Mark L. Ruffalo, M.S.W., D.Psa.
Assistant Professor of Psychiatry
University of Central Florida College of Medicine
Curriculum Vitae

Contact Information

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Personal

Place of Birth: Ridgewood, NJ
Citizenship: United States of America
Residence: Lakeland, FL

Current Professional Activities

- Psychotherapist in private practice, Tampa, FL
- Assistant Professor of Psychiatry, University of Central Florida College of Medicine
- Adjunct Assistant Professor of Psychiatry, Tufts University School of Medicine
- Director of Psychotherapy Training, University of Central Florida/HCA GME Consortium Orlando Psychiatry Residency Program
- Faculty, New Jersey Institute for Training in Psychoanalysis
- Member, Committee on Public Information, American Psychoanalytic Association

Education

Doctor of Philosophy (Ph.D.), Psychoanalytic Studies (expected 2027)
University of Essex, Colchester, England, UK

Master of Social Work (M.S.W.), Certificate in Mental Health (2012)
University of Pittsburgh, Pittsburgh, PA

Bachelor of Science (B.S.), Psychology, *summa cum* laude (2010)
University of Pittsburgh, Pittsburgh, PA

Postgraduate Training

Certificate, Transference-Focused Psychotherapy (expected 2027)
Columbia University Center for Psychoanalytic Training and Research, New York, NY

General Psychiatric Management for Borderline Personality Disorder (2025 and 2026)
Gunderson Personality Disorders Institute, McLean Hospital, Harvard Medical School, Boston, MA

Internship

Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center
Comprehensive Recovery Services Inpatient Unit, Pittsburgh, PA (2011–2012)
Participated as a member of the psychiatric treatment team on an acute inpatient unit for the psychotic disorders and severe mental illness under the supervision of chief psychiatric social worker

Mercy Behavioral Health, Pittsburgh Mercy Health System, Pittsburgh, PA (2010–2011)
Provided individual and group psychotherapy to individuals diagnosed with mental illness and a co-occurring substance use disorder under the supervision of licensed social worker

Additional Training

- ❖ Distance Learning Program, Chicago Institute for Psychoanalysis (2015)
- ❖ Doctor of Psychoanalytic Studies (D.Psa.), Parkmore Institute (2019)
- ❖ Otto Kernberg, M.D., Training Program on Personality Disorders, co-sponsored by the International Society of Transference-Focused Psychotherapy (2024–2025)

Employment

Psychotherapist in private practice
Tampa, FL (2015–present)
Special interest in the psychoanalytic treatment of borderline personality disorder and schizophrenia with additional interest in mood disorders; conversion disorder and psychosomatic illness; and other personality disorders

Psychiatric Intake Specialist
Brandon Regional Hospital, Behavioral Health Unit, Brandon, FL (2016–2021)
Completed clinical assessments of patients in the psychiatric and general emergency rooms to determine appropriate disposition and coordinated the pre-admission process for transfer to behavioral health unit

Therapist (MSW-II)
Horizon Health at CarolinaEast Medical Center, Crossroads Mental Health
New Bern, NC (2014–2015)
Participated as a member of the psychiatric treatment team on a general adult inpatient psychiatry unit, completed psychosocial assessments, assisted in discharge planning, and provided individual and group psychotherapy

Psychiatric Specialty Counselor
Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center
Transitional and Comprehensive Recovery Units, Pittsburgh, PA (2012–2013)
Participated as a member of the psychiatric treatment team on an extended inpatient unit for patients diagnosed with severe mental illness, provided individual psychotherapy, and assisted in community reintegration activities

Faculty Appointments

University of Central Florida College of Medicine, Orlando, FL
Assistant Professor of Psychiatry (2024–present)
Instructor of Psychiatry (2021–2024)
Instructor of Medical Education (2018–2021)

Tufts University School of Medicine, Boston, MA
Adjunct Assistant Professor of Psychiatry (2025–present)
Adjunct Instructor of Psychiatry (2021–2025)

New Jersey Institute for Training in Psychoanalysis, Teaneck, NJ
Faculty (2026–present)

University of Central Florida/HCA GME Consortium Orlando Psychiatry Residency Program, Kissimmee, FL
Core Faculty (2022–present)

Centerstone Psychiatry Residency Training Program, Bradenton, FL
Voluntary Faculty (2015–present)

University of South Florida, Tampa, FL
Adjunct Instructor of Social Work (2016–2022)
Affiliate Assistant Professor of Psychiatry (2015–2018)

Administrative Leadership

University of Central Florida/HCA GME Consortium Orlando Psychiatry Residency Program
Director of Psychotherapy Training (2026–present)
Interim Director of Psychotherapy Training (2025–2026)
Co-Director, Psychotherapy Track (2021–present)

Licensure

Licensed Clinical Social Worker (LCSW), State of Florida (2015–present), #SW12857
Licensed Clinical Social Worker (LCSW), State of North Carolina (2015–2017), #C009504
Licensed Clinical Social Worker Associate (LCSWA), State of North Carolina (2013–2015)
Licensed Social Worker (LSW), Commonwealth of Pennsylvania (2012–2015), #SW129603
National Provider Identifier: 1104160241

Memberships

- American Psychoanalytic Association (2018–present), Committee on Public Information (2026–present)
- American Psychopathological Association (2025–present)
- International Society of Transference-Focused Psychotherapy (2024–present)
- Tampa Bay Psychoanalytic Society (2018–present)
- Florida Psychoanalytic Center (Clinician Member; 2026–present)
- American Association for Psychoanalysis in Clinical Social Work (2013–2026), Florida Area Representative and Membership Liaison (2018–2023)
- National Association of Social Workers (2013–2026)
- Academy of Certified Social Workers (2015–2026)
- Academy for the Psychoanalytic Arts (2014–2019), Membership Chair (2015–2016)
- Fellow, The Parkmore Institute (2019–present)
- Psychotherapy Action Network (2019–present)
- National Shattering Silence Coalition
- The National Society of Collegiate Scholars
- Psi Chi, the National Honor Society in Psychology
- Sigma Alpha Lambda, National Leadership and Honors Organization

Courses Taught

University of Central Florida/HCA GME Consortium Orlando Psychiatry Residency Program
History of Psychiatry (2020–present)
Personality Disorders (2023–present)
Psychotherapy for Schizophrenia (2024–present)
Psychotherapy Continuous Case Seminar (2025–present)
Introduction to Psychodynamic Psychotherapy (2026–present)

Brief Psychotherapies (2026–present)
Transference-Focused Psychotherapy (2026–present)
General Psychiatric Management (2026–present)

