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New York Medical College  
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CURRICULUM VITAE

**ACADEMIC TRAINING**

1971 B.A. Brown University, Providence, RI, Magna Cum Laude  
1975 M.D. Harvard Medical School, Boston, MA  
1975 - 1976 Rotating Intern, Cambridge City Hospital, Cambridge, MA  
1976 - 1979 Resident in Psychiatry, Beth Israel, Hospital, Boston, MA  
1979 - 1991 Psychoanalytic Training: Graduate Boston Psychoanalytic Society and  
Institute, Boston, MA

**PROFESSIONAL POSITIONS**

1979 - 1983 Assistant in Psychiatry, Beth Israel Hospital, Boston, MA  
1979 - 1982 Attending Acute Inpatient Unit and Consultant in Psychiatry,  
Cambridge City Hospital, Cambridge, MA  
1979 - 1983 Clinical Instructor in Psychiatry, Harvard Medical School  
1984 - 1991 Assistant Clinical Professor in Family Practice, New York Medical College  
1984 - 1991 Mid-Hudson Family Practice Residency Lecturer, Preceptor, Consultant  
in Psychiatry  
1984 - Present Courtesy Staff, Benedictine Hospital, Kingston, NY  
1984 - 1999 Courtesy Staff, Kingston Hospital, Kingston, NY  
1984 - 2000 Boston Psychoanalytic Society and Institute Extension Division  
1997 - Present Assistant Clinical Professor in Psychiatry New York Medical College

**HONORS AND AWARDS**

1971 Magna Cum Laude, Brown University, Providence, RI  
1971 Phi Beta Kappa, Brown University, Providence, RI  
1975 Sandoz Award in Psychiatry, Harvard Medical School  
2009 National Best Book Awards 2009 - Health Alternative medicine -  
Winner First Place  
2010 Living Now Book Awards 2010-Health/Wellness-Winner Bronze  
2010 International Book Awards 2010- Health: Alternative Medicine -  
Winner First Place

2010 International Book Awards–Psychology/Mental Health–Finalist

### **LICENSURES AND CERTIFICATIONS**

July 1, 1976 Diplomat of the National Board of Medical Examiners #149572  
May 6, 1977 Massachusetts Board of Registration and Discipline in Medicine,  
License Registration #40911, May 6, 1977  
March 1982 American Board of Psychiatry and Neurology Diplomat certified  
in the subspecialty of Psychiatry #23183, March, 1982  
Dec 3, 1982 University of the State of New York Education Department,  
License Registration in Medicine and Surgery #152667  
Oct 14, 2007 Basic PTSD Training Focused on Returning Combat Veterans, Board of  
Behavioral Sciences, California Continuing Education Provider #1296,  
National Veterans Foundation, President Shad Meshad, MSW, LCSW, CTS

### **Other Professional Activities**

1974 - 1977 Reader for The Harvard Guide to Modern Psychiatry, Ed. Armand Nicholi, Jr.,  
Harvard University Press, 1978  
1975 - 1977 Reader for Chemotherapy in Psychiatry, Ross Baldessarini, M.D., Harvard  
University Press, 1977  
1976 - 1979 Longitudinal study of Harvard Medical Students and Graduates  
with Dr. Carol Nadelson and Dr. Molkah Notman. Interview  
design and interviewing.  
1978 - 1979 Joint Committee on the Status of Women, Harvard Medical School, Boston,  
MA  
1979 - Present Private Practice in Psychiatry  
1983 – 1990 Community Services Board of Ulster County, NY  
1987-1990 Chair of Mental Health Subcommittee  
1996 - Present Hudson Valley Psychiatric Associates, L.L.C. – Group Practice in Psychiatry  
2002 – 2008 Co-Chair Research Committee Art of Living Foundation  
2007 - 2008 International Association for Human Values, professional consultant for  
Committee to develop Project Welcome Home Troops, program of  
stress reduction for military personnel and veterans  
2008 – Present Development of stress reduction workshops for the 9/11 Community with  
Serving Those Who Serve (Non-Profit)

