

Curriculum Vitae

James H. Lake M.D.

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Education Residency in Psychiatry, Stanford University Hospital, 6/93-6/96
Internship, San Mateo County General Hospital, 6/92-6/93
M.D., University of California, Irvine, College of Medicine, 8/87-6/92
B.A., Stanford University, Slavic Languages and Literatures, 6/78
B.A., Stanford University, Human Biology with Honors, 6/78
Translator's Certificate in Russian, 6/78

Language proficiency Spanish, Russian

Professional Certifications and affiliations

Chair, International Network of Integrative Mental Health
2010-2013
Co-chair, Working group on integrative mental health,
Consortium of Academic Healthcare Centers for Integrative
Medicine, 2009-2012
Adjunct Clinical Assistant Professor, Dept of Psychiatry
And Behavioral Sciences, Stanford 2006-2010
Visiting Clinical Assistant Professor, Department of
Medicine, Arizona Center for Integrative Medicine,
University of Arizona College of Medicine, Tucson, AZ,
2007-present
Diplomate, American Board of Psychiatry and Neurology
2000; passed Maintenance of Certification Exam 2010
Founder and Chair, APA Caucus on Complementary,
Alternative and Integrative Medicine 2003-2010
Member, American Academy of Pain Management, 1999-
Member, APA Task Force on Complementary, Alternative
and Integrative Medicine, 2006-
Member, Society for the History of Medicine, 2003-
Editorial Review Board, Alternative Therapies in Health
and Medicine, 2001-
Editorial Review Board, Journal of Alternative and
Complementary Medicine 2005-

Employment History

Staff psychiatrist, The Permanente Medical Group,
Oakland (9/2015-10/2016); Watsonville (1/2017-present)
Staff psychiatrist, V.A. Clinic of Monterey, CA, 2013-2014
Private Practice, Monterey, CA, 2000-2013
Staff Psychiatrist, Student Health Center, California
State University Monterey Bay, 2010-2013
Staff Psychiatrist, Community Hospital of Monterey

Peninsula, 1998-2001
Attending Physician, Stanford University Hospital, 1998-2000
Staff Psychiatrist, The Permanente Medical Group, Redwood City, CA., 1996-97
Consultant or research analyst 1978-1986; developed technology and market forecasts on semiconductors, telecommunications and computers. Employers included SRI International and Hitachi Semiconductor.

CME certifications *(detailed course information available on request)*

Peer-reviewed Articles and Chapters

Lake, J., Integrating biomedicine and Asian healing traditions in mental healthcare, Ch 14, in Asian Healing Traditions in Counseling and Psychotherapy, Sage (in press).

Lake, J. and Mason, T., Innovations in collaborative care and integrative medicine are shaping the future of mental healthcare, The Permanente Journal (in press)

Lake, J. The evolution of a predisposition for the near-death experience: implication for non-local consciousness, Jour of Nonlocality special issue on Psi and non-local mind, Vol 5, No 1, 2017.

Lake, J. The Near-death experience: implications for neuroscience and non-local consciousness, Jour of Nonlocality special issue on Psi and non-local mind, Vol 5, No 1, 2017.

Lake, J. Complementary, Alternative and Integrative Approaches in Mental Health Care, Ch. 31.4, pp. 2532-2554, in Kaplan & Sadock's Comprehensive Textbook of Psychiatry, 10th Edition, Lippincott Williams & Wilkins, 2017.

Lake, J., The Near-Death Experience: A Testable Neural Model, Psychology of Consciousness: Theory, Research and Practice 4(1), 115-134. March, 2017.

Lake, J. CAMs and the Future of Mental Health Care (introduction to special issue on CAM and mental health care), Psychiatric Times, Nov, 2016.

Lake, J. Integrating Biomedicine and Asian Medicine: Challenges and Opportunities, (CME article) Psychiatric Times, Dec, 2016.

Lake, J., The Integrative Management of PTSD: A Review of Conventional and CAM Approaches used to Prevent and Treat PTSD with Emphasis on Military Personnel, Advances in Integrative Medicine, Vol 2, issue 1, April 2015, pp. 13-23.

