Adam J. Krakowski, MD. The Fifth President of the International College of Psychosomatic Medicine

It always seemed rather peculiar that an individual few know is asked to introduce someone everybody knows. When President Reagan visited Chicago recently, he did not ask Governor Thompson or Mayor Byrne to introduce him. No, he asked what’s-his-name to do it. There was no match and no contest. Anyway it is my humble pleasure to introduce to you the President of the International College of Psychosomatic Medicine, a man everyone knows through his quarterly messages in our Bulletin and his persistent letters and telephone calls that awaken us either early in the morning or late in the evening. Who could not remember him? Who could forget him? This man has relentlessly pursued the purposes of this organization, upholding (while suggesting revisions) our Constitution, governing the psychosomaticists of the free world while encouraging those in lands where freedom has a different designation. In this area, alone, he has championed the academic freedom of the brethren he left behind, once the certainty of Western democratic processes were doomed. In migrating to the United States following the tumultuous period preceding, during and following World War II, as soldier and prisoner, as physician and captive, he served in an area of the United States where there were few trained psychiatrists and in an institution for the criminally insane in which almost every prison guard developed peptic ulcer disease. This experience obviously must have extended his interest in psychosomatic medicine. He has never informed us of what effect this experience had on his own health. Since 1953, he has been the mainstay of psychiatric practice in Plattsburgh, N.Y., in the poorest county of that state. At times, single-handedly, he has been the only psychiatrist caring for the psychiatric needs of patients at the Champlain Valley Physicians Hospital Medical Center, the Plattsburgh Kimball

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C. Child Guidance Clinic
a regional facility of the State Department of Mental Health
and as Medical Director of the Northern New York Center for the Emotionally Disturbed. In addition he has enjoyed collegiality with the faculty of the State University at Plattsburgh where he has been Professor of Psychiatry Department of Medicine and Health Education. These acknowledgements do slight justice in recognizing his 15-hour days directly relating to the needs of his often impoverished patients whom he treats with his self-trained nurses and aides. His daily 7 a.m. rounds are around the breakfast table with his nurses and patients. Each patient is addressed and in turn addresses the doctor and his fellow patients. In this setting, which pre-dated flashier models problems are explored medications are decided upon passes are given or denied
family and group sessions are arranged. For individual consultations
the doctor is back in the evening following office hours
after which
at the expense of family
he has found energy and time to write over 100 scientific papers and co-author and edit two
books. It is little wonder why this doctor is interested in the factors leading to the impaired
physician. This doctor’s humble efforts are acknowledged far beyond the confines of this out-of-
the-way county. His medical ecumenism has been acknowledged by Pope Paul VI in the
presentation of the Medal of the Holy Year. He has received the Medal of Copernicus from the
Academy of Cracow. He has achieved notation among the distinguished American Physicians
and Psychotherapists. Yet his concern and care for physicians in Eastern Europe has remained
closest to his heart and among his most persistent endeavors. Alongside every man is a
woman and in our doctor’s case there are three. First there is gracious and noble Ada
nee Czyzowski
then Ann
a stunning model and mother
and delightful Alice
a modern dancer. You will note they are all A’s which is exactly what our President has been – a
Big A from the Big Apple State. I present to you, our President of the past 2 years
a man who has truly bridged the oceans of internationalism
Prof. Dr. Adam J. Krakowski
whom we now thank for his unstinting and uncompromising efforts in the development and
support of this College. Chase P. Kimball