Tufts Medical Center Psychiatry Residency Program
History of Psychiatry (2022–present)
Psychotherapy of Schizophrenia (2023–present)
Psychodynamics of Borderline Personality Disorder (2024–present)

New Jersey Institute for Training in Psychoanalysis
Transference (2026–present)

Nova Southeastern University Orlando VA Healthcare System Psychiatry Residency Program
Supportive Psychotherapy (2026–present)
Psychodynamic Psychotherapy (2027–present)

University of South Florida School of Social Work Master of Social Work Program
Foundations of Human Behavior (2016)
Psychopathology (2017–2021)
Introduction to Psychopharmacology in Social Work Practice (self-developed course; 2017–2022)

Centerstone Psychiatry Residency Program
History of Psychiatry (2015–2022)
Introduction to Psychodynamic Psychotherapy (2017–2019)

University of South Florida Psychiatry Residency Program
History of Psychiatry (2015–2018)
Models of the Mind and Assessment for Psychodynamic Psychotherapy (2015–2017)

Department Service

University of Central Florida/HCA GME Consortium Orlando Psychiatry Residency Program
Member, Clinical Competency Committee (2022–present)
Member, Program Evaluation Committee (2022–present)

University of South Florida Department of Psychiatry
Chair, Affiliate Faculty Appointments, Promotion, and Tenure Committee (2016–2018)

Editorial Board Experience

Editorial board member (2023–present), Founding Editor, and inaugural Editor-in-Chief (2023–2024), *The Carlat Psychotherapy Report*.

Teaching Assistantships

Cognitive Psychology, Professor Timothy Nokes, University of Pittsburgh (Spring 2010)
Abnormal Psychology, Professor Jeffrey Cohn, University of Pittsburgh (Fall 2009)
Introduction to Social Psychology, Professor Janet Schofield, University of Pittsburgh (Fall 2008)

Honors and Awards

- Chair, Special Report on Psychotherapy, *Psychiatric Times* (2025)
- Excellence in Psychotherapy Supervision and Teaching Award, University of Central Florida/HCA GME Consortium Orlando Psychiatry Residency Program (2023–2024)
- Marquis Who's Who in America (listed 2017)
- Nomination, Thomas S. Szasz Award for Outstanding Contributions to the Cause of Civil Liberties, Center for Independent Thought (2018)
- University of Pittsburgh Dean's Star (Spring 2007, Spring 2008)
- University of Pittsburgh Dean's Honor List (2007–2010)
- Wilma Binder Zeder Scholarship for academic excellence (2009–2010)
- Woodmen of the World Life Insurance Society Award (2006)
- Honorary member, Sigma Phi Epsilon fraternity, Pennsylvania Gamma chapter
- The American Legion School Award

Books

Ruffalo, M. L. (in press). *The borderline dilemma*. Karnac Books.

Doctoral Project

Ruffalo, M. L. (2019). Understanding schizophrenia: Toward a unified biological and psychodynamic approach. *Psychoanalytic Social Work, 26*(2), 185–200. doi:10.1080/15228878.2019.1616570

Peer-Reviewed Publications

Ruffalo, M. L., & Allen, D. M. (2026). *From family double binds to interpersonal paradoxes: A developmental approach to borderline personality disorder*. Manuscript submitted for publication.

Bakir, C. N., **Ruffalo, M. L.**, D'Agostino, A., & Croarkin, P. E. (2026). *Paradoxes of borderline personality disorder in adolescence: Implications for clinical practice*. Manuscript submitted for publication.

Batmaz, S., Uzun, M., Sayar, E., Er, S., Ozden, M., Kilic, S., & **Ruffalo, M. L.** (2026). *Turkish adaptation and comprehensive psychometric evaluation of the Borderline Personality Disorder Inventory*. Manuscript submitted for publication.

Ruffalo, M. L. & Kreisman, J. J. (2026). *Beyond interpersonal hypersensitivity: Paradox as a central organizing feature of borderline personality disorder*. Manuscript submitted for publication.

Campbell, B., & **Ruffalo, M. L.** (2026). *The new hysteria? Feminist critiques and the scientific validity of borderline personality disorder*. Manuscript submitted for publication.

Radoi, V., & **Ruffalo, M. L.** (2026). *Before borderline personality disorder: A narrative review of origin and etiology*. Manuscript submitted for publication.

Ruffalo, M. L., & Ghaemi, S. N. (2026). *Hyperthymic temperaments misdiagnosed as narcissistic personality disorder*. Manuscript submitted for publication.

Ruffalo, M. L. (in press). Russell's paradox and refining the double bind theory of borderline personality disorder. *Human Systems*.

Henderson, A., & **Ruffalo, M. L.** (in press). Two conceptual models of severity in cluster B personality disorders. *The Psychoanalytic Review*.

Ruffalo, M. L. (in press). Fundamental problems in borderline personality disorder. *The Psychoanalytic Review*.

89. **Ruffalo, M. L.**, & Reidbord, S. P. (2026). Beyond major depressive disorder: Why DSM-6 should recognize a non-melancholic depressive disorder [Letter to the editor]. *American Journal of Psychiatry*. Advance online publication. https://doi.org/10.1176/appi.ajp.20260219

88. Steiner, V., Mehta, A., Döll Gallardo, A., & **Ruffalo, M. L.** (2026). Teaching personality disorders: An essential component of psychiatry residency training. *Cureus, 18*(10), e118463. https://doi.org/ 10.7759/cureus.118463

87. **Ruffalo, M. L.**, & Pies, R. W. (2026). The need for a validity-based diagnostic hierarchy in DSM-6. *Psychiatric Services*. Advance online publication. https://doi.org/10.1176/appi.ps.20260333

86. **Ruffalo, M. L.** (2026). Etiologically speculative versus etiologically neutral psychoanalysis. *Journal of Contemporary Psychotherapy*. Advance online publication. https://doi.org/10.1007/s10879-026-09761-6

85. **Ruffalo, M. L.** (2026). 'But the patient doesn't seem borderline': Some observations on a common diagnostic error. *BJPsych Bulletin*. Advance online publication. https://doi.org/10.1192/bjb.2026.10313

84. Radoi, V., & **Ruffalo, M. L.** (2026). Beyond a false choice: Categories and dimensions in psychiatric diagnosis. *BJPsych Bulletin*. Advance online publication. https://doi.org/10.1192/bjb.2026.10296

83. **Ruffalo, M. L.**, & Ruffalo, T. M. (2026). Using psychotherapy for the prevention of relapse in schizophrenia. *Psychiatric Times, 43*(9), 9–10.

