



Nieman Foundation

at Harvard University

C O N F E R E N C E

**Reporting on Trauma:
What research can
tell journalists about
personal and collec-
tive responses to
tragedy, war, terror
and disaster**

*A conference
presented by the
Nieman Foundation
for Journalism,
Harvard University,
and the
Dart Center for
Journalism and Trauma,
University of
Washington, Seattle*

Oct. 6-8, 2005

Knight Center
Walter Lippmann House
Cambridge,
Massachusetts

Welcome

Few news organizations have a reporter who specializes in trauma. Trauma is simply part of the story on many beats:

- Science journalists cover research that studies how extreme stress alters our perception and emotional well-being.
- Health and medical reporters tell stories of individuals and families haunted by disease, accidents or acts of violence.
- Foreign correspondents report how trauma can capture entire nations drawn into crisis such as war or genocide.
- Virtually every available reporter covers aspects of trauma when tragedy hits home: after the terror attacks on September 11, 2001, for example, and after hurricane Katrina hit the Gulf Coast just this past month.

For journalists, trauma is a challenge because it's everywhere. Beyond obvious examples — war, terror, disaster, abuse and rape — reporters encounter the confusing reality that individuals can experience deep emotional wounds from an event beyond their control as well as from an event such as 9/11 that they witness on television.

In the 1980's, scientists thought trauma was an emotional reaction to an event "beyond the range of normal human experience." Today, we know trauma is the opposite: a very common human experience. Research shows that before September 11, 2001, 50 percent of women and 60 percent of men in the United States had been exposed to at least one traumatic event in their lives. In Algeria, Palestine and Cambodia, where

turmoil is more common, the numbers are closer to 90 percent.

What defines trauma? Are all traumas equal? Does everybody who experiences a traumatic event suffer severe consequences? If not, why not? Who is at higher risk? These pressing questions are reflected in our conference program:

Thursday evening we will discuss how collective responses to trauma shape history — and how our collective response to 9/11, the Iraq war and disasters such as hurricane Katrina might affect the future of the United States.

On Friday, we will explore the science of trauma, which has made extraordinary progress in the past 10 years. We'll learn, for example, how brain structures can be altered by extreme stress and what new approaches to treatment are available.

On Friday and Saturday, we will take the time to reflect on how covering the pain of others affects us, the journalists, and what challenges we face — professionally and personally — when we report on trauma.

As part of our mission to educate journalists and elevate the standards of journalism, the Nieman Foundation considers it an honor and an obligation to serve as host of this conference on journalism and trauma. We are particularly indebted to the Dart Center for Journalism and Trauma at the University of Washington in Seattle, not only for its generous support but also for its authoritative assistance in the conception and planning of this event.

Bob Giles, Curator, Nieman Foundation

Thursday | Oct. 6, 2005

5:00 – 6:00 p.m. Registration and reception

6:00 – 6:30 p.m. Opening remarks

Welcome

Bob Giles, Curator, Nieman Foundation for Journalism,
Harvard University

Why This Conference?

Roger Simpson, Director, Dart Center for Journalism and
Trauma, University of Washington, Seattle

6:30 – 7:30 p.m. Dinner

7:30 – 9:00 p.m.

UNDERSTANDING TRAUMA I

What Do We Owe the Dead?

**Collective trauma after Katrina, Iraq, 9/11
and its impact on the American future**

Robert Jay Lifton, Lecturer in Psychiatry at the Harvard
Medical School and the Cambridge Health Alliance and
Distinguished Professor Emeritus of Psychiatry and Psychology
at The City University of New York

A conversation with Daniel Zwerdling, National Public Radio

Friday | Oct. 7, 2005

8:00 – 8:30 a.m. Continental breakfast

8:30 – 9:15 a.m. **UNDERSTANDING TRAUMA II, SOLO**

A Complex, Dynamic Phenomenon: How emotional trauma affects people and their lives

Frank Ochberg, Professor of Psychiatry and Adjunct Professor of Journalism, Michigan State University

9:15 – 9:30 a.m. Break

9:30 – 11:15 a.m. **UNDERSTANDING TRAUMA III, PANEL**

The Biology of Trauma and Resilience: How the human brain processes extreme stress

Steven Southwick, Deputy Director, Clinical Neurosciences Division, VA National Center for PTSD, and Professor of Psychiatry, Yale University School of Medicine. *The neurobiology of resilience and post-traumatic stress disorder*

Robert Pynoos, Professor of Psychiatry, University of California Los Angeles. *The effects of violence on the child and adolescent brain*

Karestan Koenen, Professor of Society, Human Development and Health, Harvard School of Public Health. *Genetic risk factors for PTSD — and the interplay between genetic and environmental risk factors in the development of psychopathology following trauma exposure*

Moderator: Boyce Rensberger, Director, Knight Science Journalism Fellowships at Massachusetts Institute of Technology

11:15 – 11:30 a.m. Break

11:30 a.m. –
1:00 p.m.

