**Stephen V. Sobel, M.D., Inc.**

***Diplomate, American Board of Psychiatry & Neurology***

***Qualified Medical Evaluator***

***Ph. (858) 292-0567 Fax (858) 292-0143***

***3760 Convoy Street, Suite 118 1207Carlsbad Village Drive,Suite"R"***

***San Diego, California 92111 Carlsbad, California 92008***

***Certifications:*** *Diplomate, American Board of Psychiatry and Neurology*

*California License No.: G052545*

*Qualified Medical Evaluator, State of California*

*Division of Industrial Accidents, Ind. Med. Council # 913671*

***Professional Credentials:***

*1986 - Present Private Practice of Adult and Adolescent Psychiatry,*

*specializing in the psychotherapeutic and pharmacologic*

*treatment of Depression, Anxiety, Panic, Bipolar Disorder, Anorexia,Bulimia, ADD, Chemical Dependency, and Behavioral Medicine with twenty-eight years of experience in the evaluation and treatment of Industrially-Related Psychiatric Disabilities (AME/QME).*

*Offices in San Diego and Carlsbad, California.*

*11/5/2012 Author. “Successful Psychopharmacology: Evidence-Based Treatment Solutions for Achieving Remission – A Guide for Physicians, Mental Health Professionals, and Their Patients.” W. W. Norton & Company.*

*2007 Honored as “Teacher of the Year” by the United States Psychiatric and Mental Health Congress.*

*2001 - Present Clinical Instructor, University of California, San Diego School of Medicine.*

*2003 - Present Consulting Psychiatrist, NFL San Diego Chargers and NFL Player Assistance Program.*

*1997 - Present Medical Director, Advancing Solutions Medical Research Institute.*

*1996 - 1998 Principle Investigator in Psychiatry, The Health Advance Institute.*

*1986 - Present Lecturer on Psychiatric Issues throughout the United States,*

*including diagnosis, anxiety, depression, panic, OCD,*

*eating disorders, psychopharmacology and treatment*

*within the managed care system - see attached list.*

*1995 - Present Expert Medical Reviewer, Medical Board of California*

*1990 - Present Guest Lecturer, U.C. San Diego School of Medicine*

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***Resume******- Stephen V. Sobel, M.D. Page 2***

*1989 - 1991 Chief of Staff*

*Charter/Alvarado Parkway Institute*

*La Mesa, California*

*1986 - 2005 Consulting Psychiatrist, Student Counseling Center*

*University of San Diego*

*San Diego, California*

*1986 - 1989 Educator, Graduate Department of Psychology*

*San Diego State University*

*(Psychiatric Diagnosis and Psychopharmacology)*

*1993 - 1996 Chairman, Wellness Committee,*

*CPC San Luis Rey Hospital*

*Encinitas, California*

*1986 - 1995 Medical Director, Eating Disorders Treatment Program*

*Charter/Alvarado Parkway Institute*

*La Mesa, California*

*1988 - 1991 Member of Executive Committee,*

*Chairman of the Case Management Conference*

*Charter/Alvarado Parkway Institute*

*La Mesa, California*

*1989 Member of the Internal Medicine*

*Special Services Supervisory Committee*

*Charter/Alvarado Parkway Institute*

*La Mesa, California*

***Education:***

*1983 - 1986 Residency, Department of Psychiatry, University of California*

*San Diego, California*

*Special Advanced Training in Consultation, Liaison and*

*Emergency Psychiatry*

*98th Percentile Psychiatric Residents in Training*

*Examination (PRITE)*

*Supervision of Residents in Emergency Room*

*Special Liaison to Departments of Neurology and Nephrology*

*1982 - 1983 Internship, Department of Medicine, Georgetown University*

*Washington, D.C., Based at District of Columbia General Hospital*

*Primary responsibility for Patient Evaluation, Diagnosis,*

*Management and Treatment Rev.06/16*

***Resume - Stephen V. Sobel, M.D. Page 3***

*1978 - 1983 Vanderbilt University School of Medicine*

*Honors: Recipient of Beauchamp Award for Outstanding*

*Performance and Promise in Psychiatry*

*Advanced Training in Adult Psychiatry, St. Bartholomew’s*

*Medical Center, London, England*

*1974 - 1978 Duke University*

*B.S. in Zoology and Psychology*

*Honors: Phi Beta Kappa, National Merit Scholar,*

*Magna Cum Laude*

***Publications/Research:***

*Author. “Successful Psychopharmacology: Evidence-Based Treatment Solutions for Achieving Remission – A*

