

Richard P. Brown, MD

Psychopharmacology

Associate Clinical Professor in Psychiatry
Columbia University College of Physicians and Surgeons

CURRICULUM VITAE

December 3, 2016

Name: RICHARD P. BROWN, M.D.
Birthdate: 01/22/1953
Birthplace: Goshen, NY
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ACADEMIC TRAINING

1969-1973 B.A. University of Virginia, Charlottesville, VA. 18 hours Chemistry, 21 hours Biology, 42 hours Psychology (including 6 hours Biology Research and 20 hours Psychology Research). GPA: 3.9 out of 4.0 Summa Cum Laude.

MEDICAL SCHOOL

1973-1977 M.D. Columbia University College of Physicians & Surgeons, New York, NY. Basic Sciences: Honors in Biochemistry, Psychiatry, Neuroanatomy, Parasitology. Clinical: Honors in Medicine, Obs. and Gyn. Clerkships. Honors in Advanced Clerkships: Medicine, Psychiatry, Acute Psychiatric Disorders, Ambulatory Surgery, Orthopedics, Nephrology, Neurology.

INTERNSHIP

07/77-06/79 Psychiatry New York Hospital

RESIDENCY

07/79-06/82 Psychiatry New York Hospital

FELLOWSHIP

07/82-06/84 Psychobiology/Psychopharmacology New York Hospital

PTSD TRAINING

10/14/07 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

BOARD QUALIFICATIONS

11/83 Psychiatry and Neurology No. 25080

10/98 Certificate in Psychopharmacology (American Society of Clinical Psychopharmacology)

LICENSURE

1978 New York State License: 133815

1983 California License: G51199

Narcotic License: AB1639977

PROFESSIONAL APPOINTMENTS AND SOCIETIES

1977-1997 American Medical Association

1978-1997 New York County Medical Society

1981-current American Psychiatric Association

1985-1997 American Psychopathological Association

1988-2004 Society of Biological Psychiatry

1993 current American Society of Clinical Psychopharmacology

2000-2003 American College for Advancement in Medicine

ACADEMIC APPOINTMENTS

Columbia College of Physicians and Surgeons

7/1/96-present Associate Clinical Professor of Psychiatry, Columbia College of Physicians and Surgeons

7/87-6/30/96 Assistant Professor of Clinical Psychiatry, Columbia College of Physicians and Surgeons

7/87-6/90 Research Psychiatrist II, New York State Psychiatric Institute
7/87-6/88 Dana Foundation Fellow in Brain Imaging

Cornell University Medical College

6/86-6/87 Associate Unit Chief, Psychobiology Research Unit
Clinical Director, Laboratory of Neuropsychopharmacology
7/86-6/87 Assistant Professor of Psychiatry
7/84-6/85 Assistant Director of Training, Payne Whitney Clinic
7/82-7/84 Instructor in Psychiatry

Graduate School of Experiential Health and Healing

6/1/09-present Faculty

HOSPITAL APPOINTMENTS

Presbyterian Hospital

7/96-6/2010 Associate Attending Psychiatrist
7/87-6/96 Assistant Attending Psychiatrist