TREATING TRAUMA I, PANEL

**Reassessing Treatment Options:
What works and for whom?**

Terence Keane, Chief of Psychology Service, VA Boston Healthcare System, and Professor and Vice Chair for Research, Division of Psychiatry, Boston University School of Medicine. *Current treatment approaches and their applications, Part 1*

Edna B. Foa, Ph.D., Professor of Clinical Psychology in Psychiatry, University of Pennsylvania, and Director of the Center for the Treatment and Study of Anxiety. *Current treatment approaches and their applications, Part 2*

Moderator: Elana Newman, Professor of Clinical Psychology, University of Tulsa, and Research Advisor to the Dart Center for Journalism and Trauma

1:00 – 2:00 p.m.

Lunch

2:00 – 3:30 p.m.

CASE STUDY I: PANEL

**The Other Battle – Returning from Combat in Iraq:
How new veterans fare, how the VA responds to
their emotional needs**

Matthew Friedman, Executive Director, National Center for Post-Traumatic Stress Disorder, Department of Veterans Affairs; Professor of Psychiatry and Pharmacology, Dartmouth Medical School. *Combat and trauma: What we know now*

Brett Litz, Professor of Psychiatry, Boston University School of Medicine. *Early Intervention for war trauma*

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Friday | Oct. 7, 2005 *continued*

Brett Schneider, Chief of Telepsychiatry, Walter Reed Army Medical Center. *Treating the “thousand-yard stare”: Combat stress control on the ground in Iraq*

Moderator: **Jeb Sharp**, Reporter, “The World,” Public Radio International, and 2006 Nieman Fellow

3:30 – 3:45 p.m. Break

3:45 – 5:30 p.m. **CASE STUDY II/JOURNALISM FOCUS I, PANEL**

Reporting the Pain of Others: How covering tragedies affects journalists

Anthony Feinstein, Professor of Psychiatry, University of Toronto. *How war affects the emotional wellbeing of journalists*

Janine di Giovanni, Senior Foreign Correspondent, The Times of London. *PTSD: The personal cost*

Santiago Lyon, Director of Photography, The Associated Press. *The ethics of assigning journalists to cover war, crisis and disaster*

Mark Brayne, Director, Dart Centre Europe and former BBC Foreign Correspondent. *Beyond the Stiff Upper Lip: Trauma risk management in media organizations* (Moderator)

6:30 – 7:30 p.m. Barbecue

7:30 – 9:00 p.m. **TRAUMA AND POETRY**

“The Healing Art: A doctor’s black bag of poetry”

Rafael Campo, Cuban-American Poet, Physician at Beth Israel Deaconess Medical Center in Boston and Professor of Medicine at the Harvard Medical School. *Reading and discussion*

Moderator: **Roger Simpson**, Executive Director, Dart Center for Journalism and Trauma

Saturday | Oct. 8, 2005

8:30 a.m. Continental breakfast

9:00 – 11:15 a.m. **UNDERSTANDING TRAUMA IV, WORKSHOP**

Assessing the Emotional Toll of Large-Scale Disasters: From Hurricane Katrina to the tsunami in Asia, from the terror attacks in New York to bombings in Madrid

9:00 – 9:45 a.m.

Part I: Natural Disasters, solo

Fran Norris, Research Professor, Department of Psychiatry, Dartmouth Medical School, and Research Associate, Executive Division of the National Center for PTSD, White River Junction, Vt. *The Mental Health Consequences of Natural Disasters: What we know about psychosocial responses to trauma, what we should know — and how we study this*

9:45 – 10:00 a.m.

Break

10:00 – 10:45 a.m.

Part II: Human-Caused Disasters, solo

Sandro Galea, Medical Epidemiologist and Associate Professor, University of Michigan School of Public Health. *The Mental Health Consequences of Terrorism: What data from New York City, Madrid and Israel reveal and what the consumer of this research needs to understand in interpreting such work*

10:45 – 11:15 a.m.

Discussion

Moderator: Daniel Q. Haney, Former Medical Editor and Special Correspondent, The Associated Press

11:15 – 11:30 a.m. Break

Saturday | Oct. 8, 2005 *continued*

11:30 a.m. –
12:15 p.m.

TREATING TRAUMA II, SOLO

Dumfounded: Regaining control over body and mind after exposure to extreme stress

Bessel van der Kolk, Professor of Psychiatry, Boston University Medical School, and Clinical Director, The Trauma Center, Brookline, Mass.

Moderator: **Bruce Shapiro**, Field Director, Dart Center for Journalism and Trauma, and Contributing Editor, *The Nation*

12:15 – 12:30 p.m. Break; pick up box lunches

12:30 – 1:30 p.m.

TREATING TRAUMA III/JOURNALISM FOCUS II, PANEL

Mental Health Response to Disasters: Finding common ground

George S. Everly Jr., Associate Professor in Psychiatry at The Johns Hopkins School of Medicine. *A New Era of Early Psychological Intervention: Recommendations for best practice*

Mark Brayne, Director, Dart Centre Europe, and former BBC Foreign Correspondent. *Journalists as First Responders: Implications for training and practice*

1:30 – 1:45 p.m. Break

1:45 – 2:15 p.m.

TREATING TRAUMA IV, PANEL

What is the Future of Early Psychological Intervention? How do we treat hundreds and thousands of individuals affected by tragedy and disaster?

