# CURRICULUM VITAE

Russell B. Carr, M.D.

# CONTACT INFORMATION

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# LICENSURE/CERTIFICATION

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| Board CE | April 2009 | Number 59515, Diplomate, Adult Psychiatry, American Board of Psychiatry and Neurology |
| Licensure | Maryland | Number D0068891; Expires September 30, 2020 |

1. **EDUCATION/TRAINING**

2016-2018 M.F.A. Creative Writing

Converse College

Spartanburg, SC

2009-2013 Certificate in Adult Psychoanalysis

The Institute of Contemporary Psychotherapy and Psychoanalysis

2007-2009 Candidacy in Adult Psychoanalysis

The Washington Psychoanalytic Institute

2005-2008 Psychiatry Residency

National Capital Consortium, Washington, DC

2006-2007 Fellowship in Psychoanalysis

The Washington Psychoanalytic Institute

2006-2007 Fellowship in Psychoanalysis

The Baltimore-Washington Psychoanalytic Institute

1999-2000 Internship in Psychiatry

Naval Medical Center Portsmouth, Virginia

1995-1999 M.D. University of Tennessee at Memphis, Tennessee

1991-1995 B.A. University of North Carolina at Chapel Hill, With Highest

Honors (Major: Russian Language and Literature) Chapel Hill, North Carolina

# ACADEMIC APPOINTMENTS

2015 to Present Associate Professor of Psychiatry

F. Herbert School of Medicine

Uniformed Services University of the Health Sciences Bethesda, Maryland

2009 to 2015 Assistant Professor of Psychiatry

F. Herbert School of Medicine

Uniformed Services University of the Health Sciences Bethesda, Maryland

2006 to 2009 Teaching Fellow in Psychiatry

F. Herbert School of Medicine

Uniformed Services University of the Health Sciences Bethesda, Maryland

# ACADEMIC HONORS

2018 Distinguished Fellow of the American Psychiatric Association

2014 Fellow of the American Psychiatric Association

2012 Focus of an article in March 2012 edition of Monitor on Psychology. “A

Psychodynamic Treatment for PTSD Shows Promise for Soldiers”

2007 to 2009 Laughlin Fellow of American College of Psychiatry

1996 to 1999 Armed Forces Health Professions Scholarship Program, U.S. Navy

1995 to 1999 Pistole Academic Scholarship, The University of Tennessee at Memphis, College of Medicine

1995 Phi Beta Kappa, The University of North Carolina at Chapel Hill

1991 to 1995 Honors Program, The University of North Carolina at Chapel Hill

# PROFESSIONAL EXPERIENCE

2/2019 to Present Medical Director and Chief Financial Officer

Kentlands Psychotherapy

Duties: Evaluate and treat clients of therapist in the practice. Consultant for the therapists about their clients concerning psychopharmacology. Consultant for the founder of the practice concerning clinic management. Oversee financial operations of the practice.

1/2019 to 6/2019 Staff Psychiatrist

Walter Reed National Military Medical Center

Duties: Supervise and teach psychiatry residents in general adult psychiatry and psychodynamic therapy. Evaluate and treat psychiatric patients at Walter Reed and Fort Belvoir Community Hospital. Serve as consultant to Behavioral Health Directorate leadership.

8/2016 to 12/2018 Deputy Director for Clinical Operations

Behavioral Health Directorate

Walter Reed National Military Medical Center

Duties: Supervisor to all officers, enlisted, and civilian personnel within the Behavioral Health Directorate. Assists the Director for Behavioral Health in the oversight and efficient management of all clinical and ancillary services provided by directorate business units, personnel assignments and staffing, budget prioritization and re-allocation, efficiency reviews, directorate-wide policies and procedures, analyzing and interpreting internal and external customer satisfaction issues and tracking and analyzing process improvement initiatives. Assists the Director for Behavioral Health in all unity of effort projects within the National Capital Region.