Ulster County Mental Health Services

7/90-Present Attending Psychiatrist

New York Hospital

7/84-6/87 Assistant Attending Psychiatrist
7/82-7/84 Clinical Affiliate

HONORS AND AWARDS

1981 New York County APA District Branch Resident's Research Award - Second Prize
1982 New York County APA District Branch Resident's Research Award - First Prize
1982 Co-recipient William Lhamon Research Award for best research paper by a graduating resident
1983 Lane Bryan-Malsin Fellow
1983 Meade-Johnson American College of Neuropsychopharmacology Travel Fellowship
1986 Teacher of the Year selected by Residency Class of 1986 and
Teacher of the Year selected by Resident's Council
1986 Selected as Fifth Mallinckrodt Scholar by Edward Mallinckrodt, Jr. Foundation
1987 Teacher of the Year and Teacher of the Residency, Payne Whitney Clinic
1987 Dana Fellow in the Neuroscience
1999-current New York Metro Area Top Doctors
2007-current Best Psychiatrists in America
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
2011-current New York Super Doctors
2012 Living Now Book Awards –Meditation/Relaxation–Gold Medal – *The Healing Power of the Breath*
2012 National Indie Excellence Book Awards –Best Psychiatry Book - *Non-Drug Treatments for ADHD* by
Richard P Brown and Patricia Gerbarg
2013 Nautilus 2013 Silver award: *The Healing power of the Breath* by RP Brown and PL Gerbarg.
2013 Nautilus 2013 Gold award: Non-Drug treatments for ADHD
2015-current America's Best Physicians

Other Traineeships and Professional Activities

1996 Certified Aikido Teacher 4th Dan
2003 Certified Sudarshan Kriya Yoga teacher
2007 Certified Open Focus meditation teacher
2009 Certified Qigong teacher
2006-present Stress reduction Breath~Body~Mind workshop for World Trade Center 9/11 Community and First
Responders with Serving Those Who Serve (non-profit)
2003-present Breath~Body~mind workshops – teaching psychiatrists, other physicians, hospital staff, yoga teachers,
military veterans, psychiatric patients, cancer patients, and others
1998-present Taught full-day Courses on Mind-Body Practices and CAM at the American Psychiatric Association
Annual Meetings
2002-present Scientific and experiential presentations and trainings in mind-body and integrative practices at medical
meetings, yoga conferences, Kripalu Center for yoga, Omega yoga center
2004-present American Psychiatric Association Caucus on Complementary and Integrative Medicine - member

FELLOWSHIP AND GRANT SUPPORT

1. Approval of Biomedical Research Support Grant S07 PR05396 from NIH for study of melatonin in psychiatric disorders: \$5,000, 1982.
2. Co-investigator, PHS grant MH 37907 - "Beta Receptor Function in Depressive Disorders." Awarded March 1984 for 3 years: \$213,590. 5% time, salary.
3. Co-investigator, PHS Grant MH 40048 - "Biochemical Aspects of Suicidal Behavior." Awarded 1985 for 3 years at \$35,000; 01 year, 15% time, salary.
4. Project Psychiatrist (7/85-6/86), NIMH Grant- "Treatment Strategies in Schizophrenia." April 1985-September 1989. Amount: \$174,887. 50% effort.
Co-investigator, PHS Grant- "Neurobiological Studies of Electroconvulsive Therapy in Depression." Awarded for 3 years: \$346,704; 01 year, 35% salary, 35%.
6. Mallinckrodt Foundation. 10/86-01 year- \$45,000 salary; 02 year- \$50,000; 03 year- \$55,000.
7. Dana Foundation. 7/87-6/88- \$18,000.
8. START Clinic funding – Study 1: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to September 11th New York City World Trade Centre Attacks. October 4 - 5, 2008
The goal was to study the effect of a multi-component yoga program on measures of anxiety in 30 individuals, including First Responders affected by the WTC attacks, who had ongoing symptoms of anxiety, depression and PTSD. Richard P. Brown, Patricia L. Gerbarg, Monica Vermani, Martin A. Katzman. Role: Co-investigator
9. START Clinic funding – Pilot Study: Trial of Meditation and Breathing Practices for Relief of Symptoms of Generalized Anxiety Disorder with Comorbidity. March 28 – 29, 2009
The goal was to study a program of breathing, movement and meditation practices as an intervention for individuals suffering with generalized anxiety disorder with comorbidity. An open pilot trial of breathing and meditation practices with 6-week follow-up was performed in 40 subjects.
Martin A. Katzman, BSc., MD, FRCP(C), Monica Vermani, Psy.D., C.Psych., Richard P. Brown, MD, Patricia L. Gerbarg, MD
Role: Co-investigator
10. START Clinic funding – Study 2: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to Sept. 11th New York City World Trade Centre Attacks. Nov 14–Dec 30, 2009
The goal was to study the effect of a multi-component yoga program on measures of anxiety in 30 individuals, including First Responders affected by the WTC attacks, who had ongoing symptoms of anxiety, depression and PTSD. Richard P. Brown, Patricia L. Gerbarg, Monica Vermani, Martin A. Katzman
Role: Co-investigator
11. Department of Mental Health of Mississippi, British Petroleum Grant
Breath~Body~Mind Training for Relief of stress Post-Disaster March 1, 2011 – January 30, 2012
The goal was to train 180 health care providers in mind-body practices: 1) for relief of their caregiver stress and 2) for providers to use in working with clients who were experiencing stress related to the 2010 Gulf Oil spill.
Role: Co-investigator
12. Robert C. Smith, MD, PhD, Nathan-Kline Institute
Funding by the Ratner Family Trust and Fisher Wallace Trust
Potential Effects of Yoga on Psychiatric and Metabolic Abnormalities in Schizophrenia. 1/1/2012-1/1/2013
The goal was to evaluate the effects of a yoga program on symptoms of schizophrenia, metabolic measures such as BMI and insulin resistance, and gene activation in outpatient schizophrenics.
13. Awarding Agency: NCCAM Award #8T007483
Principal investigator - Chris Streeter: The Treatment of Depression with Yoga and Walking. 9/1/12 – 6/30/17
Principal Investigator: Chris Streeter
Richard P. Brown, MD: Consultant with major role in study and intervention design, safety monitoring, training staff in administration of the intervention
The goal is to measure effects of yoga vs walking on brain GABA levels and psychological measures in patients with depression.

