**Curriculum Vitae**

**Date Prepared:** February 8, 2021

**Name:** Christopher Michael Palmer, M.D.

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**Work FAX:** 617-855-2349

**Place of Birth:** Fort Wayne, Indiana

**Education**

|  |  |  |  |
| --- | --- | --- | --- |
| 1991 | B.S.  summa cum laude | Biology | Purdue University |
| 1995 | M.D. | Medicine | Washington University |

**Postdoctoral Training**

|  |  |  |  |
| --- | --- | --- | --- |
| 1995-1996 | Internship | Internal Medicine/ Neurology/Psychiatry | McLean Hospital/ MGH/ Mount Auburn  Harvard Medical School |
| 1996-1999 | Resident | Psychiatry | McLean Hospital/ MGH/ Harvard Medical School |

**Faculty Academic Appointments**

|  |  |  |  |
| --- | --- | --- | --- |
| 1995-1999 | Clinical Fellow | Psychiatry | Harvard Medical School |
| 1999-2011 | Instructor | Psychiatry | Harvard Medical School |
| 2011-Present | Assistant Professor | Psychiatry | Harvard Medical School |

**Appointments at Hospitals/Affiliated Institutions**

**Past**

|  |  |  |  |
| --- | --- | --- | --- |
| 1999-2000 | Psychiatrist-in-Charge | Short Term Unit | McLean Hospital |
| 1999-2000 | Psychiatrist-in-Charge | Clinical Evaluation Unit | McLean Hospital |
| 2000 | Psychiatrist-in-Charge | Trauma and Dissociative Disorders Unit | McLean Hospital |
| 1997-2016 | Physician and Co-Investigator | Behavioral Psychopharmacology Research Laboratory | McLean Hospital |
| 1997-2016 | Physician and Co-Investigator | Sleep Research Program | McLean Hospital |

**Current**

|  |  |  |  |
| --- | --- | --- | --- |
| 1999-Present | Assistant Psychiatrist | Department of Psychiatry | McLean Hospital |
| 2000-Present | Director | Department of Postgraduate and Continuing Education | McLean Hospital |
| 2015-2018 | Director | Borderline Personality Disorder Family and Consumer Education Initiative | McLean Hospital |

**Other Professional Positions**

|  |  |  |
| --- | --- | --- |
| 1997-1999 | Geriatric Psychiatry Consultant | Specialized Health Services |
| 2006-2015 | Consultant in Forensic Psychiatry | Various Law Firms |
| 2021 – Present | Scientific Advisory Board | Baszucki Brain Research Fund |

**Major Administrative Leadership Positions**

**Local**

|  |  |  |
| --- | --- | --- |
| 1998-1999 | Course Director, Psychopharmacology Grand Rounds | McLean Hospital |
| 2000-2010 | Medical Director, Department of Postgraduate and Continuing Education | McLean Hospital |
| 2000-Present | Course Director, Grand Rounds | McLean Hospital |
| 2001 | Course Director, McLean Hospital Schizophrenia Preceptorship | McLean Hospital |
| 2002 | Course Director, Psychiatric Practice in 2002 | Harvard Medical School |
| 2002 | Course Director, Terror in the Nation | McLean Hospital |
| 2002 | Course Director, Psychiatry Board Review | McLean Hospital |
| 2002-2004 | Course Director, Awesome Adolescence | McLean Hospital |
| 2002 | Course Director, Atypical Antipsychotics | McLean Hospital |
| 2002 | Course Director, Psychiatric Disorders in the Long-Term Care Setting | McLean Hospital |
| 2002 | Course Director, Social Phobia | McLean Hospital |
| 2003-2005 | Course Director, Pediatric Mental Health in Primary Care | McLean Hospital |
| 2003 | Course Director, The Science of Neurology and Psychiatry | McLean Hospital |
| 2003 | Course Director, Atypical Antipsychotics | McLean Hospital |
| 2003 | Course Director, Psychiatry in 2003 | Harvard Medical School |
| 2003 | Course Director, Psychiatric Disorders in the Long-Term Care Setting | McLean Hospital |
| 2003 | Course Director, Staying Healthy at Home | McLean Hospital |
| 2003-2005, 2009 | Course Director, Borderline Personality Disorder | McLean Hospital |
| 2004 | Course Director, Psychiatry in 2004 | Harvard Medical School |
| 2004 | Course Director, Quality of Life in the Later Years | McLean Hospital |
| 2005 | Course Director, Adolescent Mental Health and Wellness | McLean Hospital |
| 2005 | Course Director, Suicide: Advances in Research and Treatment | McLean Hospital |
| 2006 | Course Director, Psychiatry in 2006 | Harvard Medical School |
| 2006 | Course Director, Geriatric Psychiatry in 2006 | McLean Hospital |
| 2007 | Course Director, Psychiatry in 2007 | Harvard Medical School |
| 2007 | Course Director, Geriatric Psychiatry in 2007 | McLean Hospital |
| 2008 | Course Director, Psychiatry in 2008 | Harvard Medical School |
| 2008 | Course Director, Geriatric Psychiatry in 2008 | McLean Hospital |
| 2008 | Course Director, Coaching: A New Horizon: Theory, Emerging Evidence, and Practice | Harvard Medical School |
| 2009 | Course Director, Psychiatry in 2009 | Harvard Medical School |
| 2009 | Course Director, Coaching in Medicine and Leadership | Harvard Medical School |
| 2010 | Course Director, Psychotherapy for Borderline Personality Disorder: An Intensive Training in the Mentalization Based Treatment Approach | McLean Hospital |
| 2010-Present | Director, Department of Postgraduate and Continuing Education | McLean Hospital |
| 2010 | Course Director, Addictions in 2010 | Harvard Medical School |
| 2010 | Course Director, Psychiatry in 2010 | Harvard Medical School |
| 2010 | Course Director, Coaching in Healthcare and Leadership | Harvard Medical School |
| 2011 | Course Director, Addictions in 2011 | Harvard Medical School |
| 2011 | Course Director, Psychiatry in 2011 | Harvard Medical School |
| 2011 | Course Director, Coaching in Medicine and Leadership | Harvard Medical School |
| 2012 | Course Director, Addictions in 2012 | Harvard Medical School |
| 2012 | Course Director, Psychiatry in 2012 | Harvard Medical School |
| 2012 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |
| 2012 | Course Director, Depression, Anxiety and Stress | Harvard Medical School |
| 2013 | Course Director, Addictions in 2013 | Harvard Medical School |
| 2013 | Course Director, Psychiatry in 2013 | Harvard Medical School |
| 2013 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |
| 2013 | Course Director, Attachment | Harvard Medical School |
| 2014 | Course Director, Addictions in 2014 | Harvard Medical School |
| 2014 | Course Director, Psychiatry in 2014 | Harvard Medical School |
| 2014 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |
| 2014 | Course Director, Depression, Anxiety and Stress | Harvard Medical School |
| 2015 | Course Director, Addictions 2015 | Harvard Medical School |
| 2015 | Course Director, Psychiatry in 2015 | Harvard Medical School |
| 2015 – Present | Director, Family and Consumer Education Initiative | McLean Hospital |
| 2015 | Course Director, Coaching in Healthcare and Leadership | Harvard Medical School |
| 2015 | Course Director, Mental Health and Education 2015 | Harvard Medical School |
| 2015 | Course Director, Attachment and Borderline Personality Disorder | Harvard Medical School |
| 2016 | Course Director, Addictions 2016 | Harvard Medical School |
| 2016 | Course Director, Psychiatry in 2016 | Harvard Medical School |
| 2016 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |
| 2016 | Course Director, Mental Health and Education 2016 | Harvard Medical School |
| 2017 | Course Director, Addictions in 2017 | Harvard Medical School |
| 2017 | Course Director, Psychiatry in2017 | Harvard Medical School |
| 2017 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |
| 2017 | Course Director, Mental Health and Education 2017 | Harvard Medical School |
| 2018 | Course Director, Posttraumatic Stress and Related Disorders | Harvard Medical School |
| 2018 | Course Director, Addictions 2018 | Harvard Medical School |
| 2018 | Course Director, Psychiatry in 2018 | Harvard Medical School |
| 2018 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |
| 2019 | Course Director, Otsuka Pharmaceutical Training | McLean Hospital |
| 2019 | Course Director, Addictions 2019 | Harvard Medical School |
| 2019 | Course Director, Psychiatry in 2019 | Harvard Medical School |
| 2019 | Course Director, Coaching in Healthcare and Leadership | Harvard Medical School |
| 2019 | Course Director, Attachment and Psychotherapy | Harvard Medical School |
| 2020 | Course Director, Psychiatry in 2020 | Harvard Medical School |
| 2020 | Course Director, Posttraumatic Stress and Related Disorders | Harvard Medical School |
| 2020 | Course Director, Prolonged Exposure Training | Harvard Medical School |
| 2020 | Course Director, Healthy Aging | Harvard Medical School |
| 2021 | Course Director, Addictions 2021 | Harvard Medical School |
| 2021 | Course Director, Psychiatry in 2021 | Harvard Medical School |
| 2021 | Course Director, Coaching in Leadership and Healthcare | Harvard Medical School |

