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Assistant Clinical Professor in Psychiatry
New York Medical College
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12/11/2023

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CURRICULUM VITAE

ACADEMIC TRAINING

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

PROFESSIONAL POSITIONS

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

HONORS AND AWARDS

1971 Magna Cum Laude, Brown University, Providence, RI
1971 Phi Beta Kappa, Brown University, Providence, RI
1975 Sandoz Award in Psychiatry, Harvard Medical School
2009 National Best Book Awards 2009 - Health Alternative medicine -
Winner First Place - *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 – *The 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
- 2013 *Non-Drug Treatments for ADHD* (WW Norton) - 2013 Gold Nautilus Book Award
The Healing Power of the Breath (book + CD) (Shambhala) - 2013 Silver Nautilus Book Award
- 2013 *Nautilus Awards (Better Books for a Better World) 2013* - Body Centered Therapy - Silver (2nd place)
- 2018 *Complementary and Integrative Treatments in Psychiatric Practice*, American Psychiatric Association Publishing – 2017 Gold Nautilus Book Award in Psychology
- 2018 Honor Presented May 10, 2018 for Outstanding Contributions to the Safe Haven Project for Rohingya child refugees in Bangladesh through JAAGO

LICENSURES AND CERTIFICATIONS

- 7/1/76 Diplomat of the National Board of Medical Examiners #149572
- 5/6/77 Massachusetts Board of Registration and Discipline in Medicine, License Registration #40911, May 6, 1977
- 3/82-current American Board of Psychiatry and Neurology Diplomat certified in the subspecialty of Psychiatry #23183, March, 1982
- 12/3/82-current University of the State of New York Education Department, License Registration in Medicine and Surgery #152667
- 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

Other Professional Activities

- 1974 - 1977 Reader for *The Harvard Guide to Modern Psychiatry*, Ed. Armand Nicholi, Jr., Harvard University Press, 1978
- 1975 - 1977 Reader for *Chemotherapy in Psychiatry*, Ross Baldessarini, M.D., Harvard University Press, 1977
- 1976 - 1979 Longitudinal study of Harvard Medical Students and Graduates with Dr. Carol Nadelson and Dr. Molkah Notman. Interview design and interviewing.
- 1978 - 1979 Joint Committee on the Status of Women, Harvard Medical School, Boston, MA
- 1979 - Present Private Practice in Psychiatry
- 1983 – 1990 Community Services Board of Ulster County, NY
 1987-1990 Chair of Mental Health Subcommittee
- 1996 - 2017 Hudson Valley Psychiatric Associates, L.L.C. – Group Practice in Psychiatry
- 2017 – Present Breath-Body-Mind LLC. Co-Founder with Richard P. Brown, MD