Reviewer for Professional Journals

Biological Psychiatry
BioMed Central
Current Psychiatry
Evidence Based Complementary and Alternative Medicine
General hospital Psychiatry
Harvard Mental Health Letter
Herbalgram of the American Botanical Council
International Journal of Yoga Therapy
Journal of Alternative and Complementary Medicine

The Journal of Investigative Medicine
Journal of Practical Psychiatry
Mount Sinai Journal of Medicine
Perceptual and Motor Skills
Stress and Health

DEPARTMENTAL AND UNIVERSITY COMMITTEES.

7/84-6/87 Numerous Payne Whitney Clinic departmental committee activities, including: Research, Residency Education, Medical Student Departmental Formulary, Electroconvulsive Therapy

TEACHING EXPERIENCE AND RESPONSIBILITIES

Columbia College of Physicians and Surgeons

7/87-6/91 Instructor in Advanced Psychopharmacology to PGY4 residents from Creedmoor Psychiatric Center

7/87-Present Psychopharmacology Professor's Rounds Columbia Medical Student and Resident lectures and supervision

7/95-1998 Outpatient Psychopharmacology I for PGY3 residents

7/94-7/2010 Journal Club in Psychopharmacology for PGY3 residents

7/10-Present Teach Residents on Consultation/Liaison Psychiatry Rounds Columbia University

Ulster County Mental Health Services

7/93-2002 Weekly Psychopharmacology Rounds

2002-present Bimonthly Psychopharmacology Rounds

Cornell University Medical College

7/84-4/87 Instructor Advanced Psychobiology for PGY3 and 4 residents; Research Seminar for PGY2 residents

7/82-6/87 Psychopharmacology Professor's Rounds and Psychopharmacology Consult Service Instructor of several Psychiatry Research Seminars and First Year Psychiatry course for medical students
Lecturer in PGY2 Psychobiology course

OTHER PROFESSIONAL AND CHARITABLE ACTIVITIES

4/87 Contributor to PKSAP-VI for National Board of Medical Examiners, on New Developments in Psychopharmacology

Also have contributed questions to the PRITE and National Board Exams

7/85-6/87 GY2 Track Coordinator, Payne Whitney Clinic; primarily responsible for residency selection and recruitment

Assistant to the Director in resident and medical student curriculum, evaluation, etc.

