

**Curriculum Vitae**  
**John Joseph Miller, M.D.**

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[www.brain-health.co](http://www.brain-health.co)

**CURRENT POSITIONS:**

**Medical Director, Brain Health**

Exeter, NH 03833

Mission Statement: Education of psychiatrists, physicians, psychiatric clinical nurse specialists, psychologists, therapists, health care providers, and the lay public about appropriate recognition, diagnosis and treatment of mental illness.

Delivery of over 2,000 educational lectures in 42 states on various topics in psychiatry/psychopharmacology since 1995. The venues for these lecture programs have been diverse and wide-ranging, including:

CME programs

Hospital Grand Rounds

Weekend educational CME symposiums

Educational seminars in clinics

Traditional dinner programs

Academic detailing at clinics/physicians offices

National and local teleconferences

National Broadcast to Hospitals/Clinics

Webcast

**Staff Psychiatrist**

Seacoast Mental Health Center

30 Prospect Ave. Exeter, NH 03833

**Consulting Psychiatrist**

Exeter Hospital

Exeter, NH 03833

**Psychopharmacology supervisor** to psychiatric clinical nurse specialists, and psychopharmacological consultant to psychiatrists/physicians.

**Consulting Psychiatrist**

Insight Meditation Society

1230 Pleasant St. Barre, MA 01005. Assessing psychiatric complications of meditation practice.

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**Consulting Psychiatrist/Speakers Bureau:**

Millennium Laboratories  
Pharmacogenetic Testing

**Active Pharmaceutical Company Speaker Bureaus:**

AstraZeneca (Seroquel XR)  
Sunovion (Latuda)  
Allergan (Viibryd, Fetzima, Saphris)  
Takeda/Lundbeck (Brintellix)  
Otsuka (Nuedexta, Rexulti)

**Frequent lecturer on a variety of topics including:**

- Pharmacogenomics – Applications for Psychiatric Medications
- An Overview of the Atypical Antipsychotics: Focus on Receptor Binding Properties
- Differences Between the Typical and Atypical Antipsychotics
- Diagnosis and Treatment of Schizophrenia
- Schizophrenia: A Lifelong Illness
- Diagnosis and Treatment of Bipolar Disorder
- Diagnosis and Treatment of Bipolar Depression
- Diagnosis and Treatment of Depressive Disorders
- Augmentation Strategies in the Management of Refractory Depression
- Management of Co-Morbid Anxiety and Depression
- Treating Antidepressant Induced Sexual Dysfunction
- Epidemiology, Co-Morbidities and Treatment of Nicotine Dependence
- Diagnosis and Treatment of Fibromyalgia
- Drug/Drug Interactions at the Liver's CytochromeP450 Isoenzyme System
- Drug/Drug Interactions in Psychiatry

**Curriculum Vitae**  
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- Pharmacokinetic, Pharmacodynamic and Receptor Binding Differences of the SRIs
- Diagnosis and Treatment of Anxiety Disorders
- Diagnosis and Treatment of Post Traumatic Stress Disorder
- Diagnosis and Treatment of Obsessive Compulsive Disorder
- Diagnosis and Treatment of Panic Disorder
- Considerations for Antidepressant use in the Geriatric or Medically Ill Patient
- Meditation and Mind/Body Medicine
- Mindfulness Based Stress Management

**EDUCATION:**

- |                  |             |   |
|------------------|-------------|---|
| <b>1977-1981</b> | <b>B.S.</b> | Biochemistry. University of MA, Amherst.<br>Summa Cum Laude.<br>First Place in Senior Science Research Presentations. |
| <b>1982-1986</b> | <b>M.D.</b> | University of MA Medical School, Worcester.   |

**POSTDOCTORAL TRAINING:**

- |                  |            |  |
|------------------|------------|--|
| <b>1986-1987</b> | Internship | Medical Center Hospital of Vermont, Burlington.                  |
| <b>1988-1991</b> | Residency  | Adult Psychiatry.<br>University of MA Medical Center, Worcester. |

**LICENSURE:**

- |                        |   |
|------------------------|---|
| <b>1987 to 2011</b>    | Massachusetts Medical License (voluntary non-renewal)       |
| <b>2007 to Present</b> | New Hampshire Medical License                               |
| <b>1992</b>            | Diplomate of the American Board of Psychiatry and Neurology |

**REGISTRATIONS:**

DEA

**PREVIOUS EMPLOYMENT:**

- |                  |  |
|------------------|--|
| <b>2000-2007</b> | <b>General adult out-patient psychiatrist.</b><br>Harborside Counseling Services |
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143 State Street  
Newburyport, MA 01950