82. **Ruffalo, M. L.**, & Ray, A. M. (2026). Distinguishing mood temperaments from personality disorders: Diagnostic and clinical implications. *Psychodynamic Psychiatry, 54*(3), 381–388. https://doi.org/10.1521/pdps.2026.54.3.381

81. Ghaemi, S. N., & **Ruffalo, M. L.** (2026, September 9). The postmodern worldview and contemporary psychiatry. *Psychiatric Times*. https://www.psychiatrictimes.com/view/the-postmodern-worldview-and-contemporary-psychiatry

80. Newhill, C. E., & **Ruffalo, M. L.** (2026). Trauma, diagnosis, and borderline personality disorder: The need for conceptual clarity. *Social Work, 71*(4), 357–364. https://doi.org/10.1093/sw/swag037

79. Ghaemi, S. N., & **Ruffalo, M. L.** (2026, July 29). Categories vs. dimensions: Wave or particle? *Psychiatric Times*. https://www.psychiatrictimes.com/view/categories-vs-dimensions-wave-or-particle

Ghaemi, S. N., & **Ruffalo, M. L.** (2026). Future DSM plans overlook core problem of validity. *Psychiatric Times, 43*(7), 7.

78. **Ruffalo, M. L.**, & D'Agostino, A. (2026). Why is it still so difficult to acknowledge the reality of borderline personality disorder? *Harvard Review of Psychiatry, 34*(4), 248–255. https://doi.org/10.1097/HRP.0000000000000465

77. **Ruffalo, M. L.** (2026). Psychiatric diagnosis in psychoanalysis: Integrating nosology and psychology. *Psychoanalytic Psychotherapy, 40*(3), 207–220. https://doi.org/10.1080/02668734.2026.2664850

76. Radoi, V., & **Ruffalo, M. L.** (2026). Preserving borderline personality disorder within dimensionalized personality disorder assessment: A clinical sequencing model. *Irish Journal of Psychological Medicine*. Advance online publication. https://doi.org/10.1017/ipm.2026.10210

75. Huda, A. S., **Ruffalo, M. L.**, & Aftab, A. (2026). Psychological factors domain is a necessity for the future *DSM* [Letter to the editor]. *American Journal of Psychiatry*. Advance online publication. https://doi.org/10.1176/appi.ajp.20260126

74. **Ruffalo, M. L.** (2026). Description, understanding, and diagnosis in psychiatry. *Philosophy, Psychiatry, & Psychology*. Advance online publication. https://doi.org/10.1353/ppp.0.a993659

73. **Ruffalo, M. L.**, & Kreisman, J. J. (2026). Toward a double bind theory of borderline personality disorder. *Bulletin of the Menninger Clinic, 90*(2), 168–185. https://doi.org/10.1521/bumc.2026.90.2.168

72. **Ruffalo, M. L.** (2026). Against oversimplification: The case for causal modesty and complexity in psychotherapy. *American Journal of Psychotherapy, 79*(2), 49–51. https://doi.org/10.1176/appi.psychotherapy.20250039

71. Ghaemi, S. N., & **Ruffalo, M. L.** (2026, May 29). Future DSM repeats past mistakes: Validity is ignored. *Psychiatric Times*. https://www.psychiatrictimes.com/view/future-dsm-repeats-past-mistakes-validity-is-ignored

70. **Ruffalo, M. L.**, & Ruffalo, T. M. (2026, May 21). Psychotherapy and the prevention of relapse in schizophrenia. *Psychiatric Times*. https://www.psychiatrictimes.com/view/psychotherapy-and-the-prevention-of-relapse-in-schizophrenia

69. **Ruffalo, M. L.**, & D'Agostino, A. (2026, May 8). Borderline personality disorder: Retaining the name for diagnostic clarity. *Psychiatric Times*. https://www.psychiatrictimes.com/view/borderline-personality-disorder-retaining-the-name-for-diagnostic-clarity

68. **Ruffalo, M. L.** (2026). Riflessioni sul terzo analitico: Postmodernismo, psicoanalisi e psicopatologia [Some reflections on the analytic third: Postmodernism, psychoanalysis, and psychopathology]. *Psicoterapia e Scienze Umane, 60*(1), 108–118. https://doi.org/10.3280/PU2026-001008

67. Ghaemi, S. N., & **Ruffalo, M. L.** (2026, March 23). Diagnostic validators and the question of what really exists. *Psychiatric Times*. https://www.psychiatrictimes.com/view/diagnostic-validators-and-the-question-of-what-really-exists

66. Staal, C., & **Ruffalo, M. L.** (2026, March 18). Narcissism: The need for conceptual and diagnostic clarity. *Psychiatric Times*. https://www.psychiatrictimes.com/view/narcissism-the-need-for-conceptual-and-diagnostic-clarity

65. Frances, A. J., & **Ruffalo, M. L.** (2026, March 17). Do chatbots have rights? *Psychiatric Times*. https://www.psychiatrictimes.com/view/do-chatbots-have-rights

64. **Ruffalo, M. L.**, Ray, A. M., Rasol, A., & Staal, C. (2026). Psychosis in borderline personality disorder: A neglected clinical phenomenon. *The Psychoanalytic Review, 113*(1), 23–37. https://doi.org/10.1521/prev.2026.113.1.23

63. Frances, A. J., & **Ruffalo, M. L.** (2026, February 17). How can we make supersmart chatbots more emotionally intelligent? *Psychiatric Times*. https://www.psychiatrictimes.com/view/how-can-we-make-supersmart-chatbots-more-emotionally-intelligent-

62. **Ruffalo, M. L.** (2026). Psychiatric diagnosis in clinical social work. *Social Work, 71*(2), 191–193. https://doi.org/10.1093/sw/swag012

61. **Ruffalo, M. L.** (2026). The validity of borderline personality disorder: Robins and Guze applied. *BJPsych Bulletin,* 50(5), 432–434. https://doi.org/10.1192/bjb.2025.10206

60. Rucker, J., & **Ruffalo, M.** (2026). Relationships between language use, working alliance, and personality pathology in an inpatient psychiatric sample. *Journal of Contemporary Psychotherapy, 56*, 107–113. https://doi.org/10.1007/s10879-025-09694-6

59. Frances, A. J., & **Ruffalo, M. L.** (2026, January 6). Human kindness is a key advantage in our competition with chatbot therapists. *Psychiatric Times*. https://www.psychiatrictimes.com/view/human-kindness-is-a-key-advantage-in-our-competition-with-chatbot-therapists

58. Ghaemi, S. N., & **Ruffalo, M. L.** (2025). What happened to psychopathology? *Psychiatric Times, 42*(12), 1, 12.

57. Ghaemi, S. N., & **Ruffalo, M. L.** (2025, December 3). The concept of mental illness, and why the DSM approach is wrong. *Psychiatric Times*. https://www.psychiatrictimes.com/view/the-concept-of-mental-illness-and-why-the-dsm-approach-is-wrong

56. Hale, M., & **Ruffalo, M. L.** (2025). From stimulation to interpretation: Psychodynamic aspects of transcranial magnetic stimulation. *Psychodynamic Psychiatry, 53*(4), 477–483. https://doi.org/10.1521/pdps.2025.53.4.477

55. **Ruffalo, M. L.**, Rasol, A., & Ray, A. M. (2025). Fifty years of borderline personality disorder: A history of the syndrome. *Psychodynamic Psychiatry, 53*(4), 525–547. https://doi.org/10.1521/pdps.2025.53.4.525

54. **Ruffalo, M. L.** (2025). Borderline personality disorder: A valid psychiatric diagnosis. *The Archives of Psychiatry, 3*(1), 61–63.

