

Workshop Faculty Biosketches

Dan Blazer, M.D., Ph.D. Dr. Blazer is J.P. Gibbons Professor Emeritus of Psychiatry and Behavioral Sciences at Duke University Medical Center. He is also Professor of Community and Family Medicine. In addition, he is Adjunct Professor in the Department of Epidemiology, School of Public Health at the University of North Carolina at Chapel Hill. He received his B.A. from Vanderbilt University, his M.D. from the University of Tennessee, his M.P.H from the University of North Carolina, and his Ph.D. from the University of North Carolina

Following nine years in academic administration as Chair of the Department of Psychiatry and Dean of Medical Education at Duke University School of Medicine, Dr. Blazer returned to teaching, research and practice in July of 1999. In 2002-03 he was a fellow at the Center for Advanced Studies of the Behavioral Sciences at Stanford University. He is the author or editor of 37 books, author or co-author of over 220 published abstracts and over 469 peer-reviewed articles. He is also the author or co-author of over 190 book chapters. Many of the book chapters and scientific articles are on the topics of depression, epidemiology, and consultation liaison psychiatry, especially with the elderly. Dr. Blazer's research has focused on the prevalence of physical and mental illness in the elderly.

Among the honors received by Dr. Blazer are the receipt of a Research Career Development Award from the National Institute of Mental Health, listing in Who's Who in America, Who's Who in American Men and Women of Science, and the Best Doctors in America, receipt of the Honored Teaching Professor in the Department of Psychiatry, fellowship in the American College of Psychiatry and Gerontological Society of America, Distinguished Life Fellowship in the American Psychiatric Association, Distinguished Alumnus at the School of Public Health at the University of North Carolina and the School of Medicine at the University of Tennessee. He was elected to membership in the Institute of Medicine in 1995.

Dr. Blazer was a member of the Epidemiology and Disease Control Review Committee at the NIH and served as its Chairman from July, 1988-June, 1989. He is a past Chairman of the Board and President of the American Geriatrics Society and past President of the Psychiatric Research Society. He has served on many editorial boards, including the *American Journal of Psychiatry* and currently on *JAMA Psychiatry*. He served as co-editor of *Aging and Mental Health* for twelve and is the editor of *Duke Medicine HealthNews*. He was a former member of the Council on International Affairs and the Council on Aging of the American Psychiatric Association. He was a member of the Psychiatry Test-Writing Committee of the National Board of Medical Examiners and a Councilor of the American Psychopathological Association. He has chaired many committees for the Institute of Medicine including review efforts of the Department of Defense to provide adequate medical care to Persian Gulf War Veterans, Testosterone Replacement Therapy in the Elderly, Cognitive Aging, and Hearing Health Care. He is Past-President of the American Association of Geriatric Psychiatry, the Psychiatric Research Society, and past chair of the membership committee of the IOM.

Dr. Blazer has received the Walsh McDermott Award for Lifetime Distinguished Service to the Institute of Medicine, the Distinguished Service Award from the American College of Psychiatrists, the Klemeier Award from the Gerontological Association for lifetime research

in gerontology, and the Eugene Hargrove Award from the North Carolina Psychiatric Association for lifetime contributions to research in psychiatry.

Katherine Carroll Britt, PhD, MSN-IQS, RN. Dr. Britt (“Kat”) is in the School of Nursing at the University of Pennsylvania. Dr. Britt has a background in clinical dementia care and research in spirituality, religion, and health, with a specific interest in conducting research on spirituality and brain health in older adults. She has training in dementia nursing care, qualitative analysis, secondary data analysis, and spirituality and health research. Her 19 years as a registered nurse has provided her with clinical experience focused on care assessment, management, and evaluation of patient needs, including those of older adults with cognitive impairment and dementia (and that of their caregivers). As a predoctoral student, she trained as a research assistant across multiple disciplines with Dr. Kathy Richards, Dr. Karen Fingerman, Dean Alexa Stuifbergen, and Dr. Jung Kwak, gaining expertise in dementia research, examining the social and spiritual needs of older adults during COVID-19 social distancing using qualitative methods in healthy individuals, as well as in those with advanced illness including dementia and dementia caregivers. In addition, she has experience in quantitative research methods, conducting secondary data analyses in her graduate studies that have involved merging data from the Health and Retirement Study and sub-study Aging Demographics and Memory Study. This has enabled her to develop particular expertise in mixed methods, with skills in both qualitative and quantitative methodology.

Dr. Britt has received several merit-based scholarships, including research support as a Mental Health/Psychology Jonas Scholar, has been appointed as a Yale University Fellow of Religion, Spirituality, and Health, and has served as a co-leader of the Religion, Spirituality, and Aging interest group for the Gerontological Society of America. This experience has allowed her to build the science of spirituality and mental health in older adults, identifying potential protective factors (such as spirituality) for improved cognitive function and reduced neuropsychiatric symptoms. She has presented her research findings at numerous academic conferences and has given talks on spirituality and health at Yale, Harvard, and the NIH. In her postdoctoral training, she continued to build on her previous findings to identify cognitive domains and brain pathology (e.g., amyloid plaques, tau proteins) associated with spirituality in order to inform non-pharmacologic solutions to delay cognitive progression and decline in older adults.