Fran Norris, Sandro Galea, Terence Keane, George Everly, Frank Ochberg, and Bessel van der Kolk join an open forum for questions and reflections.

Moderator: **Frank Ochberg**, Professor of Psychiatry and Adjunct Professor of Journalism, Michigan State University

2:15 – 2:30 p.m.

Break

2:30 – 4:00 p.m.

JOURNALISM FOCUS III, PANEL

Covering Trauma, Doing it Well

Nils Bruzelius, Science Editor, *The Washington Post*. *Embracing Controversies, Separating Evidence from Rhetoric and Folklore: How to cover a complex phenomenon that has yet to be fully understood — beware of the experts who aren't there*

Alix Spiegel, Science Correspondent, National Public Radio. *Watching — and reporting! — the evolution of ideas*

Mona Khanna, M.D. and Medical Correspondent, CBS-11 News, Dallas. *The Synergy of Reporting and Doctoring: The hybrid model*

John M. Pope, Medical Writer, *The Times-Picayune*. *When the story turns personal: The stress of covering Hurricane Katrina*

Moderator: **Roger Simpson**, Executive Director, Dart Center for Journalism and Trauma

Saturday | Oct. 8, 2005 *continued*

4:00 p.m.

Closing Remarks
Bob Giles and Roger Simpson

You are invited to remain at Lippmann House for a wine and cheese reception and conversation after the close of the conference.

Biographies

Mark Brayne, director of the Dart Centre Europe, served for 30 years as foreign correspondent and senior editor for Reuters and the BBC World Service. He now works with the BBC on a new program of trauma training and support for journalists and program-makers across the corporation.

As a BBC correspondent, Brayne worked in Vienna (1981-1984), Beijing (1984-1987) and, as BBC World Service diplomatic correspondent, in London (1988 to 1992).

Among other stories, he covered the build-up to the killings on Tiananmen Square and the violent revolution in Romania in 1989.

In 1992, while continuing to work as a senior editor with the BBC, Brayne began training as a transpersonal psychotherapist, graduating in 2000 with a master's degree in the personal experience of the foreign correspondent.

At the BBC during the 90's, Brayne was one of the driving forces behind the provision of compulsory survival training for reporters and producers working in hostile environments. He also helped establish the BBC's first confidential counseling service in the early 1990's.

Most recently, Brayne devised and implemented a project at the BBC to investigate the need for training and support for journalists and their support teams who experience traumatic stress and PTSD. He has a small private psychotherapy practice and lectures and writes on issues of emotional literacy and journalism.

Nils Bruzelius has been a journalist for 38 years. For most of this time, he has reported or edited coverage of medicine, science and environmental issues.

He is currently deputy national editor for science at *The Washington Post*, which he joined in December 2002 after spending 28 years at *The Boston Globe*. He started at the *Globe* as a medical reporter, then went on to become state political editor, specialists editor and editor of the weekly Health/Science section. He served for seven years as editor in charge of medicine, science, environment and higher education coverage, working with a staff of 12 reporters and two other editors. Before leaving the *Globe* in 2001, he served for two years as foreign editor.

Bruzelius also spent two years with the *Globe's* investigative Spotlight Team as one of four reporters who won a Pulitzer Prize for a 10-part series exposing mismanagement and corruption in Boston's public transit system.

Bruzelius has a B.A. in history from Amherst College. In 1992-1993 he was a Knight Science Journalism Fellow at the Massachusetts Institute of Technology, where he studied subjects that included the history of science and medicine, molecular biology, global climate change, scientific fraud and health-care reform.

Biographies *continued*

Rafael Campo (M.D.) is a graduate of Amherst College and Harvard Medical School. He teaches and practices general internal medicine at Harvard Medical School and Beth Israel Deaconess Medical Center in Boston, where his practice serves mostly Latinos, gay/lesbian/bisexual/transgendered people and people with HIV infection.

His poetry and prose have appeared in many major anthologies, including *Best American Poetry 1995* (Scribner, New York, 1995) and in prominent periodicals including *DoubleTake*, *JAMA*, *The Lancet*, *Los Angeles Times*, *The Nation*, *New England Journal of Medicine*, *The New York Times Magazine*, *The New Republic*, *Paris Review*, *The Progressive* and Salon.com.

He is the author of *The Other Man Was Me* (Arte Público Press, Houston, 1994), which won the 1993 National Poetry Series Award; *What the Body Told* (Duke University Press, Durham, 1996), which won a Lambda Literary Award for Poetry; and *The Poetry of Healing: A Doctor's Education in Empathy, Identity, and Desire* (W.W. Norton, New York, 1997), a collection of essays now available in paperback under the title *The Desire to Heal*, which also won a Lambda Literary Award for memoir.

His newest collection of poetry, *Landscape with Human Figure*, was published in April 2002 and won the Gold Medal from ForeWord in poetry. In August 2003, W.W. Norton published *The Healing Art: A Doctor's Black Bag of Poetry*, new essays on poetry and healing.

