recently moved to Denver, CO? I know many people are interested in your decision to move and how things are going?

So far, the move's been great. I do miss New York City sometimes, but Denver is a beautiful city and the weather is fantastic. My work life is hectic -- I've started a private practice, I'm creating a consultation-liaison service at Aurora Medical Center, and I'm working on a geropsychiatry unit -- and I'm getting used to the economic realities of practicing psychiatry without an academic appointment and salary. Luckily, Daphna and I already knew some people out here through AGLP and everyone has been very welcoming to us.

-How did you end up in psychiatry?

Well, I've wanted to be a doctor since birth, but actually I thought I'd be a pediatrician or an internist when I entered medical school. I'd been a psychobiology major in college, and had really enjoyed doing research in winter depression, but I simply never considered psychiatry because I didn't think of it as a medical specialty. Once I entered medical school, I joined the APA. So, by the time I entered third year and realized that pediatrics was not for me, I had also realized that the one medical field in which I read about things that were not required reading was psychiatry. I decided to do a psychiatry residency, and then a consultation-liaison psychiatry fellowship, and I've never regretted it for a minute.

-Tell us about your partner; she has an interesting hobby?

I think that AGLP plays a vital role in keeping gay, lesbian, bisexual, and transgendered people involved in the APA. For some members, AGLP's most important role is that of providing safe space and fun events during the annual meetings. Others think that the AGLP's most important role is in helping gay psychiatrists to develop a peer network to exchange ideas and develop friendships, and still others believe the most important role is that of educating psychiatrists about glbt issues.

My partner, Daphna, is sort of like Clark Kent -- she's a psychologist during the day, but at night and on weekends, she's a competitive ballroom dancer. The dances she competes in are the "standard" dances: foxtrot, waltz, Viennese waltz, tango, and quickstep. A couple of years ago, she and her partner came in fourth at the U.S. Amateur Ballroom Dance Association's National Championships. Since we moved to Denver, Daphna's been without an amateur partner, but she's taking private lessons and keeping her eyes open for the next local Fred Astaire.

-How did you get involved with AGLP and how do you see your involvement in the future?

I became involved with AGLP as a medical student after I went to an AGLP event during an APA meeting. I was a medical student representative, and then a resident representative. Without my involvement in AGLP, I would never have had the experience I needed to run for election to the Board of Trustees of the APA -- and without the mentoring from key AGLP folks and the support of all of AGLP's members, I would never have won.

I think that AGLP plays a vital role in keeping gay, lesbian, bisexual, and transgendered people involved in the APA. For some members, AGLP's most important role is that of providing safe space and fun events during the annual meetings. Others think that the AGLP's most important role is in helping gay psychiatrists to develop a peer network to exchange ideas and develop friendships, and still others believe the most important role is that of educating psychiatrists about glbt issues. I hope that I'll have the chance to stay involved for many years and watch AGLP grow in all of these areas.

-What are your favorite leisure activities?

Leisure? What's that? Actually, kidding aside, I did just start taking guitar lessons once a week, and I persuaded Daphna to start country-western line dance lessons with me. Plus, I'm enjoying driving my new little VW Jetta.

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Association of Gay and Lesbian Psychiatrists 2002 Business Meeting

September 14, 2002

Welcome and announcements: Meeting was called to order by Mary Barber at 9:20 AM. Minutes of the 2001 Fall Business Meeting were approved with some spelling corrections.

I. Follow up on Mini-retreat held on 9/13/02: Further discussion to develop new AGLP mission and vision statements and a new slogan.

