Patricia L. Gerbarg, M.D.

Assistant Clinical Professor in Psychiatry New York Medical College Valhalla, NY 12/03/2016

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CURRICULUM VITAE

ACADEMIC TRAINING

1971 B.A. 1975 M.D. 1975 - 1976 1976 - 1979 1979 - 1991	Brown University, Providence, RI, Magna Cum Laude Harvard Medical School, Boston, MA Rotating Intern, Cambridge City Hospital, Cambridge, MA Resident in Psychiatry, Beth Israel, Hospital, Boston, MA Psychoanalytic Training: Graduate Boston Psychoanalytic Society and Institute, Boston, MA	
PROFESSIONAL POSITIONS		
1979 - 1983 1979 - 1982 1979 – 1983	Assistant in Psychiatry, Beth Israel Hospital, Boston, MA Attending Acute Impatient Unit and Consultant in Psychiatry, Cambridge City Hospital, Cambridge, MA Clinical Instructor in Psychiatry, Harvard Medical School	
1984 - 1991 College	Assistant Clinical Professor in Family Practice, New York Medical	
1984 - 1991	Mid-Hudson Family Practice Residency Lecturer, Preceptor, Consultant in Psychiatry	
1984 - Present 1984 - 1999 1984 - 2000 1997 - Present	Courtesy Staff, Benedictine Hospital, Kingston, NY Courtesy Staff, Kingston Hospital, Kingston, NY Boston Psychoanalytic Society and Institute Extension Division 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 - How to Use Herbs, Nutrients, and Yoga in Mental Health Care
2010	Living Now Book Awards 2010 – Health/Wellness–Winner Bronze - How to Use
	Herbs, Nutrients, and Yoga in Mental Health Care
2010	International Book Awards 2010 – Health: Alternative Medicine - How to Use Herbs,
Nutrients, and Yoga in Mental Health Care–Winner First Place	
2010	International Book Awards – Psychology/Mental Health – How to Use Herbs,
Nutrients, and Yoga in Mental Health Care - Finalist	
2012	Living Now Book Awards 2012 – Meditation/Relaxation - Winner Gold Medal – <i>The</i>

Healing power of the Breath, Shambhala Press

2012 National Indie Excellence Book Awards 2012 - Best Psychiatry Book - Non-Drug Treatments for ADHD by Richard P Brown & Patricia Gerbarg, WW Norton Non-Drug Treatments for ADHD (WW Norton) - 2013 Gold Nautilus Book Award The Healing Power of the Breath (book + CD) (Shambhala) - 2013 Silver 2013

Nautilus Book Award

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 Harvard	Reader for Chemotherapy in Psychiatry, Ross Baldessarini, M.D., 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 and provision of stress reduction workshops for the 9/11 Community, First Responders, Ground Zero workers and others affected by the WTC attacks with Serving Those Who Serve (Non-Profit)
2012-Present	Trainer, Consultant to The Chemung County Project, "Breathe and Heal" projects for children

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

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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
2009 - Present American Psychiatric Association Task Force on Complementary & Integrative Medicine
2011 - Present American Botanical Council – Member of the Advisory Board
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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
2005-present	Breath~Body~Mind practices for professional conferences, service projects,
mass	disasters, professional caregiver stress, and workshops

Research Grants

Lynford Family Trust funding - Depression in Survivors of the 2004 Southeast Asia Tsunami. Descilo T, Vedamurtachar A, Gerbarg PL, Nagaraja D, Gangadhar BNG, Damodaran B, 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. 2005-2008

The goal was to study the effects of an 8-hour yoga program and exposure therapy on PTSD in survivors of the tsunami living in refugee camps 8 months after the disaster.

Role: Co-investigator

START Clinic funding – The Effectiveness of the Art of Living Course as an Adjunctive Treatment in Patients Suffering from GAD with or without Comorbidities. February 16 - 19, 2007

The goal was to do a pilot study of the effect of a multi-component yoga program on measures of anxiety in 40 patients with treatment resistant generalized anxiety disorder and other comorbidities. Martin A. Katzman, BSc., MD, F.R.C.P.(C), Monica Vermani, Psy.D., C.Psych., Richard P. Brown, MD, Patricia L. Gerbarg, MD,

Role: Co-investigator

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

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, F.R.C.P.(C), Monica Vermani, Psy.D., C.Psych., Richard P. Brown, MD,

Patricia L. Gerbarg, MD Role: Co-investigator

START Clinic funding – Study 2: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to September 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

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

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.

Awarding Agency: NCCAM Award #8T007483

Prinical investigator - Chris Streeter: The Treatment of Depression with Yoga and Walking 9/1/12 – 6/30/17

Principal Investigator: Chris Streeter

Patricia L. Gerbarg, MD: Consultant with major role in study design, grant application, safety monitoring, and manuscript preparation

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
Cochrane Review
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
Phytotherapy
Journal of Ethnopharmacology

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. Carter JJ, Gerbarg PL, Brown RP, Ware R. Multi-component yoga breath program for vietnam veteran posttraumatic stress disorder: randomized controlled trial. *International Journal of Yoga Therapy*. 2013, 2(3):1-10.
- 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.

