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Education & Training

Duke University Medical Center 1988: Psychiatry Residency.

Thomas Jefferson University Hospital 1985: Internship.

Jefferson Medical College 1984: M.D.

Princeton University, 1980: A.B. with added Certificate of Completion of the Program in the History & Philosophy of Science.

Licensure & Board Certification

Active Medical License: Commonwealth of Virginia

American Board of Addictions Medicine: Diplomate as of March 2013

American Board of Forensic Medicine: Diplomate as of January 1996

American Board of Adolescent Psychiatry: Diplomate 1995 to 2005, & 2020 to present

American Board of Psychiatry & Neurology: Diplomate as of July 1990

National Board of Medical examiners: Diplomate as of July 1985

Employment

2021—present: Medical Director, Aquila Recovery Center of Virginia

2019—present: Reston-Oakton Anxiety Depression Solutions, LLC www.mindbrainspsychiatry.com

2019 – present: Northwest CSB, Page County, Virginia, telepsychiatrist

2019 – 2020: SaVida Health, Woodbridge, Virginia, addictions psychiatrist

2016 – present: Telepsychiatrist, American Well Online Care Group

1995. - present: government of Fairfax county, Virginia, Emergency Services psychiatrist (P/T)

1996. - 2019, CIA psychiatrist, Washington, DC, retired (current TS/SCI clearance through 2021)

1988-1996: Dept. of Army Medical Officer, Washington DC; (Frankfurt, Germany 1991-1993)

1999 - 2007: U.S. Army reserve medical officer, Lieutenant Colonel at honorable discharge (active duty Operation Iraqi Freedom TF344MED, Anbar Province, Iraq, 2005)

1989 - 2000: private practice of psychiatry in Arlington and Alexandria, Virginia (P/T)

1988 -1990: Inpatient Physician Team Leader, Psychiatric Institute of Montgomery County, MD

Professional Memberships

- ◆ **American Society of Adolescent Psychiatry**
- ◆ **American Academy of Addiction Psychiatry**
- ◆ **American Association of Physicians & Surgeons**
- ◆ **Association of Military Surgeons of the United States**

Skills & Experience

I have a passion for optimal patient care and experienced in a wide variety of settings. I recently retired as the addictions counselor for the Central Intelligence Agency in where I would screen, assess, treat, and refer CIA employees and other persons of interest in the intelligence community. I "moonlight" for Emergency Services of the Fairfax County Government CSB, where I see individuals of all ages and socioeconomic backgrounds for assessment, crisis intervention, and medication for problems concerning personal crises, suicide risk, depression, anxiety, psychosis, alcohol or substance-related issues, or relapse. I have a telepsychiatry practice and see patients across the Commonwealth of Virginia for a variety of outpatient psychiatric conditions. I also provide remote, after-hours coverage for the inpatient units and Assessment/ Referral Center of the HCA hospital system in central and southwest Virginia. I am well-versed in psychopharmacology, cognitive-behavioral therapy, positive psychology, and crisis intervention therapy. I was a U.S. Army officer, Medical Corps (60W), reserve, for eight years with two deployments and have a lot of interest and experience in psychological resiliency and coping with stressful experiences. I also have an ongoing area of interest in health and wellness, sleep, nutrition and mental health, building self-skills and relationship skills, and positive psychology. I have established briefings and trainings on ADHD, building self-esteem, strengthening relationships, building resiliency, and psychopharmacology. I strive for successful outcomes through knowledge, experience, humanity, and careful attention to individualizing treatment plans via a collaborative alliance with patients.

Academic Activity

- ◆ **Board of Directors, American Society for Adolescent Psychiatry, At-large Member, 2021 – present**
- ◆ **Associate Clinical Professor of Psychiatry & Human Behavior, the George Washington University Medical Center, Washington, DC**
- ◆ **Assistant Adjunct Professor of Psychiatry & Human Behavior, the Uniformed Services University of the health sciences, Bethesda, MD**
- ◆ **Rapporteur Fellow of the American Academy of Psychiatry & the Law, 1988**
- ◆ **United States Presidential Scholar representing the Commonwealth of Pennsylvania, 1976**

Areas of Professional Interest & Expertise

- ◆ **General psychiatry, Psychopharmacology, cognitive-behavioral therapy**
- ◆ **Treatment of Addictions & co-occurring psychiatric disorders**
- ◆ **Emergency psychiatry, suicide risk assessment & intervention**
- ◆ **Treatment planning & biopsychosocial formulation**
- ◆ **Adolescent and Young Adult psychiatry**
- ◆ **Psychological stress, trauma, and resilience**
- ◆ **Clinical interviewing & the doctor-patient relationship**
- ◆ **Operational medicine for the military & intelligence community**
- ◆ **Mental health response to disasters & terrorism**
- ◆ **Neuroplasticity & prevention of age-related cognitive decline**

