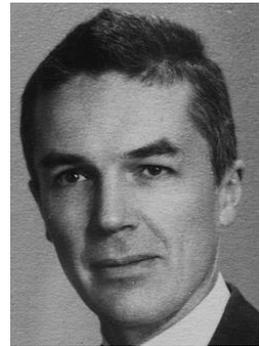


## A BRIEF HISTORY OF THE DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL NEUROSCIENCE

### Biological Sciences Division The University of Chicago

Prior to 1955, as was common at the time, Psychiatry was a Section in the Department of Medicine. Services primarily included consultative psychiatry and psychotherapy. In 1955, Psychiatry became a Department in its own right when **C. Knight Aldrich, M.D.** was appointed the First Chairman of the Department of Psychiatry at the University of Chicago (1955-1964). At the time of this appointment, the general field of Psychiatry had attained a position of prominence in the United States. Shortly after World War II, distinguished figures such as Dr. Karl Menninger and Dr. Roy Grinker successfully promoted the role of psychiatry in the military. Drs. Grinker and Spiegel had written *Men Under Stress* which highlighted the value of a psychiatric understanding in the treatment of traumatized military personnel, today's posttraumatic stress disorder. In view of the prevalence of psychiatric disorders in the general population, Dr. Aldrich believed the general physician should be skilled in psychiatric diagnosis and treatment in civilians as well. Dr. Aldrich's enthusiasm for educating medical students led to offering courses in each of the four years of medical school. In the first year, students observed infant and mother interactions. In subsequent years, students were taught the value of psychodynamics, learning theory, social science and psychophysiology. In the senior year, all medical students were assigned psychotherapeutic patients for a period of sixteen weeks. The educational program was carefully monitored and resulted in the book *The Student Physician as Psychotherapist* of which Dr. Aldrich was co-author. It proved to be the case that medical students could be successfully taught to help patients clarify their feelings, ventilate their psychological preoccupations and provide support. These were skills they could carry into their medical practice. In addition, stimulated by the work of Drs. Kleitman and Aserinsky in sleep and REM dreaming states, Dr. Aldrich encouraged a Departmental research program which led to the development of the successful sleep laboratory. Dr. Aldrich left the University of Chicago in 1964, after nine years as Chairman, when he was recruited to the Department of Psychiatry at the University of Virginia. From 1964-1966, Robert Daniels, M.D. was the Interim Chair of the Department while a search began for a new chair of the department.



In 1966, **Daniel X. Freedman, M.D.** was recruited from Yale University to be the Second Chair of the Department of Psychiatry (1966-1983). While at Chicago, Dr. Freedman pioneered the establishment of drug abuse prevention programs and led biological studies in schizophrenia and depression. Luminaries in the Department at that time included Herbert Meltzer, M.D., Charles Schuster, Ph.D., Edward Senay, M.D., and Eberhard Uhlenhuth, M.D. among others. In 1970, Dr. Freedman became Chief Editor of the AMA's *Archives of General Psychiatry*, the most respected psychiatric journal in the world. Under his editorial leadership, the *Archives'* policy elevated the quality of research in psychiatry and



behavioral sciences. In addition, Dr. Freedman was President of the American Psychiatric Association (APA), during his time as Chair of the Department, in 1981. Dr. Freedman left the University in 1983 to become the Judson Braun Professor of Psychiatry and Pharmacology at UCLA. From 1983-1988, the Department had three Interim Chairs including Eberhard Uhlenhuth, M.D., Charles Schuster, Ph.D., and Harry Trosman, M.D.

In 1988, **Stuart C. Yudofsky, M.D.** was recruited to be the Third Chair of the Department of Psychiatry (1988-1991). Prior to his time as Director of Psychiatric Research at the Allegheny-Singer Research Institute (1984-1988), Dr. Yudofsky was at Columbia University where he served in a variety of capacities including Clinical Director and Deputy Director of the New York State Psychiatric Institute, and as Vice Chairman of the Department of Psychiatry at Columbia. Dr. Yudofsky's vision at University of Chicago was to build a world-class Neuropsychiatric Center. Before this could be achieved, however, he was recruited to his alma mater, the Baylor School of Medicine, to be Chairman of its Department of Psychiatry, which he continues to direct. After his departure, Bennett Leventhal, M.D., Section Chief of Child & Adolescent (C&A) Psychiatry, was appointed Interim Chair (1991-1998) while a search for a new chair was conducted.