11/2015 to 11/2016 Department Chief

Acute and Outpatient Behavioral Health Services Walter Reed National Military Medical Center

Duties: Oversee inpatient, intensive outpatient, and outpatient services in one of the largest Behavioral Health (BH) departments in the Department of Defense, including the Adult Behavioral Clinic, Child and Adolescent Clinic, Inpatient BH and Inpatient Neurobehavioral Health Units,

Adult Partial Hospitalization Program, and Older Adult BH Clinic, and Addictions Treatment Services. Department includes the Child and Adolescent Psychiatry Fellowship Program. Align services with mission and vision of the leadership at the military-leading and world- renowned Walter Reed Hospital.

5/2013 to 11/2015 Chief

Psychiatry Department

Walter Reed National Military Medical Center

Duties: Oversee the largest Psychiatry Department in the Department of Defense, including the Adult Behavioral Clinic, Child and Adolescent Clinic, Inpatient Psychiatry and Inpatient Traumatic Brain Injury Units, Adult Partial Hospitalization Program, and Psychiatry Consult and Liaison Service. Department includes psychiatry residency and two fellowship training programs.

9/2011 to 5/2013 Service Chief

Adult Behavioral Health Clinic at

Walter Reed National Military Medical Center at Bethesda

Duties: Manage clinic of sixty staff, including full time providers, psychiatry residents, and psychology trainees. Create and maintain patient work flow and other clinical processes that focus on Wounded Warrior care. Foster research and innovation in outpatient mental health care. Support training programs in psychiatry, psychology, social work, and psychiatric nursing.

1/2011 to 9/2011 Integrated Service Chief

Adult Behavioral Health Clinics at Walter Reed Army Medical Center and National Navel Medical Center

Duties: Oversee integration of adult outpatient behavioral clinics at Walter Reed and National Naval Medical Center as the two hospitals merge for BRAC. Ensure staffing is adequate for anticipated patient load. Develop integrated SOP for new clinic, incorporating best practices from both clinics and from other leading national facilities.

7/2010 to 1/2011 Department Head

Psychological Health – Traumatic Brain Injury (PH-TBI) National Naval Medical Center

Bethesda, MD

Duties: Manage approximately 40 mental health care providers and support staff within a department whose sole purpose is to treat active duty members returning from combat zones with PTSD or traumatic brain injury. Oversee the utilization of Congressionally-mandated funding for PH-TBI throughout the hospital, annual budget of 10.5 million. Services in department include outpatient clinic, neuropsychological assessments, inpatient consultation and liaison, and military’s only inpatient TBI ward.

3/2009 to 6/2010 Medical Director

Adult Inpatient Psychiatry National Naval Medical Center Bethesda, MD

Duties: Oversee all adult inpatient psychiatric care at a U.S. Navy tertiary care facility, including coordination of admissions from local area, the U.S. and evacuations from Iraq and Afghanistan. Teach psychiatry residents, psychology interns, and medical students the principles of inpatient psychiatry. Coordinate integration process with adult inpatient psychiatry at Walter Reed Army Medical Center

7/2008 to 2/2009 Staff Psychiatrist Prevention Team

528th MED DET (CSC)

COB Q-West, Iraq

Duties: Provide flexibly-tailored Combat Operational Stress Control reconstitution, prevention, and treatment services in support of all US and Coalition Forces in Multi-National Coalition-Iraq North Theater of Operations

8/2002 to 6/2005 General Medical Officer

Branch Medical Clinic Naval Support Activity Gaeta, Italy

Duties: Provide primary medical care and emergent medical support for U.S. Military service members, retirees, and their families living near Naval Support Activity Gaeta, Italy. Rotate overnight physician on-call responsibilities with two Family Practice Physicians.

7/2000 to 8/2002 Medical Department Head

USS SEATTLE (AOE-3)

Duties: Provide all medical care for crew of USS SEATTLE and emergent medical care for sailors on other ships underway without a physician. Oversee five Hospital Corpsmen, including one Independent Duty Corpsmen, in daily operations and maintenance of ship’s medical department and ship’s medical surveillance and training programs.

6/1994 to 7/1994 Research Assistant with Dr. Cort Pedersen

UNC-Chapel Hill Neuropsychiatric Department

Duties: Assist in performing radioimmunoassay on brain specimens from laboratory animals. Assist in intracranial cannula placement on laboratory animals.