7/82-6/87 Coordinator of Inpatient Research Protocols on Psychobiology Research Unit, Payne Whitney Clinic

7/82-7/84 Coordinator of Outpatient Research Protocols in Affective Disorder Clinic, Payne Whitney Clinic

7/82-6/90 (Part-time) Additional interest in combining pharmacotherapy and psychotherapy; 4 Seminars in Short-Term Dynamic Psychotherapy of Davanloo and Malan; APA Observer to Short-Term Dynamic Psychotherapy Conference in Alicante, Spain, October 1983

2005 Set up yoga program for relief of symptoms of PTSD in children at charter school in Harlem, NY

2006 Set up yoga program for charter school in Kansas City ghetto

2006-2010 Began work with veterans with PTSD in Australia; continued with National Organization of Veterans US
2006-present Work with First Responders and residents of NYC and Long Island using mind-body practices for recovery from physical and emotional symptoms related to the September 11th World Trade Center Attacks. This work is sponsored by the non-profit, Serving Those Who Serve (www.stws.org).

2006-present Taught mind-body practices for stress relief in cancer patients; work with Gilda's Club

2008-present National Association for Mental Health (NAMI) Worked with and trained yoga teachers to work with inner city chronically ill psychiatric patients. Became member of the board of DharaNYC.org (non-profit) offering yoga courses through NAMI.

2008 Gave weekly stress reduction sessions at a major NYC law firm. The income from this was donated to Serving Those Who Serve to help Sept 11th First Responders.

1/1/09-present Chairman of Board of Serving Those Who Serve. Non-Profit serving First Responders and others affected by the 9/11 World Trade Center Attacks

2009-2011 NYS Coalition Against Sexual Abuse. Teaching therapists about the use of mind-body practices for victims of sexual assault.

2009-present Training yoga teachers and therapists to use mind-body practices for stress reduction and trauma recovery in disaster survivors in Haiti, Rwanda, and Sudan

2010-present Train Yoga Therapists in mind-body practices for relief for post disaster stress and trauma in Haiti, Sudan, and Rwanda June 30-July 7, 2011. Taught Mind-body Practices for Trauma Relief to 600 recently freed slaves returning to South Sudan after 10 or more years of captivity in North Sudan. Taught mind-

2015 body practices to South Sudanese polio victims.
Trained doctors and mental health workers at the Medical Center, Juba, South Sudan.

Other Relevant Experience and Certifications

1991 Certified Aikido Teacher of the 4th Dan
2003 Certified teacher of Sudarshan Kriya Yoga
2007 Certified teacher of Open Focus Meditation
2009 Certified teacher of QiGong