- a. Mission Statement: The Association of Gay and Lesbian Psychiatrists (AGLP) provides networking and support for lesbian, gay, bisexual and transgendered psychiatrists and education and advocacy on LGBT mental health issues.
- b. Vision Statement: The Association of Gay and Lesbian Psychiatrists (AGLP) strives to be a community for the personal and professional growth of all lesbian, gay, bisexual and transgendered psychiatrists and to be the recognized authority on LGBT mental health issues.
- c. Slogan: AGLP: Opening Minds
- d. The board voted unanimously to approve the new mission and vision statements and slogan

II. Report on Annual meetings:

- a. San Francisco May 17-May 22, 2003
 - i. Hotel-Courtyard Marriott, new hotel at 2nd and Folsom, a few blocks from Convention Center. We will have a large hospitality suite with Bay Bridge view. Price will be \$199/room; 80 rooms reserved for AGLP. We will have a large meeting room for Saturday symposium with break out rooms also (can hold up to 180 people)
 - ii. Booth-Roy to set up
 - iii. Booklet-George Harrison will update from 1993, "the Pink Shrink's Guide to the Golden Gate;" Deadline for material to get to Roy for production is Feb 1, 2003.
 - iv. Women's events-A women's dinner will be held at a restaurant near the hotel for Saturday night; there will probably also be a reception at Ellen Haller's home on a different night
 - v. ECPs and trainees-A Sunday brunch will be held at a private home
 - vi. Medical students and residents-local trainees will help coordinate housing for interested students and residents

vii. Minority Outreach-Hospitality suite will be likely site for a reception but may hold event in a home near the hotel

viii. Awards: Phil Bialer-Local arrangements committee suggests Dee Mosbacher and Nanette Gatrell for Distinguished Service Award; another suggestion as an awardee is Francis Lu for his multiple contributions to diversity. In addition, Phil asked for suggestions for the Paulson Award for service to AGLP

ix. Educational program and hospitality suite-Planning an all day symposium on Saturday co-sponsored by the UCSF Center for Gender Equity and the Lesbian Health Research Center at UCSF which has agreed to provide staff support for up to 5 hrs/wk. CME will be offered. The theme will be LGBT Lives Across the Life Cycle. The format will be a combination of plenary sessions in the AM and small groups in breakout rooms in the PM with different tracks (lesbian and bisexual women's issues, gay and bisexual men's issues and transsexual issues). AGLP members and UCSF faculty and trainees will not be charged to attend the conference but will be charged for CME credits if they want them; non-AGLP, non-UCSF individuals will be charged for the conference and for CME credits.

x. Opening party-Options include City Club (but it's very expensive) and Zeum (which is a Children's Interactive Museum very close to the convention site). Estimates have been gathered for catering. The Board accepted Zeum as the site and recommended selecting the lowest catering option.

xi. Closing banquet-Options include Hawthorne Lane (1 _ blocks from hotel), capacity is 110-125, total budget is \$8650 for 100 people. Other possibilities include the Slanted Door (no budget available yet), and the Green Room in the War Memorial Building overlooking San Francisco City Hall. Problems include its distance from the hotel and the possibility that it'll be undergoing renovation. Recommendation made for Slanted Door if it works out; second choice would be Hawthorne Lane with the Green Room a distant third.

b. New York, NY June 30-May 6, 2004- Ulbaldo Leli will be chairing the Local Arrangements Committee. A specific hotel has not yet been identified. Ulbaldo is going to see which hotels are on the APA shuttle routes. The committee will be having its first meeting soon.

c. Atlanta, GA May 22-May 25, 2005-Ed Nix will be chairing the Local Arrangements Committee.

III. Board and Committee Reports

a. Executive Director-Roy Harker

i. Roy suggested he work on arranging for host hotels for future AGLP Annual Meetings with a company, Star-Cite, that does this type of work at no cost to the organization. This idea was endorsed by all.

ii. Philadelphia meeting was the most successful for number of new members (24) who signed up during the convention.