# PROFESSIONAL SOCIETIES/MEMBERSHIPS

2014 to Present Member of the International Psychoanalytic Association

2014 to Present Full Member of the American Psychoanalytic Association

2013 to Present Member of the American Psychological Association

2012 to 2014 Associate Member of the American Psychoanalytic Association

2012 to 2016 Core member of The Soldiers and Veterans Initiative, an ad hoc

Committee of the American Psychoanalytic Association

2011 to 2017 American College of Physician Executives

2011 to 2015 Division 32 (Humanistic Psychology) of American Psychological Assoc.

2011 to 2015 International Association of Traumatic Stress Studies

2010 to 2015 Division 39 (Psychoanalysis) of American Psychological Association

2010 to 2015 Division 56 (Trauma Psychology) of American Psychological Assoc.

2010 to 2015 Society for Psychotherapy Research

2009 to 2016 International Association for Psychoanalytic Self Psychology

2009 to 2016 International Association for Relational Psychoanalysis & Psychotherapy

2007 to Present Neuroscience Education Institute

2006 to 2014 Associate Member of the American Psychoanalytic Association

2006 to 2014 American Society of Addiction Medicine

2005 to 2015 American Medical Association

2005 to Present American Psychiatric Association

# PEER-REVIEWED PUBLICATIONS

2015 Carr, R.B. Some thoughts on empathy revisited. *Psychiatry: Biologic and Interpersonal Processes*. 2015: 78(2): 130-133.

2014 Carr, R.B. Authentic solicitude: what the madness of combat can teach us about authentically being-with our patients. *International Journal of Psychoanalytic Self Psychology*. 2014: 9: 115-130.

2013 Carr, R.B. Two War-Torn Soldiers: Combat-Related PTSD through an Intersubjective Lens. *American Journal of Psychotherapy.*

2013; 67: 109-133.

2011 Carr RB. Combat and Human Existence: Toward a Short-term Intersubjective Approach for Combat-Related PTSD. *Psychoanalytic Psychology*. 2011; 28: 471-496.

2011 Carr RB. When a Soldier Commits Suicide in Iraq: Impact on Unit and Caregivers. *Psychiatry: Interpersonal and Biologic Processes*. 2011; 74: 95-106

2007 Carr RB, Shrewsbury K: Hyperammonemia Due to Valproic Acid in the Psychiatric Setting. *American Journal of Psychiatry* 2007; 164: 1020-1027

2003 LaMar JE, Carr RB, Zinderman C, MacDonald K, et al: Sentinel Cases of Community-Acquired MRSA onboard a naval Ship. *Military Med* 2003; 168: 135-138.

1997 Caldwell J, O’Rourke ST, Morris M, Walker CH, Carr RB, et al: Steroid effects at the membrane level on oxytocin systems. *Annals of the New York Academy of Sciences*. 1997; 814: 282-286.

1996 Caldwell J, Morris MA, Walker CH, Carr RB, et al: Estradiol conjugated to BSA releases oxytocin from synaptosome-containing homogenates from the medial preoptic area-hypothalamus. *Hormone and Metabolic Research*. 1996; 28: 199-122

1995 Caldwell J, Walker CH, Faggin BM, Carr RB, et al: Characterization of progesterone-3-[I-BSA] binding sites in the medial preoptic area and anterior hypothalamus. *Brain Research*. 1995; 693: 225-232.

# ADDITIONAL PUBLICATIONS

# 2019 Kudler, H. and Carr, R.B. “Chapter 7: Psychodynamic Psychotherapy.”

# in *Treating PTSD in Military Personnel: A Clinical Handbook, 2nd*

# *Edition*. Brett A. Moore, PsyD., and Walter E Penk, PhD. (eds). New

# York: Guilford Press.

2014 With Dr. Robert Ursano, sections I and V editors in Psychiatry, 4th Edition. Tasman A., Kay, J., Lieberman, J. A., First, M. B., & Maj, M. West Sussex, England: Wiley-Blackwell.

2014 Mohl, P. and Carr, R.B. Chapter 1: Listening to the patient. In Psychiatry, 4th Edition. Tasman A., Kay, J., Lieberman, J. A., First, M. B., & Maj, M. West Sussex, England: Wiley-Blackwell.

2013 Carr, R. B. The loss of normalcy: ten years as a U.S. navy physician since 9/11. In Alderman, A., Malawista, K. (eds), *The Therapist in Mourning*. New York: Columbia.