Lake, J., Bipolar Ch 36, in *Clinical Naturopathy: An Evidence-based Guide to Practice*, 2nd edition, Eds. Sarris & Wardle, 2014, Churchill Livingstone, Australia.

Lake, J., ADHD, Ch 37, in *Clinical Naturopathy: An Evidence-based Guide to Practice*, 2nd edition, Eds. Sarris & Wardle, 2014, Churchill Livingstone, Australia.

Lake, J., A Review of Select CAM Modalities for the Prevention and Treatment of PTSD, *Psychiatric Times*, Nov 2014.

Lake, J. Toward a model of consciousness: philosophical problems and questions guiding a way forward, *Jour of Nonlocality*, Vol 3, no 1, June 2014.

Sarris, J., Glock, R., Hoenders, R., Duffy, J., Lake, J., *Integrative Mental Health White Paper: Establishing a New Paradigm through Research, Education and Clinical Practice*, *Advances in Integrative Medicine*, January 2014, Volume 1, Issue 1, pp. 9–16.

Lake, J., Benefits of CAM Therapies for Dementia, *Psychiatric Times*, May, 2013.

Lake, J., Spirituality and Religion in Mental Health: A Concise Review of the Evidence, (CME article) *Psychiatric Times*, March 2012.

Lake, J., Heerman, C., Sarris, J., *Integrative Mental Health: Paradigm, Research and Clinical Practice*, *Explore, the Jour of Science and Healing*, Feb, 2012.

Lake, J., The Future of Mental Health Care: Toward an Integrative Paradigm, chapter 23, in *Mental Illness: Evaluation, Treatments and Implications*, ed. L'Abate, Jan, 2012, InTechOpen.

Lake, J., Initiatives in Integrative Mental Health, *Psychiatric Times*, June, 2012.

Lake, J., Augmented Cognition to Enhance Human Sensory Awareness, Cognitive Functioning and Psychic Functioning: A Research Proposal in Two Phases, *Jour Non-locality*, Dec, 2012.

Lake, J. Expanding the Paradigm in DMILS/HI Research: a Proposal in Four Phases, *Jour of Nonlocality*, vol 1, no 1, 2012.

Sarris, J., Lake, J., *Mental Health and Complementary and Alternative Medicine*, Ch 9, in *Traditional, Complementary and Integrative Medicine*, 2012, Palgrave MacMillan.

Lake, J., Integrative Treatment of Bipolar Disorder: A Review of the Evidence and Recommendations, (CME article) *Psychiatric Times*, February, 2011.

Hoenders, R., Sarris, J., Lake, J., Bipolar Disorder and Complementary Medicine: Current Evidence, Safety Issues and Clinical Considerations, *J Altern Complement Med.* 2011 Oct;17(10):881-90.

Sarris, J., Kean, J., Schweitzer, I., Lake J., Complementary Medicines (herbal and nutritional products) in the treatment of Attention-Deficit Hyperactivity Disorder: A Systematic Review of the Evidence, *Complementary Therapies in Medicine* 2011 (19); 216-227.

Lake, J., Integrative Management of ADHD: What the Evidence Suggests, *Psychiatric Times*, (CME article) July 2010.

Lake, J. Attention Deficit and Hyperactivity Disorder, ch 34, *Clinical Naturopathy: An Evidence-based Guide to Practice*, Eds. Sarris & Wardle, Elsevier Australia 2010

Lake, J. Bipolar Disorder with Psychotic Symptoms, ch. 33, *Clinical Naturopathy: An Evidence-based Guide to Practice*, Eds. Sarris & Wardle, Elsevier Australia 2010

Lake, J. Complementary, Alternative and Integrative Rx: Safety Issues, *Psychiatric Times*, July 2009.

Lake, J. Natural Products Used to Treat Depressed Mood as Monotherapies and Adjuvants to Antidepressants: A Review of the Evidence (CME article), *Psychiatric Times*, Oct 2009.

Lake, J. Non-conventional approaches in mental health care. Ch 28.5 Sadock B.J., Sadock V.A., Ruiz P. eds Kaplan & Sadock's *Comprehensive Textbook of Psychiatry*, Vol. 2, 9th Ed. Philadelphia: Lippincott Williams & Wilkins, 2009: 2592-2615.

