

## Curriculum Vitae

James H. Lake M.D.

[www.IntegrativeMentalHealth.net](http://www.IntegrativeMentalHealth.net)

- 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** Part-time faculty, Saybrook University, 2013-  
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, V.A. Clinic of Monterey, CA, 2013  
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

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

**Peer-reviewed Articles and Chapters**

- Sarris, J., Glick, R., Hoenders, R., Duffy, J., Lake, J., Integrative Mental Healthcare White Paper: Establishing a New Paradigm Through Research, Education, and Clinical Guidelines, *Advances in Integrative Medicine* (in press) June, 2013.
- Lake, J., Spirituality and Religion in Mental Health: A Concise Review of the Evidence, *Psychiatric Times*, March 2012.
- Lake, J., Integrative Treatment of Bipolar Disorder: A Review of the Evidence and Recommendations, *Psychiatric Times*, February, 2011.
- 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*, July 2010.
- Lake, J. Attention Deficit and Hyperactivity Disorder, ch 34 in *Clinical Naturopathy: An Evidence-based Guide to Practice*, Eds. Sarris & Wardle, Elsevier Australia 2010
- Lake, J. Bipolar Disorder with Psychotic Symptoms, ch. 33 in *Clinical Naturopathy: An Evidence-based Guide to Practice*, . Eds. Sarris & Wardle, Elsevier Australia 2010
- 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. In: Sadock B.J., Sadock V.A., Ruiz P. eds *Kaplan & Sadock's Comprehensive Textbook of Psychiatry*, Vol. 2, 9<sup>th</sup> Ed. Philadelphia: Lippincott Williams & Wilkins, 2009: 2592-2615.
- 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, 50-56.
- 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 Dec; 11(6): 965-71.
- Lake, J., Integrative Management of Depressed Mood: Evidence and Treatment Guidelines (Nov 2005), *Psychiatric Times*, 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,” *Psychiatric Times*, Oct, 2002.
- “Qigong,” Ch. 9 in Alternative and Complementary Therapies in Mental Health: Innovation and Integration, Academic Press, 2002
- Lake, J. Alternative Therapies and Integrative Medicine, Ch. 4 in 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

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