2012 With Dr. Robert Ursano, update of Chapter 28: Psychodynamic Psychotherapy, to be published in Hales, R. E., Yudofsky, S. (eds), *The American Psychiatric Publishing Textbook of Psychiatry, Sixth Edition.* Washington: APPI.

2012-2013 Blog on Psychology Today: Tour of Duty, begun May 8, 2012: <http://www.psychologytoday.com/blog/tour-duty>

2011 Carr, R. B. Book Review of *Oxford Guide to Metaphors in CBT: Building Cognitive Bridges*. Oxford: Oxford University Press, 2010. in *Psychiatry: Interpersonal and Biologic Processes* 2012:75: 151- 152.

2009 Carr, RB. An analyst in Iraq. *The American Psychoanalyst* 2009; 43(1).

2008 Nicolai J, Carr RB. The measurement of ammonia blood levels in patients taking valproic acid: Looking for problems where they do not exist? *Epilepsy & Behavior* 2008; 12: 494-496

2007 Carr RB, Shrewsbury K: Response to Letter to the Editor: Hyperammonemia and valproic acid-induced encephalopathy. *American Journal of Psychiatry* 2007; 164: 1912-1914.

2007 Carr RB: Proceedings from the Fourteenth Annual Conference of the Consortium for Psychoanalytic Research: Dreams in Psychotherapy: An Integrative Approach. 2007; *J of the American Academy of Psychoanalysis and Dynamic Psychiatry* 2007; 35: 669-676.

# PRESENTATIONS

June 2016 Invited Speaker for Annual Artiss Symposium at Walter Reed National Military Medical Center’s Behavioral Health Directorate. Presentation titled “Listening Beyond Diagnosis.”

Feb 2016 Grand Rounds at Naval Medical Center Portsmouth. Presentation titled “Contemporary Psychoanalysis.”

Sep 2014 Co-Presenter with LTC Bryan Bacon at U.S. Navy Psychiatry Annual Braceland Conference. Presentation titled “Staff Rides with Psychiatry Residents in a Joint Environment”

June 2014 Invited Speaker for Annual Artiss Symposium at Walter Reed National Military Medical Center’s Psychiatry Department. Presentation titled “Psychodynamic Understanding of Pain.”

June 2014 Grand Rounds at Walter Reed National Military Medical’s Psychiatry Department. Presentation titled “Teaching Psychodynamic Approaches to Complex PTSD in Uganda.”

February 2014 By Name request of Ugandan People’s Defense Force (UPDF) for four- day workshop on contemporary psychodynamic approaches to complex combat-related PTSD. Funded through AFRICOM and U.S. Army Africa. Presentation tilted “PTSD: A Psychodynamic Approach to Difficult Cases”

January 2014 Case Presenter for Discussion Group Psychoanalytic Approaches to the Seriously Disturbed Patient at the Annual National Meeting of the American Psychoanalytic Association in New York, NY.

June 2013 Invited Speaker at Annual Scientific Day of Freudian Society in Washington, DC; presentation titled “The Loss of Normalcy.”

May 2013 Invited Speaker at Annual Braceland Conference in San Diego, CA; presentation titled “The Transformation of Psychiatry with the WRAMC and NNMC BRAC merger.”

March 2013 Invited Speaker at University of Maryland’s School of Social Work; Baltimore, MD; presentation titled “A New Understanding of Trauma: Intersubjective Systems Theory and Combat-Related PTSD.”

February 2013 Case Presenter for Sixteenth Annual Joint Institute Candidates’ Conference, Washington, DC

January 2013 Invited Discussant for Soldiers and Veterans Initiative of the American Psychoanalytic Association’s Annual Meeting in New York, NY; presentation titled “The Soldiers’ Project.”