Not-for-Profit Activities

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, survivors of Hurricane Sandy, veterans, and refugees with Serving Those Who Serve (Non-Profit based in NYC)
2010-Present	Co-designer, Administrator, Lead teacher of Breath-Body-Mind Teacher training 3-level Certification Programs
2010-Present	Advise and provide Breath-Body-mind training for Global Grassroots Non-Profit) providing 18 month recovery and empowerment programs for women survivors of war, human trafficking, and abuse in Rwanda, Uganda, South Sudan
2011-Present	Consultant with Dr. Richard P. Brown to South Sudanese mental health providers at Dr. Luka Deng rural clinic and Juba Medical Center Psychiatry Department (Dr. Ayuel Atong) for training of staff, psychiatric patients, wounded soldiers, children, and survivors of war, slavery, abuse and human trafficking through nonprofit (The GEMS Foundation – Goats, Education, Medicine Foundation)
2011-Present	Breath-Body-Mind programs for active duty military troops: 10 th Mountain Division at Fort Drum, Jefferson County, NY
2012-Present	Trainer, Developer, Consultant to The Chemung County Project, “Breathe and Heal” projects for children in the US
2018-Present	Trainer and Consultant to Safe Haven Project for Rohingya child refugees in Bangladesh through JAAGO. Help teach trauma reduction Breath-Body-Mind techniques by SKYPE to JAAGO staff who work with Rohingya child refugees. No Limit Generation www.nolimitgen.org Global free educational online platform multi-lingual teaching videos for schoolteachers, NGOs, parents, and others caring for at-risk children and refugees.
2020-Present	Co-Founder and President of the Breath-Body-Mind Foundation , Inc. a 501(c)3 non-profit. BBMF teaches evidence-based, breath-centered techniques worldwide to relieve stress, depression, and trauma in adults and children. BBMF educates and trains healthcare providers, teachers, community leaders, NGO’s, and the public about Breath-Body-Mind healing techniques. By providing training scholarships and other assistance, in BBMF has supported: <ul style="list-style-type: none">• students of Michigan Youth Empowerment,• 40 members of the staff of the Regional Integrated Support for Education Northern Ireland (RISE NI BHSCT), a branch of the National Health Service of the UK.• Staff of Barnardos, children’s charity providing services to 7000 children and families in Ireland.• Pro Bono webinar - Stress relief to physicians and nurses on a Pediatric unit at Columbia University College of Medicine• Pro Bono Webinars - Stress relief for the general public of Turkey following the 2020 earthquake

- Medical students at San Juan Bautista School of Medicine, Puerto Rico
- 2022-present Pro Bono Breath-Body-Mind online Stress and Trauma Relief Programs for Ukrainians and Ukrainian mental healthcare providers. Supported by the Breath-Body-Mind Foundation.
- 2022-present Pro Bono Breath-Body-Mind online Stress and Trauma Relief Programs for Ukrainians and Ukrainian mental healthcare providers. Supported by the Breath-Body-Mind Foundation.
Pro Bono online weekly practice sessions open to all Ukrainians.
- 2023-present Pro Bono Breath-Body-Mind online Stress and Trauma Relief Programs for survivors of the earthquake in Turkey. Supported by the Breath-Body-Mind Foundation.

Professional Societies

- 1978 - Present American Psychiatric Association
- 1978 - 1983 Massachusetts Psychiatric Society
- 1984 - Present New York State Psychiatric Society
- 1984 - Present Mid-Hudson Psychiatric Society
- 1984 - Present Medical Society State of New York
- 1984 - Present Ulster County Medical Society
- 1990 - Present American Psychoanalytic Association
- 1991 - Present Boston Psychoanalytic Society and Institute
- 1993 - Present American Medical Association
- 2009 - Present American Psychiatric Assn Task Force on Complementary & Integrative Medicine
- 2011 - Present American Botanical Council – Member of the Advisory Board
- 2016-present Caucus on Global Mental Health, American Psychiatric Association, Member
- 2017 - Present American Medical Writers Association

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
- 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 lectures, workshops, trainings for professional conferences, academic centers, research projects, service projects, mass disasters, professional caregiver stress, public workshops

Lectures, Workshops and Conferences

The number of lectures is too numerous to list individually. Here are some examples from 2019-2022.

2002-present Every year - Course Director and Lecturer at the American Psychiatric Association.

2005-2022 American Psychiatric Association Annual Meeting CME Accredited

Mind-Body Programs for Stress, Anxiety, Depression, PTSD, Military Trauma and Mass Disasters: Lecture and Experiential

Role: Co-Chair: organize, prepare teaching materials, co-teach class, give lectures: Review science and research; Integrating Breath Work and therapeutic mind-body practices into Clinical Practice and Disaster Relief

Jan 23, 2019 National Veterans Foundation, Los Angeles, CA. Breath-Body-Mind 5-hour workshop.

Jan 24-10, 2019 Camp Pendleton mental health staff Marine Corps and Naval Hospital. Breath-Body-Mind Level-1 Teacher Training for staff and Breath-Body-Mind therapeutic intervention military personnel.