### **Professional Societies**

1978 - Present American Psychiatric Association  
1978 - 1983 Massachusetts Psychiatric Society  
1984 - Present New York State Psychiatric Society  
1984 - Present Mid-Hudson Psychiatric Society  
1984 - Present Medical Society State of New York  
1984 - Present Ulster County Medical Society  
1990 - Present American Psychoanalytic Association  
1991 - Present Boston Psychoanalytic Society and Institute  
1993 - Present American Medical Association  
2011 American Botanical Council – Member of the Advisory Board

### **Teaching Experience**

1976 - 1979	Clinical Supervision of Harvard Medical Students in Psychiatry, Beth Israel Hospital, Boston, MA
1978 - 1979	Longitudinal Seminar in Psychopathology for Harvard Medical Students
1979 - 1981	Supervision of West Cambridge Hospital Psychiatry Team, Cambridge, MA
1981 - 1982	Co-director seminar in psychoanalytically oriented psychotherapy, Cambridge Hospital Psychotherapy Institute, Cambridge, MA
1982 - 1983	Psychotherapy supervisor, Department of Psychiatry, Beth Israel Hospital, Boston, MA
1983 - 1990	Supervisor, Preceptor in Psychiatry behavioral sciences. Mid-Hudson Family Practice Residency. Medical Students
1993	Lecture Ulster County Psychiatrists: "Delusional Transference"
1994-1999	CME lectures and case presentations sponsored by The Boston Psychoanalytic Society and Institute Extension Division for staff of the Psychiatric Unit at Benedictine Hospital and Ulster County Mental Health Services, Kingston, NY
1996	Evaluation and consultation to The Breast Center, Benedictine Hospital

### PUBLICATIONS

#### Peer Reviewed Journal Articles and Conference Proceedings

1. Brown RP, Gerbarg PL, Bottiglieri T .S-adenosylmethionine in Depression: Biochemical and Clinical Evidence. *Psychiatric Annals*, 32(1):29-44, 2002.
2. Brown RP, Gerbarg PL, Bottiglieri T S-adenosylmethionine (SAME) in the Clinical Practice of Psychiatry, Neurology, and Internal Medicine. *Clinical Practice of Alternative Medicine*, 1(4):230-241, 2000.
3. Brown RP and Gerbarg PL. Herbs and nutrients in the treatment of depression, anxiety, insomnia, migraine, and obesity. *Journal of Psychiatric Practice*, 7:75-91, March 2001.
4. Kenny E, Muskin PR, Brown RP, Gerbarg PL. What the general psychiatrist should know about herbal medicine. *Current Psychiatry Reports*, 3:226-234, 2001.
5. Brown RP, Gerbarg PL, Ramazanov Z: A Phytomedical Review of *Rhodiola rosea*. *Herbalgram*, 56:40-62, 2002.
6. Brown RP and Gerbarg PL: Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: Part I-neurophysiologic model. *J Alternative and Complementary Med*. 11(1):189-201, 2005.
7. Brown RP and Gerbarg PL: Sudarshan Kriya Yogic Breathing in the Treatment of Stress, Anxiety, and Depression: Part II – Clinical Applications and Guidelines. *J Alternative and Complementary Med*. 11(4):711-717, August 2005.
8. Gerbarg PL and Brown RP: Yoga: a breath of relief for Hurricane Katrina refugees. *Current Psychiatry*. 4(10): 55-67, Oct 2005.
9. Gerbarg, PL: Neuro-psychoanalysis and yoga: a match made in heaven. *Proceedings World Conference Expanding Paradigms: Science, Consciousness and Spirituality*. All India Institute of Medical Sciences, New Delhi, India, Feb 24-25, 2006, pp. 79-89.