**National**

|  |  |  |
| --- | --- | --- |
| 2001 | Course Director, Oral Board Review Course | American Psychiatric Association |

**Committee Service**

**Local**

|  |  |  |
| --- | --- | --- |
| 1996-1999 | Psychiatry Core Clerkship Directors Planning Committee | Harvard Medical School |
| 2001-2006 | Education Task Force | Partners Psychiatry and Mental Health |
| 2001-Present | Teaching and Graduate Education Committee | McLean Hospital |
| 2001-Present | Chair, Continuing Education Committee | McLean Hospital |
| 2001-Present | Chair, Strategic Planning Committee for the Department of Postgraduate and Continuing Education | McLean Hospital |
| 2002-2004 | Subcommittee on Courses and Credits | Harvard Medical School |
| 2003-2013 | Standing Committee on Continuing Education | Harvard Medical School |
| 2007-2010 | Strategic Planning Work Group | McLean Hospital |
| 2008-Present | Management Forum | McLean Hospital |
| 2009-Present | Grand Rounds Committee | McLean Hospital |
| 2009-Present | Academic Steering Committee | McLean Hospital |
| 2009-2010 | Chair, Continuing Medical Education Workgroup, Academic Steering Committee | McLean Hospital |
| 2011-2012 | |  | | --- | | CME Finance and Administration Subcommittee (Subcommittee of the Faculty Committee on Strategic Planning for Continuing Education) | | Harvard Medical School |
| 2012-Present | Continuing Professional Development Committee | Partners Healthcare |
| 2013-Present | Standing Committee on Continuing Professional Development | Harvard Medical School |
| 2013-2014 | Task Force on Maintenance of Certification | Harvard Medical School |
| 2013-2014 | Diversity Task Force | McLean Hospital |
| 2013-Present | Sociocultural and Healthcare Policy Content Committee, Psychiatry Residency Training Program | MGH/ McLean Hospital |
| 2014- Present | Diversity Committee | McLean Hospital |
| 2014- Present | Technology Task Force | McLean Hospital |
| 2018 – Present | Diversity Task Force | Harvard Medical School Department of Continuing Education |