Feb 17, 2019 Alliance for Yoga in Healthcare. London UK. Keynote Speaker

Feb 18-19, 2019 Breath-Body-Mind Workshop for Professionals at The Minded Institute. London, UK

Oct 21-24 2019 Keynote speaker Belfast Ireland Action Trauma Conference on Intergenerational Trauma and 14-hour Breath-Body-Mind Workshop

Oct 27-Nov 1, 2019 London, UK BBM Workshop and Teacher Trainings with The Minded Institute.

June 10, 2020. UCLA Semel Institute. Breath-Body-Mind Practices for Relief of Stress and Trauma

in Healthcare Personnel, Patients, and Families. Dr. Patricia Gerbarg, Dr. Richard P. Brown & Dr. Helen Lavretsky

2020-2022 RISE Northern Ireland: Staff trainings for staff wellbeing and for working with children with special needs

2020-2022 Barnardos Ireland: Staff Trainings for staff wellbeing and for working with children with trauma and other special needs

2022-present Lectures on trauma and stress reduction with Breath-Body-Mind techniques for Ukrainian healthcare providers, NGOs, Service agencies, and the public

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

9/1/12 – 6/30/20

Principal investigator - Chris Streeter: Phase 1. Dose Finding Study: The Effects of a Yoga and Coherent Breathing Intervention on Mood, psychological measures, and Thalamic GABA Levels in Patients with Major Depression.

Phase 2. RCT: The Effects of a Yoga and Coherent Breathing Intervention on Mood psychological measures, and Thalamic GABA Levels versus a Walking Intervention in Patients with Major Depression.

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

Jill Roberts Inflammatory Bowel Disease Clinic Grant at Cornell University Hospital, NY

9/1/13-9-1-14

PI: Ellen Sherl

Dr. Gerbarg: Consultant with major role in study design, analysis of results, and manuscript preparation

The Effect of Breathing, Movement, and Meditation on Psychological and Physical Symptoms and Inflammatory Biomarkers in Inflammatory Bowel Disease: A Randomized Controlled Trial.

San Juan Batista School of Medicine and Breath-Body-Mind Foundation Matching Grants

May to December 2021

Co-PIs Dr. Estella Estape, Patricia L. Gerbarg

Evaluate the Effects of the Breath-Body-Mind Introductory Course on Stress in Medical Students

Office of Mental Health (OMH), New York State. Community Crisis Services. Grant portion to Breath-Body-Mind Foundation, Inc. for 5 years.

June 1, 2023-June 1, 2028

Role: Design the interventions, supervise and train BBM teachers, oversee implementation, participate in evaluation, and participate in preparing yearly reports.

Purpose: Teach Breath-Body-Mind Practices to front-line workers affected by COVID stress in NY State. This includes employees of the OMH, non-OMH healthcare service organizations, healthcare facilities, hospitals, clinics, professional staff, clerical workers, maintenance workers, transportation workers, emergency responders, community organizations, and others.