*Guide for Physicians, Mental Health Professionals, and Their Patients.” W. W. Norton & Company.*

*11/5/2012.*

*Principle Investigator, Buspirone, Protocol CN 101-095, An Open-label, long-term, safety study of Transdermal Buspirone in the treatment of Anxious Outpatients, Bristol Myers-Squibb Company, 1997-1998.*

*Investigator – “Lilly’s Emotional and Physical Symptoms of Depression Study – Cymbalta.” Eli Lilly & Company, 2003-2005.*

*Investigator, Examining Clinical Experience with Escitalopram in Depression Trial, Forrest Laboratories, 2002-2003.*

*Investigator, Citalopram HBR Clinical Experience Trial, Forrest Laboratories, 1998.*

*Co-Investigator, Wellbutrin SR, Protocol 208, An open, multi-site evaluation of Bupropion HCL Sustained Release to determine the clinical response, functional status and incidence of serious adverse events, Burroughs Wellcome Company, 1993.*

*Sobel, SV, Faiman C., Kripke DF:*

*Effect of haloperidol on sleep apnea. American Journal of Psychiatry, 142 (6): 775, 1985.*

*Sobel, Stephen V. Effective Personalized Strategies for Treating Bipolar Disorder, Psychiatric Times. Vol.*

*29 No. 8 August 2, 2012*

*Sobel, Stephen V. Psychiatric Issues: Cognitive Therapy for Anxiety and Depression, Recognizing Bipolar Disorder in Adolescence. Audio-Digest, Pediatrics, Vol. 56, Number 8, April 21, 2010.*

*Sobel, Stephen V.* *Depression and Bipolar Disorder: Practical Principles for Pharmacologic Management. Behavioral Health Trends Journal*. Vol. 18. May 2006, 7-16.

*Rev.06/16*

***Resume - Stephen V. Sobel, M.D. Page 4***

*Sobel, Stephen V.* *Anxiety Disorders: Using Medications to Maximal Advantage.*

*Behavioral Health Trends Journal*. Vol. 17. June 2005, 17-25.

*Sobel, Stephen V.* *“Psychopharmacology for the Psychotherapist.” Effective Approaches to Psychotherapy in the 21st Century Course. Mhsource.com, CME Inc., 2005.*

*Sobel, Stephen V. “Psychopharmacology of Anxiety Disorders.” Anxiety Disorders: Assessment, Diagnosis and Treatment Course.*

*Mhsource.com, CME Inc., 2005.*

*Sobel, Stephen V. “Psychopharmacology of Depression and Bipolar Disorders.” Recognizing and Resolving Depressive Disorders Across the Life Cycle Course. Mhsource.com, CME Inc., 2005.*

*Sobel, Stephen V. A Fresh Way to Manage Trauma. Current Psychiatry, 2004; 3(11), 100.*

*Sobel, Stephen V. “Eating Disorders,” CME Resource 2004 – 15 credit hour course.*

*Sobel, Stephen V. “Pharmacology of Depression and Bipolar Disorder.” Recognizing and Resolving Depressive Disorders Across the Life Cycle Course. Mhsource.com, CME, Inc., 2004.*

*Sobel, Stephen V. “Pharmacology of Psychoses and ADHD” Psychopharmacology: An Update on Current Treatment Options Course. Mhsource.com. CME, Inc,. 2004.*

*Sobel, Stephen V. Perplexing Psychiatric Problems, Audio-Digest, Family Practice, Vol. 51, Number 3, January 21, 2003.*

*Sobel, Stephen V. Are We Undertreating Depression? Audio-Digest, Internal Medicine, Vol.*

*46, Number 16, August 21, 1999.*

*Sobel, Stephen V. Anxiety and Depression: Beyond Prozac. Anxiety Disorders: The Great*

*Medical Impostor. Audio-Digest, Internal Medicine, Vol. 45, Number 20,*

*October 15, 1998.*

*Sobel, Stephen V. Discussion on Depression. Journal watch, Vol. 9, Number 13,*

*July 1, 1998.*

*Sobel, Stephen V. Obsessive Compulsive Disorder. CME Online.*

*http:/www.comevu.com, July 1998.*

*Sobel, Stephen V. Psychiatrists’ Approach to Mental Illness, Depression, Panic*

*Disorder, and OCD. Audio-Digest, Family Practice, Vol. 46, Number 8, February 8, 1998.*