AGLP 2002 Business Meeting

Continued from page 8

- iii. Web site has been revised; can now sign up on line as a member (have already had four new members since this went live).
 - iv. Have had about 6% attrition per year for around 6 yrs in membership, however, for this year, the total number of members decreased by 2.5%.
 - v. Regarding the website; suggestion was made by Ulbaldo to link members' personal webpages to their listing on the AGLP website. Dan suggested a member's only section be added as well.
 - vi. Audit for FY2000 is being wrapped up and for FY2001 audit will be coming soon.
 - vii. Will be collecting about 48% of total membership revenue this Fall; revenue is anticipated to be approximately 10% below amount budgeted. Anticipate an approximately \$4,000 deficit for this year.
- b. President-Mary Barber
- i. Organization is facing challenges with membership and budget, however, idea of film and other initiatives is exciting.
 - ii. Mary has attending two APA Round Table meetings for under-represented minorities organized by Nada Stotland.
 - iii. APA members can now be members of more than one caucus. The caucus by laws will now reflect that individuals can join more than one caucus simultaneously.
 - iv. Individuals were invited to run to serve as APA assembly reps for the Caucus of lesbian, gay and bisexual psychiatrists.
 - v. Mary invited a discussion about term limits for assembly reps. General consensus was that Board members were opposed to term limits.
 - vi. Suggestion was made to ask candidates for APA national office to answer questions for our next Newsletter (deadline of 9/30/02).
 - vii. Mary has written a fact sheet about pedophilia and homosexuality which has been posted on the AGLP website.
 - viii. Jack Drescher has notified Mary about a film by Author Dong, "Family Fundamentals" about fundamentalist families with gay or lesbian members. Mary suggested this film be shown at the Annual Meeting in May.
 - ix. The National Coalition for LGBT Health will be occurring in Washington DC September 30-October 1, 2002 with a focus on lobbying; members were invited to attend.
- c. Vice-president-Dan Karasic- no additional report
- d. Secretary-Ellen Haller-no report
- e. Treasurer-Bob Mitchell-Expenses have been kept at a minimum, yet the organization has a deficit of \$4000 anticipated for this fiscal year. Main focus needs to be on declining membership and resultant decreased dues income. Bob invited people to contact him with other ideas for fundraising. Current idea being pursued by Rick Hire is planned giving.

- f. Development Committee-Rick Hire. Rick wasn't present, but Mary reported that she met with him last month. Rick is pursuing a planned giving program and also has had contact with foundations. Industry support is now more centralized than in the past. Idea was also raised for corporate support.
- g. Newsletter-Cheryl Chessick-No report. Deadline for submissions to the next newsletter is 9/30/02.
- h. Journal-Jack Drescher
- i. Journal is being regularly published; next two issues are already prepared and future issues are planned with guest editors.
 - ii. The editorial board has been expanded
 - iii. Feedback to date about the Journal has been positive.
 - iv. The issue on Sexual Conversion has been published as a bound book and won a book award from the American Psychological Association.
- i. Women-There is not currently a women's committee. Names were raised as suggested chairs. Ellen Haller will follow up with a San Francisco area psychiatrist.
- j. Minority Outreach-No current chair; Dennis Lin volunteered to help organize events.
- k. Early Career Psychiatrists-Rick Imerowitz- No report
- l. Residents-Kristen Riley-Laza, Dennis Lin-Dennis was present and reported need to recruit more residents. He has been active handing out membership forms and will do more at the GLMA annual meeting in October.
- m. Medical students-Andy Tompkins-AMSA Regional conferences will be held in various places across the country; names were suggested as possibly speakers for the various sites. In March 17-21, 2003 the AMSA Annual Meeting will occur in Washington DC. Andy was encouraged to recruit a second medical student representative.
- n. Membership-Julie Schulman-
- i. Suggest local parties to recruit new members across the country. Decision was made to hold events during February. Julie will write an article for the next newsletter about this initiative
 - ii. Current membership report:

AGLP 2002 Business Meeting

Continued from page 9

	1998	1999	2000	2001	2002
Associate	31	29	28	28	20
Founder	1	1	2	2	1
Full	358	350	340	298	292
International	30	39	43	34	28
Medical Student	23	19	16	16	23
Newsletter Only	66	63	66	60	62
Patron	1	2	1	4	6
Resident	108	98	87	62	59
Sponsor	14	21	24	29	36
Totals	632	622	607	533	527

iii. Ellen offered to send information to Julie from the APA Council on Member and District Branch Relations.