PUBLICATIONS

A. ORIGINAL, PEER REVIEWED ARTICLES

1. Frances A, Brown RP, Kocsis JH, Mann JJ: Psychotic Depression: A Separate Entity? Am J Psychiatry, 138:831-833, 1981.
2. Brown RP, Frances A, Kocsis JH, Mann JJ: Psychotic Versus Nonpsychotic Depression: Comparison of Treatment Response. J Nervous Mental Disease, 170:635-637, 1982.
3. Brown RP, Sweeney J, Frances A, Kocsis JH: Age as a Predictor of Treatment Response in Endogenous Depression. J Clin Psychopharm, 3:176-178, 1983.
4. Brown RP, Sweeney J, Loutsch E, Kocsis JH, Frances A: Involutional Melancholia Revisited. Am J Psychiatry, 141:24-28, 1984.
5. Brown RP, Kocsis JH: Sudden Death and Antipsychotics. Hosp & Comm Psychiatry, 35:486-491, 1984.
6. Mann JJ, Aarons SF, Frances AJ, Brown RP: Studies of Selected and Reversible Monoamine Oxidase Inhibitors. J Clin Psychiatry, 45 [7, Sec. 2] :62-66, 1984.
7. Frances A, Clarkin J, Gilmore M, Hurt S, Brown RP: Reliability of Criteria for Borderline Personality Disorder: A Comparison of DSM III and DIB. Am J Psychiatry, 141:1080-1084, 1984.
8. Brown RP, Mann JJ: Current Theories of Antidepressant Action and the Biochemical Basis of Depression. J Clin Psychiatry (Monograph), 2:20-22, 1984.
9. Brown RP: Amoxapine in Perspective. J Clin Psychiatry (Monograph), 2:2022, 1984.
10. Halper J, Mann JJ, Weksler ME, Bilezekian J, Sweeney J, Brown RP, Golbourne T: Significance of Age and Sex Effects upon Beta Receptor Function in Intact Human Lymphocytes. Life Sciences, 35:855, 1984.
11. Brown RP, Kocsis JH, Glick ID: Efficacy and Feasibility of High Dose Antidepressants in Elderly Delusional Depressives. J Clin Psychopharm, 4:311-315, 1985.
12. Halper JP, Brown RP, Sweeney JA, Kocsis JH, Peters A, Mann JJ: Blunted B-Adrenergic Responsivity of Peripheral Blood Mononuclear Cells in Endogenous Depression. Arch Gen Psychiatry, 45:241, 1988.
13. Mann JJ, Frances AJ, Brown RP, Aarons SF, and Kocsis JH: Monoamine Oxidase Inhibitors: Yesterday, Today and Tomorrow. J Clin Psychiatry (Monograph), 2:27-31, 1984.
14. Brown RP, Mann JJ: Neurotransmitters and Receptors in Psychiatric Disorders: A Clinical Perspective. HOSD & Corem Psychiatry, 36:141-150, 1985.
15. Brown RP, Kocsis JH, Caroff C, Amsterdam J, Winokur A, Stokes PE, Frazer A: Differences in Nocturnal Melatonin Secretion Between Melancholic Depressed Patients and Control Subjects. Am J Psychiatry, 142:811-816, 1985.
16. Brown RP, Kneeland B: Visual Imaging in Psychiatry. Hosp & Comm Psychiatry, 36:489-496, 1985.
17. Mann JJ, Brown RP, Halper JH, Sweeney JA, Kocsis JH, Stokes PE, Bilezekian JP: Reduced Lymphocyte Beta Receptor Sensitivity in Drug-Free Patients with Melancholia. New Eng J Medicine, 313:715-720, 1985.
18. Brizer DA, Brown RP, Kocsis JH, Stokes PE: Interepisode Consistency of Dexamethasone Suppression Test Results in Affective Disorders. Am J Psychiatry, 143:539-541, 1985.
19. Brown RP, Caroff S, Kocsis JH, Amsterdam A, Winokur A, Stokes P, Frazer A: Nocturnal Serum Melatonin in Major Depressive Disorders Before and After Desmethylimipramine Treatment. Psychopharm Bull, 21:579-581, 1985.
20. Brown RP, Mason B, Stoll P, Brizer P, Kocsis J, Stokes PE, Mann JJ: Hypothalamic-Pituitary-Adrenal Axis Function and Suicidal Behavior in Depressive Disorders. Psychiatry Res, 17:317-323, 1986.
21. Kocsis JH, Frances A, Mann JJ, Sweeney J, Ross C, Mason B, Brown RP: Imipramine for Treatment of Chronic Depression. Psychopharm Bull, 21:698-700, 1985.
22. Kocsis JH, Kennedy S, Brown RP, Mann JJ, Mason B: Suicide and Adrenocortical Function. Psychopharm Bull, 22:650-655, 1986.
23. Frazer A, Brown R, Kocsis J, Caroff S, Amsterdam A, Winokur A, Sweeney J, Stokes P: Patterns of Melatonin Rhythms in Depression. J Neural Transm (Suppl), 21:269-290, 1986.
24. Markowitz JC, Brown RP: Seizures with Neuroleptics and Antidepressants. Gen Hosp Psychiatr, 9:135-141, 1987.
25. Brown RP, Kocsis JH, Caroff S, Amsterdam A, Winokur A, Stokes P, Frazer A: Depressed Mood and Reality Disturbance Correlate with Decreased Melatonin in Depressed Patients. Acta Psychiatrica Scandinavica 76:272-275, 1987.
26. Markowitz J, Brown RP, Sweeney J, Mann JJ: Effect of Treatment Modality on Length of Hospital Stay for Depression. Am J Psychiatry, 144:1025-1029, 1987.