*Sobel, Stephen V. What’s New in the Treatment of Anorexia Nervosa and Bulimia.*

*Http:/www.medscape.com/clinical/medscape/womens health 9/96.*

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***Resume - Stephen V. Sobel, M.D. Page 5***

*Sobel, Stephen V. Eating Disorders. Audio-Digest, Obstetrics/Gynecology,*

*Vol. 42, Number 20, October 17, 1995.*

*Sobel, Stephen V. The Multidisciplinary managed behavioral health care team model*

*guidelines for successful collaboration. Managed Behavioral Health Care, Volume II, 1994.*

***Affiliations:***

*American Psychiatric Association*

*California Psychiatric Associations*

*San Diego Society of Psychiatric Physicians*

*Multiple PPO Panels*

*References and further information/documentation available upon request.*

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**Stephen V. Sobel, M.D., Inc.**

***SELECTED LECTURES AND PRESENTATIONS***

* “Successful Treatment of Depression”

“Successful Treatment of Anxiety”

“Prevention, Adherence, and Coping with Chronic Illness”

“Suicide and Violence”

Internal Medicine for Primary Care Conference

Kauai, Hawaii 10/19/16 – 10/20/16

* “Recognizing and Successfully Treating Bipolar Disorder”

“The Keys to Successful Psychopharmacology”

Psychiatric Nursing Conference

Las Vegas, Nevada 5/6/16 – 5/7/16

* “Stop the Rollercoaster, She Wants to Get Off: Successful Treatment of Bipolar Disorder”

“Saving Lives: Suicide Assessment and Intervention”

Health Care for Women Over 40 Conference

Las Vegas, Nevada 4/11/16

* “Successful Treatment of Depression”

“Successful Treatment of Anxiety”

“Recognizing and Successfully Treating Bipolar Disorder”

“Recognizing and Successfully Treating Substance Abuse”

Internal Medicine for Primary Care Conference

Mauri, Hawaii 2/9/16 – 2/10/16

* “Successful Treatment of Depression”

“Successful Treatment of Anxiety”

“Suicide and Violence”

“Dealing with the Difficult Patient”

Neuro/Psych Medicine for Primary Care Conference

Anaheim, California 11/21/15 – 11/22/15

* “Anxiety and Panic Disorders Assessment”

“Keys to the Successful Treatment of Anxiety and Panic Disorders”

“Stop the Rollercoaster: Keys to the Successful Treatment of Bipolar Disorder”

Mental and Behavioral Health Management Conference

Las Vegas, Nevada 11/15/15 – 11/16/15

* “Successful Treatment of Depression”

“Successful Treatment of Anxiety”

The Treatment of Eating Disorders”

“Recognizing and Successfully Treating Substance Abuse”

Internal Medicine for Primary Care Conference

Paris, France 10/21/15 – 10/22/15

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**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 2**

**By Stephen V. Sobel, M.D.**

* “Putting Out the Fire: Keys to the Successful Treatment of Panic and Anxiety”

“Hungry for Happiness: Clinical Pearls for the Successful Treatment of Anorexia Nervosa and Bulimia”

Chronic Disease Management Conference:

Las Vegas, Nevada 10/8/15 – 10/9/15

* “Successful Treatment of Depression in Women”

“Successful Treatment of Bipolar Disorder in Women”

“Successful Treatment of Anxiety Disorders in Women”

Update in Women’s Health Conference:

Scottsdale, Arizona 7/18/15 – 7/19/15

Lake George, New York 6/20/15 – 6/21/15

New York City, New York 10/4/14 – 10/5/14

Martha’s Vineyard, Massachusetts 7/26/14 – 7/27/14

* “Antidepressants Won’t Work Doc,”

“The Complexity of Adult ADHD,”

“Treating Substance Abuse,”

“Dealing with the Difficult Patient.”

Neuro/Psych Medicine for Primary Care Conference:

Key West, Florida 5/15/15 – 5/16/15

Anaheim, California 6/13/14 – 6/14/14

Kauai, Hawaii 10/16/13 – 10/17/13

Washington, D.C. 8/2/13 – 8/3/13

* “Cutting Edge, Efficient Techniques for Diagnosing and Treating Depression in Women,”

“The Effective Treatment of Anxiety Disorders,”

“The Complexity of Adult ADHD.”

Internal Medicine for Primary Care Conference:

Orlando, Florida 11/29/13 – 11/30/13

* “Putting Out the Fire: The Keys to Evidence Based Effective Treatment of Panic Disorder,”

“Ending the Endless Struggle:

“The Keys to Effective Treatment of OCD.”