Dr. Britt has been invited to train at the University of Michigan’s Integrative Well-Being and Inequalities (MIWI) and Johns Hopkins’ dementia disparities programs in the summer of 2023 to increase her understanding of health inequities and dementia disparities in historically underrepresented populations. By identifying modifiable risk factors that may protect against the development of cognitive impairment and dementia (such as spirituality), she hopes to improve the lives of historically underrepresented older adults at risk for cognitive impairment. Dr. Britt’s training and experience in the use of qualitative methods makes her uniquely qualified to train and mentor others in this research method, including those conducting studies in both represented and underrepresented populations.

[Note: Jill Hamilton, who was originally scheduled to provide lectures and mentoring on qualitative methods for the workshop had a scheduling conflict and will be unable to participate this year. Instead, Katherine Britt will be providing instruction on qualitative data analysis and mentoring those signed up for Dr. Hamilton during this year’s workshop]

Benjamin R. Doolittle, M.Div., M.D. Dr. Doolittle is Professor of Internal Medicine and Pediatrics at Yale University School of Medicine. He is board-certified in internal medicine and pediatrics but primarily focuses on taking care of adults struggling with addiction and HIV. In addition to treating patients, Dr. Doolittle is an ordained minister, holding an MDiv (master of divinity) from Yale Divinity School, and serves as Associate Pastor of Pilgrim Congregational Church in New Haven, CT. He is also a professor of religion and health at Yale Divinity School. Dr. Doolittle's research interests explore the relationship between medicine and spirituality, wellness, and physician burnout. Dr. Doolittle has several ongoing projects about the influence of religion on chronic disease as well as emotional coping and job stress, particularly during the COVID-19 pandemic. Dr. Doolittle has earned many accolades during his career, including the Courage to Teach award from the Accreditation Council for Graduate Medical Education (ACGME) and the Leonard Tow Humanism and Leah Lowenstein awards from Yale School of Medicine. He is also the program director of the Combined Internal Medicine/Pediatrics Residency Program at Yale New Haven Hospital. He is co-director of the Yale Program in Medicine, Spirituality, and Religion, a project which grew from his experience at Dr. Koenig's "Boot Camp." One of Dr. Doolittle's areas of expertise is "The Care-Giver's Soul: Burnout, Spirituality, and Coping among Physicians & Ministers," which he focuses on during the workshop.

Warren Kinghorn, M.D., Th.D. Dr. Kinghorn is a psychiatrist and theologian whose work centers on the role of religious communities in caring for persons with mental health problems and on ways in which Christian communities engage practices of modern health care. Jointly appointed within Duke Divinity School (Associate Research Professor of Psychiatry and Pastoral and Moral Theology) and the Department of Psychiatry and Behavioral Sciences of Duke University Medical Center (Associate Professor of Psychiatry), he is a staff psychiatrist at the Durham VA Medical Center and core teaching faculty member of the Duke Psychiatry Residency Program. Within the Divinity School, he works closely with students and faculty members interested in exploring the ways in which theology and philosophy might constructively inform Christian engagement with modern medicine and psychiatry. His current scholarly interests include the moral and theological dimensions of combat-related post-traumatic stress disorder, the applicability of virtue theory to the vocational formation of clinicians and clergy, and the contributions of the theology and philosophy of St. Thomas Aquinas to contemporary debates about psychiatric diagnosis, psychiatric technology, and human flourishing. Dr. Kinghorn completed his medical training at Harvard Medical School and his theological degree at Duke Divinity School.

Harold G. Koenig, MD, MHSc. Dr. Koenig received his undergraduate education at Stanford University, medical school training at the University of California, San Francisco, and geriatric medicine and psychiatry training and Master of Health Science degree in clinical research from Duke University. He is board certified in general psychiatry, and formerly board-certified in family medicine, geriatric medicine, and geriatric psychiatry. Dr. Koenig now serves as Professor of Psychiatry and Associate Professor of Medicine at Duke University Health Systems; Adjunct Professor in the Division of Psychiatry in the Department of Medicine at King Abdulaziz University in Jeddah, Saudi Arabia; Visiting Professor, Department of Psychiatry, at Shiraz University of Medical Sciences, Shiraz, Iran; and was formerly Adjunct Professor in the School of Public Health at Ningxia Medical University, Yinchuan, People's

Republic of China. He has published over 600 scientific peer-reviewed academic articles and has written more than 100 book chapters and nearly 60 books. In 2023, Dr. Koenig was ranked 10th in the world by Research.com in the category of Best Social Sciences and Humanities Scientists, and was ranked 7th best in the United States (see <https://research.com/scientists-rankings/social-sciences-and-humanities>).

