

Larry H. Pastor, MD, FAPA

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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 – 2005

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

**National Board of Medical examiners:** Diplomate as of July 1985

### Employment

**2019–present:** Reston-Oakton Anxiety Depression Solutions, LLC [www.mindbrainpsychiatry.com](http://www.mindbrainpsychiatry.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 (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 Psychiatric Association**  
**American Academy of Addiction Psychiatry**

**Association of Military Surgeons of the United States**  
**Reserve Officers Association**

## Skills & Experience

I am an experienced psychiatrist with a passion for optimal patient care 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 10 hours per week 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

**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

**Rappeport 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 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, fencing, power lifting, Travel softball parent**

**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 .