

## Reid Finlayson: A Life on Lithium and Lessons Learned

### **My mentors**

#### **Preamble**

I have been blessed to learn much through the fortunate example and support of many, beginning with excellent parents. Tennyson mused, “I am a part of all that I have met; Yet all experience is an arch wherethrough Gleams that untravelled world, whose margin fades For ever and for ever when I move.”

I have had many mentors but two stand out because they believed in my potential and challenged me accordingly without accommodation for my history of mental illness. Nate Epstein was chairman at McMaster when my residency training was interrupted. He was a great role model and challenging supervisor for my last two years of training. Nate was tough and sometimes painfully honest. I learned a great deal working with him and I was invited to join the faculty. I enjoyed seeing Nate and many of my former colleagues, celebrating Nate’s pioneering chairmanship at the 50<sup>th</sup> anniversary celebration of the department at McMaster Medical School, June 3, 2017 at Hamilton, Ontario, Canada.

Peter Martin invited me to join the faculty at Vanderbilt 20 years ago and began a collegial relationship over many years working together. Peter has supported and encouraged my scholarship and academic growth. Our collaboration has evolved into a supportive and enjoyable friendship. I am particularly grateful not only to Nate and Peter but for the good fortune to have met, worked with and learned from so many other colleagues, family, friends and patients.

Nathan B. Epstein was the founding chairman of the Department of Psychiatry at the McMaster University Medical School in 1969. His interest in family therapy, which was based upon researching healthy family functioning (The Silent Majority), led to the development of the influential McMaster Model of Family Therapy. Nate was brilliant, astute and decisively honest. He was eclectic in his intellectual pursuits and an administrative pioneer. After creating a vibrant department at McMaster, Nate went on to become chair at Brown University in Providence, RI.

He and I are pictured together in 2019, at celebration of the 50<sup>th</sup> reunion of the founding of McMaster Medical School.

Peter Martin trained at McGill University, Montreal, University of Toronto, and the National Institutes of Health before he was recruited to Vanderbilt University in Nashville. He has had a prolific research career in pharmacology and psychiatry with a predominant interest in substance use disorders resulting in significant contributions to our understanding of alcohol withdrawal, thiamine and cerebellar changes. I was fortunate that he recruited me to Vanderbilt and have benefitted from his mentoring collaboration, support and friendship. Peter and I play tennis together and are pictured in 2019 with Coach Geoff Macdonald of the Vanderbilt women's national tennis championship team.

Photos:

Nathan Epstein, circa 1976

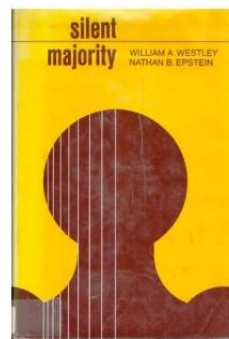
Peter R. Martin, 2018

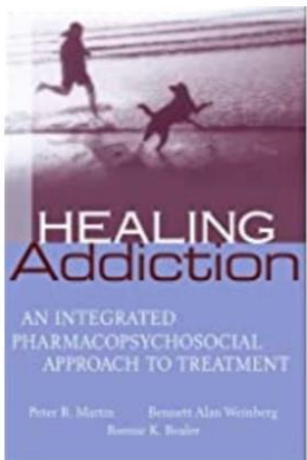
Nathan Epstein and Reid Finlayson, June 3, 2017

Peter Martin, Geoff Macdonald and Reid Finlayson in 2019

# *Nathan B. Epstein*

MARCH 3, 1924 - OCTOBER 8, 2020





**Peter Martin, MD**

Professor  
Psychiatry and Behavioral Sciences

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