U.S. Psychiatric and Mental Health Congress:

Las Vegas, Nevada 10/1/13 – 10/2/13

* “Cutting Edge, Efficient Techniques for Diagnosing and Treating Depression in Women,”

“The Effective Treatment of Anxiety Disorders.”

Update in Women’s Health Conference:

San Francisco, California 9/13/13 – 9/14/13

* “Cutting Edge, Efficient Techniques for Diagnosing and Treating Depression in Women,”

“The Effective Treatment of Anxiety Disorders,”

“The Complexity of Adult ADHD.”

Internal Medicine for Primary Care Conference:

Las Vegas, Nevada 4/19/13 – 4/20/13

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**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 3**

**By Stephen V. Sobel, M.D.**

* “The Keys to Recognizing and Treating Bipolar II Disorder,” “Breaking Free: The Keys to Effective Treatment of the Obsessive-Compulsive Spectrum.”

U.S. Psychiatric and Mental Health Congress:

San Diego, California 11/10/12 – 11/11/12

* “The Treatment of Anxiety,” “Cutting Edge, Efficient Techniques for Diagnosing and Treating Depression,” “Dealing with The Difficult Patient,” “Identification and Treatment of Substance Abuse.”

Internal Medicine for Primary Care Physicians Conference:

Maui, Hawaii 10/21/12 – 10/25/12

* “The Crucial Steps to Personalized Treatment of Depression,” “Do Antidepressants Kill?” “Recognizing Bipolar Disorder in Adolescence,” “Anorexia Nervosa – Clinical Pearls for Successful Medical and Psychiatric Treatment,” “Bulimia – Clinical Pearls for Successful Medical and Psychiatric Treatment,” “The 15-Minute Cognitive Pediatrician.”

Pediatrics in the Islands…Clinical Pearls 2012 Conference:

Maui, Hawaii 7/7/12 – 7/13/12

* “Depression and Other Psychiatric Disorders in Women,”

Issues in Women’s Health Conference:

Las Vegas, Nevada 1/28/12 – 1/29/12

Laguna Beach, California 2/26/11 – 2/27/11

San Antonio, Texas 9/25/10 – 9/26/10

Las Vegas, Nevada 6/5/10 – 6/6/10

New York, New York 10/3/09 – 10/4/09

Las Vegas, Nevada 5/18/09 – 5/19/09

Las Vegas, Nevada 10/27/07 – 10/28/07

Seattle, Washington 6/16/07 – 6/17/07

Scottsdale, Arizona 10/17/06 – 10/18/06

San Francisco, California 6/26/05

Las Vegas, Nevada 10/2/04

Las Vegas, Nevada 2/14/04

Lake Louise, Alberta, Canada 7/18/03

* “Effective Personalized Strategies for Bipolar Disorder,”

“Hungry for Happiness – 7 Keys to Successfully Treat Bulimia,”

U.S. Psychiatric and Mental Health Congress:

Las Vegas, Nevada 11/7/11 – 11/08/11

* “Recognizing Depression in Daily Practice”

“All I Need is a Good Night’s Sleep”

“Psychiatric Aspects of Treating Pain,”

Stages in Women’s Health Conference:

New York, New York 12/12/10

Las Vegas, Nevada 11/14/10 *Rev.06/16*

**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 4**

**By Stephen V. Sobel, M.D.**

* “Clinical Consensus: Mood Disorders”

“Clinical Consensus: Anxiety Disorders”

“Up, Up, But Not Away: Successful Management of Bipolar Depression”

“Anorexia and Bulimia: Clinical Update for Optimal Outcomes,”

U.S. Psychiatric and Mental Health Congress:

Orlando, Florida 11/19/10 – 11/20/10

* “Women and Depression”

“Treatment of Insomnia,” Guidelines to Practice Conference:

Pasadena, California 6/11/10

* “Do Antidepressants Kill?”

