

Richard P. Brown, MD

Psychopharmacology

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

CURRICULUM VITAE

December 11, 2023

Name: RICHARD P. BROWN, M.D.

Birthdate: 01/22/1953

Birthplace: Goshen, NY

Citizenship: USA

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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-current New York State License: 133815

1983-current 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

7/1996-6/2010 Associate Attending Psychiatrist
 7/87-6/96 Assistant Attending Psychiatrist

Ulster County Mental Health Services

7/90-7/2017 Attending Psychiatrist

New York Hospital

7/1984-6/87 Assistant Attending Psychiatrist
 7/1982-7/84 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
 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

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 Courses on Mind-Body Practices and CAM at the American Psychiatric Association Annual Meetings every year
- 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
- 2020-present Co-founder of the Breath-Body-Mind Foundation, not-for-profit 501(c)3.

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 – 6/30/18
Award total: \$3,000,000.00
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. Salary \$10,000 per year (1% time)

The goal is to measure effects of yoga and coherent breathing vs walking on brain gamma-aminobutyric acid (GABA) levels (measured by MRS) and psychological measures in patients with Major Depressive Disorder.

14. **Office of Mental Health, New York State.** Community Crisis Services. Grant portion to Breath-Body-Mind Foundation, Inc. \$800,000 over 5 years. Teach Breath-Body-Mind Practices to front-line workers affected by COVID stress in NY State. 07/01/2023 – 06/30/2028

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/Liason 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 pro bono 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
- 2010-2011 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-body practices to South Sudanese polio victims.
- 2010-present Pro Bono Breath-Body-Mind programs for cancer survivor at Gilda's Club in NYC
- 2015 Trained doctors and mental health workers at the Medical Center, Juba, South Sudan. Provided stress relief Breath-Body-mind program for NGO workers
- 2011-present Breath-Body-Mind programs for active duty military troops: 10th Mountain Division at Fort Drum, Jefferson County, NY
- 2010-present Pro Bono training of teachers, school staff, counselors who work with children ages 3-18: pre-school, El-Hi, after school, and psychiatric hospital school programs in Chemung County, NY
- 2010-2017 Breath-Body-Mind Teacher training 3-level Certification Programs
- 2018-present Consultant for non-profits on Breath-Body-Mind programs for refugee children and adults for trauma recovery www.nolimitgen.org Rohingya child refugees in Bangladesh. Global Educational Platform on child trauma support, Genocide survivors Rwanda, Uganda
- 2020-present The Breath-Body-Mind Foundation, Inc. 501(c)3 non-profit. Founding member and member of the Board of Directors. BBMF provides direct service, education and training for healthcare providers and others in breath-centered practices for relief of symptoms and enhanced recovery from stress, trauma, depression, and PTSD for adults and children worldwide.
- 2022-present Pro Bono Breath-Body-Mind online Stress and Trauma Relief Programs for Ukrainians and Ukrainian mental healthcare providers. Breath-Boddy-Mind Teacher Training for psychologists, the Ukrainian Association of Positive Psychotherapy, and psychotherapists, 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.

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, Kocsis 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, Dirllea 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://benthamsience.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*. 2015 Dec; 21(12):2886-96.
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