Janine di Giovanni is a senior foreign correspondent for *The Times* of London and a contributing editor for *Vanity Fair*. Her current long-term projects include reports on AIDS in India and on Muslims in Europe, both for *National Geographic*.

An Italian-American, she moved to London in 1987. She began her career as a foreign correspondent reporting from Israel. She covered the civil war in Bosnia and was briefly taken hostage by the Serbs during the early weeks of the NATO bombardment. She spent several weeks living with the Kosovo Liberation Army within Kosovo, near the Albanian border.

di Giovanni has won two Amnesty International awards for her coverage of human-rights abuses in Kosovo and Sierra Leone. In 2000, she won Britain's Foreign Correspondent of the Year award for her work in Chechnya and a Columbia School of Journalism National Magazine Award for her coverage of the war in Kosovo.

She has written four books: *Against the Stranger* about the lives of Palestinians in Gaza and the West Bank; *The Quick and the Dead: Under Siege in Sarajevo*, which she wrote after covering the civil war in Bosnia for *The Sunday Times*; *Madness Visible* about life on the frontline during the Balkan crisis and *The Place at the End of the World: Stories from the Frontline*, to be published by Bloomsbury in January 2006.

George S. Everly Jr. (Ph.D., ABPP) serves on the faculties of The Johns Hopkins University Bloomberg School of Public Health, The Johns Hopkins School of Medicine and Loyola College in Maryland.

He holds honorary professorships at the University of Hong Kong and Universidad de Norbert Weiner (Lima, Peru). He also serves on the adjunct faculty of the Federal Emergency Management Agency, the Centers for Disease Control Mental Health Exemplars Committee and the Spiritual and Emotional Care Committee and Early Psychological Intervention subcommittee of the National Voluntary Organizations Active in Disaster. He is an advisor to the Hospital Authority of Hong Kong.

Everly is the co-founder of the International Critical Incident Stress Foundation, a non-profit United Nations-affiliated public health and safety organization providing education, training and consultation on the topics of crisis intervention, psychological trauma and disaster mental health for the emergency-services professions throughout the world.

He was distinguished visiting professor, Universidad de Flores (Argentina) and senior research advisor, Social Development Office, Office of His Highness the Amir of Kuwait, State of Kuwait. Prior to these appointments, Everly was a Harvard Scholar Visiting in Psychology; a visiting lecturer in medicine, Harvard Medical School; and chief psychologist and director of behavioral medicine for Johns Hopkins' Homewood Hospital Center.

Anthony Feinstein (M.D., Ph.D.) is professor of psychiatry at the University of Toronto and a pioneer in research on war journalism and psychological distress. He is author of *Dangerous Lives: War and the Men and Women Who Report It* (Thomas Allen, Toronto 2003) and several academic publications on the subject.

His major research as a neuropsychiatrist focuses on the search for cerebral correlates of behavioral disorders associated with multiple sclerosis, traumatic brain injury and hysteria (Conversion Disorders).

In 2000-2001 he was awarded a Guggenheim Fellowship to study mental-health issues in postapartheid Namibia. This led to development of that country's first rating scale for mental illness. He is currently engaged on a similar project in Botswana.

Feinstein also authored *The Clinical Neuropsychiatry of Multiple Sclerosis* (Cambridge University Press 1999; second edition due in 2006), *In Conflict*, an autobiographical account of his time as a medical officer in the Angolan and Namibian wars and *Michael Rabin, America's Virtuoso Violinist* (Amadeus Press, 2005).

He received his medical degree in South Africa and completed his training in psychiatry and neuropsychiatry in London, U.K. Feinstein holds a master of philosophy and a Ph.D. from the University of London.

Biographies *continued*

Stefanie Friedhoff is the program director of this conference. A freelance journalist and science writer for U.S. and European media, she reports nonscience stories for *Time* magazine. As a European correspondent based in Cambridge, Mass., and Ann Arbor, Mich., Friedhoff writes for a number of publications including *Folio/Neue Zuercher Zeitung & Facts* (Switzerland) and *Sueddeutsche Zeitung* (Germany).

She started her freelance career when she moved to Boston in 1998, leaving *Berliner Zeitung*, Berlin's largest daily newspaper, where she was the news editor and editor of the Sunday magazine. In 2000-2001, Friedhoff was a Nieman Fellow. She now organizes educational workshops and conferences for the Nieman Foundation on science-related topics and journalism.

Matthew J. Friedman (M.D., Ph.D) is the executive director of the U. S. Department of Veterans Affairs National Center for Post-Traumatic Stress Disorder (PTSD) and professor of psychiatry and of pharmacology at Dartmouth Medical School. He has worked with PTSD patients as a clinician and researcher for 30 years and published extensively on stress and PTSD, biological psychiatry, psychopharmacology and clinical outcome studies on depression, anxiety, schizophrenia, and chemical dependency.

Friedman has written or co-edited 15 books and monographs, 52 book chapters and 93 peer-reviewed articles in scientific journals. Listed in "The Best Doctors in America," he

is a distinguished fellow of the American Psychiatric Association, past president of the International Society for Traumatic Stress Studies (ISTSS), chair of the scientific advisory board of the Anxiety Disorders Association of America and has served on many VA and National Institute of Mental Health research, education and policy committees. He has received many honors including the ISTSS Lifetime Achievement Award in 1999.