“Anorexia/Bulimia–Medical and Psychiatric Approach”

“The 15-Minute Cognitive Pediatrician”

“Recognizing Bipolar Disorder in Adolescence”

American Academy of Pediatrics, California Clinical Conference:

Palm Springs, California 2/11/10 – 2/14/10

* “Major Depressive Disorders Affecting Women:”

Denver, Colorado 11/6/09

* “Clinical Consensus: Mood Disorders”

“Anorexia and Bulimia: Optimizing Clinical Outcomes”

“Stop the Rollercoaster: Successful Treatment of Bipolar Disorder,”

U.S. Psychiatric and Mental Health Congress:

Las Vegas, Nevada 11/3/09

* “The Seven Keys to Successful Co-treatment,”

U.S. Psychiatric and Mental Health Congress:

San Diego, California 11/1/08

New Orleans, Louisiana 11/19/06

Las Vegas, Nevada 11/8/05

* “Hunger for Health: Successful Treatment of Bulimia.”

U.S. Psychiatric and Mental Health Congress:

San Diego, California 11/1/08

* “Recognizing and Treating the Complexity of Bipolar Disorder,”

Advances in Primary Care Medicine Conference:

Atlanta, Georgia 10/18/08

Chicago, Illinois 10/11/08

Los Angeles, California 9/20/08

New York, New York 9/13/08

Houston, Texas 9/6/08

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**By Stephen V. Sobel, M.D.**

* “Psychotherapy: Improving Outcomes from Medication Management.”

U.S. Psychiatric and Mental Health Congress:

Orlando, Florida 10/11/07

* “Having Her Cake and Eating It To: Successful Treatment of Adult Anorexia and Bulimia.”

U.S. Psychiatric and Mental Health Congress:

Orlando, Florida 10/11/07

* “Psychopharmacology for the Psychotherapist 2007: Management of Mood and Anxiety.”

California Association of Marriage and Family Therapists (CAMFT) Annual Conference:

San Jose, California 5/18/07

* “Bingeing and the Blues: Successful Treatment of Bulimia Nervosa.”

U.S. Psychiatric and Mental Health Congress:

New Orleans, Louisiana 11/18/06

* “Making Thin Thin Enough: Successful Treatment of Anorexia Nervosa.”

U.S. Psychiatric and Mental Health Congress:

New Orleans, Louisiana 11/18/06

* “Identifying the Complex Bipolar Patient: A Practical Approach.”

Understanding the Complexity and Treatment in Bipolar Disorder Conference:

Costa Mesa, California 11/11/06

Las Vegas, Nevada 11/4/06

Universal City, California 10/28/06

Seattle, Washington 10/21/06

San Francisco, California 10/14/06

* “Overcoming Pitfalls in the Diagnosis of Bipolar Disorder.”

Confronting the Diagnostic Challenges in Bipolar Disorder Conference:

Costa Mesa, California 9/9/06

* “Improving Patient Outcomes in the Management of Comorbid Anxiety: Focus on Efficacy and Safety.”

Improving Physical and Mental Outcomes: How Anxiety Impacts Comorbid Conditions Conference:

Atlanta, Georgia 03/18/06

Washington, D.C. 03/11/06

Seattle, Washington 02/25/06

Anaheim, California 01/28/06

San Diego, California 12/10/05

Phoenix, Arizona 11/5/05

* “Stop the Rollercoaster, I want to Get Off: Successful Treatment of Bipolar Depression.”

Athens, Georgia 3/17/06

Atlanta, Georgia 3/16/06

Tacoma, Washington 2/21/06

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**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 6**

**By Stephen V. Sobel, M.D.**

* IMPACT: Insomnia Management – Providing Advances in Care and Treatment.”

Las Vegas, Nevada 12/7/05

Phoenix, Arizona 11/15/05

Seattle, Washington 10/24/05

* “Practical Principles of Psychopharmacology.”

U.S. Psychiatric and Mental Health Congress:

Las Vegas, Nevada 11/8/05

* “REACH – Redefining Approaches and Challenges in Managing Depression and Anxiety Disorders.”

In Psychiatry:

Sacramento, California 10/19/05; 4/21/05

Newport Beach, California 4/14/05

In Primary Care:

Sacramento, California 4/20/05

Newport Beach, California 4/13/05

* “Psychopharmacology for the Psychotherapist: Depression and Bipolar Disorder,”

“Psychopharmacology for the Psychotherapist: Anxiety Disorders and Insomnia,”

“Psychopharmacology for the Psychotherapist: Psychotic Disorders and ADHD.”

U.S. Psychiatric and Mental Health Congress:

San Diego, California 11/19/04 – 11/20/04

Orlando, Florida 11/6/03 – 11/7/03

Las Vegas, Nevada 10/30/02 – 10/31/02

* “From Adherence to Remission: Pharmacologic and Non-Pharmacologic Interventions for the Treatment of Anxiety.”

