

## 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.

Allison Lewinski, Ph.D., R.N. Dr. Lewinski is a Research Health Scientist with the Center of Innovation to Accelerate Discovery and Practice Transformation (ADAPT) at the Durham Veterans Affairs Health Care System and Assistant Research Professor at the Duke University School of Nursing. At ADAPT, she is the co-director of the *Improving Access through Virtual Care Focused Area of Research* and a Core Investigator with the Qualitative Core. She is also a member of the national Veterans Health Affairs Health Services Research & Development Qualitative Methods Learning Collaborative and the Rapid Qualitative Analysis Sub-Group. Her research focuses on leveraging virtual care to improve health outcomes for adults with chronic illnesses. This emphasis on research methods, implementation science, virtual care (e.g., apps, telehealth), and chronic illness self-management is at the intersection of precision medicine and population health. Nurses comprise the largest healthcare workforce in the United States and are uniquely positioned to treat and manage complex, chronic illnesses in a variety of settings using virtual care to deliver disease-specific knowledge, healthcare, and/or support. Virtual care facilitated by nurse interventionists can increase health care access and enhance care for chronic diseases such as diabetes in a cost-efficient manner.

Her previous and ongoing research aims to promote health equity by identifying individuals at high risk for adverse health outcomes due to social and environmental factors and creating tailored virtual care interventions to improve their health outcomes. She uses qualitative and mixed-methods to examine the contexts and methods through which virtual care (e.g., apps, telehealth) influences engagement in and adherence to chronic illness self-management, and subsequent health outcomes. Her clinical experiences interacting with patients, their family members, and other clinicians piqued her interest in understanding the influence of the behavioral, psychosocial, and environmental factors in self-management behaviors. She serves as primary investigator and co-investigator of virtual care studies at VHA and Duke University and seeks out opportunities to enhance and improve the relevancy, rigor, and application of her scientific and methodological expertise.

Timely implementation and adoption of equitable, evidence-based, virtual care practices within VHA is critical to improved healthcare delivery and health outcomes for adults with chronic disease. Dr. Lewinski's research contributes to the literature on the modality (eg, text message, telehealth), feasibility and acceptability (eg, Veteran and clinician preference and engagement), and "fit" (e.g., alignment with workflow) of virtual care in a health care setting; knowledge of how individuals with diabetes interact in a disease-specific virtual social environment to support their diabetes self-management; the feasibility and acceptability of using multiple virtual care devices to support diabetes self-management; integration of patient-generated health data into the electronic health record; care coordination; and the use of telehealth to support self-management. She has participated in systematic reviews, qualitative evidence syntheses, Think Tanks, and the 2022 VA Virtual Care State of the Art Conference to explore the implementation and adoption of virtual care within healthcare systems such as VHA. Overall, she has sought to conduct research that demonstrates an ongoing commitment to utilizing novel and cutting-edge qualitative and mixed methods.

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 10<sup>th</sup> in the world by Research.com in the category of Best Social Sciences and Humanities Scientists, and was ranked 7<sup>th</sup> best in the United States (see <https://research.com/scientists-rankings/social-sciences-and->

humanities; <https://researchblog.duke.edu/2023/06/28/new-rankings-place-duke-scholars-on-top-of-the-world/>).

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*, 3<sup>rd</sup> 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/>).

Charmin M. Koenig, RN, RT. Mrs. Koenig obtained her degree in radiologic technology (RT) from St. Luke's Hospital, School of Radiologic Technology in Cedar Rapids, IA, and nursing degree (RN) from Southeastern Community College in West Burlington, IA. She has worked as an RN/RT in various urgent care settings in Colorado, Iowa, Missouri, and North Carolina. Since 2014, Charmin has served as a Deacon at Kings Park International Church in Durham, North Carolina. She is an inspirational speaker on the topics of "Spirituality and Health: From the Patient's Viewpoint," "The Spiritual Challenges of Wife, Mother and Church Member," and "What Academic Researchers Need to Know: The Spouse's Perspective."

Keisha Gaye O'Garro, Psy.D. Dr. O'Garro is Associate Professor in Psychiatry and Behavioral Sciences, Psychiatry & Behavioral Sciences, Duke University Medical Center. As a board certified clinical health psychologist, her clinical work and research primarily focuses on military psychology, chronic disease, mood disorders, and chronic pain. She is also invested in the area of understanding the dynamic factors that contribute to body image disturbance in African American and Caribbean populations. She frequently travel to Caribbean countries, particularly her birthplace Jamaica, for scientific exploration and to maintain cultural connections. Currently, she is involved in scientific collaborations focused on chronic disease and body image disturbance with the University of the West Indies, Jamaica.

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 mod/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."