He has given testimony before the U.S. Senate (1998) and U.S. House of Representatives (2008) on religion and public health. Dr. Koenig is recipient of the Oskar Pfister Award (2012) from the American Psychiatric Association, and both the Gary Collins Award (2013) and the Frank Minirth Award (2021) for excellence in Christian psychiatry and behavioral medicine from the American Association of Christian Counselors. He is the Editor-in-Chief of the *International Journal of Psychiatry in Medicine*, a peer-reviewed academic secular journal published by SAGE. He is the lead author of the *Handbook of Religion and Health*, 3rd edition, 2023, with professors Tyler VanderWeele (TH Chan School of Public Health at Harvard University) and John Raymond Peteet (Department of Psychiatry at Harvard Medical School).

Dr. Koenig was co-leader of the 2022 Professional Development Training Course (PDTTC) for chaplains in the U.S. Navy, Marine Corps, and Coast Guard at military bases worldwide, training over 1000 chaplains and religious program specialists on helping US Service Members develop spiritual readiness for combat operations. His current work focuses on building and sustaining spiritual readiness among Service Members to prepare them for future combat operations. Dr Koenig also frequently gives training sessions on spiritual readiness and prevention of moral injury to the U.S. Army, Special Operations Command (SOCOM), and Air Force (active duty and reserve). Dr. Koenig also has an active clinical practice, and is director of psychiatric services at Duke University's GET clinic. He directs the Duke University's Center for Spirituality Theology and Health in Durham, NC (<https://spiritualityandhealth.duke.edu/>).

John P. Oliver, D.Min., BCC, ACPE supervisor. Dr. Oliver is the Director of Pastoral Care and a Clinical Pastoral Education Supervisor at Duke University Health System. John was raised in Colombia, South America. He and his wife Karin have three children. John earned his BA and BM degrees from Samford University, his Masters of Divinity from Southwestern Baptist Theological Seminary, and his Doctor of Ministry degree from Columbia Theological Presbyterian Seminary. John completed his Clinical Pastoral Education Supervisory Training at Duke University Medical Center and was for many years the Chief of Pastoral Services at the Durham Veterans Administration Hospital. John's doctoral work focused on pastoral care to those who have experienced traumatic events. Much of John's energy has been dedicated to training clergy to care for people as they engage their spiritual resources. He has done primary research on knowledge about and attitudes of clergy toward those with PTSD. He speaks widely on this topic.

Redford B. Williams, M.D. Dr. Williams completed his A.B. at Harvard College, 1963; M.D. at Yale Medical School, 1967, Internship and Residency in internal medicine at Yale, 1967-70; and was at the NIMH from 1970-72. He is currently Professor of Psychology and Professor of Medicine and Director of the Behavioral Medicine Research Center at Duke University, and is Adjunct Professor of Epidemiology, School of Public Health at the University of North Carolina, Chapel Hill. Dr. Williams is cofounder, with Virginia Williams, Ph.D., of Williams LifeSkills, Inc., in 1997. With regard to his scientific record,

Dr. Williams has over 150 peer-reviewed publications in scientific/medical journals; 9 books, including the best selling *Anger Kills: Seventeen Strategies to Control the Hostility that Can Harm Your Health* (co-authored with wife, Virginia Williams, Ph.D.) and new book, *Lifeskills*.

Dr. Williams has been president of three leading societies concerned with mind/body medicine (American Psychosomatic Society, Society of Behavioral Medicine, and Academy of Behavioral Medicine Research); founding recipient of Society of Behavioral Medicine's Upjohn Distinguished Scientist Award; continuous grant support from the National Institute of Mental Health since 1974 and from the National Heart, Lung and Blood Institute since 1977; has secured external funding in excess of \$1 million per year since joining Duke Faculty in 1972; has served on several National Institutes of Health advisory groups. His research has focused on role of psychosocial factors in cardiovascular disease, underlying biobehavioral mechanisms, behavioral interventions to ameliorate effects of psychosocial/biobehavioral factors in disease risk and prognosis, and, most recently, the effects of gene-environment interactions on the role of psychosocial and biobehavioral factors in disease processes.

Dr. Williams has appeared on the following national television shows: Good Morning America (several times); The Today Show (twice); Oprah; The Home Show; 20/20; ABC Evening News; CNN (several news interviews); Sonia Live (several times); Dateline NBC; and multiple local television appearances in major U.S. markets in conjunction with national book promotion tours. Dr. Williams has made regular appearances on People's Pharmacy on NPR. In addition, Dr. Williams is a "first call" source for national electronic and print media for any story dealing with anger, hostility and health in particular, and mind/body medical effects in general. According to a *New York Times* (24 June 2001) article on anger in the workplace, Dr. Williams is "widely regarded as the guru of anger management."