Maximizing Outcomes in the Management of Anxiety Conference:

Las Vegas, Nevada 9/18/04

Dallas, Texas 9/11/04

Universal City, California 7/24/04

Miami, Florida 7/10/04

* “Anxiety Disorders: Neurobiology and Comorbidities.”

Important Topics in Managing Anxiety, CBT and Pharmacology for Psychiatrists Conference, Salt Lake

City, Utah, 6/28/03.

* “Understanding the Anxious Patient.”

Important Topics in Managing Anxiety: What the Primary Care Physician Needs to Know Conference:

Las Vegas, Nevada 6/7/03

* “Beyond Sadness: Recognition and Remission of Physical and Emotional Symptoms of Depressions.” Grand Rounds, Loma Linda University Medical Center, 6/6/03.
* “Differential Diagnosis and Targeted Treatment of Anxiety.”

University of California, San Diego School of Medicine, 5/8/03.

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**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 7**

**By Stephen V. Sobel, M.D.**

* “Psychopharmacology for Psychotherapists, 2003, What you Need to Know Now.”

California Association of Marriage and Family Therapists (CAMFT):

San Jose, California 5/2/03.

* “Update on Eating Disorders.”

Grand Rounds, North Island Naval Air Station, 4/30/03.

* “Diagnosis and Treatment of OCD.”

Grand Rounds, North Island Naval Air Station, 3/5/03.

* “An Evidence Based Approach to Selecting Antidepressant Therapy.”

The Depressed Patient: A Realistic Approach to Patient Management Conference:

Austin, Texas 12/07/02

Costa Mesa, California 11/02/02

* “Psychopharmacology for the Psychotherapist.”

California Association of Marriage and Family Therapists (CAMFT) Advanced Education Workshop

Series, San Jose, California:

Redondo Beach, California 11/01/02, 1/11/03

* “Novel Approaches: Practical Implementation into the Physician’s Practice.”

The Next Generation in the Treatment of Depression Conference:

Seattle, Washington 7/27/02

Los Angeles, California 6/30/02

San Diego, California 6/01/02

* “Taking the Anxiety Out of Treating Anxiety.”

San Diego Academy of Family Physicians 46th Annual Postgraduate Symposium-Family Medicine Update,

2002:

San Diego, California 6/29/02.

* “Taking the Anxiety Out of Treating Elderly Patient’s Anxiety Disorders.”

U.S. Geriatric and Long-Term Care Congress:

Anaheim, California 6/25/02.

* “The Depression of Pain, The Pain of Depression,”

“The Anguish of Anxiety.”

Pain Management, Physical and Mental Advances Conference:

New Orleans, Louisiana 4/12/02.

* “Depression in Women.”

Issues in Women’s Health Conference:

Las Vegas, Nevada 11/23/02, 3/9/02.

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**By Stephen V. Sobel, M.D.**

* + “Current Treatment Considerations for Depression,”

“Taking the Anxiety out of Treating Anxiety.”

Internal Medicine 2002: Comprehensive Review Course:

Las Vegas, Nevada 2/10/02

Internal Medicine 2001: Comprehensive Review Conference:

San Diego, California 3/22/01

* “Dealing with the Difficult Client.”

North San Diego County Bar 1/31/02.

* “Effective Treatment of Panic, Generalized Anxiety Disorder, and PTSD.”

Balboa Naval Medical Center Psychiatry Grand Rounds, 10/12/01.

* “Biopsychosocial treatment of Adolescents and Young Adults.”
* University of San Diego Counseling Center:

9/26/01; 9/27/00; 4/12/00; 11/11/98; 2/19/97; 2/19/97; 2/28/96; 11/15/94; 11/17/93.

* “Accurate Diagnosis of Depression in Primary Care-Use of Prime MD.”

Los Angeles Air Force Base Medical Center, 9/10/01,

North Island Naval Air Station Medical Center, 5/24/01.

* “The Diagnosis and Treatment of Eating Disorders.”

Diagnosis and Treatment for the Severely Challenging Patient Psychiatric Conference:

Anchorage, Alaska 8/19/01.

* "Tailoring the Treatment of Depression to the Patient."

Challenges in Diagnosing and Managing Depression Conference:

Las Vegas, Nevada 03/31/01

Salt Lake City, Utah 03/10/01

Irvine, California 12/16/00

San Diego, California 12/10/00

Scottsdale, Arizona 11/19/00

* “Recognizing the Woman with an Eating Disorder.”

