

Dr Charles Parker

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CURRENT

- CorePsych | www.corepsych.com
- Speaking | www.drcharlesparker.com
- CoreBrain | www.corebrain.org
- PSA | www.parkerschlichterandassociates.com

Keyword: Critical Thinking

Perspective: Excellent mind-science does provide remarkable new insights, and psychiatric medications do improve lives everyday. But too often confusing treatment objectives on many levels result in protracted treatment failure over time. Therefore, it's time to shift beyond the automatic use of superficial labels and use critical thinking to apply fresh, biological, neuroscience data points for improved outcomes and greater treatment predictability. Neuroscience evidence changes thinking.

Most of the mistakes in thinking are inadequacies of perception rather than mistakes of logic. ~ Edward de Bono

EDUCATION

- Psychoanalyst: Philadelphia Association of Psychoanalysis. 1972 –1979, Completed training: Adult Psychoanalysis
- Child Psychiatry Fellowship: 1972 - 1974: Hahnemann Medical College and Hospital, Philadelphia, PA.
- Adult Psychiatry Residency: Albert Einstein Medical Center, 1970 –1972, Philadelphia, PA.
- General and Rotating Psychiatric Internship: Albert Einstein Medical Center, 1969 – 1970, Philadelphia, PA.
- Medical Internship: Metropolitan Hosp. Grand Rapids, Mich., 1968-1969
- Philadelphia College of Osteopathic Medicine, 1964 – 1968, Philadelphia
- BS, Major Biology, Minor English, Westminster College: Fulton, MO., 1964
- Culver Military Academy: Culver, IN., High School, 1960
- Eagle Scout & God and Country Award, Boy Scouts of America, circa 1958

BOARD CERTIFICATIONS

- American Board of Psychiatry and Neurology; Adult Psychiatry, #14307

- 1975 to Present
- American Board of Psychiatry and Neurology; Forensic Psychiatry #565
– 1998 to 2008, Inactive
- American College of Forensic Examiners; Forensic Examination, #10124
– 1997 to 2007, Inactive
- American Society of Addiction Medicine: Board Certified 10 years,
Inactive

LICENSED

- Nuclear Regulatory Commission [NRC]: Management of Radioisotopes -
for use in Nuclear Medicine – 2003 to present, in compliance with 10
CFR 35 by Medical Licensing Branches U.S. NRC License: 45-30881-01
- Authorized User and Radiation Safety Officer approved by the NRC,
Radioactive materials.
- Virginia Board of Medicine: 0102026059
- California Board of Medicine: 20A11149 - Inactive

PROFESSIONAL ASSOCIATIONS

- CorePsych Treatment Systems, Neuroscience Consultant: SPECT Brain
Imaging, Biomedical Assessments, Systems Medicine, '06 to present,
- Amen Clinic DC Cofounded, Chief Psychiatrist, SPECT Brain Imaging,
Selected the Team, Developed and managed that Reston/DC office: '03 -
'07 Psychiatric nuclear medicine with Daniel Amen, the world's thought
leader on SPECT brain imaging applications.
- Parker, Schlichter and Associates, Medical Director, Virginia Beach, VA
1982 to present
- American Medical Association
- Society for Neuroscience
- Virginia Medical Association
- Virginia Psychiatric Association
- American Psychiatric Association, #030415, Life Member

MEDICAL STAFF AFFILIATIONS

- Virginia Beach General Hospital (Courtesy)

FORMER ADMIN HOSPITAL APPOINTMENTS

- Executive Medical Director; Peninsula Psychiatric Hospital, Hampton,
VA; 1990 - Oct.1992
- Medical Director: Dependency Programs, Peninsula Hospital, Hampton,
VA; 1987 – 1990
- Medical Director: Perspectives Impaired Professional Program, 1987 –
1988
- Clinical Director of Adolescent Psychiatry: Peninsula Hospital, 1981-
1987

- Chief of Staff: Norfolk Psychiatric Center, Norfolk, VA, 1980 - 1981

FORMER TEACHING

- Visiting Professor, Dept. Psychiatry, Naval Medical Center Portsmouth, Virginia 2003
- Instructor: Eastern Virginia Medical School, Psychiatric Clerkship; 1987 – 1992
- Instructor: U.S. Navy Department of Psychiatry, Portsmouth, VA, T-Group therapist for psychiatric residents; 1974 – 1980
- Instructor: "Identification and Management of Behavioral Problems in the Classroom" for Old Dominion University, Norfolk, VA; 1980 – 1981
- Instructor: "Psychoanalytic Theory" for residents and Doctoral Fellows at Eastern Virginia Medical School; 1977 – 1980

