

HISTORY OF THE DEPARTMENT OF PSYCHIATRY Dr. John I. Nurnberger, Sr., Dr. Hugh C. Hendrie and Others

The first indication of departmental organization for Psychiatry before 1935 was oriented entirely toward clinical problems through the effective chairmanship of Dr. LaRue Carter. The active practicing psychiatrists in the community who were involved in the beginnings of clinical teaching included Dr. Philip Reed, the future director of Norways Foundation, a private psychiatric facility, Dr. Earl Mericle and Dr. John Greist. Also, Dr. Keith Hepburn, and in a more formal teaching sense with more emphasis on neural pathology, Dr. Max Baer, the superintendent of Central State Hospital. In 1938 the department as a teaching and clinical entity came alive under the chairmanship of Dr. David Boyd who is best known among psychiatric colleagues for long and admirable service to the American Board of Psychiatry and Neurology as its perennial secretary. Dr. Boyd was the first official academic chairman of the Department of Neuropsychiatry. Shortly after his arrival, the residency training program was officially approved. A formal teaching sequence was developed in the junior year medical school under Boyd with the assistance of Dr. Lewis Nie, who recently retired from practice in Indianapolis. Dr. Boyd organized the city hospital program with resident rotations at that hospital later to be known as Wishard Hospital, and beginning in 1939 with specific exposure to electric shock therapy and insulin coma therapy, then coming into wide usage in the United States. Both of these had formal clinical rotations at Norways foundation. Shock therapy supervision was also provided at the city hospital. During World War II most of the active practicing and teaching psychiatrists in the community were overseas in military service and the teaching load fell on the shoulders of Dr. Boyd. All formalized research activities, clinical or basic, were involved in the activities of the department until 1948. At that time, Dr. Boyd took the senior position in the psychiatry department of the Mayo Clinic at Rochester, MN. Dr. Nie went into private practice with Dr. Greist. Under Dr. Boyd, with the assistance of Dr. Nie, the sophomore course in psychopathology had been initiated in 1947.

After Dr. Boyd left for the Mayo Clinic, Dr. Alexander Ross became intern chairman of neurology and psychiatry. Shortly thereafter, he was succeeded as chairman of the Department of Psychiatry by Dr. Herbert Gaskill, in 1952, from Philadelphia with his younger colleague, Dr. Philip Seitz. This appointment established the first strongly oriented academic atmosphere for the department and introduced firm groundwork in the psychoanalytic theory and practice of psychiatry. In this context, Dr. Gaskill initiated a psychosomatic study group with the collaboration of Dr. Lucia Tower from the Chicago Psychoanalytic Institute. This study group had an impressive impact on many of the members in psychiatric practice as well as colleagues in internal medicine and allied medical specialties. Dr. Gaskill left the department in 1953 and went to the University of Colorado, Department of Psychiatry, in Denver. During the search for a replacement chairman, Dr. Alex Ross, Chairman of the Department of Neurology and Chairman of the Search Committee for the new Psychiatry Chairman, assumed interim administrative responsibilities with limited teaching commitments. In 1956, Dr. John Nurnberger Sr. joined the department as the new chairman coming from a teaching and research position at the Institute of Living, Hartford, CT and Yale University's Department of Neurology and Psychiatry.

Significantly, before Dr. Nurnberger assumed responsibility for the chairmanship, a most important activity was carried on by the inspiring leadership of the then Commissioner of Mental

Health, Dr. Margaret Morgan. Dr. Morgan manifested great foresight and wisdom in recognizing the urgent need for a sound research base for the Department of Psychiatry and began planning for the establishment of the Institute of Psychiatric Research which now stands as a monument to her. Dr. Morgan recruited a very impressive group of able community leaders, business leaders and professional leaders including several physicians as well as their academic colleagues including Dr. Herman Wells, the President of Indiana University and Dean John Van Nuys. With the strong and enthusiastic support of Governor George Craig, Dr. Morgan succeeded in raising the necessary funds to make possible the construction of the new Institute which activity began in 1955.