Leisure interests

- ◆ History & military history
- ◆ Reading (biography, psychology, fiction)
- ◆ Philosophy (ethics, existentialism, classical Stoicism and related schools)
- ◆ Visual arts (drawing, painting, cartooning, stained glass-making)
- ◆ Shotokan karate, foil & epee fencing, fitness
- ◆ Travel softball parent (retired)
- ◆ Words (scrabble, crossword puzzles, etymology, puns, aphorisms, etc.)

Publications & Professional Presentations

Fundamentals of Psychopharmacology, or, "999 Simple Rules for Prescribing Psychiatric Medications", CIA Office of Medical Services Mental Health Division Continuing Education event, certified for 4.0 APA CEU hours, November 2018.

What to do when the SSRI doesn't do it: Algorithms, Acronyms, Axioms, & Anecdotes for the non-responder with major depressive disorder, CIA Office of Medical Services Clinical Medicine Division conference, March 2018.

Psychopharmacologic and Nutritional Management of the Suicidal Patient, presented at the annual meeting of the Commonwealth of Virginia Emergency Services meeting, 2016, Alexandria, Virginia.

False Accusations Trauma Syndrome: an under-recognized malady of modern life, presented at the annual meeting of the National Security Psychology Symposium 2014, National Reconnaissance Office, Chantilly, Virginia, certified for 1.0 APA CEU hours

Everyday Heroes: Recognizing & Promoting Psychological Resiliency, presented at the annual meeting of the National Security Psychology Symposium 2012, The Pentagon, Alexandria, Virginia, certified for 1.0 APA CEU hours

Psychiatric Aspects of Chemicals & Toxins, Editorial Essay as Guest Editor & project manager, Psychiatric Annals November 2007

"Psychiatric Morbidity Associated With Chemical Weapons Exposure", CME Article, Psychiatric Annals November 2007.

"Neurobehavioral Syndromes Associated With Toxic Exposures", CME Article, Psychiatric Annals November 2007.

Cultural & Linguistic Barriers to Assessment in a Military Detainee Population, Letter to the Editor, Psychiatric Services, April 2006.

Psychological Consequences of Terrorism and Mass Disasters Upon Military Personnel and Operations, Book Chapter, in Military Life: the Psychology of Serving in Peace and Combat, Castro & Britt, Eds., Greenwood Press 2005.

Psychiatry of Mass Disasters & Terrorism, Part 2, Editorial Essay as Guest Editor & project manager, Psychiatric Annals September 2004.

"Suicide Terrorism: Countering the Psychological Consequences," CME article, [Psychiatric Annals](#) September 2004.

"Potential Impacts of Behavioral Syndromes upon the Medical Management of CBRN Terrorism," CME article, [Psychiatric Annals](#), September 2004.

Psychiatry of Mass Disasters & Terrorism, Part 1, Editorial Essay as Guest Editor & project manager, [Psychiatric Annals](#) August 2004.

"Culture as Casualty: Causes and Consequences of Collective Trauma," CME article, [Psychiatric Annals](#) August 2004.

"Psychiatry & Homeland security: An Exercise in Weapons of Mass Destruction Response Planning," chairperson & presenter of interactive CME workshop presentation at the 157th annual meeting of the American Psychiatric Association, New York City, 2004.

Putting Autism Risk & Infant Head Size into Perspective, letter, [Washington Post](#) Health Section, July 2003.

Setting Rational Limits on the Admissibility of Forensic Psychological Testimony, letter, [APA Monitor](#), February 1998.

Gender Bias Flaws the Concept of 'Male relational Dread,' letter, [Psychiatric Annals](#), February 1997.

Reasons Not to Join the Tobacco Litigation Bandwagon, letter, [Journal of the American Medical Association](#), July 1996.

"Initial Assessment and Intervention Strategies for reducing Workplace Violence," article, [American Family Physician](#). September 1995.

Single Session Therapy Effective in the Workplace, article, [The Psychiatric Times](#). July 1993.

Preventing Suicide, letter, [Princeton Alumni Weekly](#), July 1990.

Book Review: Handbook of Life stress, Cognition, & Health, [American Journal of Psychiatry](#) October 1989.

Book Review: The Psychiatric Evaluation in Clinical Practice. [American Journal of Psychiatry](#) May 1988.

Book Review: Review of General Psychiatry, [American Journal of Psychiatry](#) May 1987 .