**Professional Societies**

|  |  |  |  |
| --- | --- | --- | --- |
| 1991-2011 | | American Medical Association | |
| 1995-1999 | | Member, Resident Physicians Section |
| 1997-1999 | | Massachusetts Delegate, Resident Physicians Section |
| 1997-1998 | | Chair, Psychiatry Caucus, Resident Physicians Section |
| 1999-2008 | | Member, Young Physicians Section |
| 2003-2006 | | Massachusetts Delegate, Young Physicians Section |
| 2005-2007 | | Member, Advisory Committee on Gay, Lesbian, Bisexual, and Transgender Issues |
| 1994-2007 | | American Psychiatric Association | |
| 1997-1999 | | Member, Committee on Medical Student Education |
| 1995-Present | | Massachusetts Medical Society | |
| 1996-1999 | | Member, Committee on Resident Physicians |
| 1997-1999 | | Member, Committee on Community Action |
| 2002-2007 | | Member, Committee on Young Physicians |
| 2003-2004 | | Vice Chair, Committee on Young Physicians |
| 2003-2004 | | Member, Committee on Strategic Planning |
| 2004-2006 | | Chair, Committee on Young Physicians |
| 2004-2006 | | Member, Committee on Member Services |
| 2004-2006 | | Member, Task Force on Universal Access |
| 2008-2011 | | Member, Committee on Lesbian, Gay, Bisexual, and Transgender Issues |
| 2009-2011 | | Vice Chair, Committee on Lesbian, Gay, Bisexual, and Transgender Issues |
| 2011-Present | | Advisor, Committee on Lesbian, Gay, Bisexual, and Transgender Issues |
| 2013-2019 | | Committee on Accreditation Review |
| 2015- 2017 | | Vice Chair, Committee on Accreditation Review |
| 2013 – 2017 | | Accreditation Council on Continuing Medical Education | |
| 2013-2017 | | Member, Accreditation Review Committee (nominated by the American Hospital Association) |

**Editorial Activities**

Reviewer:

* The British Journal of Psychiatry
* Journal of Clinical Psychiatry
* Schizophrenia Research
* Journal of Clinical Psychopharmacology
* Progress in Neuropsychopharmacology & Biological Psychiatry
* Journal of Addiction Research & Therapy
* Journal of Physiological Anthropology
* International Journal of Depression and Anxiety
* International Journal of Diabetes and Clinical Research
* Nutritional Neuroscience
* Journal of Geriatric Psychiatry and Neurology
* Journal of Psychiatric Practice
* Medical Hypotheses

**Honors and Prizes**

**Year Award/ Honor Awarding Organization Achievement**

|  |  |  |  |
| --- | --- | --- | --- |
| 1990 | Phi Beta Kappa (awarded during Junior Year) | Phi Beta Kappa Society | Academic Achievement |
| 1991 | Community Academic Recognition Award | Lafayette Chamber of Commerce | Academic Achievement and Community Service |
| 1991 | Phi Kappa Phi | The Honor Society of Phi Kappa Phi | Academic Achievement |
| 1993 | Dr. Richard S. Brookings Medical School Prize | Washington University | Academic Achievement |
| 1995 | Honors Graduate Award | Missouri State Medical Association | Academic Achievement |
| 1997-1998 | APA/GlaxoWellcome Fellowship | American Psychiatric Association | Leadership |
| 2003 | AMA Foundation Leadership Award | American Medical Association | Leadership |

**Report of Funded and Unfunded Projects**

Current:

2019-Present: Mitigating opioid withdrawal with a ketogenic diet: A translational study in rats and humans

McLean Hospital Dorris Family Grant

Co-Principal Investigator ($12,000)

The aim of this study is to determine if adherence to a ketogenic diet is feasible in patients seeking treatment for opioid use disorder, and if the ketogenic diet diminishes opioid withdrawal symptoms in rats and humans.

**Report of Local Teaching and Training**

**Teaching of Students in Courses**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1990-1991 | | Biology 122: Introduction to Biology Lab (Purdue University) | | |
| Undergraduate Students | | Teaching Assistant | 3 hours of class per week for 1 year |
| 1996-2006 | | Psychopathology and Introduction to Clinical Psychiatry (HMS) | | |
| 2nd year medical students | | Tutor | 20 hours per year |
| 2001-2006 | | Psychopathology and Introduction to Clinical Psychiatry (HMS) | | |
| 2nd year medical students | | Lecturer | 2-hour presentations per year |
| 1996-1997 | | Objective Structured Clinical Examination | | |
| 4th year medical students | | Examiner and helped design psychiatry station | 5 hours per exam |

**Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2014 | | Sex, Culture and Psychiatry | | |
| PGY-3 Psychiatry Residents | | MGH-McLean | One hour lecture |
| 2014 | | Credibility vs. over-identification in the psychiatric encounter | | |
| PGY-3 Psychiatry Residents | | MGH-McLean | Two hour workshop |
| 2015 | | | Sex, Culture and Psychiatry | |
| PGY-3 Psychiatry Residents | | MGH–McLean | One hour lecture |
| 2015 | | | Credibility vs over-identification in the psychiatric encounter | |
| PGY-3 Psychiatry Residents | | MGH-McLean | Two hour workshop |
| 2016 | | | Credibility vs over-identification in the psychiatric encounter | |
| PGY-3 Psychiatry Residents | | MGH-McLean | Two hour workshop |
| 2017 | | | Credibility vs over-identification in the psychiatric encounter | |
| PGY-3 Psychiatry Residents | | MGH-McLean | Two hour workshop |
| 2018 | | | Credibility vs over-identification in the psychiatric encounter | |
| PGY-3 Psychiatry Residents | | MGH-McLean | Two hour workshop |
| 2019 | | | Credibility vs over-identification in the psychiatric encounter | |
| PGY-3 Psychiatry Residents | | MGH-McLean | Two hour workshop |

**Clinical Supervisory and Training Responsibilities**

|  |  |  |  |
| --- | --- | --- | --- |
| 1995-2006 | Preceptor, Core Clerkship in Psychiatry | Harvard Medical School | 1-2 medical students/year; 5 hours per week for 1 month/student |
| 2004 | Psychiatry Resident Supervisor | McLean Hospital | 1 hour per week for 1 year |

Research Supervisory and Training Responsibilities:

|  |  |  |
| --- | --- | --- |
| Year(s) | Type of Responsibility | Location |
|  | Type of Trainee/Audience | Level of Effort |

|  |  |  |
| --- | --- | --- |
| 2020 – Present | Zoltan Sarnyai, MD and Calogero Longhitano, MD, FRANZCP, MRCPsyc – Both at James Cook University, Australia – Research Training in Ketogenic Therapies for Mental Illness | 1 hour per month |