December 2012 Lead Presenter at Institute of Contemporary Psychotherapy and Psychoanalysis in Washington, DC; presentation titled “Analysis of a War-Torn Soldier”

December 2012 Keynote Speaker at Conference on Intersubjective Approaches to Combat Trauma, Milwaukee, WI, sponsored by the Wisconsin Psychoanalytic Association; presentation titled “Two War-Torn Soldiers”

October 2012 Presenter at Annual Conference of the International Association of Psychoanalytic Self Psychology in Washington, DC. Presentation titled “Authentic Solicitude: What the Madness of Combat Can Teach us about Authentically Being-with our Patients”

September 2012 Presenter at Annual Conference of Psychiatric Services of the American Psychiatric Association in New York, NY. Presentation titled “Use of Standard Measures and Electronic Health Record Standardization in a Military Setting”

June 2012 Presenter at Discussion Group on Analyst’s Mourning and Loss at the Annual Conference of the American Psychoanalytic Association in Chicago, IL. Presentation titled “The loss of Normalcy: Ten Years as a U.S. Navy Physician since 9/11”

May 2012 Presenter at the Annual Navy and Marine Corps Combat and

Operational Stress Conference in San Diego, CA; presentation titled “The Problem of Therapeutic Alliance in Treating Combat-Related PTSD”

May 2012 Keynote Speaker at Conference on the Treatment of Military Service Members and Veterans in Chicago, IL; sponsored by the Institute of Clinical Social Work; presentation titled “Two War-Torn Soldiers”

April 2012 Keynote Speaker at Conference on Intersubjective Approaches to Combat Trauma, Portland, OR, sponsored by the Institute of Contemporary Psychoanalysis; presentation titled “Two War-Torn Soldiers”

Oct 2011 Plenary Presenter at Annual Conference of the International Association of Psychoanalytic Self Psychology in Los Angeles, CA; presentation titled “Analysis of a War-Torn Soldier”

August 2011 Presenter at the Annual Army Primary Care Conference in Orlando, FL; presentation titled “Recognition and Treatment of Depression in the Primary Setting.”

January 2010 Presenter at Scientific Day of Institute of Contemporary Psychotherapy and Psychoanalysis in Washington, DC; presentation titled “Toward a short-term Intersubjective Approach to Combat-Related PTSD”

May 2008 Grand Rounds at Walter Reed Army Medical Center Psychiatry Department: “Valproic Acid and Hyperammonemia.”

10/2003 and 3/2005 Grand Rounds Presentations: 1) Recognition of Depression in Primary Care; 2) Treatment of Depression in Primary Care

Naval Hospital Naples, Italy

# SELECTED PROFESIONAL ACTIVITIES

2014 to 2019 Course Coordinator and Lead Instructor: PGY-1 Didactics: Attitudes in Psychiatry; National Capital Consortium Psychiatry Residency

10/2013 to 5/2015 Selected Representative of U.S. Navy on the Decentralized Evidence- Based Psychotherapies mental health Provider Training and Consultation Joint Incentive Fund Project, in coordination with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences

5/2013 to 9/2018 Member of Advisory Board of Department of Psychiatry at Uniformed Services University of the Health Sciences

2/2015 to 7/2018 Co-Instructor: PGY-3 Didactics:

Introduction to Psychodynamic Therapy; National Capital Consortium Psychiatry Residency

7/2014 to 7/2018 Co-Instructor: PGY-4 Didactics: Advanced

Topics in Psychodynamic Therapy; National Capital Consortium Psychiatry Residency

4/2013 Selected among all service branches as the provider representative to

testify on the state of research and treatment of PTSD and suicide in

the Military with the Three Surgeons General before the Military Personnel Subcommittee of the U.S. House Armed Services Committee

2011 to 2015 Instructor suicide and homicide for medical student Behavioral Sciences Course at Uniformed Services University of the Health Sciences

7/2011 to 2015 Course Coordinator and Instructor: PGY-3 Didactics:

Introduction to Psychodynamic Therapy; National Capital Consortium Psychiatry Residency

2011 to 2015 Preceptor for Medical Ethics Course at Uniformed Services University of the Health Sciences

1/2010 to 2014 Co-Instructor, with Dr. Robert Ursano as Lead Instructor: PGY-3 Didactics: Brief Psychodynamic Therapy; National Capital Consortium Psychiatry Residency

7/2009 to 2014 Course Coordinator and Lead Instructor: PGY-4 Didactics: Advanced Topics in Psychodynamic Therapy; National Capital Consortium Psychiatry Residency

8/2011 to 2013 Faculty Member, Walter Reed-Bethesda Psychology Internship Training Programs (Army and Navy)