In 1998, **Elliot S. Gershon, M.D.** became the Fourth Chair of the Department of Psychiatry (1998-2004). Dr. Gershon was recruited from the NIMH where he had established an illustrious career as a world renowned investigator in Psychiatric Genetics. Dr. Gershon's vision was to revitalize the department academically and he did several things to do so including the recruitment of several junior and senior research psychiatrists (e.g., Judith Badner, M.D., Ph.D., Emil Coccaro, M.D., Pablo Gejman, M.D., Frances McMahon, M.D., Alan Sanders, M.D. and others). In addition, the residency training program was redefined to emphasize academics and research and a new Research Fellowship Program in Psychiatric Genetics, funded by the NIMH, was begun in 2001. Multiple new NIH grants were received, and the department, already a leader in Psychiatric Genetics, became the leading departmental group in clinical and genetic studies in Psychiatry in the country. During Dr. Gershon's last three years as Chair many changes in national and local conditions led to a pause in recruitment and growth until 2004 when the next chair of the department was appointed.



In 2004, **Emil F. Coccaro, M.D.** was appointed the Fifth Chair of the Department of Psychiatry (2004-2016). Dr. Coccaro had been in the department since the fall of 1999 when he was recruited from the MCP♦Hahnemann School of Medicine in Philadelphia (1989-1999) and brought his RO1 NIMH Funded Research Program, in impulsive aggression, to the department. Prior to Philadelphia, Dr. Coccaro was at the Mt. Sinai Medical Center in New York City where he completed his psychiatry residency (1980-1983) and then began his academic career in neuropsychopharmacology on the faculty of the Department of Psychiatry at the Mt. Sinai School of Medicine (1983-1989).



As Chairman, Dr. Coccaro immediately gave the department a new structure driven by “Mission” (i.e., educational, clinical, and research) rather than by “Day-to-Day Operational” (i.e., sectional) activity in order to optimize the productivity of various areas of the department. As part of these changes, Mission Directors were sought and recruited. The current Mission Directors are Daniel Yohanna, M.D. for the Clinical Mission, Deborah Spitz, M.D. for the Education Mission, and Paul Vezina, Ph.D. for the Research Mission.

In the course of the renewal of the department, several members of the C&A Psychiatry Section left and Sharon L. Hirsch, M.D. was recruited as Section Chief of C&A Psychiatry from Children’s Memorial Hospital in late 2005. Dr. Coccaro worked closely with Dr. Hirsch to enhance the section over the next few years and by July 2007, the C&A Psychiatry Training Program re-opened and filled in the Match. In 2009, the C&A Psychiatry Training Program received a maximum five year accreditation, a distinction received by both the Adult Psychiatry Training Program and the Clinical Psychology Internship Training Program the year before. In addition to these activities, Dr. Coccaro recruited a number of new faculty as Research or Clinical Scholars (Eunice Chen, Ph.D., Stephanie Dulawa, Ph.D., Kristin Jacobson, Ph.D., Lisa Sánchez-Johnson, Ph.D. and others) and as Academic Clinicians (Daniel Anderson, M.D., Rene Hoste, Ph.D., Niranjan Karnik, M.D., Ph.D., Michael Marcangelo, M.D., Karam Radwan, M.D., Marie Tobin, M.D., Shona Vas, Ph.D. Daniel Yohanna, M.D., and others) into the department. Currently, Dr. Coccaro is working to build “Programs of Distinction” in selected areas of the department (e.g., mood/anxiety/personality disorders, addictive disorders, eating disorders, among others).

Other important changes in the department during Dr. Coccaro’s recent years as Chairman include a greater integration with the other medical services, through major enhancement of Consultation-Liaison Psychiatry; the relocation of the Psychiatric Inpatient Unit to nearby Mercy Hospital; a change in the name of Department from “Psychiatry” to “Psychiatry and Behavioral Neuroscience” to better reflect the full nature of the Department; and the addition of new clinical training sites at the Northshore Health System in Evanston.

In addition to the many positive developments in the Clinical and Educational Missions, the Research Mission of the department continues to do well. The department has the highest NIH Research Support per Faculty Member, the highest degree of salary recovery among its researchers, and the lowest percentage of unfunded research, in the Medical School. Programmatically, the department has federally funded research programs in mood disorders, aggressive disorders, addictive disorders, eating disorders, and in disruptive behavior disorders. The department also has two NIH funded Research Training Programs. One in Psychiatric Genetics, directed by Elliot Gershon, M.D., and one in Addictive Disorders, directed by Paul Vezina, Ph.D. The department also has a structured program for research experience for its residents. Psychiatry residents have co-authored, and continue to co-author, many peer-review publications since the start of this program.