Formally Mentored Harvard Medical, Dental and Graduate Students:

|  |  |  |
| --- | --- | --- |
| 2020 – Present | Nicholas Norwitz, PhD – incoming HMS student | 2 hours per week |

**Formal Teaching of Peers (e.g., CME and other continuing education courses)**

Year(s) Title(s) or topic(s) of talk(s) Number of talks in single course

Course Name Location(s) (city or country) Sponsor/Source of Compensation

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1999 | | Cocaine Dependence: Can We Do Better Than “Just Say No” | | | | | | Grand Rounds | | | | |
| Department of Psychiatry, McLean Hospital | | | | | | | | | | None | | |
|  | | | | | | | | | |  | | |
| 2001 | | Real-World Uses of Atypical Antipsychotics | | | | | | Single presentation | | | | |
| Schizophrenia Preceptorship | | | | | | Belmont, MA | | None | | | | |
|  | | | | | | | | | | | | |
| 2002 | | Preparing for the Boards | | | | | | Single presentation | | | | |
| Psychiatry Board Review Course | | | | | | Boston | | None | | | | |
|  | | | | | | | | | | | | |
| 2002 | | Social Phobia | | | | | | Single presentation | | | | |
| Social Phobia Conference | | | | | | Belmont, MA | | None | | | | |
|  | | | | | | | | | | | | |
| 2004 | | Borderline Personality Disorder | | | | | | Single presentation | | | | |
| Pri-Med | | | | | | Anaheim | | Harvard Medical School | | | | |
|  | | | | | | | | | | | | |
| 2004 | | Psychiatric Diagnostic Interviewing for the Primary Care Physician | | | | | | Single presentation | | | | |
| Pri-Med | | | | | | Anaheim | | Harvard Medical School | | | | |
|  | | | | | | | | | | | | |
| 2005 | | | Psychiatric Diagnostic Interviewing for the Primary Care Physician | | | | | Single presentation | | | | |
| Pri-Med | | | Boston | | | | | Harvard Medical School | | | | |
|  | | | | | | | | | | | | |
| 2006 | | | Bipolar Disorder in Primary Care | | | | | Single presentation | | | | |
| Pri-Med | | | Boston | | | | | Harvard Medical School | | | | |
|  | | | | | | | | | | | | |
| 2009 | | | Supporting Your Lesbian, Gay, Bisexual, and Transgender Patients | | | | | Single presentation | | | | |
| Massachusetts Medical Society Annual Meeting | | | | | | Waltham, MA | | Massachusetts Medical Society | | | | |
|  | | | | | | | | | | | | |
| 2015 | | | | Psychopharmacologic and Non-Psychopharmacologic Treatments of Schizophrenia | | | | | | | | Single Presentation |
| Chinese Society of Psychiatry | | | | | | Nanjing, China | | | | | | Chinese Society of Psychiatry |
|  | | | | | | | | | | | | |
| 2015 | | | | Panel Discussant on Schizophrenia | | | | Three Panel Presentations | | | | |
| Chinese Society of Psychiatry Annual Meeting | | | | | | | Chengdu, China | Chinese Society of Psychiatry | | | | |
|  | | | | | | | | | | | | |
| 2016 | | | | Psychopharmacologic Treatment of Depression and Anxiety Disorders | | | | | | | | Single Presentation |
| Depression, Anxiety, and Addiction: Commonly Comorbid Disorders | | | | | | | Abu Dhabi, UAE | National Rehabilitation Centre (UAE) and McLean Hospital | | | | |
|  | | | | | | | | | | | | |
| 2017 | | | | Ketogenic Diet in Psychiatry | | | | | | | | Single Presentation |
| International Society for Nutritional Psychiatry Research conference | | | | | | | Bethesda, Maryland | International Society for Nutritional Psychiatry Research | | | | |
|  | | | | | | | | | | | | |
| 2017 | | | | Borderline Personality Disorder | | | | | | | | Single Presentation |
| Mental Health and Education 2017 | | | | | | | Cambridge, MA | Harvard Medical School | | | | |
|  | | | | | | | | | | | | |
| 2018 | | | | Ketogenic Diet in Medicine | | | | | | | | Single Presentation |
| Nutrition and Health Conference-2018 | | | | | | | Boston, MA | University of Arizona | | | | |
|  | | | | | | | | | | | | |
| 2019 | Keto for the Brain: The Ketogenic Diet for Neurological and Psychiatric Disorders | | | | | | | | Single Presentation | | | |
| Low Carb USA Conference | | | | | | | West Palm Beach, FL | Low Carb USA | | | | |
|  | | | | | | | | | | | | |  | | |  |
| 2019 | | | | Assessment and Psychopharmacological Treatment of Major Depression and Anxiety Disorders | | | | | | | | Single Presentation |
| McLean Hospital Otsuka Training | | | | | | | Belmont, MA | Harvard Medical School | | | | |
|  | | | | | | | | | | | | |  | | |  |
| 2018 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | | | Single Presentation |
| McLean Hospital Grand Rounds | | | | | | | Belmont, MA | McLean Hospital | | | | |
|  | | | | | | | | | | | | |  | | |
| 2019 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | | | Single Presentation |
| Psychiatry Grand Rounds | | | | | | | Chicago, IL | Loyola Stritch School of Medicine | | | | |
|  | | | | | | | | | | | | |
| 2020 | | | | | Isolation, Depression, and Despair: Coping with Adversity | | | | | | | | | | Single Presentation | |
| MGB Flattening the Behavioral Health Curve: Addressing the Mental Health Consequences of the COVID-19 Pandemic | | | | | | | | | | | Webinar, Boston, MA | | | Loyola Stritch School of Medicine | | |
|  | | | | | | | | | | | | | | | | |
| 2021 | | | | | The Ketogenic Diet in Medicine and Psychiatry | | | | | | | | | | Single Presentation | |
| Shifting the Mental Health Paradigm: Exploring the relationship between psychiatric well-being and the biosphere | | | | | | | | | | | Webinar, Boston, MA | | | Loyola Stritch School of Medicine | | |
|  | | | | | | | | | | | | | | | | |
| 2021 | | | | | Addressing the Mental Health Consequences of the COVID-19 Pandemic | | | | | | | | | | Single Presentation | |
| ECHO Rounds | | | | | | | | | | | Indian Health Services | | | Loyola Stritch School of Medicine | | |
|  | | | | | | | | | | | | | | | | |
| 2021 | | | | | Aging and Premature Mortality in People with Mental Disorders | | | | | | | | | | Single Presentation | |
| Psychiatry in 2021 | | | | | | | | | | | Harvard Medical School | | | Loyola Stritch School of Medicine | | |
|  | | | | | | | | | | | | | | | | |