iv. Additional ideas were discussed to generate increased membership.

v. Ellen will send article to Psychiatric News about AGLP and the upcoming CME conference.

o. International, people of color-Kenn Ashley-

i. Meeting in Philadelphia was successful. Both Kenn and Gene presented in Yokohama, Japan.

ii. The WPA will have regional meetings in Vienna in June, 2003 and in Karacas in October, 2003.

iii. International members do not currently get the Journal, but if they become full members, they then can receive the Journal.

iv. Proposal has gone to WPA to create a Gay and Lesbian Group, but has not yet been discussed; the group meets only once every three years.

v. The next main WPA will be in Cairo in three years.

p. Psychoanalysis-Ulbaldo Leli

i. In Philadelphia, the committee on psychoanalysis met twice; one was a business meeting and the other was a workshop about shame in psychoanalysis.

ii. A possible case presentation/case conference will be planned for the Annual Meeting in San Francisco.

iii. Across the country, there are approx. 50 out gay candidates. Internationally, however, prejudice abounds, and in many countries, out gay candidates will not be accepted for psychoanalytic training.

q. LAGCAPA-Rob Pinney-no report

r. HIV affected-no current representation; no report. Board recommended that meetings continue to happen at the May Annual Meeting;

Mary will continue to offer her room as a meeting site

s. Trangender Issues-Wynelle Snow; no report

IV. Report from Committee-Jack Drescher

a. Action paper will go forward about same gender parenting based on the position statement recently accepted by the American Academy of Pediatrics. The committee's action paper will be presented to the APA Council on Minority Issues in Psychiatry, then to the Joint Reference Committee, then to the Board of Trustees and then to the Assembly. Jack recommended that it also get presented to several DBs for approval; it will be presented in California, in New York and in Washington D.C.

b. The process of working with APA to develop a fellowship specifically for an LGBT trainee has been stalled. The idea is for funding for an LGBT trainee who would be mentored within the Caucus of Lesbian and Gay psychiatrists, but the individual would be assigned to a different component within the APA rather than the committee on LGBT issues. Jack and the committee will continue to work on this issue

c. The work group for DSM-V has produced a document, "A Research Agenda for DSM-V" which has almost no mention of sexual orientation despite the fact that Jack and others had volunteered to work with this group to ensure that pertinent issues would be adequately addressed. Jack will follow up on this issue.

d. The committee has sponsored an APA Annual Meeting symposium submission on International LGBT issues organized by Gene Nakajima.

V. Report from Caucus-Margie Sved, Mark Townsend-Neither Margie or Mark was in attendance.

VI. Nominating Committee-Phil Bialer; No report at this time.

VII. New Business

a. Reparative Therapy Film-David Scasta, Alicia Salzer, Mary Barber. David presented on idea for producing an educational film marketed to conservative church groups and other organizations where "The Gay Agenda" would likely to be shown. It could also be shown by PFLAG and other related organizations. Outline of storyline was distributed with a focus on reparative therapy and how homosexuality is viewed by all of the major mental health organizations in the U.S. Alicia Salzer is a psychiatrist affiliated with Dyke TV in NY which produces nationally syndicated programs. Dyke TV has agreed to produce this project for \$10,000 and the film would then be owned by AGLP. Alicia will direct the film. The plan is to seek fund-raising from foundations (the Gill Foundation to start), AGLP membership and others.

b. General discussion of various symposium for the APA Annual Meeting which have been submitted. AGLP will sponsor a symposium about Gay and Lesbian Families organized by Brian Kleis and Ellen Haller.