Sandro Galea (M.D., D.P.H.) is an associate professor of epidemiology at the University of Michigan School of Public Health. Before moving to Michigan this summer, he was a medical epidemiologist and associate director at the Center for Urban Epidemiologic Studies at the New York Academy of Medicine.

Galea's work includes basic epidemiologic research, theoretic development and the application of innovative methods to epidemiologic problems. His research studies the relationship between social and economic factors such as income distribution and patterns of health in populations, concentrating on the role played by the urban context. He also focuses on two other areas: the epidemiology of mental health and substance misuse with a particular focus on post-traumatic stress and illicit drug abuse/dependence, and the factors that shape the health of marginalized populations, including habitual drug users and new immigrants, with particular interest in accidental drug overdose.

Galea earned his medical degree from the University of Toronto in 1994, his master's in public health in epidemiology from Harvard University in 2000 and his doctorate in public health in epidemiology from Columbia University in 2003.

He is an elected member of the American College of Epidemiology and a fellow of the Royal Institute of Public Health. Galea is Canadian board-certified in family medicine and emergency medicine. He has worked as a clinician in remote rural communities in Northern Canada and in Mudug Region, Somalia. He is a licensed physician in Ontario, Canada and New York.

Bob Giles became the curator of the Nieman Foundation for Journalism at Harvard University in 2000 after nearly 40 years in newspapers. Previously, he had been editor and publisher of *The Detroit News*. From 1977 to 1986, Giles was executive editor and then editor of the *Democrat & Chronicle* and the *Times-Union* in Rochester, N.Y.

His career began in 1958 at the *Akron Beacon Journal*. As managing editor in 1970, he directed coverage of the campus shootings at Kent State, for which the newspaper won the Pulitzer Prize. A graduate of DePauw University and the Columbia Graduate School of Journalism, Giles was a Nieman Fellow in 1966. He received an honorary doctorate in journalism from DePauw in 1996.

Terence M. Keane (Ph.D.) is chief of psychology service at the VA Boston Healthcare System, director of the Behavioral Science Division of the National Center for PTSD and professor and vice chair for research of the Division of Psychiatry at Boston University School of Medicine.

Keane has an extensive record of scientific achievement in PTSD, including many publications and grant awards. He has also lectured internationally on this topic. He currently serves as principal investigator for two National Institute of Mental Health-funded treatment outcomes studies in PTSD: one on traumatized refugees and victims of torture and the other focused on medical compliance among HIV-positive and AIDS patients who also have PTSD and an addictive disorder.

Keane was a leader in the development of the multisite National Center for PTSD, served as the Department of Veterans Affairs administrative head of the National Vietnam Veterans Readjustment Study, and is past president of the International Society for Traumatic Stress Studies.

He has won many awards including the Robert Laufer Memorial Award for Outstanding Scientific Achievement from ISTSS, a Fulbright Scholarship and Outstanding Research Contributions from the Division of Public Sector Psychology of the American Psychological Association.

Biographies *continued*

Mona Khanna (M.D.) is a full-time medical correspondent for the CBS-owned TV station in Dallas-Fort Worth. A quadruple board-certified doctor, she produces her own medical segments, which air daily six to seven days a week. She also specializes in combining disaster medical aid work with disaster reporting.

As a member of the TX-4 Disaster Medical Assistance Team, Khanna was one of the first medical doctors to arrive at the New Orleans Airport after Hurricane Katrina hit. Pulling double duty, she treated patients and did her own live shots and field-produced home crews from CBS 11 News.

Khanna's awards include an Emmy, the Texas Association of Broadcasters Steve Pieringer Award for outstanding valor and service in the pursuit of broadcast news coverage (for providing medical care to tsunami survivors in Sri Lanka) and a Telly Award for her half-hour special *Cheap Medicine: Mexico's Medications*.

Khanna, who holds a B.S. degree from the Medill School of Journalism at Northwestern University and a medical degree from the University of Illinois, treated patients at Ground Zero while writing daily columns for the San Bernardino *Sun* newspaper. She also staffed medical clinics at the Alaska Airlines Flight 261 crash site and provided medical screening to Kosovo refugees at Fort Dix, N.J. She is a lieutenant colonel with the Texas Medical Rangers and a founding member of the Department of Homeland Security.

Karestan C. Koenen (Ph.D.) is an assistant professor of society, human development and health at the Harvard School of Public Health. She is a licensed clinical psychologist with expertise and experience in developmental psychology and psychiatric epidemiology.

Koenen is currently the principal investigator of a National Institute of Mental Health-funded Career Development Award. She uses a developmental epidemiologic approach to examine the joint action of genotype and childhood environment in the etiology of post-traumatic stress disorder and other stress-related mental disorders.

Her work has focused on understanding the role of genetic and environmental risk factors in the development of PTSD and its comorbidity (interaction) with psychiatric and substance-use disorders. As a clinician, she specializes in empirically-validated short-term treatments for PTSD.