MEDICAL PRESENTATIONS – Virtual

- Women's Gluten Summit: Jennifer Fugo '14 www.glutenfreeschool.com
- Reality Changes ADHD Diagnosis and Treatment, 6 hr. '13 CN and USA
- ADHD Medication Precision: 6 hr. to Coaches '12 – International audience
- Reality and ADHD: Multiple presentations: through *Shindig* software in NYC, *and Adobe Connect* for other programs.
- Radio and Television Regarding ADHD and Meds (More Than 20) including Salt Lake City, Ireland and UK, PA, FL, TX,
- Video and Interviews: Jeff Copper at ADHD '12-14' www.attentiontalkradio.com
- YouTube Over 40 Specific Videos & Playlists: <http://youtube.com/drcharlesparker>

PRESENTATIONS: KEYNOTE, PROGRAMS AND CONSULTATIONS

- Maritime Officers Union: Mind Health Evolves, 1 Day: FL '13
- Conference, Half Day Presentation: "Neuroscience for Everyday Practice" Psychotherapy Networker, Washington DC, March '08.
- Conference, All Day Presentation: "Neuroscience and Addictions" International Institute for Trauma and Addiction Professionals [IITAP], Scottsdale AZ, February '08, Guest of Dr Patrick Carnes
- Conference, Half Day: "The Brain and Office Practice" Psychotherapy Networker, Washington DC, March '06.
- Conference, Half Day: "The Biology of Reactive Attachment Disorder: SPECT and Clinical Findings" National aTTACH [RAD] Annual Meeting, Richmond VA, August '04.
- Conference, All Day Presentation "Beyond Co-Dependency" Perspectives in Canada, Toronto, Canada; June, '91
- Conference, All Day Presentation "The Courage to Change: Contemporary Issues in Recovery" Southeast Regional Conference at Southeast Missouri State University, August '98

- Keynote/Consultation "Program Development" The design and management of chemical dependency programs in a general hospital setting, One Day Presentation/Consultation with Midland Hospital, Papillion, NE; '89
- Keynote and Program "Addictions: Beyond Chemical Dependency" Half-Day Conf., Elkhorn Recovery Center, Sun Valley, ID; March '89
- Keynote and Program "Deep Recovery: What to do When You're Stuck in the Process" Half-Day Conf., Cypress Hospital, Lafayette, LA; March '92
- Keynote and Program "New Directions in Recovery" Annual State Meeting of Substance Abuse Counselors, Half-Day Conf., Lafayette, LA; April '93
- Keynote "Deep Recovery: The Next Step" 5th Annual Northwest Conference on Addictions, Seattle, WA; May '92
- Keynote Governor's Conference on Substance Abuse: The Caribbean Inter-Island Conference, Grand Cayman Island; '91
- Keynote "Patterns - Recovery Challenges through Generations" Children at Risk Conference, June 21, '96 - VA Hospital, Hampton, Virginia
- Keynote "The Simplicity of the Recovery Process" Annual St. Croix Social Worker Meeting – Government of Virgin Islands, St. Croix, USVI; March '94
- Workshop "Affirmative Relationship Recovery" 5th Annual Northwest Conference on Addictions, Seattle, WA; May 1992

MEDICAL PRESENTATIONS – On site, since the mid '80s.

- "Evolution of Coaching" ACO National, Phoenix '14
- Old Dominion: Nurse Practitioners, Psychopharmacology, Multiple Sites through their internal broadcasting: Nursing and Psych Meds Nov. '13.
- "Understanding the Science of ADHD Meds" ADDA, Detroit, '13
- "Why Medical Partnerships" ACO National Coaches, Atlanta '13
- "ADHD Medication Precision" ACO National ADHD Coaches Organization - Atlanta, '12.
- "Neurotransmitters and New Brain Science" Multiple 1.5-2 hr. Neuroscience Inc., Presentations on evidenced based biomedical evaluations Neurotransmitters, Immunity, Hormones and Office Practice- San Francisco, Baltimore, DC, Louisville, Northern Va, Va Beach, Denver 2010-12
- "The Impulsive Brain: ADHD, Bipolar, Brain Injury and Addictions" All Day Program Old Dominion University, Continuing Ed, 2009 – on video
- "Brain Evidence 2009: Translating Neuroscience into Practice" LifeBridge Diagnostic Center for SPECT Imaging, Melbourne, FL, May 2008 & May 2009.
- "Brain, Neurotransmitters and Evidence," Food as Medicine Conference, Kripalu Yoga Center, Western MA. March, 2012
- "Neuroscience and Psychiatry 2006," Food as Medicine National Meeting,