27. Halper J, Brown RP, Sweeney JA, Kocsls JH, Peters A, Mann JJ: Blunted Beta-Adrenergic Responsivity of Peripheral Blood Mononuclear Cells in Endogenous Depression: Isoproterenol Dose-Response Studies. Arch Gen Psychiatry, 45:241-244, 1988.
28. Brown RP, Stoll PM, Stokes PE, Frances A, Sweeney J, Kocsis JH, Mann JJ: Adrenocortical Hyperactivity in Depression: Effects of Agitation, Delusions, Melancholia and Other Illness Variables. Psychiatry Res, 23:167-168, 1988.
29. Mann JJ, Aarons SF, Wilner PJ, Keilp J, Sweeney J, Pearlstein T, Frances A, Kocsis JH, Brown RP: A Controlled Study of the Antidepressant Efficacy and Side Effects of Deprenyl. Arch Gen Psychiatry, 46:45-50, 1989.
30. Devanand DP, Sackeim HA, Brown RP, Mayeux A: A Pilot of Haloperidol Treatment of Psychosis and Behavioral Disturbances in Alzheimer's Disease. Arch Neurol, 46:854-857, 1989.
31. Brown R: U.S. Experience with Valproate in Manic Depressive Illness: A Multicenter Trial. J Clin Psychiatry, 50(3 Suppl):13-16, 1989.
32. Sackeim HA, Prohovnik I, Moeller JR, Brown RP, Devanand DP, Mukherjee S: Regional Cerebral Blood Flow in Mood Disorders: Comparison of Major Depressive and Normal Controls at Rest. Arch Gen Psychiatry, 47:60-70, 1990.
33. Mann J, Mahler JA, Wilner PJ, Johnson KS, Halper JP, Brown RP, Johnson K, Kocsis J, Chen J-S: Normalization of Blunted Lymphocytes Beta-Adrenergic Responsivity in Melancholic Inpatients by a Course of ECT. Arch Gen Psychiatry, 47:461-464, 1990.
34. Jones JS, Stanley B, Mann J, Frances A, Guido JR, Traskman-Bendz L, Wichel R, Brown RP, Stanley M: CSF 5-HIAA and HVA Concentrations in Elderly Patients and Controls. Am J Psychiatry, 147:1225-1227, 1990.
35. Mann JJ, McBride PA, Brown RP, Linnoila M, Leon AC, DeMeo M, Mieczkowski T, Myers J, Stanley M: Relationship Between Central and Peripheral Serotonin Indexes in Depressed and Suicidal Psychiatric Inpatients. Arch Gen Psychiatry, 49:442-446, 1992.
36. Devanand DP, Brockington CD, Moody BJ, Brown RP, Mayeux R, Endicott J, Sackeim HA: Behavioral Syndromes in Alzheimer's Disease. Intern Psychoger, 4:161-182, 1992. Second place award in 1991 IPA Research Awards in Psychogeriatrics.
37. McBride PA, Brown RP, DeMeo M, Keilp J, Mieczkowski TA, Mann JJ: The relationship of platelet 5-HT₂ receptor indices to major depressive disorder, personality traits, and suicidal behavior. Biol Psychiatry, 35:295-308, 1994.
38. Mann JJ, Halper JP, Wilner PJ, Sweeney JA, Mieczkowski TA, Chen J-S, Stokes PE, Brown RP: Subsensitivity of adenylyl cyclase-coupled receptors on mononuclear leukocytes from drug-free inpatients with a major depressive episode. Biol Psychiatry, 42:859-870, 1997.
39. Di Rocco A, Rogers JD, Brown RP, Werner P, Bottiglieri T. S-adenosylmethionine improves depression in patients with parkinson's disease in an open label clinical trial. Movement Disorders, 15(6):1225-1229, 2000.
40. 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.
41. 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.
42. Kenny E, Muskin PR, Brown RP, Gerbarg PL. What the general psychiatrist should know about herbal medicine. Current Psychiatry Reports, 3:226-234, 2001.
43. Brown RP, Gerbarg PL, Bottiglieri T. S-adenosylmethionine (SAME) for depression: Biochemical and Clinical Evidence. Psychiatric Annals, 32(1):29-44, 2002.
44. Brown RP, Gerbarg PL, Ramazanov Z: A phytomedical review of Rhodiola rosea. Herbalgram, 56:40-52, 2002
45. Brown RP, Gerbarg PG. Sudarshan Kriya Yogic breathing in the treatment of stress, anxiety, and depression: Part I – Neurophysiological Model. Journal of Alternative and Complementary Medicine. 11(1): 189-201, Feb 2005.
46. Brown RP and Gerbarg PL: Sudarshan Kriya Yogic Breathing in the Treatment of Stress, Anxiety, and Depression: Part II – Clinical Applications and Guidelines. J Comp and Alt Med. 11(4): 711-7, August 2005.
47. Gerbarg PG and Brown RP: Yoga: a breath of relief for Hurricane Katrina refugees. Current Psychiatry 4(10):55-67, 2005.
48. Brown RP and Gerbarg PL. Yoga breathing, meditation, and longevity. Annals of the New York Academy of Sciences. July 2009, 1172:54-62.
49. 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 Psyciatr Scand April, 2010.
50. Gerbarg PL, Wallace G, Brown RP. Mass disasters and mind-body solutions: Evidence and field insights. International Journal of Yoga Therapy. 2011. 2(21):23-34.
51. Streeter CC, Gerbarg PL, Saper MD, Ciraulo DA, and Brown RP. Effects of Yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and Post-traumatic Stress Disorder. Medical Hypothesis. 2012. May;78(5):571-9. doi: 10.1016/j.mehy.2012.01.021.
52. Katzmann MA, Vermani M, Gerbarg PL, Brown RP, Iorio C, Davis M, Cameron C, Pawluk E, Tsirgielis D. A multicomponent Yoga-based, breath intervention program as adjunctive treatment in patients suffering from Generalized Anxiety Disorder (GAD) with or without comorbidities. International Journal of Yoga. 2012, Jan;5(1): 57-65. doi: 10.4103/0973-6131.91716