Lake, J. Non-conventional Modalities, *Psychiatric Times*, July 2008.

Lake, J. Non-conventional Approaches in Psychiatric Assessment, *Psychiatric Times*, July 2008.

Lake, J. Integrative Mental Health Care: From Theory to Practice, Part II, *Alt Ther Health Med*, 14:1; Jan/Feb 2008, 36-42.

Lake, J. Integrative Mental Health Care: From Theory to Practice, Part I, *Alt Ther Health Med*, 13:6; Nov/Dec 2007, 13(6):50-6.

Lake, J. Non-conventional and Integrative Treatments of Alcohol and Substance Abuse, (Parts I and II) *Psychiatric Times*; Feb 07; May 07.

Lake, J. Philosophical Problems in Medicine and Psychiatry (in four parts); Integrative Medicine 6:2; 40-43 Apr/May 07; 6:3; 44-47 June/July 07; 6:4;40-43 Aug/Sept 07; 6:5; 34-38 Aug/Sept 07.

Lake, J. Integrative Management of Anxiety, (Parts I and II), Psychiatric Times, Nov 2007; Jan 2008.

Lake, J. Emerging Paradigms in Medicine: Implications for the Future of Psychiatry, Explore, Sept/Oct 2007; 3:5; 467-477.

Freeman M, Hibbeln J, Wisner K, Davis J, Mischoulon D, Lake J et al Omega-3 fatty acids: evidence basis for treatment and future research in psychiatry, J Clin Psychiatr 2006; 67;1954-67.

Lake, J. Non-conventional Treatments of Dementia and Mild Cognitive Impairment (Parts I and II) Psychiatric Times, June 06; Sept 06.

Achterberg, J, Cooke, K., Richards, T., Standish LJ, Kozak L, Lake J. Evidence for correlations between distant intentionality and brain function in recipients: a functional magnetic resonance imaging analysis, J. Altern Complement Med, 2005;11(6): 965-71.

Lake, J., Integrative Management of Depressed Mood: Evidence and Treatment Guidelines (CME article) Psychiatric Times, Nov, 2005, pp. 91-97.

Lake, J. The integration of Traditional Chinese Medicine (TCM) and Western biomedicine, with emphasis on treatment of psychiatric disorders, Integrative Medicine, June 2004.

Lake, J., and Moss, D., QEEG and EEG biofeedback in the diagnosis and treatment of psychiatric and neurological disorders: an authentic complementary therapy, Biofeedback 31 (3), 2003.

Lake, J. Omega-3 essential fatty acids and Psychiatry: an overview of current theory, research and clinical applications, Integrative Medicine Consult, Jan, 2002.

Lake, J. Omega-3 Fatty Acids and Psychiatry: Theory and Practice, (CME article) Psychiatric Times, Oct, 2002.

Lake, J. Qigong, Ch. 9, Alternative and Complementary Therapies in Mental Health: Innovation and Integration, Academic Press,

Lake, J. Alternative Therapies and Integrative Medicine, Ch. 4, Handbook of Mind-body Medicine for Primary Care, Sage Publications, 2002.

Lake, J. Psychotropic Medications from Natural Products: A Review of Promising Research and Recommendations, *Alternative Therapies in Health and Medicine*, 6:3;36-60, 2000.

Books

The Integrative Mental Health Solution, Lake, J., a series of 10 self-published e-books 2015 <http://theintegrativementalhealthsolution.com/>

Integrative Mental Health Care: A Therapist's Handbook, Lake, J. W. W. Norton, New York, 2009.

Complementary and Alternative Treatments in Mental Health, Eds. J. Lake, D. Spiegel, American Psychiatric Press Inc., 2007.

Textbook of Integrative Mental Health Care, J. Lake, Thieme Medical Publishers, 2006.

Chinese Medical Psychiatry: A Textbook and Clinical Manual Including Indications for Referral to Western Medical Services, Flaws, R., and Lake, J., Blue Poppy Press, 2001.