- Baltimore MD: June 2006.
- "Treating the Crack Cocaine Addict" Gulf Pines Hospital, Houston, TX; March 1992
 - "Helping the Inner Child Grow Up" HCA Valley Hospital, Chattanooga, TN; February 1992
 - "Substance Abuse and the Family Practitioner" West Virginia School of Osteopathic Medicine Summer Seminar, Nags Head, NC; July 1991
 - "Helping the Ordinary Child to Feel Extraordinary" Public Seminar, Virginia Beach, VA; October 1990
 - "Depression and the Inside Track to Happiness" Public Seminar, Hampton and Virginia Beach, VA; October 1990
 - "Bedroom to Boardroom: Relationships" Public Seminar Series, Hampton and Virginia Beach, VA; May - June 1990
 - "Sex, Drugs and Booze" Public Seminar, Virginia Beach, VA; November 1989
 - "Eating Disorders" Public Seminar, Hampton, VA; September 1989
 - "Adolescent Substance Abuse, Pattern Recognition" International Academy of Adolescent Psychiatry, Paris, France, July 1982
 - "Identification and Management of the Impaired Athlete" Presented to coaching staff, Old Dominion University, Norfolk, VA
 - "Addictions in the Health Profession" Presented to Old Dominion University Nurse Practitioner Conference; May 1989
 - "Addictions Revisited" Presented at the Annual Mid-Atlantic Conference of the Virginia Council of Nurse Practitioners, Norfolk, VA; April 1989
 - "What Am I Doing Here? - Discovering your problem" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; October 1992
 - "How to Use the Hospital: The ins and outs of the programs" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; October 1992
 - "Reality: Your best teacher" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; October 1992
 - "Pain: Your own lesson plan" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; October 1992
 - "Feelings: Another path to self-discovery" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; November 1992
 - "Balance: The art of self-management" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; November 1992
 - "Control: The addictive pathway" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; November 1992
 - "Boundaries: Tending your garden in recovery" Virginia Beach Psychiatric Center; Virginia November 1992
 - "Codependency: Deeper insight into the labels." Virginia Beach Psychiatric Center; Virginia December 1992
 - "Enabling: The difficulty with caring too much" Virginia Beach

- Psychiatric Center; Virginia December 1993
- "Dysfunctional Families: How to use your childhood experience" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; December 1993
 - "Dual Diagnosis: Beyond chemical dependency" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; January 1993
 - "Coping: Dealing with every day life" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; January 1993
 - "Bipolar: A clinical review" Public Seminar at Virginia Beach Psychiatric Center; Virginia Beach, Virginia; January 1993
 - "New Directions in Recovery: A quick review of what's new" Public Seminar Virginia Beach Psychiatric Center; Va Beach, 1993
 - "Identification of Mood Disorders and Current Treatment Approaches" OB-GYN Practitioners, Virginia Beach, VA; October 1997
 - "Management of Depression" First Colonial Family Practice Didactic Update, Virginia Beach, VA; December 1997
 - "New Developments in the Treatment of Attention-Deficit Disorder" Tidewater Pediatric Consultants; December 1997, Norfolk Pediatrics Associates, January 1998
 - "Identifying and Treating Depression with the New Antidepressants" 1998-2000 Presented at more than 200 Family Practice and Internal Medicine Medical Groups in the cities of Norfolk, Chesapeake, Waverly, Suffolk, Va. Beach, Hampton, and Richmond – Many years.
 - "Meta-analysis, Clinical Findings, and Relevancy of the Cytochrome P450 System" 2001-2004 Circa 150-200 presentations on this subject to various psychiatric and medical groups in Virginia, DC, Philadelphia, PA, Williamsport PA, New York City, Dallas, San Antonio, Corpus Christi, Brownsville, Chicago, Boston, Atlanta, Roanoke VA, and others.
 - "Anxiety and Hypervigilance: Subsets of ADHD Spectrum Disorders" and "Side Effects...? Predictable Outcomes with Stimulant Medications" Multiple national venues: 1997 – to 2012:
 - - Over 1000 On-site Presentations to pediatricians, child psychiatrists, and other medical and mental health professionals, Richmond VA, Norfolk, Va Beach VA, Blacksburg VA, Charlottesville, Harrisonburg VA, Alexandria, Chevy Chase, DC, Phila, Harrisburg, Pittsburg, NYC, Boston, Portland ME, Manchester NH, Portsmouth NH, Tampa, Miami, Orlando, Panama City, Fort Myers, Atlanta, Seattle, Tacoma, Aberdeen WA, Portland OR, San Diego, La Jolla, Newport Beach CA, Los Angeles, Chicago, Calumet City Il, Gary IN, South Bend IN, Minneapolis, St. Paul, Oklahoma City, Tulsa, Chattanooga, Nashville, Augusta GA, Raleigh-Durham, Columbia SC, Biloxi MI, Fargo ND, Grand Forks ND, Green Bay WI, Baltimore, Indianapolis, Cincinnati, Cherry Hill NJ, Red Bank NJ, Charlotte NC, Omaha, Hartford, New Haven, Princeton, Mobile, Providence RI, Springfield MA, Detroit, Hyannis MA, Memphis, Jackson

- TN, Nags Head NC, and many others. 1997 – 2012:
- - 400 + Teleconferences Meetings (e. g. Johns Hopkins Dept. of Pediatrics), and with numerous medical practices on these urgent psychopharmacologic matters - many in distant sites such as Alaska, Wyoming, Idaho etc.