Koenen holds a B.A. in economics from Wellesley College, an M.A. in developmental psychology from Columbia University and a Ph.D. in clinical psychology from Boston University.

Robert Jay Lifton (M.D.) is lecturer in psychiatry at Harvard Medical School and Cambridge Health Alliance and distinguished professor emeritus of psychiatry and psychology at The City University of New York. In his more than 40 years as a writer, investigator and psychiatrist, Lifton has been particularly interested in the relationship between individual psychology and his-

torical change, and in problems surrounding the extreme historical situations of our era. He has taken an active part in the formation of the new field of psychohistory.

In his works, Lifton confronts some of the most disturbing events of our times, analyzing how men and women lose and recreate their humanity in extreme situations and exploring questions about death and its meaning for life. He studied Hiroshima, the Holocaust and the Vietnam War, among others. His most recent research looks at terrorist cults and apocalyptic violence.

The author of more than 20 books, his latest work is *Superpower Syndrome: America's Apocalyptic Confrontation with the World* (Nation Books, 2003). Other important works include *The Nazi Doctors* (Basic Books, 1986), winner of a *Los Angeles Times* book prize, and *Death in Life: Survivors of Hiroshima* (Random House, 1968), winner of a National Book Award.

Lifton has received a dozen honorary degrees from universities in and outside the United States and has won many awards for his work. He was elected fellow of the American Academy of Arts and Sciences in 1970. He is a founding member of the International Physicians for the Prevention of Nuclear War (from 1980), which was awarded a Nobel Peace Prize in 1986.

Brett Litz (Ph.D.) is a professor in the department of psychiatry at Boston University School of Medicine and the psychology department at Boston University and the associate director of the Behavioral Sciences Division of the National Center for PTSD at the VA Boston Health Care System.

He is the principal investigator on several research studies funded by NIMH, the U.S. Department of Defense and the Department of Veterans Affairs to explore the efficacy of early intervention strategies for survivors of trauma. Two of these studies are testing a novel Internet-based self-management approach to the treatment of PTSD.

He also has two National Institute of Mental Health grants to study the psychophysiology of emotional-behavior abnormalities in PTSD and Borderline Personality Disorder. He is also studying adaptation to traumatic loss as a result of Sept. 11 and conducts research on the mental-health adaptation of U.S. military personnel across the lifespan, including prospective studies of the effects of exposure to combat in the Iraq War.

Litz earned his Ph.D. in clinical psychology from the State University of New York at Binghamton and did his clinical internship at the Palo Alto (Calif.) VA Medical Center.

Biographies *continued*

Santiago Lyon is the director of photography for The Associated Press. He is responsible for the AP's global photo report and the hundreds of photographers and photo editors worldwide who produce it.

Lyon has 20 years of experience in news-service photography, winning many awards for his coverage of conflicts around the globe. Under his direction, the AP earned its 29th Pulitzer Prize for photography in 2005 — its 48th Pulitzer overall — for 20 photographs from Iraq by a team of eleven photographers, five of them Iraqis.

Born in Madrid, Spain, to U.S. parents and raised in Ireland, Lyon joined the AP in 1991 in Cairo, Egypt, after working for United Press International and Reuters in Madrid and Mexico City. He has since covered stories in Mexico, Central and South America, the 1991 Gulf War, Croatia, Bosnia, Albania, Kosovo, Israel, Palestine, Libya, Syria, Iraq, Somalia, Rwanda, Yemen, Sri Lanka and Afghanistan. In 1995, while on assignment in Sarajevo, he was wounded by mortar shrapnel.

Lyon served as AP photo editor for Spain and Portugal from 1995 until 2003, when he accepted a Nieman Fellowship at Harvard University.

Elana Newman (Ph.D.) is an associate professor of psychology at the University of Tulsa and research advisor to the Dart Center on Journalism and Trauma. She has conducted research on a variety of topics regarding the psychological and physical response to traumatic life events, assessment

of PTSD in children and adults, understanding the impact of participating in trauma-related research from the trauma survivor's perspective and the exposure of journalists to trauma-producing events.

Newman lectures on clinical and research matters about such traumatic life events as sexual assault, child abuse, military service, domestic violence and workplace violence.

Fran H. Norris (Ph.D.) is a research professor in the department of psychiatry at Dartmouth Medical School, a research associate of the executive division of the Department of Veterans Affairs National Center for PTSD and a consortium member of the new National Center for the Study of Terrorism and Response to Terrorism at the University of Maryland.

Norris has published more than 100 articles and chapters and has received a number of grants for research, research education and professional development from the National Institute of Mental Health.

Her interests include the epidemiology of post-traumatic stress, cross-cultural studies, the mobilization and deterioration of social support after disasters and systems issues in providing disaster mental-health services. Her studies have focused on such events as floods in Appalachia, U.S. hurricanes Hugo and Andrew, and Hurricane Paulina and the 1999 floods and mudslides in Mexico. She was also lead investigator on two case studies that examined lessons learned from the mental-health systems' responses to the Oklahoma City bombing and Sept. 11.