53. Pies, R. W., & **Ruffalo, M. L.** (2025, November 6). Bridging the categorical-dimensional divide: Exploring the PRiSM diagnostic instrument. *Psychiatric Times*. https://www.psychiatrictimes.com/view/bridging-the-categorical-dimensional-divide-exploring-the-prism-diagnostic-instrument

52. **Ruffalo, M. L.** (2025). Toward a critical realist understanding of psychoanalytic interpretation. *Psychotherapy.net*. https://www.psychotherapy.net/blog/title/toward-a-critical-realist-understanding-of-psychoanalytic-interpretation

51. **Ruffalo, M. L.** (2025). Moving beyond the biopsychosocial model in clinical social work. *Clinical Social Work Journal*. Advance online publication. https://doi.org/10.1007/s10615-025-01019-3

50. Ghaemi, S. N., & **Ruffalo, M. L.** (2025, October 27). Whatever happened to psychopathology? *Psychiatric Times*. https://www.psychiatrictimes.com/view/whatever-happened-to-psychopathology

49. **Ruffalo, M. L.** (2025). Some observations on paleologic thinking in borderline personality disorder. *Psychodynamic Psychiatry, 53*(3), 294–300. https://doi.org/10.1521/pdps.2025.53.3.294

48. **Ruffalo, M. L.** (2025). Toward a new psychiatric pluralism: The resurgence of psychotherapy. *Psychiatric Times, 42*(7), 10.

47. D'Agostino, A., & **Ruffalo, M. L.** (2025). On the reality of borderline personality disorder. *Psychiatric Times, 42*(7), 25–27.

46. **Ruffalo, M. L.** (2025, June 25). Introducing the Borderline Personality Disorder Inventory. *Psychiatric Times*. https://www.psychiatrictimes.com/view/introducing-the-borderline-personality-disorder-inventory

45. Le, T., & **Ruffalo, M. L.** (2025). Psychotherapy for delusional disorder: Theoretical models and therapeutic technique. *American Journal of Psychotherapy, 78*(4), 251–255. https://doi.org/10.1176/appi.psychotherapy.20240061

44. **Ruffalo, M. L.** (2025). On the borderline syndrome and its relationship to schizophrenia. *Psychodynamic Psychiatry, 53*(2), 162–167. https://doi.org/10.1521/pdps.2025.53.2.162

43. Pies, R. W., & **Ruffalo, M. L.** (2025, April 10). Use of the PRiSM diagnostic instrument in clinical practice. *Psychiatric Times*. https://www.psychiatrictimes.com/view/use-of-the-prism-diagnostic-instrument-in-clinical-practice

42. **Ruffalo, M. L.** (2025). Communication paradoxes in borderline personality disorder. *Psychodynamic Psychiatry, 53*(1), 27–32. https://doi.org/10.1521/pdps.2025.53.1.27

41. **Ruffalo, M. L.** (2025). Heads I win, tails you lose: Interpersonal aspects of borderline personality disorder. *Bulletin of the Menninger Clinic, 89*(1), 52–69. https://doi.org/10.1521/bumc.2025.89.1.52

40. Pies, R. W., & **Ruffalo, M. L.** (2024, October 31). Our closing argument in defense of psychiatric diagnosis. *Psychiatric Times*. https://www.psychiatrictimes.com/view/our-closing-argument-in-defense-of-psychiatric-diagnosis

39. **Ruffalo, M. L.**, & Paris, J. (2024, September 19). Borderline personality disorder and complex posttraumatic stress disorder: Myths in diagnosis. *Psychiatric Times*. https://www.psychiatrictimes.com/view/borderline-personality-disorder-and-complex-posttraumatic-stress-disorder-myths-in-diagnosis

38. Pies, R. W., & **Ruffalo, M. L.** (2024, September 4). Do psychiatric diagnoses cause symptoms? *Psychiatric Times, 41*(9), 1, 16–18.

37. Pies, R. W., & **Ruffalo, M. L.** (2024, August 27). Psychiatric diagnoses point to real conditions that cause debilitating symptoms. *Psychiatric Times*. https://www.psychiatrictimes.com/view/psychiatric-diagnoses-point-to-real-conditions-that-cause-debilitating-symptoms

36. Aftab, A., Banicki, K., **Ruffalo, M. L.**, & Frances, A. (2024). Psychiatric diagnosis: A clinical guide to navigating diagnostic pluralism. *The Journal of Nervous and Mental Disease, 212*(8), 445–454. https://doi.org/10.1097/NMD.0000000000001791

35. **Ruffalo, M. L.** (2024, July 11). The psychotherapy of avoidant personalities: A basic overview. *The Carlat Psychotherapy Report*. https://www.thecarlatreport.com/articles/4755-the-psychotherapy-of-avoidant-personalities-a-basic-overview

34. Pies, R. W., & **Ruffalo, M. L.** (2024, June 26). No, psychiatric diagnoses do not reflect "circular logic." *Psychiatric Times*. https://www.psychiatrictimes.com/view/no-psychiatric-diagnoses-do-not-reflect-circular-logic

33. **Ruffalo, M. L.,** & Pies, R. W. (2024, June 21). Countertransference in physician-assisted suicide: A hypothesis. *Psychiatric Times*. https://www.psychiatrictimes.com/view/countertransference-in-physician-assisted-suicide-a-hypothesis

32. MacDougald, Q., & **Ruffalo, M. L.** (2024, June 10). History of psychiatry: Its relevance in training and beyond. *Psychiatric Times*. https://www.psychiatrictimes.com/view/history-of-psychiatry-its-relevance-in-training-and-beyond

31. **Ruffalo, M. L.** (2024). A double bind: Communication in patients with borderline personality disorder. *Psychiatric Times, 41*(5), 1, 9.

