



Robert J. Hedaya, MD, DFAPA

Treatment Resistant Depression: Advancing The Treatment Paradigm

Disclosure Statement:

Dr. Hedaya has indicated he has no relevant financial relationships with any commercial supporters.

Lecture Overview

For the past 100 years psychiatry has viewed the locus of human behavior and psychopathology as being solely in the brain and mind. There is a growing realization that the current treatment paradigm is limited in effectuating recovery in a large percentage of depressed people. Many new studies over recent years have shown that behavior and psycho-pathological states are influenced by a variety of physiological systems, such as the immune, endocrine and gastrointestinal systems, along with nutrition, detoxification, genetics and epigenetics. All of these systems play influential roles in mood disorders. In order to fill the knowledge gap in the area of multi-system influences on mental health, and depression in particular, selected landmark, peer-reviewed studies, in these physiological areas will be reviewed. The useful clinical concepts that flow out of those data sets will be presented and case material will be used to bring the science into useful clinical practice.

About Dr. Hedaya

ROBERT J. HEDAYA, MD, DFAPA has been practicing psychiatric medicine since 1979, and has been actively involved in the Functional Medicine community since 1996. He is the founder of the National Center for Whole Psychiatry in Chevy Chase, Maryland. He is the founder and President of American Health Educators, Inc. (1991), an organization dedicated to expanding the professional horizons of health care practitioners to encompass the Functional Medicine and Whole Psychiatry models. He is an active member of the Endocrine Society, a Distinguished Fellow of the American Psychiatric Association, a former Board Member of the Suburban Maryland Psychiatric Society, and board certified by the American Boards of Psychiatry and Neurology, Adolescent Psychiatry, and Clinical Psychopharmacology. Dr. Hedaya has been a consultant to the National Institutes for Mental Health, and is a Clinical Professor of Psychiatry at Georgetown University Medical Center, where he teaches courses on psychoendocrinology, affective disorders and cognitive behavioral therapy. He has received the "Outstanding Teacher of the Year Award" on three occasions from Georgetown University Medical Center. He is the author of three books: Depression: Advancing the Treatment Paradigm (2008, IFM.ORG), and the Antidepressant Survival Program (2000, Crown) and Understanding Biological Psychiatry (1996, Norton). He has been featured in the local and national media (20/20, 60 minutes, New York Times, Washington Post etc.) on multiple occasions and is a frequent nationally and internationally recognized speaker. He has an active blog on WholePsychiatry.com as well as psychologytoday.com

Contacting Dr. Hedaya

4701 Willard Avenue, Suite 222

Chevy Chase, MD 20815 • 301.657.4749 • dhedayamd@yahoo.com

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