Norris is deputy/statistical editor of the *Journal of Traumatic Stress* and scientific editor of the *PTSD Research Quarterly*. She received a Ph.D. in community/social psychology from the University of Louisville.

Frank Ochberg (M.D.) is a clinical professor of psychiatry, adjunct professor of criminal justice and adjunct professor of journalism at Michigan State University. A founding board member of the International Society for Traumatic Stress Studies, he is the editor of the first text on treatment of post-traumatic stress syndrome, consultant to the Federal Bureau of Investigation and former consultant to the U.S. Secret Service and National Security Council.

Ochberg served as associate director of the National Institute of Mental Health and as director of the Michigan Mental Health Department. He developed, with colleagues, the Critical Incident Analysis Group, the International Victims and the Media programs, the Dart Award for Excellence in Reporting on Victims of Violence, Global Youth Connect (a young persons' human-rights organization), Gift From Within (a charity for persons with PTSD), the Michigan Victims Alliance and Committee for Community Awareness and Protection (responding to serial-killer threats).

For the last activity, he is the first physician to receive the Law Enforcement Medal of the Sons of the American Revolution. As a Red Cross volunteer, Ochberg has helped families at sites of earthquakes, floods, fires and aircraft disasters. He represents the Dart

Foundation and directs its support of victimization programs around the world.

John Pope has been *The* (New Orleans) *Times-Picayune's* medical/health reporter since fall 1986, covering local medical schools and hospitals, medical conventions, human-interest stories and local, state and national public-health developments.

Pope earned a bachelor's degree (cum laude) and a master's degree from the University of Texas, where he was elected to Phi Beta Kappa. After graduation, Pope was a copy editor and general-assignment reporter for *The States-Item*, New Orleans' afternoon paper. When *The States-Item* merged with *The Times-Picayune*, the morning paper, in 1980, Pope continued on general assignment until he moved to the medical beat.

He has held fellowships in public health at the Knight Center for Specialized Journalism at the University of Maryland and at the Centers for Disease Control and Prevention in Atlanta. His stories have won four first prizes from the Press Club of New Orleans, two first prizes from the Louisiana State Medical Society and one from the Louisiana-Mississippi Associated Press Association. The Louisiana Public Health Association has given him its Louise McFarland Award for Excellence in Public Health Communication. In April, he was a Hearst Foundation visiting fellow at the University of Texas.

Biographies *continued*

Robert S. Pynoos (M.D., M.P.H.) is professor of psychiatry in the University of California, Los Angeles department of psychiatry and biobehavioral sciences. He is co-director of the National Center for Child Traumatic Stress, director of the UCLA Trauma Psychiatry Service and executive director of the Anxiety Disorders Program.

Over the past two decades, Pynoos has made significant contributions to understanding the impact of children's exposure to violence and disaster, and to elevating the standards of mental health care for child victims and witnesses. He has written extensively on child development and child traumatic stress, the neurobiology of child and adolescent trauma, and public mental health approaches for children and families after disaster, war and community violence.

Pynoos was an invited participant to the 1999 White House Strategy Session on Children, Violence and Responsibility and has served as a consultant to a number of organizations including the U.S. Department of Education after the Oklahoma City bombing, Jefferson County (Colo.) Mental Health after the Columbine High School tragedy and UNICEF for Kuwait after the Gulf War. He has a collaborative relationship with UNICEF to conduct a long-term post-war recovery program for adolescents in Bosnia-Herzegovina.

Pynoos is the past president of the International Society for Traumatic Stress Studies and the 2001 recipient of the Lifetime Achievement Award. His other

awards include the American Psychiatric Association Bruno Lima Award for excellence in disaster psychiatry.

Boyce Rensberger is the director of the Knight Science Journalism Fellowships at the Massachusetts Institute of Technology. Rensberger has been a science writer or science editor for more than 32 years, starting at *The Detroit Free Press* in 1966 and moving on to *The New York Times* and other publications.

He was the head writer of *3-2-1- Contact!* a PBS science series for children, and he created an acclaimed monthly supplement, "Horizon: The Learning Section" as science editor at *The Washington Post*. Rensberger has written four science books, most recently *Life Itself: Exploring the Realm of the Living Cell*.

Brett J. Schneider (M.D.) is a major in the U.S. Army. He served with the 528th Medical Detachment, Combat Stress Control, during the first rotation of Operation Iraqi Freedom. He is currently the chief of telepsychiatry and community mental health and assistant program director of the Military Forensic Psychiatry Fellowship at Walter Reed Army Medical Center. He is board certified in general, child and adolescent and forensic psychiatry.

Bruce Shapiro is field director/Eastern U.S. at the Dart Foundation for Journalism and Trauma, a contributing editor for *The Nation* and national correspondent for Salon.com. He also teaches investigative

journalism at Yale. Shapiro is co-author of *Legal Lynching: The Death Penalty and America's Future* (with Rev. Jesse Jackson and congressman Jesse Jackson Jr.) and author of *Shaking the Foundations*, a history of investigative reporting.