- Fall 2006**                      100-day Locum Tenens position  
General adult psychiatrist  
Monadnock Family Services  
64 Main Street, Keene, NH 03431
- 1995-2000**                      Adult Out-Patient Psychiatry/Psychopharmacology  
Harris Street Associates  
Newburyport, MA 01950
- 1999**                              Psychopharmacologist  
Medical Psychology Center  
400 Cummings Center, Suite, 456J  
Beverly, MA 01915
- 1996-1999**                      Geriatric Psychiatry, Nursing Home Consultations.  
North Essex Mental Health Centers  
52 Inn Street  
Newburyport, MA 01950
- 1995-1996**                      Staff Psychiatrist, Department of Psychiatry,  
Beverly Hospital Beverly, MA 01915
- 1994-1995**                      Assistant Professor of Psychiatry  
Department of Psychiatry  
University of MA Medical Center  
55 Lake Avenue North, Worcester, MA 01655
- Team Leader, UMASS/Fallon HMO Psychiatry.  
Consulting Out-Patient Psychiatrist.  
Liaison to Department of Medicine;  
Division of Preventive and Behavioral Medicine.  
Out-Patient Supervisor for PGY-3 Psychiatry Residents.  
Insight Psychotherapy Group Leader.  
Large, eclectic out-patient case load.
- 1992-1994**                      Staff Psychiatrist, Hubbard Regional Hospital  
Webster, MA 01570
- 1987-1988**                      Staff Psychiatrist, Baldpate Psychiatric Hospital  
Georgetown, MA 01833
- 1981-1982**                      Biochemical Technician

**Curriculum Vitae**  
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Department of Biochemistry  
University of MA, Amherst 01002

**ORGANIZATIONS AND MEMBERSHIPS:**

American Psychiatric Association.

**RESEARCH & PROFESSIONAL INTERESTS:**

- Pharmacogenomics and its Clinical Applications
- Psychopharmacology
- Receptor Binding Properties of Psychotropic Drugs
- Affective Disorders
- Psychotic Disorders
- Anxiety Disorders
- Obsessive Compulsive Disorder
- Evolving Understanding of the Central Nervous System
- Appropriate Clinical Applications of Meditation
- Clinical Complications of Meditation Practice
- Integration of Eastern & Western Psychologies
- Mindfulness-Based Stress Management.

**PRESENTATIONS:**

- 1998 to the present:** Over 2,000 lectures on a wide range of psychiatric topics
- March 3, 2010** *Clinician's Guide to Understanding Atypical Antipsychotic Drug Receptor Binding Properties*  
CME Psychiatry Grand Rounds  
Rockland Psychiatric Center  
Orangeburg, NY
- May 7, 2009** *Clinician's Guide to Utilizing Antipsychotic Receptors in Treatment*  
CME Psychiatry Grand Rounds  
Jamaica Hospital Medical Center, Jamaica, NY
- September, 1997** *The Diagnosis and Treatment of Obsessive Compulsive Disorder*  
Lecture for Psychiatric Clinical Nurse Specialists  
Saugus, MA

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- June, 1997**                      *Clinical Applications of the Evolving Field of Mind/Body Medicine*  
Medical Grand Rounds, Anna Jaques Hospital  
Newburyport, MA
- March, 1997**                      *Psychotherapy and Meditation*  
All Day Seminar Presented with Ted Jones, LMHC  
North Essex Mental Health Centers  
Haverhill, MA
- November, 1996**                      *The Clinical Applications of Mindfulness Meditation*  
Psychiatry Grand Rounds, Baystate Medical Center  
Springfield, MA
- October, 1996**                      *Clinical Applications of Mindfulness and Concentration Meditation*  
Four Hour Seminar at Harvard Pilgrim Health Care  
Brookline, MA
- August, 1996**                      *Psychotherapy and Meditation*  
Six Hour Seminar sponsored by Interface  
Anna Jaques Hospital, Newburyport, MA
- May, 1996**                      *Drug/Drug Interactions of the SSRIs at the Liver's Cytochrome P450 Isoenzyme System*  
In-service Lecture, Harvard Community Health Plan  
Burlington, MA
- April, 1996**                      *Meditation and Mind/Body Medicine*  
Psychiatry Grand Rounds, Anna Jaques Hospital  
Newburyport, MA
- November, 1995**                      *The Diagnosis and Treatment of Anxiety Disorders*  
Medical Grand Rounds, Catholic Medical Center  
Manchester, NH
- September, 1995**                      *The Diagnosis and Treatment of Obsessive Compulsive Disorder*  
Medical Grand Rounds, Goddard Medical Associates, P.C.  
Brockton, MA
- December, 1992**                      *The Therapy of Silence: Meditation as a Healing Modality*  
Psychiatry Grand Rounds, Westborough State Hospital  
Westborough, MA

