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Education & Training

June 1985 – June 1988 Duke University Medical Center: Psychiatry Residency

June 1984 – June 1985 Thomas Jefferson University Hospital: Internship

July 1980 – June 1984 Jefferson Medical College: M.D.

Aug 1976 – June 1980 Princeton University: A.B. with added Certificate of Completion of the Program in the History & Philosophy of Science; All-Ivy Foil Fencing Team 1979, 1980; NCAA foil fencing finalist, 1980.

Sept 1973 – June 1976 Northeast High School, Philadelphia PA: U.S. Presidential Scholar representing the Commonwealth of Pennsylvania

Professional Experience

2021 - present: Medical Director, Aquila Recovery Center of Virginia, part-time

2019 - present: Owner (solo practice): Reston-Oakton Anxiety Depression Solutions LLC
www.mindbrainpsychiatry.com, full-time

2016 - present: Telepsychiatrist, American Well Online Care Group, part-time

1995 - present: government of Fairfax County, Va, Emergency Services psychiatrist (P/T)

2019 - 2023: Northwest CSB, Page County, Virginia, Telepsychiatrist, part-time

2019 - 2020: SaVida Health, Woodbridge, Virginia, addictions psychiatrist, part-time

1990 - 2019: CIA psychiatrist, Washington, DC, retired (TS/SCI clearance) (OCONUS service 1991-1995); CIA Career Commendation Medal, 2019

1999 - 2007: **U.S. Army Reserve medical officer**
2000 - 2002: 1493rd Medical Detachment (Combat Stress Control)
2002 - 2007: Army Reserve Unit / Consequence Management
June 2005 – October 2005: active duty Operation Iraqi Freedom
TF344MED, Anbar Province, Iraq
O-5 upon Honorable Discharge

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

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

Licensure & Board Certification

Active Medical License:

Commonwealth of Virginia, 1988 to present

State of Maryland, 2024 to present

State of Florida, 2024 to present

Medical License expired in good standing:

District of Columbia

State of North Carolina

Commonwealth of Pennsylvania

Board Certifications:

American Board of Adolescent Psychiatry: Diplomate as of June 2020

American Board of Addictions Medicine: Diplomate as of March 2013

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

National Board of Medical examiners: Diplomate as of July 1985

National Board of Physicians and Surgeons: Recertification as of 2023.

DEA CSR Certificate 1988 to present: BP0107006, XP0107006

AMA Physicians Recognition Award for Continuing Medical Education, 2021, 3-yr cert.

Professional Memberships

ASAP: American Society of Adolescent Psychiatry

AAPS: American Association of Physicians & Surgeons

AMSUS: Association of Military Surgeons of the United States

Volunteer service and teaching activity:

Board of Directors, American Society for Adolescent Psychiatry: Jan 2022 to present

Associate Clinical Professor of Psychiatry & Human Behavior, the George Washington University Medical Center, Washington, DC: 1988 to present

Assistant Adjunct Professor of Psychiatry & Human Behavior, the Uniformed Services University of the Health Sciences, Bethesda, MD: 2005 to present

Skills & Experience

I have a passion for optimal patient care and I am experienced in a wide variety of settings. I recently retired from a career providing medical support to the intelligence community, most recent assignment as the addictions counselor for the Central Intelligence Agency 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 am trained in forensic psychiatry (the interface of psychiatric medicine and the law) and have qualified as an expert witness and provided testimony on PTSD, TBI, medical malpractice, competency, sanity, and custody in civil and criminal matters in various jurisdictions in Virginia, D.C., and Maryland. I was a U.S. Army officer, Medical Corps (60W), reserve, for eight years with two deployments including an active combat zone, honorably discharged at the rank of Lieutenant Colonel, and have a lot of interest and experience in psychological resiliency and coping with stressful experiences. I 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. These are the values and principles I strive to exemplify in my private practice, Reston/Oakton Anxiety Depression Solutions LLC.

Areas of Professional Interest & Expertise

- 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
- General psychiatry, Psychopharmacology, cognitive-behavioral therapy
- Treatment of Addictions & co-occurring psychiatric disorders

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
- Words (scrabble, crossword puzzles, etymology, puns, aphorisms, etc.)
- Language study (Spanish, Italian, German)
- Travel softball parent (retired)

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.