VIII. Personal Updates

IX. Adjourn-Mary Barber adjourned the meeting at 4:30 PM.

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CONTRIBUTORS

THANKS TO THE FOLLOWING MEMBERS WHO HAVE JOINED AT THE SPONSOR AND PATRON LEVEL, AND TO THOSE MEMBERS AND FRIENDS OF AGLP WHO HAVE CONTRIBUTED TO THE STUDENT TRAVEL FUND FOR 2001.

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President's Column

Continued from page 3

We are also facing a great challenge. AGLP's membership, like that of many professional organizations and many nonprofit organizations in general, has steadily declined over the past few years. At the same time, expenses for the Journal, for other publications such as the newsletter, and for our annual meetings have steadily risen. As a member organization, AGLP cannot exist without all of us doing our part. Yes, that means you reading this article right now! If you know someone who goes to AGLP's annual meetings or events, but is not a member, tell them to join. If (gasp!) you have fallen behind on renewing your membership, please take care of that now (you can do it online at aglp.org). And as you travel in your professional circles, talk about AGLP with others who may not know we exist. If each of us can assume some responsibility for growing our membership, then we can ensure that we'll be around in the future, and that we can continue to expand our reach and take on new projects.

As always, feel free to call or email me with your ideas, questions, and concerns.

Mary Barber

(845)340-4000

mbar@co.ulster.ny.us

...



On July 8, 2002, my partner Alleyne and I had a civil union performed in Brattleboro, Vermont. We did this to support the new law by spending some tourist dollars in the state, and as a celebration of the fifth anniversary of a commitment ceremony we had in a church in NYC. We were pleased with the level of welcoming we encountered, from the clerks in the town office and the justice of the peace. We were somewhat unexpectedly moved by rereading our old vows, and also by getting an "official" document following the ceremony.

Some of our other members have also had civil unions and religious or secular commitment ceremonies. If you would like to publish an announcement in the newsletter, please send us a blurb, with or without photos. If anyone would like information on how to go about having a civil union performed, please feel free to contact me.

Mary Barber



Election 2003

THE CANDIDATES RESPOND

The APA Nominating Committee announces its selection of candidates for the 2003 election. This information was posted on the Board of Trustees listserv on September 14, 2002, and will be reported to the Board as information at its November 24-25, 2002 meeting:

President-Elect:

Fred Gottlieb, M.D.
Michelle B. Riba, M.D.

Vice-President:

Norman A. Clemens, M.D.
Pedro Ruiz, M.D.

Secretary

Alfred Herzog, M.D.
Nada Logan Stotland, M.D.

ECP Trustee-at-Large:

Tanya R. Anderson, M.D.
Charles S. Price, M.D.

Member-in-Training Trustee-Elect:

Christopher A. Ramsey, M.D.
Susan D. Rich, M.D.
William C. Wood, M.D.

CANDIDATES FOR PRESIDENT-ELECT

Fred Gottlieb, M.D.

1. *Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?*

Not only did the American Academy of Pediatrics issue a statement of support, but in May 2002 the American Psychoanalytic Association also issued a succinct, comprehensive, quite strong statement about children's needs, noting that the evaluation of parental competency to fill those needs should be determined without prejudice regarding sexual orientation. And the AACAP published a similarly supportive statement back in June 1999. The American Psychiatric Association Board approved a resource document on this and related issues in December 1997, which is available on APA's website. That also is available as Binder, R.L. APA Resource Document on Controversies in Child Custody, *AAPsychiatry & Law* 26:267-76, 1998. But the APA has not taken an official position/made an unequivocal policy statement to date. It's time- no, overtime- that the APA did so. But it would be both sensible and sensitive, as well as just plain proper, first to get prompt input from the APA Committee on GLB Issues, and also to consult with the AGLP. One question would be whether those groups suggest that APA should just promptly and firmly endorse one of the other statements or whether APA should issue an independent statement using somewhat different language. My own thinking at this point is that probably the AmPsA statement is fine and would be most expeditious.