**Local Invited Presentations**

*Year(s) Title of presentation Type of presentation*

*Department and Institution where presented Sponsor/Source of compensation*

|  |  |  |  |
| --- | --- | --- | --- |
| 1998 | | The Treatment of Bipolar Depression | Psychosomatic Conference |
| Department of Psychiatry, MGH | | None |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2018 | Ketogenic Diet in Medicine and Psychiatry | | | Single Presentation |
| Grand Rounds | | Belmont, MA | McLean Hospital | |
| 2019 | Pychopharmacological Treatment of Depression and Anxiety Disorders | | | Single Presentation |
| Ostuka Pharmaceutical Training | | Belmont, MA | McLean Hospital | |
| 2019 | The Ketogenic Diet in Medicine and Psychiatry | | Single Presentation | |
| Student Summer Seminar | | Belmont, MA | McLean Hospital | |

**Report of Regional, National and International Invited Teaching and Presentations**

*Year Title of presentation or name of course Type of presentation/role(s) (note if abstract)*

*Location Sponsor/Source of compensation*

**National**

|  |  |  |  |
| --- | --- | --- | --- |
| 1998 | | Current Issues in Medical Student Education | Panelist for symposium |
| American Psychiatric Association Annual Meeting, Toronto | | None |
| 1999 | | To Tell or Not To Tell: The Impaired Supervisor | Panelist for symposium |
| American Psychiatric Association Annual Meeting, Washington, D.C. | | None |
| 2001 | | Overview of the ABPN Part II Examination | Plenary Talk |
| Oral Board Review Course, American Psychiatric Association Annual Meeting, New Orleans | | None |
| 2004 | | From Response to Recovery: The Consumer/ Clinician Collaboration in Depression and Psychosis | Moderator of Symposium |
| American Psychiatric Association Annual Meeting, New York | | None |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2002 | Social Phobia | | | | | | | Single presentation | | |
| Social Phobia Conference | | | | | | Belmont, MA | | None | | |
|  | | | | | | | | | | |
| 2004 | Borderline Personality Disorder | | | | | | | Single presentation | | |
| Pri-Med | | | | | | Anaheim | | Harvard Medical School | | |
|  | | | | | | | | | | |
| 2004 | Psychiatric Diagnostic Interviewing for the Primary Care Physician | | | | | | | Single presentation | | |
| Pri-Med | | | | | | Anaheim | | Harvard Medical School | | |
|  | | | | | | | | | | |
| 2005 | | Psychiatric Diagnostic Interviewing for the Primary Care Physician | | | | | | Single presentation | | |
| Pri-Med | | Boston | | | | | | Harvard Medical School | | |
|  | | | | | | | | | | |
| 2006 | | Bipolar Disorder in Primary Care | | | | | | Single presentation | | |
| Pri-Med | | Boston | | | | | | Harvard Medical School | | |
|  | | | | | | | | | | |
| 2009 | | Supporting Your Lesbian, Gay, Bisexual, and Transgender Patients | | | | | | Single presentation | | |
| Massachusetts Medical Society Annual Meeting | | | | | | Waltham, MA | | Massachusetts Medical Society | | |
|  | | | | | | | | | | |
|  | | | | | | | | | | |
| 2017 | | | | Borderline Personality Disorder | | | | | | Single Presentation |
| Mental Health and Education 2017 | | | | | Cambridge, MA | | | Harvard Medical School | | |
|  | | | | |  | | |  | | |
| 2018 | | | Ketogenic Diet in Medicine | | | | | | | Single Presentation |
| Nutrition and Health Conference-2018 | | | | | | | Boston, MA | | University of Arizona | |
|  | | | | | | | | | | |
| 2019 | | | Keto for the Brain: The Ketogenic Diet in Neurological and Psychiatric Disorders | | | | | | | Single Presentation |
| Low Carb USA | | | | | | | West Palm Beach, FL | | Low Carb USA | |
|  | | | | | | | | | | |
| 2019 | | | Ketogenic Diet in Psychiatry | | | | | | | Single Presentation |
| Integrative Mental Health Conference | | | | | | | San Francisco, CA | | University of Arizona | |
|  | | | | | | | | | | |
| 2019 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Psychiatry Grand Rounds | | | | | Chicago, IL | | | Loyola Stritch School of Medicine | | |
|  | | | | | | | | | | |
| 2020 | | | Ketogenic Diet in Psychiatry | | | | | | | Single Presentation |
| Low Carb USA | | | | | | | Boca Ratan, FL | | Low Carb USA | |
|  | | | | | | | | | | |
| 2020 | | | | Ketogenic Diet in Psychiatry | | | | | | Single Presentation |
| Metabolic Health Summit | | | | | Los Angeles, CA | | | The International Neurological Ketogenic Society | | |
|  | | | | | | | | | | |
| 2020 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Georgia Psychiatric Physicians Association | | | | | Atlanta, GA | | | McLean Hospital | | |
|  | | | | | | | | | | |
| 2020 | | | | Metabolism, Mental Disorders, and the Ketogenic Diet | | | | | | Single Presentation |
| Psychiatry in 2020 | | | | | Online | | | Harvard Medical School | | |
|  | | | | | | | | | | |
| 2020 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Low Carb USA New York Conference | | | | | Online | | | Low Carb USA | | |
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| 2020 | | | | Mental Disorders and Aging | | | | | | Single Presentation |
| Healthy Aging | | | | | Online | | | Harvard Medical School | | |
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| 2020 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Grand Rounds | | | | | Online | | | University of Tennessee | | |
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| 2020 | | | | Keynote Presentation: Psychiatry in 2020 | | | | | | Single Presentation |
| Psychiatry in 2020 | | | | | Boston, MA | | | Harvard Medical School | | |
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| 2020 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Grand Rounds | | | | | Online | | | Princeton University | | |
|  | | | | | | | | | | |
| 2020 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Fellowship Program | | | | | Online | | | Integrative Psychiatry Institute | | |
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| 2020 | | | | Managing Stress and Mental Health During the Pandemic | | | | | | Single Presentation |
| Health and Wellness Rounds | | | | | Online | | | Howard Hughes Medical Institute | | |
|  | | | | | | | | | | |
| 2021 | | | | Ketogenic Diet in Medicine and Psychiatry | | | | | | Single Presentation |
| Shifting the Mental Health Paradigm: Exploring the relationship between psychiatric well-being and the biosphere | | | | | Online | | | Ellenhorn | | |
|  | | | | | | | | | | |
| 2021 | | | | Addressing the Mental Health Consequences of the COVID-19 Pandemic | | | | | | Single Presentation |
| ECHO Institute Rounds | | | | | Online | | | Indian Health Services | | |
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| 2021 | | | | Aging and Premature Mortality in People with Mental Disorders | | | | | | Single Presentation |
| Psychiatry in 2021 | | | | | Online | | | Harvard Medical School | | |
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| 2021 | | | | The Ketogenic Diet in Psychiatry | | | | | | Single Presentation |
| Fellowship Conference | | | | | Online | | | Integrative Psychiatry Institute | | |
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**International**