FORENSIC PRESENTATIONS- WORKSHOPS

- "Psychological Aspects of Employee Litigation: For the Plaintiff and the Defense" Virginia Bar Association, Homestead, Warm Springs, VA; October 1996
- "Precision in Diagnosis: Science and Psychobabble in Psychiatric Testimony" Judge Advocate General's Corps, Annual Defense Training Stand Down, Norfolk Naval Station, Norfolk, VA; October 1997
- "Psychiatric Consultation for Forensic Case Preparation: Practical Observations for Strategy and Formulation" Judge Advocate General's Corps, Annual Defense Training Stand Down, Norfolk Naval Station, Norfolk, VA; October 1997
- "New issues in Employment Litigation" National meeting of American Board of Forensic Examiners, Del Coronado Hotel, San Diego, CA; December 1997
- "The Identification and Management of Mood Disorders and Attention-Deficit Disorder" National meeting of American College of Forensic Examiners, Del Coronado Hotel, San Diego, CA; December 1997

MEDIA PROGRAMS

- *Straight Talk*: Cable TV Series: Channel 27 Norfolk, Hosted and interviewed/reported on recovery topics with selected guests. ~ 1982
- Multiple local and national television nationally including CBN in Hampton Roads: Topical Issues - Recovery, Addictions, Biomedical Insights, The Evolution of Mind Science and Brain Applications in Office Recovery Practice.
- Multiple Radio Programs: Interviewed on *ADHD Medications: The Nonsense of Non-Science*: e.g. Coffee Klatch, NYC, ADHD Radio, FL,

PUBLICATIONS:

- *CorePsych*: Started Dec '06, Writing Awards for Brain, ADHD, Parents of ADHD Children, Neuroscience, www.corepsych.com Documents new brain science applications for both public and professionals. Over 400 articles at CorePsych. Critical Thinking Page: <http://www.corepsych.com/critical>
- *Parker, Schlichter and Associates Website and Newsletter*: www.parkerschlichterandassociates.com for our remarkable team in Va. Beach who provide coaching, therapy, EMDR, Neurofeedback, custody consultations, for children, adolescents and adults. Our mission: Make Every Meeting Matter. Concern, compassion, and right action are in.

TRAINING SITE

- CoreBrain <http://www.corebrain.org> Brain Science | Common Sense. Our coaching/training site delivers virtually the latest brain information to specific groups.

JOURNAL ARTICLE:

- Parker, NW, and Parker, CE: *Case Report: Trichotillomania: Apparent 2D6 interaction with amphetamine and paroxetine*, Journal of Primary Psychiatry: Sept '05

BOOKS:

- ***Deep Recovery: How to Use Your Most Difficult Relationships to Find Out Who You Are*** - Hawkeye Press, 1992 (2nd Ed) The only book available in the days of abundant codependency labels that spells out in detail the interface between real life circumstances, self management, and personal recovery from repetitive counterproductive patterns in relationships. <http://bit.ly/deeprecovery>
- ***New ADHD Medication Rules: Brain Science and Common Sense*** – (3rd Ed), Koehler Books, Va. Beach 2012. The only book currently available that describes in detail the multiple reasons for the confusion so prevalent with ADHD medications – with specific directions on how to use them, for the public to understand and use with medical supervision. A best seller at Amazon since first publication: <http://bit.ly/ruleswork>

SOCIAL NETWORK LINKS

- <http://www.about.me/drcharlesparker>

MY PERSPECTIVE

Utilitarian biomarkers for brain function, similar to cholesterol or blood lipids in medicine, continue to offer opportunities for the evolution of mind-care. Valuable data on neurotransmitters, immune challenges, hormones, trace elements and heavy metals provide fresh biomedical data points. Improved assessment tools encourage progress with psychiatric treatment. The public actively seeks improved assessment tools and updated, data driven interventions.

Neuroscience lessons learned in the context of highly prevalent and often misunderstood diagnostic conditions such ADHD will ultimately change the way psychiatric care is rendered across the spectrum of unbalanced brain functions. We have to start somewhere.