2. *If elected, how would you envision your relationship with AGLP and our issues?*

I believe that my relationship with the AGLP has always been very good. The patience, tenacity, vigilance, and perseverance of the AGLP has served APA well, helping educate both APA leaders and all APA members. I confess to being momentarily a little put off by your framing of the question as "our issues" as if those issues are the exclusive province of AGLP. I prefer a world in which the kinds of issues you inferentially

APA Election 2003: The Candidates Respond

Continued from page 12

denote should involve all of us, as concerned human beings. But the pragmatic reality has been, and probably will continue to be for an indeterminately longer time, that some groups of members necessarily have become more alert in certain matters, so that it is natural to speak of "our" (the particular subgroup's) issues. When I was chair of the Assembly Committee on Procedures I was instrumental in helping officially add gay and lesbian voices to the underrepresented groups seated in the Assembly. Incidentally it also was a struggle as well to get the initial 5 "NIMH-recognized" minorities represented. Over these many years I've worked closely with Jim Krajcski, Bob Cabaj, Steve Goldfinger, Richard Isay, and many other gay and lesbian colleagues, and I've learned much. I'd be very pleased to continue to learn --and in any way I can, to help-- as your, and everyone's, APA President.

Michelle Riba, M.D.

1. *Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?*

I was APA Trustee-at-Large and member of the APA BOT when we approved a resource document in December 1997 on "Controversies in Child Custody: Gay and Lesbian Parenting; Transracial Adoptions; Joint versus Sole Custody; and Custody Gender Issues." In it, the summary statements on Child Custody: Gay and Lesbian Parenting included the following:

1. Sexual orientation should not be used as the sole or primary factor in child custody determinations.
2. Gay and lesbian couples and individuals should be allowed to become parents through adoption, fostering and new reproductive technologies, subject to the same types of screening used with heterosexual couples and individuals.
3. Second parent adoptions which grant full parental rights to a second, unrelated adult (usually an unmarried partner of a legal parent) are often in the best interest of the child(ren) and should not be prohibited solely because both adults are of the same gender.
4. Custody determinations after dissolution of a gay relationship should be done in a manner similar to other custody determinations.

This was a resource document. It would probably be helpful for APA to convert this resource document into a position statement, affirming the above summary statements and/or including anything that might be important to add at the present time based on input from AGLP and other groups within the APA.

2. *If elected, how would you envision your relationship with AGLP and our issues?*

I would hope to have an excellent working relationship with AGLP. I will help with furthering important goals and agenda items of the AGLP and use my position to help with clinical, education and research missions. It would be helpful for me to learn from AGLP what the critical issues are and discuss ways I could be of assistance. I look forward to working with such an outstanding group of psychiatrists.

CANDIDATES FOR VICE-PRESIDENT

Norman A. Clemens, M.D.

1. *Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?*

APA should take a position supporting adoptions by same-sex couples, subject to the same procedural safeguards for the welfare of the child, honestly and fairly applied, as for heterosexual couples. I would support a position statement to that effect.

2. *If elected, how would you envision your relationship with AGLP and our issues?*

I have consistently supported gay and lesbian issues as they have come through the Assembly and the Board during my 14 years on one or the other of those bodies. As chair of the Commission on Psychotherapy by Psychiatrists I participated in drafting the position statement on "reparative" therapies. I would welcome greater and continuing communication with AGLP and the parallel caucus and committee structures in the APA. Despite significant gains, there is still much to accomplish regarding same-sex marriage, health care and other fringe benefits for committed partners, discriminatory practices in the armed forces as well as civilian employment, prevention and treatment of HIV-AIDS regardless of mode of transmission, safety and freedom from hate crimes and abuse, and subtle intrusion of conservative religious prejudices into legal structures at any level of government.

Pedro Ruiz, M.D.

1. *Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?*

I think that the APA should either support the American Academy of Pediatrics statement/position or initiate a similar statement/position. I do not see anything wrong with same-sex

Continued on following page

APA Election 2003: The Candidates Respond

Continued from page 13

couples adopting and raising children. To my knowledge, there has been no scientific data or factual information that validates that heterosexual couples have any advantage in adopting and/or raising their biological children.