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| 2015 | Psychopharmacologic and Non-Psychopharmacologic Treatments of Schizophrenia | | | | | | | | | | | | Single Presentation |
| Chinese Society of Psychiatry | | | | Nanjing, China | | | | | | | | | Chinese Society of Psychiatry |
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| 2015 | Panel Discussant on Schizophrenia | | | | | | | | | Three Panel Presentations | | | |
| Chinese Society of Psychiatry Annual Meeting | | | | | | Chengdu, China | | | | Chinese Society of Psychiatry | | | |
|  | | | | | | | | | | | | | |
| 2016 | | | | | | Psychopharmacologic Treatment of Depression and Anxiety Disorders | | | | Single Presentation | | | |
| Depression, Anxiety, and Addiction: Commonly Comorbid Disorders | | | | | | Abu Dhabi, UAE | | | | National Rehabilitation Centre (UAE) and McLean Hospital | | | |
|  | | | | | | | | | | | | | |
| 2017 | | Ketogenic Diet in Psychiatry | | | | | | | | | | Single Presentation | |
| International Society for Nutritional Psychiatry Research conference | | | | | | | Bethesda, Maryland | | International Society for Nutritional Psychiatry Research | | | | |
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| 2018 | | Ketogenic Diet in the Treatment of Schizophrenia and Schizoaffective Disorder | | | | | | | | | | Single Presentation | |
| 6th Global Symposium on Ketogenic Therapies for Neurological Disorders (KETO 2018) | | | | | | | Jeju, South Korea | | US National Institute of Health | | | | |
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| 2021 | | Ketogenic Diet in Psychiatry | | | | | | | | | | Single Presentation | |
| 7th Global Symposium on Medical Ketogenic Diet Therapies | | | | | | | United Kingdom | | International Neurological Ketogenic Society | | | | |
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| 2021 | | | Food and Healthcare: Partnership Models to Address Chronic Health Conditions Through Nutrition. | | | | | | | | Single Presentation | | |
| Future Food-Tech Summit | | | | | Virtual | | | Rethink Events- Brighton, UK | | | | | |
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**Report of Clinical Activities and Innovations**

**Current Licensure and Certification**

1. United States Medical Licensing Board Certificate
2. Massachusetts License Registration

2000, 2011 Diplomate, American Board of Psychiatry and Neurology

**Practice Activities**

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| --- | --- | --- | --- |
| Private Practice of Psychiatry | Outpatient | McLean Hospital | 8 hours per week |
| Ketogenic diet in psychiatry | Outpatient  Research | McLean Hospital | Ongoing clinical work with patients using the ketogenic diet for the treatment of schizophrenia, schizoaffective disorder, bipolar disorder, and treatment-resistant depression. I now have pilot clinical trials underway of the ketogenic diet in OUD and schizophrenia. |

**Report of Education of Patients and Service to the Community**

**Activities**

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| --- | --- | --- |
| 1992-1995 | Volunteer with Students Teaching AIDS to Students | Washington University School of Medicine |
| AIDS education to middle school students | |
| 1992-1994 | Volunteer with the Perinatal Project | Washington University School of Medicine |
| Provided education and guidance to lower income, pregnant women throughout the course of pregnancy | |
| 1999-2000 | Consultant to Support Group | Manic Depressive and Depressive Association of Boston (MDDA) |
| Provided expert education and advice to patients | |

**Educational Material for Patients and the Lay Community**

Books, monographs, articles and presentations in other media

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| 2009 | Dan Rea Show (WBZ) | | | Expert on 2-hour radio call-in show | |
| 2015-2018 | | Director and Moderator of Borderline Personality Disorder Family and Consumer Education Webinars | McLean Hospital | |
| Developed a series of psychoeducational webinars for families and patients; provided expert education and advice; moderated 40 webinar sessions with other speakers. Webinars were viewed by over 70,000 people in over 88 different countries around the world. | | |
| 2016 | | After All of This Treatment, Why Isn’t He/She Better? Treatment Resistant Borderline Personality Disorder | McLean Hospital | |
| Provided education and guidance to families and consumers affected by treatment resistant borderline personality disorder. | | |
| 2018 – Present | | Advancing Psychiatry Blog | Psychology Today | |
| Provided a regular blog with articles on mental health, psychiatry, and the relationship of psychiatric disorders with metabolic disorders | | |
| 2019 | | Online Webinar | The Ketogenic Diet in Medicine and Psychiatry | |
| Online webinar for lay public | | |
| 2019 | | Podcast on the Ketogenic Diet in Psychiatry | Mindful Things Podcast Series offered by McLean Hospital | |
| One hour podcast produced by McLean Hospital | | |