Women’s Health for the Primary Physician Conference:

San Diego, California 2/17/01

* "Anorexia and Bulimia: Evaluation and Treatment."

Women's Health Issues Course for Medical Students, University of California, San Diego

School of Medicine:

2/13/01, 2/1/00, 2/4/99, 2/26/98, 2/21/97, 1/21/96, 2/21/95, 2/22/94, 2/16/93, 2/18/92, 2/8/91, 1/25/90.

* + “Successful Treatment of Depression, Anxiety, and Panic Workshops.”

Nevada Academy of Family Physicians Annual Meeting:

Lake Tahoe, Nevada 2/5/01. *Rev.06/16*

**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 9**

**By Stephen V. Sobel, M.D.**

* "OCD and Eating Disorders: Successful Treatment of the Spectrum."

Better Treatment Strategies for Common Psychiatric Disorders Conference:

Baltimore, Maryland 10/13/00

* "Panic Disorder - The Great Cardiac Imposter."

Cardiology in Primary Care Conference:

08/12/00, 8/6/99.

* "Depression and Anxiety: Current Pharmacologic Management and Advancing Solutions."

Advances in Health Care for Women Conference:

Las Vegas, Nevada 6/23/00

* "Panic Disorder: The Great Cardiac Imposter,"

"Update in Eating Disorders."

Essentials in Primary Care Review 2000 Conference:

San Francisco, California 5/7/00.

* "Panic Disorder: The Great Cardiac Imposter,"

"Update in Eating Disorders."

Internal Medicine 2000 Conference:

3/23/00.

* "Improving Clinical Outcomes: Selecting Appropriate Therapy for Special Populations."

Practical Guidelines for Managing Depression Conference:

Long Beach, California 1/15/00.

* "Essential Psychopharmacology in the New Millennium and Beyond."

California Society for Clinical Social Work 30th Annual Conference:

Los Angeles, California 11/13/99.

* "Successful Recognition and Treatment of Depression in the Elderly."

Geriatrics Update 1999 Conference:

11/10/99.

* "Norepinephrine and Neurobiology of Depression."

California Depressive and Manic Depressive Association, 9th Annual Conference, Keynote

Lecture, 10/30/99.

* "Beating the Blues - Office Management of Depression," "Taking the Anxiety Out of Treating Anxiety." Internal Medicine 1999 Fall Program, 10/3/99.
* "Treatment of Depression - Directions in Behavioral Health."

Sponsored by the University of Wisconsin, School of Medicine, Las Vegas, Nevada,

9/21-22/99.

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**By Stephen V. Sobel, M.D.**

* "Anxiety Disorders: The Great Medical Imposter." "Prozac and Beyond: New Options in Treating Depression." Primary Care Essentials Conference, San Francisco, California, 5/16/99.
* "Beyond Prozac - New Options for Treating Depression." "Anxiety Disorders: The Great Medical Impostor." Primary Care Essentials 1999 Conference, San Francisco, California, 5/16/99.

* "The Cutting Edge Treatment of Depression, Mania and Anxiety: What the Psychotherapist Needs to Know Now!" California Association of Marriage and Family Therapists (CAMFT) Annual Conference, San Francisco, California, 5/1/99.
* "Taking the Anxiety out of Treating Anxiety."

"Are We Undertreating Depression?"

Internal Medicine Fall Program, Boca Baton, Florida, 12/4/98; San Diego, California,

10/11/98.

* "Beyond Prozac - Mental Health Treatment in the New Millennium."

California Society for Clinical Social Work, 11/6/98.

* **“**Anxiety Disorders: The Great Medical Impostor.”

Primary Care Essentials, 1998 Conference, San Francisco, California, 5/17/98.

* “Office Management of Anxiety, Panic Disorders and Depression.”

Internal Medicine 1998 Comprehensive Review Conference: 3/26/98.

* “What’s New in the Treatment of Anorexia Nervosa and Bulimia.”

Internal Medicine 1998 Comprehensive Review Conference: 3/26/98.

* “Pharmacotherapy in the Management of Depression.”

Prime Works Symposium, National Center for Advanced Medical Education.

San Diego, California 1/31/98

Reno, Nevada 1/24/98

Las Vegas, Nevada 1/23/98

Temecula, California 11/22/97

* “Focus on Depression - Diagnosis, Treatment, Patient Non-Adherence and Inappropriate Health Care System Utilization.” Directions in Behavioral Health Workshop by University of Wisconsin, School of Medicine, 12/12/97.
* Course Director, Neurology and Outpatient Psychiatry in Primary Care Conference: 10/19-22/97; 10/21-23/96; 10/16-18/95.
* “Using Prime M.D. in Your Practice - a Brief Psychiatric Diagnostic Tool.” Neurology and Outpatient Psychiatry in Primary Care Conference: 10/22/97, 10/23/96, 10/18/95.