Jeb Sharp is a 2006 Nieman Fellow and a correspondent for *The World*, a co-production of the BBC World Service, Public Radio International and WGBH Boston. She covers U.S. foreign policy and other international stories and has reported for *The World* from Europe and the Middle East. Her 2003 series on the history of Iraq won the Lowell Thomas Award for best radio news or interpretation of international affairs from the Overseas Press Club.

Before joining the staff of *The World* in 1998, Sharp was a reporter for public radio station WBUR in Boston and a reporter and news director at Raven Radio, KCAW, in Sitka, Alaska. She is a graduate of Cornell University and the Graduate School of Journalism at the University of California at Berkeley.

Roger Simpson (Ph.D.) is executive director of the Dart Center for Journalism and Trauma and a professor of communication at the University of Washington. A former newspaper reporter, he is co-author of *Covering Violence: A Guide to Ethical Reporting about Victims and Trauma* (Columbia University Press; 2nd edition forthcoming). He received a doctorate in communication history from the University of Washington.

Steven Southwick (M.D.) is deputy director of the Clinical Neurosciences Division, VA National Center for PTSD, and professor of psychiatry at Yale School of Medicine.

He is an internationally recognized expert on the psychological and neurobiological effects of extreme psychological trauma. Southwick has served on the board of directors of the International Society for Traumatic Stress Studies and on the editorial board of the *Journal of Traumatic Stress*.

Southwick has published extensively in the scientific literature on the phenomenology and neurobiology of PTSD, the longitudinal course of trauma-related psychological symptoms, memory for traumatic events, treatment of PTSD and on neurobiological and psychological factors associated with resilience to stress. He has worked with a wide range of stress-sensitive and stress-resilient individuals including combat veterans with PTSD, civilian children and adults with PTSD and very high functioning stress-resilient prisoners of war and active Special Forces soldiers.

Southwick has been awarded many research grants and has served on a number of federal grant review committees. He has also won several awards for excellence in teaching and clinical work and has been selected by his peers to “The Best Doctors in America.”

Biographies *continued*

Alix Spiegel works as a mental health reporter for National Public Radio and was one of the founding producers of the public radio program *This American Life*. She contributes to NPR's *All Things Considered* and *The New York Times Magazine*.

Spiegel won a Livingston Award for her coverage of mental health issues and a Peabody award for her radio documentary work. As a mental health reporter, she has spent a lot of time on the subject of post-traumatic stress disorder, covering everything from the evolution of the concept to the psychological effects of killing in combat.

Bessel A. van der Kolk (M.D.) has been active as a clinician, researcher and teacher in the area of post-traumatic stress and related phenomena since the 1970's. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment.

van der Kolk's book *Psychological Trauma* was the first integrative text on the subject, showing the far-ranging impact of trauma on the entire person and the range of therapeutic issues that need to be addressed for recovery.

He and his collaborators have published extensively about the impact of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development in traumatized children and adults, and the psychobiology of trauma. His current research is on how trauma affects memory processes and brain-imaging studies of PTSD.

He is past president of the International Society for Traumatic Stress Studies, professor of psychiatry at Boston University Medical School and medical director of the Trauma Center at Arbour-HRI Hospital in Brookline, Mass. He has taught at universities and hospitals in the United States and Europe, Africa, Russia, Australia, Israel and China. His latest book, *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body and Society*, was co-edited with Alexander McFarlane and Lars Weisaeth. It explores what we have learned in the past 20 years about the rediscovery of the role of trauma in psychiatric illness.



The Nieman Foundation for Journalism was established at Harvard University in 1938 under a bequest of Agnes Wahl Nieman in memory of her late husband Lucius, founder and long-time publisher of *The Milwaukee Journal*. Mrs. Nieman made her gift “to promote and elevate the standards of journalism and educate persons deemed specially qualified for journalism.”

The foundation administers the nation’s oldest midcareer fellowship program for journalists. Each year 12 American and 12 international journalists come to Harvard for a year of academic study. Since 1938, more than 1,100 men and women from the United States and 77 other countries have received Nieman Fellowships.

The Nieman Foundation publishes the quarterly magazine *Nieman Reports*, written by journalists for a worldwide audience of leading journalists in all media and for journalism educators. The foundation is also the home of the Nieman Program on Narrative Journalism, which seeks to advance narrative reporting and writing in newspapers and other media, and the Nieman Watchdog Journalism Project, which encourages reporters and editors to monitor and hold accountable those who exert power in all aspects of public life.

The Dart Center for Journalism & Trauma is a global network of journalists, journalism educators and health professionals dedicated to improving media coverage of trauma, conflict and tragedy. The center also addresses the consequences of such coverage for those working in journalism. To these ends, the Dart Center:

- Advocates ethical and thorough reporting of trauma; sensitive, professional treatment of victims and survivors by journalists, and greater awareness by media organizations of the impact of trauma coverage on both news professionals and news consumers.
- Educates working journalists about the science and psychology of trauma and the implications for news coverage through this website, academic research, seminars, workshops and training.
- Serves as a forum for print, broadcast and Internet journalists to analyze issues, exchange ideas and advance strategies related to reporting on violence and catastrophic stress. The center also creates and sustains partnerships among media professionals, therapists and others concerned with trauma, and nurture peer-support among working journalists.

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