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| 2019 | | Podcast on the Ketogenic Diet in Psychiatry | | Keto Naturopath – Karl Goldkamp | |
| One hour podcast online by Karl Goldkamp | | | |
| 2019 | Podcast on the Ketogenic Diet in Psychiatry | | Livin’ La Vida Low Carb Show | |
| One hour webinar online by Jimmy Moore | | | |
| 2019 | Radio Interview on the Ketogenic Diet in Psychiatry | | National Public Radio (NPR) with Karen Weintraub | |
| NPR segment to be aired nationally | | | |

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| 2019 | Ketogenic diet in psychiatry | My Sugar Free Journey |
| podcast | |
| 2020 | Ketogenic diet in psychiatry | Kick Sugar Summit |
| Webinar | |
| 2020 | PTSD | Livin’ La Vida Low Carb Show |
| Podcast | |
| 2020 | The Ketogenic Diet for Brain Health | Stigma Podcast |
| podcast | |
| 2020 | The Ketogenic Diet as a treatment for schizophrenia | Channel 7 television, Melbourne, Australia |
| Television interview | |

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| --- | --- | --- |
| 2020 | COVID-19 series: Meaning and Purpose in the face of the COVID-19 pandemic | McLean Hospital |
| webinar | |
| 2020 | COVID-19 series: Stress, Eating, and Sleep: Self-Care in the Face of the Pandemic | McLean Hospital |
| webinar | |
| 2020 | Mental Health in the Face of the COVID-19 Pandemic | Harvard Medical School |
| webinar | |
| 2020 | Flattening the Behavioral Health Curve: Addressing the Mental Health Consequences of the COVID-19 Pandemic  Isolation, depression, and despair: Coping with adversity during COVID | Mass General Brigham |
| webinar | |
| 2020 | COVID-19 series: Meaning, Purpose, and Mental Health during the Pandemic | McLean Hospital |
| webinar | |
| 2020 | COVID-19 series: Can We Optimize Our Fitness Habits to Optimize Our Mental Health | McLean Hospital |
| webinar | |
| 2020 | COVID-19 series: The Connections between Physical and Mental Well-Being | McLean Hospital |
| webinar | |
| 2021 | COVID-19 series: Managing Stress | McLean Hospital |
| webinar | |
| 2021 | COVID-19 series: Ask Me Anything about the Ketogenic Diet and Mental Health | McLean Hospital |
| webinar | |
| 2021 | The Ketogenic Diet and Mental Health | This Podcast Burns Fat! |
| webinar | |
| 2021 | The Ketogenic Diet and Mental Health | The Happy Molecule |
| podcast | |

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| 2021 | The Ketogenic Diet and Mental Health | Current Psychiatry: Psychcast |
| podcast | |
| 2021 | The Ketogenic Diet and Mental Health | Channel 5 News |
| Television interview – WCVB Boston | |
| 2021 | Stress, Diet, and Exercise | BU Health and Wellness Series |
| webinar | |
| 2021 | Mental Health | Metabolic Health Summit |
| webinar | |
| 2021 | Mental and Physical Health | McLean Hospital |
| webinar | |
| 2021 | Men’s Mental Health | McLean Hospital |
| webinar | |
| 2021 | The Ketogenic Diet and Mental Health | Boundless Body |
| podcast | |
| 2021 | Diet and Mental Health | Brain Waves / One Mind |
| podcast | |
| 2021 | Coping with Stress During the Pandemic | Avenue Code |
| webinar | |

**Report of Scholarship**

**Publications**

* **Peer Reviewed Publications in print or other media**

Lukas S, Penetar D, Berko J, Vicens L, **Palmer C**, Mallya G, Macklin E, Lee D. *An Extract of the Chinese Herbal Root Kudzu Reduces Alcohol Drinking by Heavy Drinkers in a Naturalistic Setting*. Alcohol Clin Exp Res. 2005 May;29(5):756-762.

Hopper JW, Su Z, Looby AR, Ryan ET, Penetar DM, **Palmer CM**, Lukas SE. *Incidence and patterns of polydrug use and craving for ecstasy in regular ecstasy users: An ecological momentary assessment study*. Drug and Alcohol Dependence. 2006 Dec 1;85(3):221-35.

**Palmer C**, Rediger J, and Kauffman K. *Economic anxiety: First aid for the recession’s casualties.* Current Psychiatry. 2009 May; 8(5):46-54.

Licata SC, Penetar DM, Ravichandran C, Rodolico J, **Palmer C**, Berko J, Geaghan     T, Looby A, Peters E, Ryan E, Renshaw PF, Lukas SE. *Effects of daily treatment with citicoline: A double-blind, placebo-controlled study in cocaine-dependent volunteers.* J Addict Med, 2011 Mar; 5(1):57-64.

Lukas SE, Penetar DM, Su Z, Geaghan T, Maywalt M, Tracy M, Rodolico J, **Palmer C**, Ma Z, Lee DY-W. *A standardized kudzu extract (NPI-031) reduces alcohol consumption in nontreatment-seeking male heavy drinkers*. Psychopharmacology, 2013, 226: 65-73.

Lukas SE, Lowen SB, Lindsey KP, Conn N, Tartarini W, Rodolico J, Mallya G, **Palmer C**, Penetar DM. *Extended-release injectable naltrexone (XR-NTX) attenuates brain responses to alcohol cues in alcohol-dependent volunteers: A BOLD fMRI study.* Neuroimage. 2013 Sep;78:176-85.

**Palmer, CM**. *Ketogenic diet in the treatment of schizoaffective disorder: Two case studies.* Schizophrenia Research, ISSN: 1573-2509, 2017 Nov;189, 208-209.