30. **Ruffalo, M. L.** (2024, February 26). Double binds in borderline communication. *Psychiatric Times*. https://www.psychiatrictimes.com/view/double-binds-in-borderline-communication

29. **Ruffalo, M. L.**, Kottapalli, M., & Anbukkarasu, P. (2023). Empathy in the care of individuals with schizophrenia: A vital element of treatment. *American Journal of Psychotherapy, 77*(1), 30–34. https://doi.org/10.1176/appi.psychotherapy.20230022

28. Ghaemi, S. N., & **Ruffalo, M. L.** (2023, October 10). Adult ADHD: A scientifically invalid disorder. *Psychiatric Times*. https://www.psychiatrictimes.com/view/adult-adhd-a-scientifically-invalid-disorder

27. **Ruffalo, M. L.** (2023, September 28). Understanding borderline personality disorder: A closer look at psychodynamic approaches. *The Carlat Psychotherapy Report*. https://www.thecarlatreport.com/articles/4494-understanding-borderline-personality-disorder-a-closer-look-at-psychodynamic-approaches

26. **Ruffalo, M. L.**, & Ghaemi, S. N. (2023). The making of adult ADHD: The rapid rise of a novel psychiatric disorder. *Psychiatric Times, 40*(9), 1, 18–19.

25. **Ruffalo, M. L.** (2023). The psychotherapy of schizophrenia: A review of the evidence for psychodynamic and nonpsychodynamic treatments. *Psychiatry and Clinical Psychopharmacology, 33*(3), 222–228. doi:10.5152/pcp.2023.23627

24. **Ruffalo, M. L.** (2023, February 17). Schizophrenia from the psychodynamic perspective. *Psychiatric Times*. https://www.psychiatrictimes.com/view/schizophrenia-from-the-psychodynamic-perspective

23. **Ruffalo, M. L.**, & Morehead, D. (2022). Psychiatry and psychotherapy: The great divorce that never happened. *Psychiatric Times, 39*(7), 24–25.

22. **Ruffalo, M. L.** (2022, June 29). The therapeutic attitude in psychotherapy. *Psychiatric Times*. https://www.psychiatrictimes.com/view/the-therapeutic-attitude-in-psychotherapy

21. **Ruffalo, M. L.** (2022). Remembering Silvano Arieti 40 years later. *American Journal of Psychotherapy, 75*(3), 103–107. https://doi.org/10.1176/appi.psychotherapy.20210039

20. **Ruffalo, M. L.**, & Morehead, D. (2022, May 26). Psychotherapy: A core psychiatric treatment. *Psychiatric Times*. https://www.psychiatrictimes.com/view/psychotherapy-a-core-psychiatric-treatment

19. **Ruffalo, M. L.** (2022, February 9). Self-blaming depression: Theory and technique. *Psychiatric Times*. https://www.psychiatrictimes.com/view/self-blaming-depression-theory-and-technique

18. Furiato, A. J., & **Ruffalo, M. L.** (2021). Schizophrenia in the emergency department: Psychologically and psychodynamically informed practices. *Psychiatric Times, 38*(11), 42–43.

17. **Ruffalo, M. L.** (2021, November 10). Schizophrenia: A difference of kind. *Psychiatric Times*. https://www.psychiatrictimes.com/view/schizophrenia-a-difference-of-kind

16. Furiato, A. J., & **Ruffalo, M. L.** (2021, August 23). Psychologically-informed management of schizophrenia in the emergency department. *Psychiatric Times*.

https://www.psychiatrictimes.com/view/psychologically-informed-management-of-schizophrenia-in-the-emergency-department

15. **Ruffalo, M. L.** (2021, June 29). Psychotherapy as a medical treatment. *Psychiatric Times*. https://www.psychiatrictimes.com/view/psychotherapy-as-a-medical-treatment

14. **Ruffalo, M. L.** (2021). Pseudologia fantastica: A brief review. *Academia Letters,* Article 997.

13. **Ruffalo, M. L.** (2020, November 16). On the psychoanalytic treatment of conversion disorder. *Psychiatric Times*. https://www.psychiatrictimes.com/view/psychoanalytic-treatment-conversion-disorder

12. **Ruffalo, M. L.** (2019). Understanding schizophrenia: Toward a unified biological and psychodynamic approach. *Psychoanalytic Social Work, 26*(2), 185–200. doi:10.1080/15228878.2019.1616570

11. Frances, A. J., & **Ruffalo, M. L.** (2018). Mental illness, civil liberty, and common sense. *Psychiatric Times, 35*(7), 14A–14C. http://www.psychiatrictimes.com/couch-crisis/mental-illness-civil-liberty-and-common-sense

10. **Ruffalo, M. L.** (2018, January 24). The psychoanalytic tradition in American psychiatry: The basics. *Psychiatric Times*. http://www.psychiatrictimes.com/history-psychiatry/psychoanalytic-tradition-american-psychiatry-basics

9. **Ruffalo, M. L.** (2017). The meaning of mental illness. *International Journal of Existential Psychology and Psychotherapy, 7*(1).

8. **Ruffalo, M. L.** (2017). A brief history of lithium treatment in psychiatry. *The Primary Care Companion for CNS Disorders, 19*(5), ii. doi:10.4088/PCC.17br02140

7. **Ruffalo, M. L.** (2016). The social worker, psychotropic medication, and right to refuse. *Social Work, 61*(3), 271–272. doi:10.1093/sw/sww027

6. **Ruffalo, M. L.** (2015, September). NASW must put liberty of citizens, members first [Letter to the editor]. *NASW News, 60*(8), 3.

5. **Ruffalo, M. L.** (2015, Spring). On the psychoanalytic approach to schizophrenia. *Newsletter of the American Association for Psychoanalysis in Clinical Social Work,* 3–5, 20–21.

4. **Ruffalo, M. L.** (2014). The medicalization of suicide. *Journal of Psychiatry, 17*(6), 104. doi:10.4172/2378-5756.1000e104

3. **Ruffalo, M. L.** (2014). Remembering Thomas Szasz. *Journal of Psychiatry, 17*(6). doi:10.4172/2378-5756.1000152

2. **Ruffalo, M. L.** (2014, Spring/Summer). Reply to David Phillips. *Newsletter of the American Association for Psychoanalysis in Clinical Social Work,* 7–8.

1. **Ruffalo, M. L.** (2013, Fall). Self-responsibility and contractual psychoanalysis. *Newsletter of the American Association for Psychoanalysis in Clinical Social Work,* 17–18.

Other Publications

Numerous non-peer reviewed publications, including blog posts, commentaries, interviews, and other communications. Available upon request.