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 Professional Newsletters

1. 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.
2. Brown RP, Gerbarg PL, Bottiglieri T. S-adenosylmethionine in Depression: Biochemical and Clinical Evidence. *Psychiatric Annals*, 32(1):29-44, 2002.
3. Brown RP and Gerbarg PL. Herbs and nutrients in the treatment of depression, anxiety, insomnia, migraine, and obesity. *Journal of Psychiatric Practice*, 7:75-91, March 2001.
4. Kenny E, Muskin PR, Brown RP, Gerbarg PL. What the general psychiatrist should know about herbal medicine. *Current Psychiatry Reports*, 3:226-234, 2001.
5. Brown RP, Gerbarg PL, Ramazanov Z: A Phytomedical Review of *Rhodiola rosea*. *Herbalgram*, 56:40-62, 2002.
6. Brown RP and Gerbarg PL: Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: Part I-neurophysiologic model. *J Alternative and Complementary Med.* 11(1):189-201, 2005.
7. Brown RP and Gerbarg PL: Sudarshan Kriya Yogic Breathing in the Treatment of Stress, Anxiety, and Depression: Part II – Clinical Applications and Guidelines. *J Alternative and Complementary Med.* 11(4):711-717, August 2005.
8. Gerbarg PL and Brown RP: Yoga: a breath of relief for Hurricane Katrina refugees. *Current Psychiatry*. 4(10): 55-67, Oct 2005.
9. Gerbarg, PL: Neuro-psychoanalysis and yoga: a match made in heaven. *Proceedings World Conference Expanding Paradigms: Science, Consciousness and Spirituality*. All India Institute of Medical Sciences, New Delhi, India, Feb 24-25, 2006, pp. 79-89.
10. Larsen S, Yee WK, Gerbarg PL, Brown RP, Gunkleman J, Sherlin L. Neurophysiological markers of Sudarshan Kriya Yoga practices: a pilot study. *Proceedings World Conference Expanding Paradigms: Science, Consciousness and Spirituality*. All India Institute of Medical Sciences, New Delhi, India, Feb 24-25, 2006, pp. 36-48.
12. Brown RP and Gerbarg PL. Yoga breathing, meditation, and longevity. In *Longevity, Regeneration, and optimal health, integrating Eastern and Western perspectives*, Ed. C. Bushness, E. Olivo, and N Theise. *Annals of the New York Academy of Sciences*. 2009, 1172:54-62.
13. Descilo T, Vedamurtachar A, Gerbarg PL, Nagaraja D, Gangadhar BNG, Damodaran B, Adelson B, Braslow LH, Marcus M, Brown RP. Effects of a Yoga-Breath Intervention Alone and in Combination with an Exposure Therapy for PTSD and Depression in Survivors of the 2004 Southeast Asia Tsunami. *Acta Psychiatr Scand* Aril 2010, 121(4):289-300.
14. 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.
 19. 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>.
 25. Katzmann MA, Vermani M, Gerbarg PL, Brown RP, Iorio C, Jacobs L, Davis L, Cameron C. Breath- Body-Mind-Workshop as Adjunctive Treatment in Patients with Treatment Resistant Generalized Anxiety Disorder (GAD) with or without Comorbidity. Presented at American Psychiatric Association Annual Meeting, Atlanta, GA, May 14-18, 2016.
 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; 23(9):763-9.
31. Gerbarg PL, Brown RP. Neurobiology and neurophysiology of breath practices in psychiatric care. *Psychiatric Times*. 33(11):22-25, 2016.
32. Sharma A, Gerbarg PL, Bottiglieri T, Massoumi L, Carpenter LL, Lavretsky H, Muskin PR, Brown RP, Mischoulon D. S-Adenosylmethionine (SAME) for Neuropsychiatric Disorders: A Clinician-Oriented Review of Research. *J Clin Psych*. 78(6):e656–e667, 2017.
33. Streeter CC, Gerbarg PL, Whitfield TH, Owen L, Johnson J, Silveri MM, Gensler M, Faulkner CL, Mann C, Wixted M, Hernon AM, Nyer MB, Brown RP, Jensen JE. Treatment of Major Depressive Disorder with Iyengar Yoga and Coherent Breathing: A Randomized Controlled Dosing Study. *J Altern Complement Med*. 2017 Mar; 23(3):201-207. Doi: 10.1089/acm.2016.0140.
34. Streeter CC, Gerbarg PL, Whitfield TH, Owen L, Johnston J, Silveri MM, Gensler M, Faulkner CL, Mann C, Wixted M, Hernon AM, Nyer MB, Brown ERP, Jensen JE. Treatment of Major Depressive Disorder with Iyengar Yoga and coherent breathing: a randomized controlled dosing study. *Altern Complement Ther*. 2017 Dec 1;23(6):236-243. doi: 10.1089/act.2017.29134.ccs. PMID: 29225455.
35. Nyer M, Gerbarg PL, Liveri MM, Johnston J, Scott TM, Nauphal M, Owen L, Nielsen GH, Mischoulon D, Brown RP, Fava M, Streeter CC. A randomized controlled dosing study of Iyengar yoga and coherent breathing for the treatment of major depressive disorder: Impact on suicidal ideation and safety findings. *Complement Ther Med*. 2018 Apr;37:136-142. doi: 10.1016/j.ctim.2018.02.006.
36. Streeter CC, Gerbarg PL, Nielsen GH, Brown RP, Jensen JE, Silveri MM. Effects of Yoga on Thalamic Gamma-Aminobutyric Acid, Mood and Depression: Analysis of Two Randomized Controlled Trials. *Neuropsychiatry (London)* (2018) 8(3), 739–744. p- ISSN 1758-2008 e- ISSN 1758-2016
37. Gerbarg PL, Brown RP, Streeter CC, Katzman M, Vermani M. Breath Practices for Survivor and Caregiver Stress, Depression, and Post-traumatic Stress Disorder: Connection, Co-regulation, Compassion. *Integrative and Complementary Medicine OBM*, April 2019. 4(3):1-24. DOI: 10.21926/obm.icm.1903045
38. Scott TM, Gerbarg PL, Silveri MM, Nielsen GH, Owen L, Nyer M, Brown RP, Streeter CC. Psychological Function, Iyengar Yoga, and Coherent Breathing: A Randomized Controlled Dosing Study. *J Psychiatr Pract*. 2019 Nov;25(6):437-450. doi: 10.1097/PRA.000000000000004
39. Streeter CC, Gerbarg PL, Brown RP, Scott TM, Nielsen GH, Owen L, Sakai O, Sneider JT, Nyer MB, Silveri MM. Thalamic Gamma Aminobutyric Acid Level Changes in Major

