

Dr. Bernard J. Vittone, M.D. - Director

EDUCATION:

1969-1973 Georgetown University, Washington, D.C.
B.S., Psychology, *cum laude*
1973-1977 Georgetown University Medical School
M.D., Washington, D.C.

PROFESSIONAL EXPERIENCE:

1985-present Director
National Center for the Treatment of Phobias, Anxiety and Depression
2423 Pennsylvania Avenue, NW
Washington, DC 20037

1984-1993 Guest Researcher
Unit on Anxiety and Affective Disorders
Biological Psychiatry Branch
National Institute of Mental Health
Bethesda, Maryland

1991-1992 Attending Psychiatry Staff Member
Dominion Hospital
Falls Church, Virginia

1983-1985 Psychiatric Consultant
Roundhouse Square Psychiatric Center
Alexandria, Virginia

1982-1984 Medical Staff Fellow
Unit on Anxiety and Affective Disorders
Biological Psychiatry Branch
National Institutes of Mental Health
Bethesda, Maryland

1981-1982 Chief Resident, Psychiatry
St. Vincent's Hospital and Medical Center
New York, New York

1979-1981 Resident, Psychiatry
St. Vincent's Hospital and Medical Center
New York, New York.

1978-1979 Resident, Ophthalmology
The Wills Eye Hospital
Philadelphia, Pennsylvania

1977-1978 Intern, Flexible Medicine
St. Vincent's Hospital and Medical Center
New York, New York

OTHER EXPERIENCE AND EMPLOYMENT:

2000-2006 Faculty Appointment, Washington School of Psychiatry

1992-1994 Member, Headquarters Committee Under Council on Internal Organization of
American Psychiatric Association

1990-1994 Director, Advisory Board for America Against Drugs (non-profit
organization), Washington, D.C.

1988-1990 Investigator in Valproate Multicenter Evaluation, Program for use of
Valproate in Bipolar Disorder

1979 Staff Psychiatrist, Philadelphia State Hospital, Full-time, temporary position
(March-June)

1974 Certified as Emergency Medical Technician

1972 Researcher for textbook on psychological statistics by William Kelly, Ph.D.,
Department of Psychology, Georgetown University, Washington, D.C.

HONORS AND AWARDS:

2009 Named one of Washington, D.C.'s "Top Therapists" in the areas of
Psychopharmacology, Generalized Anxiety Disorder, Panic Disorder and Phobias

1991-2009 Made subject of biographical record in Marquis' Who's Who in Medicine and
Health, Who's Who in the East, Who's Who in America and Who's Who in the World.

1998 Named as one of Washington, D.C.'s "Top Psychotherapists" in Anxiety and
Psychopharmacology by Washingtonian Magazine.

1977 Received Outstanding Achievement in Microbiology Award from Georgetown
University Medical School

1977 Elected to Alpha Omega Alpha chapter of Georgetown University Medical School,
The National Honor Society of Medicine

1973 Elected to Psi Chi, The National Honor Society of Psychology

AFFILIATIONS:

American Medical Association
American Psychiatric Association Fellow
American Society of Clinical Psychopharmacology
Alpha Omega Alpha- National Honor Society of Medicine Washington Psychiatric Society
Anxiety Disorders Association of America

MEDICAL LICENSES:

District of Columbia
Virginia

BOARD CERTIFICATIONS:

Diplomate, American Board of Psychiatry and Neurology.
Diplomate, American Board of Forensic Examiners.

PUBLICATIONS:

1. Postolache, T. T., Lapidus, M., Sander, E.R., Langenberg, P., Hamilton, R.G., Soriano, J.J., McDonald, J.S., Furst, N., Bai, J., Scrandis, D.A., Cabassa, J.B., Stiller, J.W., Guzman, A., Tогias, A., and Tonelli, L.H. (2007). Changes in Allergy Symptoms and Depression Scores are Positively Correlated in Patients with Recurrent Mood Disorders Exposed to Seasonal Peaks in Aeroallergens. *The Scientific World Journal*.
2. McCloskey, D. J.; Postolache, T. T.; Vittone, B. J.; Nghiem, K. L.; Monsale, J. L.; Wesley, R. A.; Rick, M. E. "Selective Serotonin Reuptake Inhibitors (SSRIs): Effect on Platelet Function" Transitional Research. 151(3): 168-172, 2008.
3. Salerian, A.J.; Deibler, W.E.; Vittone, B.V.; Geyer, S.; Drell, L.; Mirmarani, N.; Mirxak, J.; Byrd, W.; Tunick, S.; Wax, M.; Fleisher, S.: "Sildenafil for Psychotropic-Induced Sexual Dysfunction in 31 Women and 61 Men." Journal of Sex & Marital Therapy, 26:133-40, 2000.
4. Uhde, T.W., Tancer, M.E., Gelernter, C.S., and Vittone, B.J.: "Normal Urinary Free Cortisol and Postdexamethasone Cortisol in Social Phobia: Comparison to Normal Volunteers." Journal of Affective Disorders, 30(3): 155-161, March 1994.
5. Vittone, B.J.: "Panic Disorder Syndrome." Treatment Today p. 16,28, June 1993.
6. Uhde, T.W., Tancer, M.E., Rubinow, D.R., Roscow, D.B., Boulenger, J.-P., Vittone, B.J., Gurgis, G.N.M., Geraci, M.F., Black, B., Post, R.M.: "Evidence for Hypothalamo-Growth Hormone Dysfunction in Panic Disorder: Profile of Growth Hormone (GH)

Responses to Clonidine, Yohimbine, Caffeine, Glucose, GRF, and TRH in Panic Disorder Patients Versus Healthy Volunteers." Neuropsychopharmacology, 6 (2): 101-118, 1992.

7. Uhde, T.W., Gelernter, C.S., Cimbolic, P., Arnkoff, D.B., Vittone, B.J., Tancer, M.E., and Bartko, J.J.: "Cognitive-Behavioral and Pharmacological Treatments for Social Phobia: A Controlled Study." Archives of General Psychiatry, 1991.

8. Stein, M.B., Tancer, M.E., Gelernter, C.S., Vittone, B.J., and Uhde, T.W.: "Major Depression in Patients with Social Phobia." The American Journal of Psychiatry 147:637- 639, 1990.

9. Uhde, T.W., Stein, M.B., Vittone, B.J., Siever, L.J., Boulenger, J.P., Klein, E., and Mellman, T.A.: "Behavioral and physiological effects of clonidine in panic disorder." Archives of General Psychiatry 46:170-177, 1989.

10. Shea, C.A., Uhde, T.W., Cimbolic, P., Vittone, B.J., and Arnkoff, D.B.: Social Phobia : Behavioral versus drug therapies. Scientific Proceedings of The American Psychiatric Association, 141:202, 1988.

11. Tancer, M.E., Uhde, T.W., Vittone, B.J., and Shea, C.A.: "Neuroendocrine Findings in Social Phobia." Scientific Proceedings of The American Psychiatric Association, 141: 201-202, 1988.

12. Vittone, B.J., and Uhde, T.W.: "Differential Diagnosis and Treatment of Panic Disorder: A Medical Perspective." Australian and New Zealand Journal of Psychiatry, 19:330-342, 1985.

13. Uhde, T.W., Vittone, B.V., Siever, L.J., Kaye, W.H., and Post, R.M.: "Blunted Growth Hormone Response to Clonidine in Panic Disorder Patients." Biological Psychiatry, 21:1077-1081, 1986.

14. Uhde, T.W., Vittone, B.J., and Post, R.M.: "Glucose Tolerance Testing in Panic Disorder." American Journal of Psychiatry, 141: 1461-1463, 1984.

15. Roy-Byrne, P., Vittone, B.J., and Uhde, T.W.: "Alprazolam-Related Hepatotoxicity." The Lancet, ii: 786-787, 1983.

16. Uhde, T.W., and Vittone, B.J.: "Glucose Intolerance and Anxiety." Scientific Proceedings of the American Psychiatric Association, 1985.

17. Uhde, T.W., Boulenger, J.P., Vittone, B.J., and Post, R.M.: Historical and modern concepts of anxiety: A focus on adrenergic function. In: Clinical Insights: Biology of Agoraphobia, Ballenger, J.C. (ed.), APA Press, Washington, D.C., 1-26, 1984.