2. If elected, how would you envision your relationship with AGLP and our issues?

If elected Vice President of the APA in the 2003 elections, I will continue to have the same relationship with the Association of Gay, Lesbian Psychiatrists that I always had. What the difference will be is that I will be in a more influential position in the APA organization to strive, advocate and protect the rights of Gays and Lesbian psychiatrists, and for that matter all Gays and Lesbian persons. In this respect, I have always been very active in the APA in promoting and enhancing the equal rights of Gays and Lesbian psychiatrists. In the 1970s I was very active in the creation of the APA Task Force on Gays and Lesbian psychiatrists; in the 1980s I was instrumental in elevating this Task Force to a Committee while I was the Chair of the APA Council on National Affairs; later on, I was most active in helping develop the APA Commission on AIDS. My active work with the late Dr. Stuart Nichols, Dr. Robert P. Cabaj, Dr. Marshall Forstein, and other psychiatrist colleagues have always been transparent, visible and consistent over the years. Please let me know if you were to need any additional information in this regard. I welcome to receive a copy of the Newsletter in which my answer to your questions will appear. Best wishes.

CANDIDATES FOR APA SECRETARY

Al Herzog, M.D.

1. Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?

I would be very comfortable if the APA endorsed the American Academy of Pediatrics position. All the evidence points in the direction that this is a most reasonable position. I personally favor it--it is also consistent with my private life where some of my best friends have done exactly that Children do not care whether they have `two moms or two dads`--they care about being loved.

2. If elected, how would you envision your relationship with AGLP and our issues?

If elected Secretary, I would like to think my relationship with you would continue to be open and collaborative as it has been. My

late brother in law (he died several years ago of Aids) was gay, was much loved by his two nieces (our daughters) and shared his gay life with us. I hope we could all work together towards our common APA goals.

Nada L Stotland, MD, MPH

1. Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?

As the then Chair of the Joint Commission on Public Affairs, I was the first spokesperson to explain and advocate for the APA position on so-called 'reparative therapy' to the major media. Given the data demonstrating the ability of gay parents to nurture healthy children, and the importance to those children of having two loving parents if possible, the APA should similarly support the rights of those parents and those children to legally protect and cement their relationships.

2. If elected, how would you envision your relationship with AGLP and our issues?

I am proud to stand on my record. I am a long-time member of AGLP. I believe I have actively supported every AGLP issue that has come before the APA as long as I have been a member of APA. The representatives from the APA GLB Caucus were among those who elected me Chair of the Assembly Committee of Minority and Underrepresented Group Representatives. As Speaker-Elect, I supported the appointment of AGLP members to APA components. Most recently, as Speaker of the APA Assembly, I was able to enact a priority I have cherished for many years. For the first time in APA history, the leadership of the APA, both staff and governance, sat down in a Roundtable with the elected leadership of the allied M/UR groups, including AGLP, to listen to their concerns and formulate plans to address them. As an officer of the APA, I could ensure that that dialogue continues and that AGLP concerns receive serious consideration at the highest level of the APA. I would be happy to discuss issues with AGLP members who would like to email me at nadast@aol.com.

CANDIDATES FOR ECP TRUSTEE-AT-LARGE

Tanya R. Anderson, MD

1. Recently the American Academy of Pediatrics issued a statement supporting same-sex couples adopting children. What, if anything, should the APA say on this issue?

APA Election 2003: The Candidates Respond

Continued from page 14

The challenges facing today's APA are great. We are in a time of limited resources and expanding practice. One of the most difficult decisions facing an organization and its leadership during such times is to remain focused on its strategic goals. The majority of our time and resources must be dedicated to advocating for our patients and our profession. The ability of same-sex couples to adopt children is an important issue within our society, to some of our patients and to some of our members; however, it does not fall directly within these two domains. While APA does not have unlimited resources to address and advocate for every important issue, it can assist its members and the allied organizations in pursuing them. This support could take the form of technical assistance, liaison and bringing the issue forward in the larger House of Medicine (AMA) for broad based support.