4/2009 to 7/2010 Clinical Supervisor for third and fourth year medical students in psychiatry clerkship for Uniformed Services University of Health Sciences

7/2009 to 8/2011 Faculty Member, National Naval Medical Center Psychology

Internship Program

5/2012 to 2016 Reviewer, *Journal of Humanistic Psychology*

1/2011 to 2015 Reviewer, *Journal of Neuropsychiatry and Clinical Neurosciences*

7/2011 to 2015 Reviewer*, Psychoanalytic Psychology*

10/2011 to 5/2019 Reviewer, *Psychiatry*

7/2009 to 2015 Reviewer, *International Journal of Psychoanalytic Self Psychology*

7/2010 to 4/2019 Convening Authority for Navy and Marine Corps Psychiatric Medical Boards at NNMC/WRNMMC

8/2009 to 6/2017 Member, Hospital Credentialing Committee, NNMC/WRNMMC 10/2011 to 4/2019 WRNMMC Principle Investigator for Daily Diary Study on PTSD

Sponsored by the Center for Traumatic Stress at USUHS

11/2009 to 10/2010 Member-in-Training Representative to the Board of Directors

Institute of Contemporary Psychotherapy and Psychoanalysis

10/2010 to 10/2012 Member, Institutional Review Board at NNMC/WRNMMC

7/2006 to 6/2007 Operations Officer of House Staff Senate

National Navel Medical Center

7/2005 to 6/2007 House Staff Senator

National Naval Medical Center

2/2004 to 6/2005 Pediatric Advanced Life Support (PALS) Instructor

Naval Hospital Naples, Italy

8/2002 to 6/2005 Disaster Response Medical Coordinator

Naval Support Activity Gaeta, Italy

7/2000 to 8/2002 Medical Mass Casualty Response Training Team Leader

USS SEATTLE (AOE 3)

# MILITARY SPECIFIC TRAINING AND OPERATIONAL EXPERIENCE

2014 Military-to-military assistance role (consultant and instructor) in Uganda, Africa for Mental Health Directorate of Ugandan People Defense Force

2008-2009 Deployment as Individual Augmentee with 528th Combat Stress Control (MED DET) to northern Iraq

2008 Navy Individual Augmentee Combat Training, Expeditionary Combat Readiness Center, Fort Jackson, South Carolina

2005 and 2008 Medical Aspects of Chemical, Biological, Radiologic, and Nuclear Weapons Course, Navy Knowledge Online (NKO) Course

2002 Deployment as Medical Department Head on USS SEATTLE to Persian Gulf in support of Operation Enduring Freedom

2000 Surface Warfare Medical Officer School Portsmouth, Virginia

1999 Combat Casualty Care Control (C4), Camp Bullis, TX, (including Advanced Trauma Life Support, Fort Sam Houston, TX)

1999 Basic Officer Leadership Course, Naval Education and Training Command, Newport, Rhode Island

1999 Officer Indoctrination School, Naval Education and Training Command, Newport, Rhode Island

# MILITARY PROMOTIONS, INDIVIDUAL AWARDS, AND HONORS

# 2019 Retired from the Navy with Twenty Years’ Time in Service

2016 Selected for Captain

2011 Promoted to Commander

2009 Army Commendation Medal

Awarded for outstanding performance of duty while a psychiatrist on Combat Stress Control Team in northern Iraq

2008 Army Meritorious Service Medal

Award for outstanding performance of duty while a psychiatry resident in the National capital consortium residency program

2005 Transferred to Regular Navy

2005 Navy and Marine Corps Commendation Medal (Second Citation) Awarded for outstanding performance of duty while serving as General

2005 Navy and Marine Corps Commendation Medal (Second Citation) Awarded for outstanding performance of duty while serving as General Medical Officer at Naval Support Activity Gaeta, Italy

2005 Promoted to Lieutenant Commander

2002 Navy and Marine Corps Commendation Medal

Awarded for outstanding performance of duty as Medical Department Head on board USS SEATTLE during Operation Enduring Freedom

1999 Promoted to Lieutenant, Medical Corps, United States Naval Reserve

1996 Commissioned as Ensign, Medical Corps, United States Naval Reserve