53. Akhondzadeh, S, Brown, RP, Gerbarg, PL. Nutrients for Prevention and Treatment of Mental Health Disorders. Psychiatric Clinics of North America. March 2013, 36(1):25-36. doi: 10.1016/j.psc.2012.12.003.
54. Gerbarg, PL, Brown, RP. Phytomedicines for Prevention and Treatment of Mental Health Disorders. Psychiatric Clinics of North America. March 2013, 36(1): 37-47. doi: 10.1016/j.psc.2012.12.004.
55. Brown, RP, Muench F, Gerbarg, PL. Breathing Practices for Treatment of Psychiatric and Stress-related Medical Conditions. Psychiatric Clinics of North America. March 2013, 36(1):121-140. doi: 10.1016/j.psc.2013.01.001.
56. Carter J, Gerbarg PL, Brown RP, Ware R, D'Ambrosio C, Dirlea M, Vermani M, Katzman MA. Multi-component Yoga Breath Program for Vietnam Veteran Post Traumatic Stress Disorder: Randomized Controlled Trial. Journal of Traumatic Stress Disorders & Treatment. 2013. 2(3):1-10.
57. Gerbarg PL, Muskin PR, Bottiglieri T, Brown RP. Failed studies should not be used to malign good treatments. Letter to the editor. J Clin Psych. 2014 Nov;75(11):e1328.
58. Sharma A, Gerbarg PL, Brown RP. Non-Pharmacological treatments for ADHD in youth. Adolescent Psychiatry. 2015. 2(4):1-12. <http://benthamscience.com/journal/abstracts.php?journalID=aps&articleID=129420>
59. Gerbarg PL, Jacob VE, Stevens L, Bosworth BP, Chabouni F, DeFilippis EM, Warren R, Trivellas M, Patel PV, Webb RD, Harbus MD, Christos PJ, Brown RP, Scherl EJ. The Effect of Breathing, Movement, and Meditation on Psychological and Physical Symptoms and Inflammatory Biomarkers in Inflammatory Bowel Disease: A Randomized Controlled Trial. Journal of Inflammatory Bowel, Disease. J Inflammatory Bowel Disease. 2015 Dec; 21(12):2886-96.
60. Gerbarg PL, Brown RP. Pause menopause with *Rhodiola rosea*, a natural selective estrogen receptor modulator. Phytomedicine. 2016; 239):763-9. doi: 10.1016/j.phymed.2015.11.013.
61. Gerbarg PL, Brown RP. Neurobiology and neurophysiology of breath practices in psychiatric care. Psychiatric Times. 33(11):22-25, 2016.