2. If elected, how would you envision your relationship with AGLP and our issues?

All of our allied organizations should have representation within the larger APA. That may include representation in the Assembly and on appropriate components. If elected, I would see my relationship to AGLP as with any other allied organization. As a Board member I would be willing and interested in input and feedback to all members of issue of importance to them. The Board of Trustees represents members and should be diligent about receiving input from them.

...

AGLP San Francisco 2003

Continued from page 1

San Francisco. Many events during the week will be held in the hotel's largest suite, the Bay Bridge Suite (named for its great view).

In keeping with our organization's mission to provide not only professional education, but also networking and social events, the San Francisco local arrangements committee is working on an array of happenings, starting Friday night, May 16, and continuing each night through the closing banquet May 21. For the opening reception, Sunday evening, May 18, we have booked Zeum, the San Francisco children's interactive art museum. Bring the kids, or just your inner child! The city built Zeum on the roof of the Moscone Center, so the opening reception will be very convenient to the Courtyard Marriott and just upstairs from APA registration. There will be lots to play with at Zeum, but our local arrangements committee is most excited by the karaoke. Karaoke will be held in Zeum's television studio, and we've been told that the singers can be shown on monitors throughout the museum with the video background of their choice. Perhaps we'll make some music videos to add to the AGLP archives.

On Wednesday, May 21, the AGLP awards banquet will be held at Hawthorne Lane. Hawthorne Lane is one of San Francisco's most acclaimed California cuisine restaurants, opened by the original chef and manager of Wolfgang Puck's Postrio. Hawthorne Lane was just re-reviewed by the San Francisco Chronicle, which found the food to be as superb as ever. The restaurant is just a block or two from both the Moscone Center and the Courtyard Marriott.

Each night we plan receptions, parties, and outings. We recommend you arrive on Friday, May 16, and plan to stay at least until Thursday. (For those of you who wish to stay after the conference, Gene Nakajima is planning a trip to Yosemite for Memorial Day weekend. Contact Gene at 415-292-1554.) Our hotel, on Folsom Street, is convenient for exploring the City's gay and lesbian nightlife. As of the writing of this column, San Francisco's newest and largest lesbian bar/club, the Cherry Bar and Lounge, is about to open on Folsom and Fifth Streets. Folsom and Harrison Streets between Sixth and 12th Streets is home to many gay bars and clubs. The hotel is just a short walk from the shopping of Post Street and Union Square, and is near many top restaurants. Our local arrangements committee will be updating the Pink Shrink's Guide to the Golden Gate to advise you where to eat, drink, dance, and shop.

If you are interested in organizing an event during the conference—and especially if you want to lead a meeting in the hospitality suite—please contact me at karasic@itsa.ucsf.edu. We'll have more details about the AGLP-UCSF LGBT mental health conference and the many social events in upcoming newsletters.

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 Degree: _____ Preferred first (nick) name: _____
 Address: _____

 City: _____
 State: _____ Zip: _____ - _____
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IF YES, FILL IN OFFICE ADDRESS AND PHONE NUMBER AND LIST SPECIALTY INFORMATION BELOW.

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APPLICATION FORM

CAUCUS OF LESBIAN, GAY & BISEXUAL PSYCHIATRISTS

AMERICAN PSYCHIATRIC ASSOCIATION

(CLGBP is the official APA minority caucus for lesbian, gay and bisexual psychiatrists. Membership lists are maintained by the APA; confidentiality is not assured. Membership is free.)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ - _____

*APA Membership Status: _____

Please enroll me in the Caucus of Lesbian, Gay & Bisexual Psychiatrists.

Signed: _____ Date: _____

Send this form to: Office of Membership
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 1400 K Street, NW
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