10. Larsen S, Yee WK, Gerbarg PL, Brown RP, Gunkleman J, Sherlin L. Neurophysiological markers of Sudarshan Kriya Yoga practices: a pilot study. Proceedings World Conference Expanding Paradigms: Science, Consciousness and Spirituality. All India Institute of Medical Sciences, New Delhi, India, Feb 24-25, 2006, pp. 36-48.
12. Brown RP and Gerbarg PL. Yoga breathing, meditation, and longevity. In Longevity, Regeneration, and optimal health, integrating Eastern and Western perspectives, Ed. C. Bushness, E. Olivo, and N Theise. Annals of the New York Academy of Sciences. 2009, 1172:54-62.
13. Descilo T, Vedamurtachar A, Gerbarg PL, Nagaraja D, Gangadhar BNG, Damodaran B, Adelson B, Braslow LH, Marcus M, Brown RP. Effects of a Yoga-Breath Intervention Alone and in Combination with an Exposure Therapy for PTSD and Depression in Survivors of the 2004 Southeast Asia Tsunami. Acta Psychiatr Scand Aril 2010, 121(4):289-300.

### **Books and Book Chapters**

1. Brown RP & Gerbarg PL. Integrative Psychopharmacology: A Practical Approach to Herbs and Nutrients in Psychiatry by Chapter 1 in Complementary and Alternative Medicine in Psychiatry, Edited by PR Muskin, Review of Psychiatry Volume 19, No 1, Series Editors John M Oldham, MD and Michelle Riba MD, American Psychiatric Press Inc, Washington, DC, 2000.
2. Brown RP & Gerbarg PL. Update on S-adenosylmethionine, new introduction in Stop Depression Now by RP Brown, MD; T Bottiglieri, PhD; and C Coleman. Penguin Putnam, New York, NY, 2000 2<sup>nd</sup> Edition.
3. Brown RP and Gerbarg PL. Alternative Treatments in Brain Injury in Neuropsychiatry of Traumatic Brain Injury, Second Edition edited by Silver JM, Yudofsky SC, McAllister TW. American Psychiatric Press, Inc. Washington, DC, 2004. Pp 679-696.
4. Brown RP, Gerbarg PL, Muskin PR. Alternative Treatments in Psychiatry in Psychiatry 2<sup>nd</sup> Edition edited by Tasman A, Kay J, Lieberman JA., John Wiley & Sons, Ltd, London, UK, 2003, Chapter 104, pp. 2147-2183.
5. Brown RP, Gerbarg PL, Graham, B: The Rhodiola Revolution, Rodale Press, NY, 2004.
6. Gerbarg PL: Yoga and Neuro-Psychoanalysis, chapter in Bodies in Treatment: The Unspoken Dimension. Edited by FS Anderson. The Analytic press, Inc. Hillsdale, NJ. 2008, pp.127-150.
7. Gerbarg PL, Brown RP. Yoga, chapter 15 in Complementary and Alternative Treatments in Mental health Care, ed. J Lake and D Spiegel, American Psychiatric Publishing, Inc. Washington, DC 2007, pp 381-400.
8. Brown RP, Gerbarg PG, Muskin PR. Chapter 108 Alternative Treatments in Psychiatry in Psychiatry 3<sup>rd</sup> Edition edited by Tasman A, Kay J, and Lieberman J. John Wiley & Sons, Ltd, London, UK. 2008, Pp 2318-2353.

9. Brown RP, Gerbarg PL. Chapter 10. Exam Failure and Grace Jin, Complementary Medicine and Integrative Psychopharmacology, in Approach to the Psychiatric Patient: Case-based Essays, Ed. JW Barnhill. American Psychiatric Publishing, Inc. Washington, DC 2009.
10. Brown RP, Gerbarg PL, Muskin PR. How to Use Herbs, Nutrients, and Yoga in Mental Health Care. W.W. Norton & Company, New York. 2009.
11. Brown RP and Gerbarg PL. Integrative Treatments in Brain Injury in Neuropsychiatry of Traumatic Brain Injury, Third Edition edited by Silver JM, Yudofsky SC, McAllister TW. American Psychiatric Press, Inc. Washington, DC, 2011.