Columns and Blogs

- *From Freud to Fluoxetine* (blog), *Psychology Today* (2017–present)
- *Concepts in Psychiatry* (regular column), with S. Nassir Ghaemi, M.D., M.P.H., *Psychiatric Times* (2025–present)

Grand Rounds Lectures

- "Borderline Personality Disorder: Descriptive Psychopathology and Psychodynamics," St. Michael's Hospital, Toronto, ON. September 18, 2026.
- "Delusional Disorder: History and Psychotherapy," Centerstone Behavioral Hospital and Addiction Center, Bradenton, FL. August 13, 2026.
- "Same Diagnosis, Different Patient: Structural Diagnosis of Personality Organization," with Vero Steiner, University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Osceola Regional Medical Center, Kissimmee, FL. August 4, 2026.
- "Psychosis in Borderline Personality Disorder: An Object Relations Perspective," Harbor-UCLA Medical Center Department of Psychiatry, Torrance, CA. June 16, 2026.
- "Psychotherapy for Delusional Disorder: From Theory to Technique," with Timothy Le, M.D., University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Osceola Regional Medical Center, Kissimmee, FL. January 6, 2026.
- "Borderline Personality Disorder in the Age of Complex PTSD," New Hampshire Hospital, affiliated with the Geisel School of Medicine at Dartmouth, Concord, NH. October 2, 2025.
- "Communication Dilemmas in Borderline Pathologies," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Osceola Regional Medical Center, Kissimmee, FL. August 6, 2024.
- "Psychodynamic Treatment of the Psychoses," Northcoast Behavioral Healthcare (Ohio Department of Mental Health and Addiction Services), Northfield, OH. April 28, 2023.
- "The Psychotherapy of Schizophrenia: A Dynamic Approach," St. Michael's Hospital, Toronto, ON. September 23, 2022.
- "The Psychotherapy of Schizophrenia: Insights from Silvano Arieti," Wright State University Department of Psychiatry, Dayton, OH. May 17, 2022.
- "Silvano Arieti: Revisiting His Work on Schizophrenia 40 Years Later," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Osceola Regional Medical Center, Kissimmee, FL. August 3, 2021.
- "From Freud to Fluoxetine: A History of Twentieth Century Psychiatry," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Osceola Regional Medical Center, Kissimmee, FL. September 12, 2019.

Presentations

"Borderline Personality Disorder Before Adulthood: Diagnosis, Treatment, Development, and What Comes Next," with Paul E. Croarkin, D.O., M.S., Çiçek Bakır, M.D., and Alessandra D'Agostino, Ph.D., American Psychiatric Association Annual Meeting, New York, NY. May 1–5, 2027.

"Clinical Psychopharmacology and Psychotherapy: Beyond Conventional Wisdom," with S. Nassir Ghaemi, M.D., M.P.H., University of Miami Department of Psychiatry and Behavioral Sciences Continuing Education, Sunny Isles Beach, FL. March 15–19, 2027.

"Diagnostic Validity in Psychiatry: Its Application to Borderline and Other Disorders," NHS England South West, School of Psychiatry, Child and Adolescent Psychiatry, Gloucester, England, UK. February 5, 2027.

"Understanding the Psychodynamics of Narcissistic Personality Disorder," Hudson Valley Professional Development (continuing education provider), New Paltz, NY. June 25 and September 3, 2025; December 2, 2026.

"Descriptive and Psychodynamic Aspects of Borderline Personality Disorder," Wessex Deanery Core Psychiatry Training (Southampton Division), Hampshire and Isle of Wight Healthcare NHS Foundation Trust, Southampton, England, UK. July 8 and October 21, 2026.

"Psychosis in Borderline Personality Disorder: An Object Relations Perspective," Hudson Valley Professional Development (continuing education provider), New Paltz, NY. October 7, 2026.

"Teaching Psychiatry Residents as a Non-Psychiatrist: Incorporating Psychodynamic Ideas," *Psychodynamic Pathways into Academia* (virtual conference of Academics for the Advancement of Psychodynamic Psychology). June 27, 2026.

"Borderline Personality Disorder from the Psychodynamic Perspective," Forbes Individual and Family Therapy, Newport Beach, CA. June 3, 2026.

"History and Psychodynamics of Borderline Personality Disorder," Manchester Medical Society, Manchester, England, UK. April 29, 2026.

"Borderline Personality Disorder as Paradox: A Contemporary Psychodynamic Reformulation," New Jersey Institute for Training in Psychoanalysis, Teaneck, NJ. April 12, 2026.

"The Future of DSM," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Faculty Development Meeting, Kissimmee, FL. April 9, 2026.

"Psychodynamics of BPD & NPD," Health Links Education (Canadian continuing education provider), Edmonton and Calgary, AB. March 30 and 31, 2026.

"Basics of Psychiatric Diagnosis: Validity, DSM, and Beyond," Hudson Valley Professional Development (continuing education provider), New Paltz, NY. August 5, 2025, and February 2, 2026.

"The Patient Who 'Can't' versus the Patient Who 'Won't,'" University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Psychotherapy Supervisors Meeting, Kissimmee, FL. October 16, 2024, and January 21, 2026.

"Heads I Win, Tails You Lose: Borderline Personality Disorder as a Disorder of Paradox," *Dreaming the Future* (biennial conference of the American Association for Psychoanalysis in Clinical Social Work), Austin, TX. November 7, 2025.

"Paradox and Self-Contradiction in Borderline Personality Disorder," Philosophy of Psychiatry Interest Group, Mayo Clinic Psychiatry Residency Program, Rochester, MN. October 10, 2025.

"Heads I Win, Tails You Lose: Understanding the Psychodynamics of Borderline Personality Disorder," Hudson Valley Professional Development (continuing education provider), New Paltz, NY. April 8 and September 27, 2025.

"An Overview of Good Psychiatric Management," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Psychotherapy Supervisors Meeting, Kissimmee, FL. September 17, 2025.

"The Concept of the Two Depressions," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Faculty Development Meeting, Kissimmee, FL. September 11, 2025.

Discussion with the Correctional Service of Canada on the psychodynamic aspects of severe personality disorders, Saskatoon, SK. March 25, 2025.

"Navigating Professional Boundaries in the Internet Age," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Psychotherapy Supervisors Meeting, Kissimmee, FL. March 19, 2025.

"The Psychodynamics of Narcissistic Personality Disorder," Executive Links (Canadian continuing education provider), Calgary, AB. March 5, 2025.

"The Psychodynamics of Borderline Personality Disorder," Executive Links (Canadian continuing education provider), Calgary, AB. November 13, 2024.

"Communication Dilemmas in Borderline Pathologies," The Neuropsychiatry and TMS Group, Provider Meeting, Tampa, FL. August 7, 2024.

"Personal Psychotherapy for the Mental Health Professional," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Faculty Development Meeting, Kissimmee, FL. August 1, 2024.