B. NON-PEER REVIEWED ARTICLES

1. Kocsis JH, Kennedy S, Brown RP, Mann JJ: Neuroendocrine studies in depression: relationship to suicidal behavior. In Psychobiology of Suicidal Behavior, edited by Mann J, Stanley M. Ann NY Acad Sci 487:256-262, 1986.
2. Mann JJ, Brown RP, Mason BJ et al.: Alteration of adrenergic receptor responsivity by electroconvulsive therapy. In Proceedings of the IV World Congress of Biological Psychiatry, Elsevier, New York, 1986.
3. Frazer A, Brown RP: Melatonin: A Link Between Environment and Behavior? Integrative Psychiatry, 5:3-26, 1987.
4. Brown RP: Ask the Expert: What Do You Do If Your First Choice Antidepressant, a Serotonin Reuptake Inhibitor, Runs Out of Steam or Never Works Well Enough? Jrnl Prac Psych & Behav Hlth, 1:69-71, 1995.
5. Brown RP: Using an Integrative Approach in Clinical Roundup: How do you treat Chronic Fatigue Syndrome in Your Practice? Alternative and Complementary Therapies. 14(3):128-131, June 2008.
6. Varanese S, Hirsh J, Howard H, Brown RP, Morrison C, Moshier G, Godbold G, Di Rocco A. Safety and preliminary efficacy evaluation of SAM-e and escitalopram in the treatment of depression associated with Parkinson's Disease (PD). Longone Medical Center, NYU. Poster presentation, 2010.
7. Smith, RC, Boules S, Maayan L, Gerbarg PL, Brown R, Visceglia E, Sershen H, Lajtha A, Auta J, Mathew M, Davis, JM, Guidotti A. Effects of yoga on cognition, psychiatric symptoms, and epigenetic changes in chronic schizophrenic patients. Presented at 14th International Schizophrenia Congress, Orlando, Florida, April 22, 2013.
8. Gerbarg PL and Brown RP. Treatment of Nutritional and Metabolic Disorders in Psychiatry: Integrative or Integrated? Psychiatric Times. July 11, 2013. <http://www.psychiatrictimes.com/special-reports/treatment-nutritional-and-metabolic-disorders-psychiatry-integrative-or-integrated/page/0/1>.
9. Sharma A, Gerbarg PL, Brown RP. Non-pharmacological treatments for ADHD in youth. Adolescent Psychiatry. 2015, 5(4). <http://benthamscience.com/journal/abstracts.php?journalID=aps&articleID=129420>
10. Gerbarg PL, Brown RP. Neurobiology and neurophysiology of breath practices in psychiatric care. Psychiatric Times. 33(11):22-25, 2016.

C. BOOKS AND CHAPTERS

1. Aarons SF, Mann JJ, Brown RP. Antidepressant Efficacy of L-Deprenyl: Clinical and Biochemical Correlates. In Clinical and Pharmacological Studies in Psychiatric Disorders. Edited by Burrows GD and Norman TR. London, John Libbey and Co., Ltd., pp 33-36, 1985.
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