- Depressive Disorder After a 12-Week Iyengar Yoga and Coherent Breathing Intervention. *J Altern Complement Med*. 2020 Mar;26(3):190-197. doi: 10.1089/acm.2019.0234.
40. Streeter CC, Gerbarg PM, Nyer MB, Brown RP. Yoga: Part of a Treatment Plan for Uncontrolled Epilepsy. *J Neurol Disord Stroke*. 2020, 7(1): 1156. 1-6.
 41. Manning W, Stephens MD, Dufresne S, Silver B, Gerbarg P, Gerbarg Z, Dela Cruz CS, Sharma L. Disinfection of *Pseudomonas aeruginosa* from N95 respirators with ozone: a pilot study. *BMJ Open Respir Res*. 2021 Jan;8(1):e000781. doi: 10.1136/bmjresp-2020-000781.
 42. Gerbarg, PL, Brown, RP. Non-Western Interventions for Stress Reduction and Resilience. *BJPsych Advances*. 27(3):198-200, 2021.
<https://www.henrypublishinggroups.com/wp-content/uploads/2021/02/mind-body-interventions-to-reduce-coronavirus-pandemic-stress-and-support-long-term-recovery.pdf>
 43. Gerbarg PL, Brown RP. Mind-Body Interventions to reduce Coronavirus Pandemic Stress and Support Long-Term Recovery. *J Acupun Tradit Med*. 2021, 4(1):1-5.
 44. Gerbarg PL, Muskin PR, Brown RP. Special Report: Complementary Alternative and Integrated Medicine Can Help Meet Challenges of COVID. *Psychiatry News*. 2021 Dec. 56(12). <https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2021.12.17>.
 45. Gerbarg PL, Brown RP. Online Mind-Body Trauma relief for Ukrainians. *Global Mental Health & Psychiatry Review*. 2022 Autumn 3(3):19-20.
 46. Gerbarg PL, Dickson F, Conte VA, Brown RP. Breath-centered virtual mind-body medicine reduces COVID-related stress in women healthcare workers of the Regional Integrated Support for Education in Northern Ireland: a single group study. *Front Psychiatry*. 2023 Jun 12;14:1199819. doi: 10.3389/fpsyt.2023.1199819.
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Books and Book Chapters

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