"Appropriate Patient Selection for Psychotherapy," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Psychotherapy Supervisors Meeting, Kissimmee, FL. March 20, 2024.

"Managing Sexualized Transference and Countertransference in Psychotherapy," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Psychotherapy Supervisors Meeting, Kissimmee, FL. September 20, 2023.

"Integrating Psychiatric History in Education," University of Central Florida/HCA GME Consortium Psychiatry Residency Training Program, Faculty Development Meeting, Kissimmee, FL. August 3, 2023.

"Psychodynamic Approaches to Schizophrenia," University College Dublin Academic Child and Adolescent Psychiatry Webinar Series, Dublin, IE. June 23, 2023.

"History of Mental Health and Terminology in the Workplace," Mental Health & Wellness in the Workplace Course, University of South Florida College of Behavioral and Community Sciences and the Crisis Center of Tampa Bay, Tampa, FL. May 8, 2023.

"Psychotherapy for Schizophrenia: An Underutilized Treatment," University of Central Florida MEDTalk, Orlando, FL. December 1, 2022.

"The Psychotherapy of Schizophrenia: The Arietian Perspective," Arnot Health GME Psychiatry Residency Program, Elmira, NY. January 20, 2022.

"Thomas Szasz: Beyond the Myth of Mental Illness," *A Time to Think, A Time to Act* (biennial conference of the American Association for Psychoanalysis in Clinical Social Work), Philadelphia, PA. November 5, 2021.

"Befriending the Schizophrenic Other: Revisiting Arieti on Therapeutic Friendship and Countertransference," with Steven Wykstra, Ph.D., *Psychology and the Other,* Cambridge, MA. September 18, 2021.

"The History of Psychiatry," Arnot Health GME Psychiatry Residency Program, Elmira, NY. August 19 and November 18, 2021.

"The Biopsychosocial Model in Psychiatry," Distinguished Guest Educational Series, Memorial Hospital of Tampa, Tampa, FL. May 24, 2021.

"Recognizing and Treating Postpartum Psychiatric Illness," HCA West Florida GME Consortium/Brandon Regional Hospital Obstetrics and Gynecology Residency Program, Brandon, FL. May 29, 2020, and October 15, 2021.

"Basics of Mood Disorders for Nonpsychiatric Physicians," HCA West Florida GME Consortium/Brandon Regional Hospital Obstetrics and Gynecology Residency Program, Brandon, FL. September 11, 2020.

"Mood Disorders: Essentials for the Emergency Medicine Physician," HCA West Florida GME Consortium/Brandon Regional Hospital Emergency Medicine Residency Program, Brandon, FL. April 2, 2020.

"Maintaining Psychological Wellness in Residency Training," HCA West Florida GME Consortium/Brandon Regional Hospital Obstetrics and Gynecology Residency Program, Brandon, FL. March 20, 2020.

"Maintaining Psychological Wellness in Residency Training," HCA West Florida GME Consortium/Brandon Regional Hospital Emergency Medicine Residency Program, Brandon, FL. January 16, 2020.

"Basics of Psychopharmacology for Nonprescribers," Brandon Regional Hospital, Continuing Education Workshop, Brandon, FL. December 18, 2018.

"Basics of Psychopharmacology for the Clinical Social Worker," National Association of Social Workers Florida Chapter, Heartland Unit, Continuing Education Workshop, Lakeland, FL. March 22, 2018.

"The Social Worker, Psychotropic Medication, and Right to Refuse," National Association of Social Workers Wisconsin Chapter, Winter Webinar Presentation. February 17, 2017.

"Psychoanalytic Theories of Schizophrenia: A Case Study Review," University of North Carolina Department of Psychiatry, Psychotherapy Case Conference Presentation, North Carolina Neurosciences Hospital, Chapel Hill, NC. November 17, 2014.

"Medicalization and Social Constructionism in Psychiatry," with Emil Ivanov, M.D., and Nick Williams, Ph.D., Comprehensive Recovery Services Inpatient Journal Club, Western Psychiatric Institute and Clinic of UPMC, Pittsburgh, PA. February 1, 2013.

"Utilizing the Positive and Negative Syndrome Scale," Transitional and Comprehensive Recovery Units, Western Psychiatric Institute and Clinic of UPMC, Pittsburgh, PA. October 17, 2012.

Guest Lectures

"Basics of Differential Diagnosis," one-year course in transference-focused psychotherapy, co-hosted by TFP-UK and the South London and Maudsley NHS Foundation Trust, taught by Jonathan Radcliffe and Laura Liard, London, England, UK. June 26 and December 18, 2026.

"What Is a Psychiatric Diagnosis? Thoughts on Medicalization," Medical Sociology, Professor Mike-Frank Epitropoulos, University of Pittsburgh, Pittsburgh, PA. December 2, 2024; December 1, 2025; and November 18, 2026.

Guest lecture on personality disorders, Professor Alexander Alperin, Rutgers University Graduate School of Applied and Professional Psychology, New Brunswick, NJ. November 11, 2025.

Guest lecture to psychiatric nurse practitioner residents on the psychodynamics of borderline personality disorder, Wheeler Clinic, Hartford, CT. March 26, 2025.

Guest lecture to Master of Social Work (M.S.W.) students on psychodynamic theory, psychotherapy, and psychiatric diagnosis, Professor Kinnon MacKinnon, York University, Toronto, ON. February 10, 2025.

Guest lecture to Associate Degree in Nursing (ADN) students on psychiatric diagnosis and psychotherapy, Traviss Technical College, Lakeland, FL. Fall 2016, Spring 2017, and Fall 2017.

"Psychiatry, DSM-5, and Medicalization," Medical Sociology, Professor Mike-Frank Epitropoulos, University of Pittsburgh, Pittsburgh, PA. November 9, 2015, and April 9, 2018.