- Gerbarg PL, Streeter CC, Whitfield T, Brown RP. Breath-Body-Mind (B-B-M) Training for Healthcare Providers Post 2010 Gulf Oil Spill. Poster presented at SYTAR, Stockbridge, MA. Sept. 23-25, 2011.
- 15. 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.
- 16. 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 Hypotheses. May 2012. 78(5): 571-9.
- 17. 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-Jun; 5(1): 57–65.
- 18. Muskin PR, Gerbarg PL, Brown RP. Along roads less traveled: complementary, alternative, and integrative treatments. Psychiatric Clinics of North America. 2013 Mar 36(1):xiii-xv. doi: 10.1016/j.psc.2013.01.009.
- Akhondzadeh S, Brown RP, Gerbarg, PL. Nutrients for Prevention and Treatment of Mental Health Disorders Disorders. In Complementary and Integrative Therapies for Psychiatric Disorders, Edited by Phillip R. Muskin, Patricia L. Gerbarg, and Richard P. Brown. Psychiatric Clinics of North America. Mar 2013 36(1):25-36. doi: 10.1016/j.psc. 2012.12.003.
- 20. Gerbarg, PL, Brown, RP. Phytomedicines for Prevention and Treatment of Mental Health Disorders. In Complementary and Integrative Therapies for Psychiatric Disorders, Edited by Phillip R. Muskin, Patricia L. Gerbarg, and Richard P. Brown. Psychiatric Clinics of North America. Mar 2013, 36(1): 37-47. doi: 10.1016/j.psc.2012.12.004.
- 21. Brown, RP, Gerbarg, PL, Muench F. Breathing practices for treatment of psychiatric and stress-related medical conditions. In Complementary and Integrative Therapies for Psychiatric Disorders, Edited by Phillip R. Muskin, Patricia L. Gerbarg, and Richard P. Brown. Psychiatric Clinics of North America. March 2013, 36(1):121-140. doi: 10.1016/j.psc.2013.01.001.22.
- 22. 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.
- 23. 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.
- 24. 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.
- 26. 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.
- 27. Telles S, Gerbarg PL, Kosasa EH. Physiological effects of mind and body practices. BioMed Research international. 2015. Article ID 983086, 2 pages, 2015. doi: 10.1155/2015/983086. Editorial.
- 28. 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
- 29. 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. J Inflammatory Bowel Disease. 2015 Dec; 21(12):2886-96.

- 30. Gerbarg PL, Brown RP. Pause menopause with Rhodiola rosea, a natural selective estrogen receptor modulator. Phytomedicine. 2016; 239):763-9.
- 31. Gerbarg PL, Brown RP. Neurobiology and neurophysiology of breath practices in psychiatric care. Psychiatric Times. 33(11):22-25, 2016.

Books and Book Chapters

- Brown RP & Gerbarg PL. Integrative Psychopharmacology: A Practical Approach to Herbs and Nutrients in Psychiatry by Chapter 1 in <u>Complementary and Alternative</u> <u>Medicine in Psychiatry</u>, 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 <u>Stop</u>
 <u>Depression Now</u> by RP Brown, MD; T Bottiglieri, PhD; and C Coleman. Penguin Putnam,
 New York, NY, 2000 2nd 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 <u>Psychiatry 2nd Edition</u> 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: <u>The Rhodiola Revolution</u>, Rodale Press, NY, 2004.
- 6. Gerbarg PL: Yoga and Neuro-Psychoanalysis, chapter in <u>Bodies in Treatment: The Unspoken Dimension</u>. Edited by FS Anderson. The Analytic press, Inc. Hillsdale, NJ. 2008, pp.127-150.
- 7. Gerbarg PL, Brown RP. Yoga, chapter 15 in <u>Complementary and Alternative Treatments in Mental health Care</u>, 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 3rd 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 <u>Approach to the Psychiatric Patient: Casebased Essays</u>, Ed. JW Barnhill. American Psychiatric Publishing, Inc. Washington, DC 2009.
- 10. Brown RP, Gerbarg PL, Muskin PR. <u>How to Use Herbs, Nutrients, and Yoga in Mental Health Care</u>. W.W. Norton & Company, New York. 2009.
- 11. Brown RP and Gerbarg PL. Chapter 38. Complementary and Integrative Treatments in Brain Injury in <u>Textbook of Traumatic Brain Injury</u>, Second Edition, edited by Silver JM, McAllister TW, and Yudofsky SC, American Psychiatric Press, Inc. Washington, DC, 2011. Pp. 599-622. ISBN 978-1-58562-357-0.
- 12. Gerbarg, P. & Brown, R. (2011). Mind-Body Practices for Recovery from Sexual trauma. In T. Bryant-Davis (Ed.) <u>A Guide to Recovery and Empowerment</u>, Lanhem, MD, Rowman & Littlefield, 199-216.
- 13. Brown RP and Gerbarg PL. <u>Non-drug Treatments for ADHD: Options for Kids, Adults, and Clinicians</u>. W.W. Norton & Company, New York, 2012.
- 14. Brown RP, Gerbarg PL. <u>The Healing Power of Breath.</u> (Book and CD set). Shambhala Press. NY. 2012.
- Gerbarg P, Gootjes L, and Brown RP. Mind-Body Practices and the Neuro-Psychology of Well-being in <u>Religion and Spirituality across Cultures</u>. Vol. Ed. Kim-Prieto, Chu. Series Ed. Delle Fave, A. Cross-Cultural Advancements in Positive Psychology. Springer, New York. 2014, 9:227-246. ISBN: 9788-894-017-8949-3.
- 16. Gerbarg P, Illeg P, and Brown RP. *Rhodiola Rosea* in Psychiatric and Medical Practice. In Rhodiola rosea, Ed. Alain Cuerrier and Kwesi Ampong-Nyarko. Series <u>Traditional Herbal Medicines for Modern Times</u>. Series Ed. Roland Hardman. Taylor & Francis Group, New York. 2015, vol 14:225-252. ISBN: 978-1-4398-8841-4.