18. Uhde, T.W., Boulenger, J.P., Vittone, B.J., Siever, L.J., and Post, R.M.: Human anxiety and noradrenergic function: Preliminary studies with caffeine, clonidine and yohimbine. In: Psychiatry, Vol. 2, Pichot, P., Berner, R., Wolf, R., and Thau, K. (eds.), Plenum Publishing, New York, 1985.
19. Uhde, T.W., Roy-Byrne, P., Boulenger, J.P., Vittone, B.J., and Post, R.M.: "Phenomenology and Neurobiology of Panic Disorder." In: Anxiety and the Anxiety Disorders, Maser, J.P. and Tuma, A.H. (Eds.) Lawrence Erlbaum Associates, Hillsdale, N.J., 557-579, 1984.
20. Uhde, T.W., Boulenger, J.P., Siever, L.J., Vittone, B.V., Jimerson, D.C. and Post, R.M.: "Panic Disorder: Drug Challenge Strategies." Scientific Proceedings of the American Psychiatric Association, 137:211-212, 1984.
21. Uhde, T.W., Boulenger, J.P., Roy-Byrne, P., Geraci, M., Vittone, B.J., and Post, R.M.: "Longitudinal Course of Panic Disorder: Clinical and Biological Considerations." Progress in Neuro-Psychopharmacology and Biological Psychiatry. 9(1):39-51, 1985.
22. Uhde, T.W., Boulenger, J.P., Post, R.M., Siever, L.J., Vittone, B.J., Jimerson, D.C. and Roy Byrne, P.: "Fear and Anxiety: Relationship to Noradrenergic Function." Psychopathology, 17(3):8-23, 1984.
23. Uhde, T.W., Roy-Byrne, P., Gillin, J.C., Mendelsohn, W., Boulenger, J.P., Vittone, B.J., and Post, R.M.: "The Sleep of Patients With Panic Disorder." Psychiatric Research 12:251-259, 1984.

FEATURED EXPERT IN PUBLIC MEDIA

Television

FOX

Show: 10pm Evening News

Topic: Drug Company Advertising

Date: May 7th 2009

FOX

Show: 10pm Evening News

Topic: Women Using Viagra

Date: July 23rd 2008

FOX

Show: President Ronald Reagan's Funeral

Topic: Grief

Date: June 18, 2004

FOX

Show: 10pm Evening News

Topic: Addiction to Computer Games
Date: April 25, 2003

CNN

Show: Emotional Reaction to D.C. Sniper
Date: October 12, 2002- evening edition

NBC News

Show: Food Allergies
Date: May 21, 2002

CONUS News Service

Show: Video Games and ADD

Dates: August, 2000.

Discovery Channel

Show: Phobias, Living in Terror

Date: Various times in February and May, 1997

ABC, American Broadcasting Company

Show: Nightline

Topic: Psychiatric impact of terrorist threats on U.S. public.

Date: Jan. 25, 1991

NET, National Empowerment Television

Show: Youngbloods

Topic: Prozac

Date: May 17, 1994

ACT, Arlington Community Television

Show: PM Arlington

Topic: Issues in Psychiatry

Date: Aired various times in Fall 1993 and Summer 2003

NVC, Show: Richard's Place

Topic: Issues in Psychiatry

Date: Aired various times in Fall of 1993 and Summer 2003

FOX

Show: 10pm Evening News

Topic: Erectile Dysfunction

Date: May 6, 2009

Radio

ABC Radio News, CBS Radio News, CNN Radio News, CNBC Radio, NMC News
Radio — Audio News Release

Topic: Relation to the BuSpar Settlement
Date: June 18, 2003

CBS, NATIONAL NEWS RADIO-interviewed by Barry Bagnato, WTOP
Topic: Psychological effects of Terrorism
Date: September 18, 2001

WGAY, 30 minute interview.
Topic: Anxiety Disorders
Date: Aired February 26, 1989

WTOP, 30 minute interview.
Topic: Various psychiatric issues
Date: Aired in 1992

Newspapers

Dallas Morning News, March 2003
Headline: Anxiety Never Wanes In D.C.
Topic: Anxiety and Terrorism

Pittsburgh Post Gazette, April 2003
Headline: Some D.C. Families Seriously Prepare to Survive Attack
Topic: Anxiety and Terrorism

Washington Woman, December 2002
Headline: Posture Perfect: Improving Your Body's Basic Architecture
Topic: Posture reflects person's emotional state

Washington Post, October 25, 2002
Headline: Shootings Altered Shopping Habits
Topic: Anxiety of consumers during D.C. sniper

Detroit News, October 16, 2002
Headline: Sniper Redefines Terrorism
Topic: Anxiety and the D.C. sniper

Detroit News, October 19, 2001
Section: Nation/World
Headline: "D.C. Dwellers Feel Powerless Over Scares"
Topic: Psychological Affects of Terrorism

The Connection, November 2-8, 2000
Section: Health & Fitness
Headline: "Back to the Garden, Gender Influences Depression Treatment"
Topic: Treatment of Depression

The Washington Post; January 12, 1996

Section: Style, pg. 5

Headline: "Wake-Up Calls and Ambulance Promises"

Topic: Dealing with catastrophes.