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- March, 1991**                      *The Role of Meditation in the Treatment of Psychiatric Disorders*  
Psychiatry Grand Rounds  
University of MA Medical Center  
Worcester, MA
- March, 1991**                      *The Role of Meditation in the Treatment of Psychiatric Disorders*  
Grand Rounds, Harrington Hospital  
Southbridge, MA
- May, 1988**                        *Meditation as a Healing Modality*  
Psychiatry Grand Rounds, Medical Center Hospital of VT  
Burlington, VT

**BIBLIOGRAPHY:**

- Miller, J: "Serum Levels of Psychiatric Drugs"; *Psychiatric Times*; Vol. 31; No. 11; pages 64-67; November 2014.
- Pollak, J and Miller, J: "When It May Not Be Adult Attention Deficit Disorder"; *Counselor*; Vol. 14; No. 6; pages 56-61; December 2013.
- Miller, J: "Discontinuing Medications: When, Why, and How-to"; *Psychiatric Times*; Vol. 30; No. 7; pages 32-35; July 2013.
- Pollak, J and Miller, J: "The Diagnosis of Bipolar Disorder: A Review and Clinical Guide for Psychologists and Other Mental Health Clinicians"; *The Clinical Practitioner*; Vol. 8; No. 2; pages 13-41; March 2013.
- Pollak, J; Baron, B and Miller, J: "The Role of Psychodiagnostic Testing Services in Community Support Programs"; *Counselor*; Vol. 13; No.4; pages 54-57; August 2012.
- Pollak, J and Miller, J: "Mental Health Assessment – A Medical Perspective"; *Social Work Today*; Vol. 11; No. 6; page 6; 2011.
- Pollak, J and Miller, J: "Mental Disorder or Medical Disorder? Clues for Differential Diagnosis and Treatment Planning"; *Journal of Clinical Psychology Practice*; Vol. 2; pages 33-40; 2011.
- Pollak, J and Miller, J: "A Call to DSM-V to Focus on the Designation of Borderline Intellectual Functioning"; *Psychiatric Times*. December 8, 2009.

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Miller J: Book Review of The Cure Within: A History of Mind-Body Medicine. By: Harrington A. Published in *Psychiatric Services*; Vol. 59; No. 11; pages 1353-1354; November 2008.

Expert Survey Participant for: Expert Consensus Guidelines For the Treatment of Bipolar Disorder In The Correctional Setting; Buscema CA, et al. May 2006. Jointly sponsored by AKH Inc. and the McMahon Publishing Group.

Miller J and Schmidt A: "Healing Trauma With Meditation"; *Tricycle: The Buddhist Review*; Fall 2004; pages 40-43.

Miller J: Book Review of Complementary and Alternative Medicine and Psychiatry. By: Muskin P. Published in *Psychiatric Services*; Vol. 53; No. 5; pages 640-641; May 2002.

Miller J: Book Review of Complementary Therapies in Context: The Psychology of Healing. By: Graham H. Published in *Psychiatric Services*; Vol. 52; No. 6; page 851; June 2001.

Miller J: Chapter on Stress Management; Heart Fitness For Life; McGowan, M; October 1997 - Oxford University Press.

Miller J: Book Review of A Handbook for Constructive Living. By: Reynolds D. Published in *Psychiatric Services*; Vol. 48; No. 8; pages 1091-1092; August 1997.

Miller J: Book Review of Textbook of Transpersonal Psychiatry and Psychology. By: Scotton B, Chinen A, and Battista J. Published in *The Journal of Transpersonal Psychology*; Vol. 28; No. 2; pages 194-196; 1996.

Urbanowski F and Miller J: "Trauma, Psychotherapy, and Meditation"; *The Journal of Transpersonal Psychology*; Vol. 28; No. 1; pages 31-48; 1996.

Miller J: Book Review of Thoughts Without A Thinker: Psychotherapy From A Buddhist Perspective. By: Mark Epstein, M.D. Published in *Psychiatric Services*; Vol. 47; No. 2; pages 201-202; 1996.

Miller J, Fletcher K and Kabat-Zinn J: "Three-Year Follow-Up and Clinical Implications of a Mindfulness Meditation-Based Stress Reduction Intervention in the Treatment of Anxiety Disorders"; *General Hospital Psychiatry*; Vol. 17; pages 192-200; 1995. Presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA; March 1993.

Miller J: "The Unveiling of Traumatic Memories and Emotions Through Mindfulness and Concentration Meditation: Clinical Implications and Three Case Reports"; *The Journal of Transpersonal Psychology*; Vol. 25; No. 2; pages 169-180; 1993.

Miller J: An Analysis of the Fate of the Escherichia coli 4.5S RNA Gene in Yeast Using a Recombinant Plasmid; Senior Honors Thesis; University of MA, Amherst; 1981.