- 17. Gerbarg PL, Brown RP. Yoga and Neuronal Pathways to Enhance Stress Response, Emotion Regulation, Bonding, and Spirituality. In Ed. Ellen G. Horowitz and Staffan Elgelid. Yoga Therapy: Theory and Practice. Routledge Taylor and Francis Group, New York. 2015, pp 49-64. ISBN: 978-1-138-81615-2 hardbound, 978-1-138-81616-9 paperback, 978-1-315-74629-6 ebook.
- 18. Gerbarg PL and Brown RP. Nutrients, Phytomedicines, and Mind-body treatments for Substance Abuse. In Nady el-Guebal N, Carrà G, Galanter M (Eds). <u>Textbook of Addiction Treatment: International Perspectives</u>. Springer, Milan Heidelberg New York Dordrecht London. 2015. ISBN 978-88-470-5321-2.
- 19. Sarris J, Gerbarg PL, Brown RP, Muskin PR. Integrative and Complementary Medicine in Psychiatry, in <u>Psychiatry 4th Edition</u>. Ed. AJ Tasman, JA Lieberman, MB First, M Riba. John Wiley & Sons Ltd, London, UK. Chapter 110. 2015.
- 20. Gerbarg PL and Brown RP. Chapter 28: Therapeutic Nutrients and Herbs. In: <u>Psychiatric Care of the Medical Patient 4th Edition</u>. David D'Addona, Barry Fogel, and Donna Greenberg (Eds.) Oxford University Press, Inc., New York. 2016, pp 545-610. ISBN-13: 978-0199731855, ISBN-10: 0199731853.
- 21. Gerbarg PL, Brown RP. Chapter 16: Breathing Practices for Mental health and Aging. In Lavretsky H, Sajatovic M, Reynolds C. <u>Complementary and Integrative Therapies for Mental Health and Aging</u>. New York, Oxford University Press 2016, pp 239-256. USBN: 978-0-19-938086-2.
- Pilkington K, Gerbarg PL, Brown RP. Chapter 6. Yoga therapy for anxiety: Clinical insights. In <u>Principles and Practice of Yoga in Health Care</u>. Ed. By Sat Bir khalsa, L Cohen, T McCall, S Telles. Scotland, UK, Handspring Publishing. 2017, pp. 95-114.
- Brown RP, Gerbarg PL. Breathing Techniques in Psychiatric Treatment. In <u>Complementary and Integrative Treatments in Psychiatric Practice</u>, edited by Gerbarg PL, Brown RP and Muskin PR. Washington D.C., American Psychiatric Association Publishing, 2017 (in press).
- Gerbarg PL, Brown RP. Integrating Rhodiola rosea in Practice: Clinical Cases.
 <u>Complementary and Integrative Treatments in Psychiatric Practice</u>, edited by Gerbarg PL, Brown RP and Muskin PR. Washington D.C., American Psychiatric Association Publishing, 2017 (in press).
- 25. Gerbarg PL, Brown RP, Muskin PR. Complementary and Integrative Medicine, DSM-5, Clinical Decision Making. In <u>Complementary and Integrative Treatments in Psychiatric Practice</u>, edited by Gerbarg PL, Brown RP and Muskin PR. Washington D.C., American Psychiatric Association Publishing, 2017 (in press).
- 26. Bottiglieri T, Gerbarg PL, Brown RP. S-Adenosylmethionine, Adometionine, SAMe. In Complementary and Integrative Treatments in Psychiatric Practice, edited by Gerbarg PL, Brown RP and Muskin PR. Washington D.C., American Psychiatric Association Publishing, 2017 (in press).