Healthy Lives; Autumn 1995

Headline: "Depression: What you need to know"

Topic: Treatment and current information about depression.

The Times-Picayune; November 21, 1995

Section: Living, pg. C1

Headline: "Thanksgiving Guide for The Anxious"

Topic: Dealing with the holidays, anxiety about food served.

USA Today; March 3-5, 1995

Section: Weekend Section, pg. 16

Headline: "She had electroshock therapy"

Topic: Electroshock therapy.

The Washington Post; April 12, 1994

Section: Health; pg. Z12; Final Edition

Headline: "At 28, Kathy O'Connor of Arlington says she remembered that her father raped her. She sued him and lost. Are delayed memories like hers true or false".

Topic: Repressed memories.

U.S.A. Today; July 27, 1994

Section: Sports

Headline: Of Stats and Strikes

Topic: Effect of baseball strike on fans.

The Washington Post; November 10, 1987

Section: Style; pg. B5; Style Plus; Money

Headline: "Classifying the Crash"

Topic: Psychiatric effects of Black Monday stock market crash.

The Fairfax Gazette; Jan. 26, 1989

Section: Health; pg. 21

Headline: "Phobias: area experts describe panic attacks, phobias, and their misunderstood victims".

Gannett News Service; Nov. 4, 1991

Headline: "Dashing Through the Stress".

Topic: The anxiety and stress produced by the holiday season.

Chicago Tribune & Philadelphia Inquirer; March 26, 1994
Section: News; pg. 8; Evening Update Edition
Headline: "Moving up to 100, one step at a time".
Topic: Fear of heights and escalator phobia.

Gannett News Services; April 29, 1992
Headline: "Dealing with Stress"
Topic: Second-hand stress.

The Palm Beach Post; June 1, 1993
Section: Accent, pg. 1D
Headline: "The lowdown on fear of heights".

The Orlando Sentinel; March 25, 1994
Section: Style; pg. E1
Headline: "Stage Fright: You don't have to crash and burn".
Topic: Techniques in overcoming stage fright.

The Vancouver Sun; May 17, 1994
Section: Entertainment; pg. C5; Final Edition
Headline: "Gulp! They've been struck by stage fright".
Topic: The effects of stage fright.

Magazines & Periodicals

People Magazine; September 26, 2005
Headline: Possessed!
Topic: Possession and Exorcism

Red Magazine (British); 2002
Headline: 60 Second Stress Management Tips
Redbook Magazine; February 2002
Headline: "How I Finally Found Time to Relax"
Topic: Coping with Stress

Redbook Magazine; March 2002
Headline: "One Minute to Better Health"
Topic: Stress Reduction

Men's Health; September 2001
Headline: "Waiting is the Hardest Part"
Topic: Panic Attacks

Redbook Magazine; April 2000
Headline: "Stress-Free Zone"
Topic: Anxiety and palpitations

Washington Woman; February 2000
Headline: "Understanding the Mind Body Connection"
Topic: Exercise and the treatment of anxiety and depression.

Prevention Magazine; December 1999

Topic: Reducing Anxiety

National Wildlife; Oct./Nov. 1998

Section: Features; pg.32

Headline: "The Value of Autumn Leaves"

Topic: The mood-elevating effect of fall colors

Men's Health Magazine; November 1994

Section: Features; pgs. 86-91.

Headline: "Hazard Pays"

Topic: Thrill seekers.

Newsweek; May 23, 1994

Section: The Arts; Performance; pg. 64; U.S. Edition

Headline: "Drowning on Dry Land".

Topic: Stage fright.

Health Action; Jan. 1991; Vol. 7, #1

Section: Features; pgs. 4-5.

Headline: "Freedom From Fear".

Topic: Phobias and their treatment