### **LECTURES AND PRESENTATIONS – PARTIAL LIST**

#### **2010 Lectures and Workshops**

- Nov 19, 2010 Bard College. Get Smart Naturally
- Nov 6, 2010 NAMI New York State Annual Meeting. Natural Approaches for Wellness and Transformation. Albany, NY
- March 6-7, 2010 Anxiety Disorders Association of America Annual Meeting. Baltimore, MD.
1. Breath-Body-Mind Practices for Treatment of Anxiety Disorders
  2. Experiential Training in Breath-Body-Mind Practices for Stress Reduction (with Movement and Meditation)
- 04/23/10 Marist College Breath, Body and Mind: Empowering the Healer and Client Building Connections: The Sexual Assault & Mental Health Project in collaboration with Marist College presents a Trauma Training with Richard P. Brown, MD & Patricia L. Gerbarg, MD
- 5/22-05/23/10 American Psychiatric Association Annual Meeting. New Orleans, LA
1. The Way of Yoga, Herbs and Nutrients in the Treatment of Stress, Depression, Anxiety Disorders, Post-traumatic Stress Disorder, Veteran PTSD, Mass Trauma, Schizophrenia, Cognitive Disorders, Traumatic Brain Injury, Attention Deficit Disorder– full-day course
  2. Yoga of the East and West: Integrating Breath Work and Meditation into Clinical Practice – full day course including: Coherent Breathing, Victorious Breath (Ujjayi), Breath Moving, Qigong, and Open Focus Guided Meditation for relaxation and pain management
- 07/11/10 Kripalu Guest Lecturer on Mind-Body Practices for post-traumatic stress disorder. In yoga teacher training course by Amy Weintraub
- 9/26/10 National Psychological Association for Psychoanalysis, NY, NY  
Neuro-psychoanalysis and Mind-Body Treatments for PTSD:  
Interoception - The Royal Road to Trauma Schemata

#### **2009 Lectures and Workshops**

- 01/24/09 Get Smart Naturally: Herbs, Nutrients, and Mind-body Practices for Cognitive Enhancement. Center for Symbolic Studies, New Paltz, New York
- 04\03\09 Herbs, Nutrients, and yoga for Anxiety, Depression, PTSD, and Mass Disasters. New York Society of Liason Psychiatrists Science Day. Bellevue Hospital, NY
- 04/03/09 Mt. Sinai Hospital, NY  
Mind-Body Practices for Recovery from Mass Disasters: Clinical Studies.
- 04/04/09 Ackerman Institute, NY  
Neuro-psychoanalysis and Yoga.
- 05/19-05/21/09 American Psychiatric Association Annual Meeting. San Francisco, CA.  
1. 6- hour Course: Herbs, Nutrients, and Yoga: Integrative Treatments for mood disorders, anxiety, depression, cognitive dysfunction, ADD, schizophrenia and sexual dysfunction  
2. 6-hour Course: Yoga of the East and West: Experiential training in Qigong and yoga breathing, coherent breathing, and Open Focus Meditation  
3. Neuro-psychoanalysis and yoga: theory and case of PTSD.
- 05/23/09 Brown University Alpert Medical School, Providence, RI.  
Charles O. Cook MD Distinguished Visiting Lectureship  
How to Stay Up when the Economy is Down: Lessons from Mass Disasters.
- 10/15/09 Boston University School of Medicine Grand Rounds. New Breath Techniques Accelerate Recovery from PTSD. Lecture 2-3 pm: Experiential session on breathing techniques 3-4:30 pm