In the fall of 1955, approximately one year after ground breaking for the construction of the new Institute of Psychiatric Research the first contingent research investigators joined the department of psychiatry as future members of the Institute staff. During the intervening two years, approximately six full time and part time research investigators were busily at work in temporary quarters. These included Dr. Morris Aprison, principal investigator in Biochemistry, Dr. Harvard Armus, research associate in Experimental Psychology, Dr. A.L. Drew, who was the Chief of Pediatric Neurology in the Neurology Department and also Associate Director of the Institute of Psychiatric Research because of his long time research interest in neurobiology and genetics. At that time, also, Dr. Hanus Grosz, senior research fellow in Clinical Psychiatry, Dr. Harold Persky, principal investigator in Clinical Biochemistry, Dr. Marvin Zucherman, research associate in Clinical Psychiatry and Dr. Charles D. Furster, principal investigator in Behavioral Analysis and several others who were already actively at work as indicated. In the fall of 1957, this entire core staff moved to the new research facilities at the Institute of Psychiatric Research. The basic thrust of psychiatric research efforts at this particular time was the direction of neurochemistry and neurobiology as well as intensive behavioral analysis primarily because the status of clinical research at that time was very tentative and unsatisfactory and led to relatively few definitive research programs. It was only later that such clinical research became a real possibility. While the research base of the department was rapidly expanding and becoming diversified, the program in Child Psychiatry was developing and expanding with the recruitment of additional professional staff under the direction of James E. Simmons, Chief of the Child Psychiatry Service. Dr. Edward Tyler was recruited as Director of the Riley Child Guidance Clinic and he had a very heavy commitment to the development of research and teaching efforts in that area. In the research field of child psychiatry and development, Dr. Marian DeMyer established the first research center for the study of childhood autism at Carter Hospital with the enthusiastic support of the medical director of Carter Hospital, Dr. Donald Moore, who played a continuing strong role in the development of not only of research facilities but also of research staff recruitment and training. The clinical undergraduate training and residency training programs were also expanded by a strengthened relationship with the psychiatry service at the 10th Street Veterans Administration Hospital under the early direction of Dr. Stewart T. Ginsburg who later became the Commissioner of Mental Health and also under the guidance of Dr. Grosz when he became the Chief of Psychiatry Service at that hospital.

A year and a half after he assumed the chairmanship in 1956, John Nurnberger hired a new Chief Psychologist, Eugene Levitt. At that time, the Section of Psychology consisted of 2.5 FTE and the Chief. The Section was, and remains, composed entirely of clinicians. The three psychologists at the Institute of Psychiatric Research when Levitt arrived--Harvey Armus, Charles Ferster and Marvin Zuckerman--were not members of the Section. Nevertheless, Nurnberger

expected clinicians to be involved in research which was one of his reasons for hiring Levitt who came from five previous years as a full-time researcher.

Levitt and Nurnberger built the Section in fifteen years to a peak of nine FTE, six at the Child Psychiatry Clinic and three on the adult side. In 1958, Aare Truumaa who retired in 1989, was the first psychologist brought in by Levitt. Bernard Lubin followed in the same year. Lubin left after nine years first to become Director of Research & Training for the State Department of Mental Health and later Chairman of the Psychology Department at the University of Missouri--Kansas City. Clayton Ladd was added on the adult side and Gerald Alpern on the child side in 1960. Jacqueline French, current Chief Psychologist at the Riley Child Psychiatry Clinic, came on in 1962.

Between 1965 and 1976, peak years of expansion for the Section, new faculty included Charles Perkins who was Chief Psychologist at the Adult Psychiatry Clinic for nineteen years, Richard Snider who was Chief at the Child Psychiatry Clinic from 1969 to 1977, Frank Connolly, who provided services at University Hospital for fourteen years, the current Director of the Section of Psychology, George McAdoo, who joined the faculty in 1970 and the current Director of Clinical Training in Psychology, Richard Lawlor who finished a post-doctoral fellowship here and became faculty in 1976.

Psychiatrist Dale Theobald, was a staff psychologist at the Adult Psychiatry Clinic for three years before going to medical school. Elgan Baker, who was Director of Clinical Training for eight years, came on in 1980. The last three psychologist faculty have all been women: Denise Davis, who left after six years to follow her nurse-anesthetist husband to Nashville, TN; Linda LaClave, who has been a valued member of the Child Psychiatry Clinic staff, and Maria Waddell who split seven years between Midtown and Medical Center Adult Services.

The Section has been amazingly stable. The current full time members represent not only longevity, but a variety of specialties. Including Truumaa and Levitt himself who became emeritus in 1992, the average stay was over 22 years. The eighteen psychologists who have been in the Section since 1957 have averaged ten years of service.

One of Levitt's first tasks as Chief of the Section was to develop a clinical psychology internship program. The first intern was accepted in 1958 and the program was formally accredited by the Education & Training Board of the American Psychological Association the following year. It has held that accreditation steadily ever since and was one of the last agencies to lose National Institute of Mental Health training funds when that source was terminated. The intern contingent rose from a single member to a peak of twelve. The Section, as representative of the School of Medicine, became the flag ship of an official consortium that now includes not only Carter, the VAMC and Midtown, but Gallahue/Community, St. Vincent Stress Center and sections of the IUSM Department of Pediatrics. Levitt himself served as the first Director of Clinical Training in Psychology until 1969 when he was replaced by Truumaa who in turn was succeeded by George McAdoo in 1974, Elgan Baker in 1980, Richard Lawlor in 1988, with the current Director being Linda LaClave.