Interviews

- *Psychofarm Podcast,* co-hosted by Gregory Malzberg, M.D. Interviewed on article on establishing a validity-based diagnostic hierarchy in DSM-6. October 22, 2026.
- *IJPM Podcast* (official podcast of the *Irish Journal of Psychological Medicine*), hosted by Mohamed Alsaffar. Interviewed on article on personality disorder classification. September 17, 2026.
- *The Narcissism Decoder* (podcast), hosted by Anthony Mazzella. Interviewed on narcissistic personality disorder, April 20, 2026.
- *PsychRounds: The Psychiatry Podcast,* hosted by Tanner Hewitt, D.O., Larry Wang, M.D., and Bradley Miller, M.D. Interviewed on what makes something a psychiatric illness, December 23, 2025.
- *Psychiatry Boot Camp* (podcast), hosted by Mark Mullen, M.D. Interviewed on borderline personality disorder and complex posttraumatic stress disorder, December 4, 2025.
- *Psychiatry & Psychotherapy Podcast,* hosted by David Puder, M.D. Interviewed on identity diffusion and borderline personality disorder, March 14, 2025 (delayed posting).
- *Reality Therapy* (podcast), hosted by Ryan Rogers. Interviewed on psychotherapy, psychoanalysis, and borderline personality disorder. August 26, 2025.
- *Noggin Notes* (podcast), hosted by Jake Wiskerchen. Interviewed on theoretical pluralism in psychotherapy, psychoanalysis, and psychiatric diagnosis. August 14, 2025.
- *wtf is life* (podcast), hosted by Max Kusovitsky. Interviewed on clinical and theoretical pluralism, psychiatric diagnosis in psychotherapy, and the nature of psychoanalytic interpretation. May 14, 2025.
- *#AskBhavana – The Mental Health Podcast,* hosted by Fiza Saluja. Interviewed on the relationship between psychiatry and psychotherapy, trauma, psychiatric diagnosis, borderline personality disorder, and schizophrenia, February 26, 2025.
- *Behind the Stigma* (podcast), hosted by Seiara Imanova. Interviewed on the relationship between psychiatry and psychotherapy, the psychotherapy of schizophrenia and borderline personality disorder, and pluralism in psychiatric diagnosis, January 15, 2025.
- *Psychiatry & Psychotherapy Podcast,* hosted by David Puder, M.D. Interviewed on the "special-problem patient" and borderline personality disorder, January 3, 2025.
- *Psychofarm Podcast,* co-hosted by Gregory Malzberg, M.D. Interviewed on borderline personality disorder, December 17, 2024.
- *Transforming Trauma* (podcast), hosted by Emily Ruth McIntosh. Interviewed on borderline personality disorder, October 16, 2024.
- *Seize the Moment Podcast,* "The Myth of the Medical Model of Mental Illness," hosted by Leon Garber and Alen Ulmen. April 28, 2024.
- *Thinking Mind Podcast,* hosted by Alex Curmi. Interviewed on borderline personality disorder, April 17, 2024.
- *The Love Vox* (podcast), hosted by Amynah Dharani. Interviewed on borderline personality disorder, April 16, 2024.

- *Just Help Out Mindset* (podcast), hosted by Nichole Venegas. Interviewed on borderline and narcissistic personality disorders, March 8, 2024.
- *The Circle of Insight* (podcast), hosted by Carlos Vasquez. Interviewed on borderline personality disorder and schizophrenia, March 6, 2024.
- KMUD (radio station in Garberville, California). Interviewed on psychotherapies for depression, July 31, 2023.
- *The Carlat Psychiatry Report,* interviewed by Chris Aiken, M.D., on the psychotherapy of schizophrenia, July 18, 2023.
- KPFA (radio station in Berkeley, California). Interviewed on psychotherapies for depression, July 1, 2023.
- *Why Do We Do That?* (podcast), hosted by Ryan Moyer. Interviewed on the psychoanalytic theory and therapy of schizophrenia, October 23, 2022.
- History Hit (U.K. podcast), *Patented: History of Inventions,* hosted by Dallas Campbell. Interviewed on the history of Prozac and antidepressants, May 10, 2022.
- MSNBC, *Velshi & Ruhle,* hosted by Ali Velshi and Stephanie Ruhle. Interviewed on untreated severe mental illness and violence, August 16, 2019.
- American Political Radio, *The Dennis Vespi Show,* hosted by Dennis Vespi. Interviewed on narcissistic personality disorder, March 31, 2019.
- WCTI-TV (ABC affiliate in eastern North Carolina). Interviewed on gambling addiction, December 5, 2013.

Consultation Group

Consultation Group for Clinicians Working with Individuals Experiencing Psychotic States, co-hosted (2022–2024; 2025–present) with Joel Kanter and Brian Ngo-Smith (2022–2023), American Association for Psychoanalysis in Clinical Social Work, January 2022–present.

Miscellaneous

- Developer, Borderline Personality Disorder Inventory (BPD-I), a screening tool for borderline personality disorder
- Co-Developer, with Ronald W. Pies, M.D., Psychopathology Refracted into Seven Modalities (PRiSM), a psychiatric diagnostic instrument
- Qualified and served as an expert witness in U.S. state and federal court proceedings
- Contributor to Psych Central (2017–2019) and Mad in America (2017)
- Certificate in Epidemiology in Public Health Practice (a five-course specialization), Johns Hopkins University via Coursera, March 27, 2020.
- Licensed thoroughbred racehorse owner, State of Florida (2022–present)
- Nominated by psychiatrist colleague for New Employee of the Year, Western Psychiatric Institute and Clinic of UPMC, 2013.
- Selected by the University of Pittsburgh Department of Psychiatry Research Day Committee to present original research at the department's annual Research Day, 2013.

Interests

Psychoanalytic theory and psychotherapy; the history of psychiatry, particularly mid-twentieth century American psychiatry; psychiatric nosology and classification; psychodynamic treatment of schizophrenia, borderline personality disorder, mood disorders, and psychosomatic conditions; communication dilemmas and double binds in personality pathology; psychotic symptoms in borderline personality disorder.

Psychiatry Residents Supervised (Psychotherapy Supervision)

Wesley Roach, D.O., PGY-4, University of Central Florida (2026–2027)
Kruti Merchant, D.O., PGY-3, University of Central Florida (2026–2027)
Timothy Le, M.D., PGY-4, University of Central Florida (2025–2026)
Megan Dunn, M.D., PGY-3, University of Central Florida (2025–2026)
Michael Hale, M.D., PGY-4, University of Central Florida (2024–2025)
Ebrahim Payberah, M.D., PGY-3, University of Central Florida (2024–2025)
Derek Lanuto, M.D., PGY-3, University of Central Florida (2023–2024)
Monica Arias Garcia, M.D., PGY-3, University of Central Florida (2022–2023)
Dhara Shah, M.D., PGY-4, University of Central Florida (2021–2022)
Michael Manasterski, M.D., PGY-2, University of South Florida (2017–2018)
Steven Gunther, M.D., PGY-2, University of South Florida (2016–2017)
Ankita Patel, M.D., PGY-2, University of South Florida (2015–2016)

Social Work Interns Supervised (Brandon Regional Hospital)

Danielle Delaine, M.S.W. student, University of South Florida (2018–2019)

Thesis and Dissertation Committees

Amirhassan Javadi, Ph.D. student, counseling psychology, Cleveland State University (2025–present)
Aliaa Arkaz, master's thesis, Kafr El-Sheikh University (Egypt) (2026–present)

References

Available upon request