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**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 11**

**By Stephen V. Sobel, M.D.**

* “OCD: More Common Than You Think.” Neurology and Outpatient Psychiatry in Primary Care Conference, 10/21/97.
* “Psychiatric and Behavioral Emergencies.” Essentials in Emergency Medicine and Urgent Care Conference, 10/18/97.
* “Serotonin and Beyond: Advances in the Treatment of Anxiety, Depression, OCD, etc.”

Family Medicine Update, 1997 Conference, San Diego Academy of Family Physicians

Annual Conference, 6/28/97.

* “Successful Treatment of Depression: 1997.” “Essentials in the Recognition of Anxiety and Panic.” Internal Medicine Comprehensive Review, San Francisco, California, 5/18/97.
* “Advances in the Successful Use of Anti-depressant Medications-What the Psychotherapist Needs to Know Now.” California Association of Marriage and Family Therapists (CAMFT) 33rd Annual Conference, San Francisco, California, 5/3/97.
* “Anorexia and Bulimia.”

Internal Medicine 1997 Comprehensive Review: 3/27/97.

Internal Medicine 1996 Comprehensive Review: 3/21/96.

Internal Medicine 1995 Comprehensive Review: 3/23/95.

* “Anti-Depressants: When? Which? How?”

San Diego State University Student Health Services, 3/12/97.

* “Eating Disorders in Women.” Office Gynecology and Women’s Health for the Primary Care Physician Conference: 2/13/97, 2/19/95, 2/20/94.
* “Panic Disorder: Enhancing Treatment Outcomes.”

San Diego Osteopathic Medical Association: 1/9/97.

* “Depression in the Elderly.”

Geriatrics Update Conference: 11/13/96, 11/8/95.

* “What’s New in the Treatment of Anorexia Nervosa and Bulimia.”

Neurology and Outpatient Psychiatry in Primary Care Conference: 10/21/96, 10/17/95.

* “Dealing with the Difficult Patient.” Internal Medicine Comprehensive Review: 10/1/96.

“Approach to Psychiatric Disorders in the Elderly.” Internal Medicine Comprehensive

Review: 10/1/96.

* “Obsessive Compulsive Disorder - More Common Than You Think.”

San Diego State University Student Health Services, 9/19/96.

* “Psychiatric Disability - Is It Real or Imagined?”

Sports and Occupational Medicine in Primary Care Conference: 6/12/96, 8/23/95.

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**Selected Lectures and Presentations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Page 12**

**By Stephen V. Sobel, M.D.**

* “Advances in the Successful Use of Anti-Depressants.”

California Association of Marriage and Family Therapists (CAMFT)

32nd Annual Conference: 5/4/96.

* “Approach to Psychiatric Diagnosis in Primary Care.”

Internal Medicine 1996 Comprehensive Review: 3/21/96. “Psychotropic Medications - Their Uses, Expected Behaviors and

Possible Effects.”

San Diego Department of Social Services Regional Training Center:

2/29/96, 11/2/95.

* Pharmacotherapy of Depression. Efficient Diagnosis of Psychiatric Disorders: 1/27/96, 10/24/95.
* “Psychiatric Emergencies.”

Advances in Emergency Medicine Conference: 10/15/95.

* “Advances in the Successful Use of Anti-Depressants.”

California Society for Clinical Social Workers District Meeting: 4/7/95.

* “Current Trends in the Treatment of Adolescents.”

14th Annual Conference on Adolescents, Magdalena Eche YMCA Growth and

Counseling Center: 11/15/94, 11/17/93.

* The Susan Smith Affair in South Carolina: KSDO Radio: 11/1/94, 10/24/94.
* “Psychiatric Medications for Non-Psychiatric Therapists - What You Need

to Know Now”: 3/16/94, 3/9/94, 2/4/94, 1/28/94.

* Earthquake Stress and Mental Health: KSDO Radio: 1/94.

* “Identification and Treatment of Eating Disorders.”

San Diego State University Student Health Services, 5/11/93.

* “The Role of Psychiatry in Managed Care.”

American Board of Certified Managed Care Providers Training Program: 5/8/93.

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