All of the members of the Section have been productive researchwise, notably McAdoo, Baker, Alpern, Lubin and Levitt. At various times it has provided an MMPI scoring service that was widely used in this state, training for school psychologists in Indiana and for psychology staff in the state mental health system and a visiting lecturer series for clinical facilities in the state. Lubin, French, Davis and Levitt have served as presidents of the Indiana Psychological Association.

In 1973, Dr. Morris H. Aprison was appointed as executive administrator of the Institute of Psychiatric Research. In 1974, Dr. John Nurnberger, Sr. retired his chairmanship of the department as well as director of the Institute. Dean Beering appointed Dr. James Simmons as acting chairman and Dr. Morris Aprison as the new Director of the Institute. Dr. Simmons served until Dr. Hugh Hendrie, the present chairman of the department, came to IU in 1975 from the Lafayette Clinic and Wayne State School of Medicine in Detroit. Dr. Hendrie was also appointed as the executive director of the Institute and the Albert Stern Professor of Clinical Psychiatry. In 1978 Dr. Aprison stepped down as director of the Institute. The current Director of the Institute is Dr. John Nurnberger, Jr.

Residents in psychiatry not only enjoyed an expanded opportunity for post-graduate training in Child Psychiatry but also benefited by clinical rotation at the Marion County General Hospital, later referred to as Wishard Hospital, and the liaison services of the University Hospital, then referred to as Long Hospital. Also, Carter Hospital which was the continuing base of residency training during these years and subsequently a substantial effort was made to develop a diversified teaching program for freshman medical students and this expanded under the leadership of Dr. Nurnberger, Dr. Ferster and Dr. John Paul Brady, a member of the research staff at the Institute of Psychiatric Research. The freshman psychiatry program was remodeled into a program that focused on the analysis of growth and development from a behavioral and neurobiological frame of reference ultimately summarized in a freshman textbook prepared by all three co-authors entitled An Introduction to the Science of Human Behavior. (Editor's note, copyright, 1963, Appleton-Century-Crofts Division of Merritve Publishing Co., New York).

Dr. Nurnberger retired as chairman of the department of psychiatry and director of the Institute of Psychiatric Research in 1974. Both positions then being taken over by Dr. Hugh Hendrie, the present chairman of the department of psychiatry, and it was under his leadership that the departmental activities took off with a resounding bang!

Since 1975 the departmental programs have continued to expand significantly. Clinically, educationally and in research. In 1975 the relationship between the Medical School and Wishard Hospital was formalized thus allowing an even closer relationship between the Department of Psychiatry and Midtown Community Mental Health Center. First with Dr. James Wright's leadership and then Alan Schmetzer, Wishard and Midtown became a major and favorite teaching resource for the departments for both psychiatry residents and medical students. The close links between Carter Hospital and the Department of Psychiatry were research, teaching and clinical services and they continued to flourish under the continuing leadership of Dr. Donald Moore and his successor, Dr. Clair Eyssau, who was also Residency Training Director who died prematurely in 1989 and also the current superintendent, Diana Haugh.

In 1985, Dr. Jack Sullivan assumed the directorship for the Psychiatry Program at VA Hospital. Under his leadership the academic programs of the Department of Psychiatry at the VA prospered. Dr. James Simmons, who was awarded the Arthur B. Richter Child Psychiatry Fellowship in May, 1979, expanded the child and adolescent psychiatry programs at Riley Hospital. Assuming the directorship in 1989, Dr. Susan Blix continued these advancements. With the appointment of Dr. Christopher McDougale to the directorship in 1997, the research mission has expanded significantly and educational opportunities have grown. Dr. Theodore Petti was appointed the Arthur B. Richter Child Psychiatry Fellowship in 1990. The educational program established

under the chairmanship of Dr. John Nurnberger, Sr. and particularly under the directorship of Dr. Nancy Ruske, continued to evolve. Dr. Ruske was responsible for many innovations of medical student teaching including use of actors to simulate symptoms of mental illness. Dr. Ruske died in 1987 where upon Dr. Alan Schmetzer assumed the duties of Director of Medical Education. Dr. Roger Jackson and Dr. John Vara worked as co-directors in the psychiatry residency training program. The number of residents has varied over the years from about 28 in 1938 to 40 and back to the current 28, where Dr. Alan Schmetzer has resumed as the Director in 1998 and initiated the expansion of our education programs.

The programs at the Institute of Psychiatric Research established by Dr. Nurnberger, Sr. continued to thrive under the leadership of Dr. Aprison, who was director from 1976-1978. Gradually, as advances continued in psychiatry the focus changed from basic research to clinically directed research. In 1986 Dr. John Nurnberger, Jr. assumed the directorship of the Institute and under his direction, the clinical thrust of the research program flourished. The department has now received close to 3 million dollars in external research funds with major programs in Bipolar Illness, Alcoholism, Alzheimers Disease and Anxiety Disorders. Dr. Joyce Small continued her psychopharmacological research program at the LaRue D. Carter Hospital and was awarded the National Institute of Mental Health Merit Program Award in 1990.