and discussed the notion of the importance of sleep hygiene. His research and observations suggested that if the child took a nap for one hour at four p.m., he/she would have less trouble at night.

Dr. Anders quoted Freud, “Dreams preserve sleep,” he highlighted the fact that new-born infants spend much time in REM sleep. Sleep disorders were classified in the ICD-2 and then subsequently in the DSM. He later went on to study sleep patterns in children with autism and discussed the notion of the importance of sleep hygiene. His research and observations suggested that if the child took a nap for one hour at four p.m., he/she would have less trouble at night.

Dr. Anders spoke about the “logic of science is to limit bias” and, with this in mind, his earlier work was focused on the development of methods for child and adolescent psychopharmacology trials. Along with his mentor, Barbara Fish, M.D., he conducted a six-week empirical study examining 7-to-17-year-olds with psychosis (mild, moderate, severe) who were treated with either chlorpromazine, diphenhydramine, or placebo. Each subject completed an IQ test and electroencephalogram (EEG) while being observed clinically for changes in symptomatology. He also made a keen observation that at higher doses of medications, the patients developed what was then called “Therapeutic Toxicity.” He presented his work at his first AACP Annual Meeting in Hershey, Pennsylvania, in 1963 when there were just 350 members of the Academy – how far we have come since!

Dr. Shapiro also spoke about Dr. Fish, whom he published his paper with, his mentor who fostered his interests and inquisitive mind, and was invaluable in giving him the freedom to pursue his research interests. Subsequently he became interested in the teaching and practicing of psychodynamic psychotherapy and evidence-based outcomes.

Cynthia R. Pfeffer, M.D.’s presentation was about her original paper published in the Journal of the American Academy of Child and Adolescent Psychiatry (JAACAP) in 1984: “Suicidal Behavior in Normal Children Compared to Hospitalized Children.” It was the first report about suicidal ideation in normal children (11.9%). At the time, it was unbelievable that normal children would harbor such thoughts. She then started to delve into the issue of risk factors for suicide. This then lead Dr. Pfeffer to develop an instrument, the “Child Suicide Potential Scale,” to measure suicidal ideations in an organized and methodical manner. This was the first of many studies she published subsequently on the topic of depression and suicide. In 1986, she received federal and state funding to study the prevention of suicide and the same year published her book “The suicidal child”. Dr. Pfeffer’s trajectory led to other questions that needed to be answered such as – what is the relationship between family history of depression and suicide as risk factors and the role of serotonin. Her seminal work in this area garnered the first Norbert Reiger Award from AACAP in 1998. Dr. Pfeffer also spoke about the influence of David Schaffer, M.D.’s earlier work in the area of suicide and how that influenced her own research.