Gilbert-Jaramillo, Vargas-Pico D, Espinosa-Mendoza T, Falk S, Llanos-Fernàndez K, Guerrero-Haro J, Orelanna-Roman R, Poveda-Loor C, Valdevila- Figueira J, **Palmer C.** (2018) The effects of the ketogenic diet on psychiatric symptomatology, weight and metabolic dysfunction in schizophrenia patients. Clin Nutr Metab 1: DOI: 10.15761/CNM.1000105

**Palmer, CM.** *Diets and Disorders: Can Foods or Fasting be Considered*

*Psychopharmacological Therapies?* J Clin Psychiatry: 81:1, January/February (2020), published online 7/09/2019. doi:10.4088/JCP.19ac12727

**Palmer CM**, Gilbert-Jaramillo J, and Westman E. *The ketogenic diet and remission of psychotic symptoms in schizophrenia: Two case studies.* Schizophrenia Research, (2019) pp. 439-440 DOI information: 10.1016/j.schres.2019.03.019

Sarnyai Z, Kraeuter AK, **Palmer CM**. Ketogenic diet for schizophrenia: clinical implication. *Curr Opin Psychiatry*. 2019;32(5):394-401. doi:10.1097/YCO.0000000000000535

**Palmer C** and Sarnyai Z. (2020). *Ketogenic therapy in serious mental illness: emerging evidence.* International Journal of Neuropsychopharmacology. 2020; 23(7): 434–439.

Norwitz, Nicholas G.; Dalai, Shebani Sethi; **Palmer, Christopher M**. *Ketogenic diet as a metabolic treatment for mental illness*, Current Opinion in Endocrinology & Diabetes and Obesity: October 2020 - Volume 27 - Issue 5 - p 269-274 doi: 10.1097/MED.0000000000000564

Chen J, Crawford C, Owusu M, Jahan A, **Palmer C**, and Trinh N. (2021). *Sociocultural Psychiatry: Developing and Implementing a Residency Curriculum.* In press*.*

* **Non-peer reviewed scientific or medical publications/materials in print or other media**

**Book Chapters:**

**Palmer C.M.** and Pope H.G. Jr. (2000). Antiepileptic Drugs. In M.G. Gelder, J.J.Lopez-Ibor Jr., and N. Andreason (Eds.), *The New Oxford Textbook of Psychiatry*. New York: Oxford University Press, pp. 1326-1333.

**Palmer C.M.** and Leslie M.B. (2016). Adult Mental Health. In K.L. Eckstrand and J.M. Ehrenfeld (Eds.), *Lesbian, Gay, Bisexual, and Transgender Healthcare: A Clinical Guide to Preventive, Primary, and Specialist Care*. Springer Switzerland, pp. 201-232.

Cruz A., Torrence J., and **Palmer C.** (2019) Shame in Secrecy in the Psychiatric Encounter. In N. Trin and J. Chen (Eds.), *Sociocultural Psychiatry: A Casebook and Curriculum.* Oxford University Press, pp. 165-184. ISBN-10: 0190849983

Sarnyai Z, Kraetur A, and **Palmer C**. (in press) The Ketogenic Diet in the Treatment of Schizophrenia. In Massino et al (Eds.), *Ketogenic Diet and Metabolic Therapies: Expanded Roles in Health and Disease.* Oxford University Press

**Narrative Report (limit to 500 words)**

My career has been devoted to medical education, clinical practice, and research. I am a full-time employee of McLean Hospital, currently devoting most of my time to leading the Department of Postgraduate and Continuing Education. Additionally, I have a private practice of psychiatry, and have been pioneering the use of the ketogenic diet as a treatment for psychiatric disorders.

My area of excellence has been in medical education. I have had varied teaching roles from the time I was an undergraduate in college. In 2000, I assumed leadership of the McLean Hospital Department of Postgraduate and Continuing Education. McLean Hospital is unique among the Harvard-affiliated hospitals, as it has its own ACCME accreditation. As such, the Department is charged with varied tasks, including offering large conferences for international audiences, in-house education of professional staff, and joint sponsorships, in which McLean Hospital partners with outside organizations to offer continuing education activities. Given the diversity of clinicians in the mental health field, the Department also maintains accreditation for continuing education of 6 other professional disciplines. Since 2000, the Department has grown exponentially and we now offer more programs than ever in our 200+ year history, attracting record numbers of participants from around the world. After years of poor financial performance, the Department is now on solid footing and contributes to the operations of the hospital. On behalf of the hospital, I began collaborations with the HMS Department of Continuing Education (DCE) to offer some of our conferences through the DCE for the first time in decades. Over the years, I have partnered with a number of outside organizations to accredit their continuing education offerings, including Harvard University Health Services, the MGH Psychiatry Academy, the International OCD Foundation, the North American Society for the Study of Personality Disorders, and the International Society for the Study of Trauma and Dissociation, among others. Additionally, I have served as an expert resource to other organizations’ continuing education enterprises, including serving on a number of CME-related committees and task forces for Harvard Medical School, the CME Committee for Partners Healthcare, the Accreditation Review Committee for the Massachusetts Medical Society, and the Accreditation Review Committee for the Accreditation Council for Continuing Medical Education (ACCME) as a representative of the American Hospital Association.

In addition to my educational activities, significant supporting activities have included research and clinical care. I have served as a research physician in the Sleep Research Program and the Behavioral Psychopharmacology Research Laboratory, which conduct studies in the areas of sleep medicine and addictions. My clinical work is with adult psychiatric patients primarily with treatment-resistant disorders, including mood, anxiety, psychotic, and personality disorders. Over the past six years, I have been pioneering the use of the ketogenic diet in the treatment of psychiatric disorders, have published in this area, have been invited to speak at a number of conferences around the world on this topic, am conducting clinical research in this area, and have served as a consultant to numerous researchers from around the world on this topic.

To summarize, while my area of excellence is education, I have been fortunate to have a career that combines the three pillars of academic medicine: education, research, and clinical practice.