### **2008 Lectures and Workshops**

- 3/8/08 Anxiety Disorders Association of America Annual meeting, Savannah, GA:  
Mind-Body Practices in the Treatment of Anxiety Disorders. Presented with Dr. Richard P. Brown.
- 4/9-13/08 Division of Psychoanalysis (Division 39) 28th Annual Spring Meeting, NY:  
Panel Discussion of "Bodies in Treatment: The Unspoken Dimension"
- 5/2-4/08 The 16<sup>th</sup> Annual International Military and Civilian Stress Conference. Utilizing an Integrative Approach to Managing Problems Related To Combat Stress, Los Angeles, CA:  
1. Workshop Title: The Warrior's Breath Course - Yoga Techniques for Combat Stress/PTSD. Review of research and hands-on training in introductory breath techniques for stress reduction and stress resilience. Presented with Dr. Richard P. Brown:  
2. Lecture: Comparison of a yoga-breath based program and a client-centered exposure therapy for relief of PTSD and depression in survivors of the 2004 Southeast Asia tsunami disaster  
3. Lecture: Clinical Guidelines for using yoga breath practices as adjunctive treatments for anxiety, insomnia, and PTSD
- 5/7-8/08 American Psychiatric Association Annual Meeting, Washington, DC: Presented with

Dr. Richard P. Brown:

1. 6-hour Course: Way of Herbs and Yoga in Psychiatry
2. 6-hour Course: Yoga of the East and West: Integrating Breath Work and Meditation into Clinical Practice

10/23/08 Academy of Psychosomatic Medicine Annual meetings, Integrating Clinical Neuroscience in Psychosomatic Medicine Across the Lifespan. Workshop with Philip R. Muskin and Richard P. Brown on Complementary and Alternative Treatments for Anxiety, Depression, and Cognitive Dysfunction

### **2007 Lectures and Workshops**

9/27/97 Boston Psychoanalytic Society and Institute: Drawing upon Psychoanalysis and Neurobiology in a Case of Sexual Abuse” presented with Dr. Jose Saporta,

12/18/97 American Psychoanalytic Association Annual Meeting, Workshop on Dissociative Disorders: Psychoanalysis and Neurobiology in a Case of Sexual Abuse

4/6/98 Tufts University: Psychoanalysis and Neurobiology

6/4/98 American Psychiatric Association Annual Meeting: Psychotherapy and Neurobiology in a Case of Sexual Abuse. Presented with Dr. Jose Saporta,

5/23/02 American Psychiatric Association Annual meeting: Practical Approaches to Alternative and Complementary Treatments in Psychiatry presented with Dr. Richard P. Brown

6/4/02 International Conference on Breath, New Delhi India, March 4-6, 2002. Brown RP, Gerbarg PL. Yogic breathing and meditation: when the thalamus quiets the cortex and rouses the limbic system.

6/9/04 American Botanical Council Conference, Rosenthal Center, Columbia Presbyterian Medical Center, NY. Rhodiola rosea benefits in menopause.

5/6-7/04 American Psychiatric Association Annual meeting, NY, NY. Presented with Dr. Richard P. Brown  
1. Alternative Treatments in Depression: SAM-e, Rhodiola rosea, Sudarshan Kriya Yoga.  
2. Medical updates – Rhodiola rosea benefits for cognitive function

5/7/05 The Way of Herbs and Yoga in Psychiatry - American Psychiatric Association Annual meeting, Atlanta. Presented with Dr. Richard P. Brown

2/24/06 World Conference Expanding Paradigms: Science, Consciousness and Spirituality. All India Institute of Medical Sciences, New Delhi, India, Feb 24-25, 2006: Neuro-psychoanalysis – A Match Made in Heaven.

5/6/06 American Psychiatric Association Annual meeting. Presented with Dr. Richard P. Brown.  
Course: The Way of Herbs and Yoga in Psychiatry

5/23/07

American Psychiatric Association Annual meeting, San Diego. Presented with Dr. Richard P. Brown

1. Course: The Way of Herbs and Yoga in Psychiatry
2. Scientific Symposium: Comparison of a yoga-breath based program and a client-centered exposure therapy for relief of PTSD and depression in survivors of the 2004 Southeast Asia tsunami disaster

7/25/07

Walter Reed Army Medical Center: Presented with Dr. Richard P. Brown

1. Project Welcome Home Troops for Relief of Combat Stress Injury
2. Comparison of a yoga-breath based program and a client-centered exposure therapy for relief of PTSD and depression in survivors of the 2004 Southeast Asia tsunami disaster