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Mark H. Pollack

**Professor and Chairman
Department of Psychiatry
Rush University Medical Center
Director of the Road Home Program for
Veterans and Their Families at Rush
USA**

Biography

Dr. Mark Pollack is The Grainger Professor and Chairman of the Department of Psychiatry at Rush University Medical Center, and Director of the Road Home Program for Veterans and Their Families at Rush. He received his M.D. in 1982 from New Jersey Medical School and completed residency and fellowship training in psychiatry at Massachusetts General Hospital where he served as Director of the Center for Anxiety and Traumatic Stress Disorders, Medical Director for the Home Base Program for Veterans and Professor of Psychiatry at Harvard Medical School until 2011

Other Honors

Dr Pollack has received federal funding from the National Institute of Mental Health (NIMH) and National Institute of Drug Abuse (NIDA) to study the longitudinal course of panic disorder, the application of cognitive-behavioral interventions for the reduction of illicit drug use in drug abusers, the impact of terrorist attacks on the development of PTSD and course of disorder in bipolar patients, changes in brain function as assessed by MR Spectroscopy and neuropsychological testing in patients on methadone maintenance, treatment response and pharmacogenetics in refractory social anxiety disorder, treatment of sleep and examination of biomarkers in PTSD and the use of d-cycloserine to enhance the treatment efficacy of cognitive-behavioral therapy in social anxiety and panic disorder.

Other Honors

He has published over 300 articles, reviews and chapters, and is co-editor of the books "Challenges in Clinical Practice: Pharmacologic and Psychosocial Strategies", "Panic Disorder and Its Treatment," and "Social Phobia: Research and Practice" and "Ten Minute CBT". Dr. Pollack lectures widely in national and international forum and serves on numerous editorial and advisory boards including the Department of Defense Blue Ribbon Panel on Traumatic Brain Injury and Psychological Health Issues Among Our Nation's Warriors and the Scientific Advisory Board, for the VA Rehabilitation Research and Development TBI Center of Excellence. He is President of the Anxiety and Depression Association of America, past Chairman of its Scientific Advisory Board, and serves on its Board of Directors.

Research Interests

The acute and long-term course, pathophysiology and treatment of patients with anxiety disorders including panic disorder, social anxiety disorder, PTSD and generalized anxiety disorder and associated comorbidities, development of novel pharmacologic agents for mood and anxiety disorders, uses of combined cognitive-behavioral and pharmacologic therapies for treatment refractory patients, presentation and treatment of anxiety in the medical setting, and the pathophysiology and treatment of substance abuse.

Anxiety Disorders

Anxiety disorders range from feelings of discomfort to debilitating bouts of terror



Most individuals experience anxiety at some point in their lives and some nervousness in anticipation of a real situation. However, if a person cannot shake unwarranted worries or if the feelings are jarring to the point of avoiding every day activities, he or she most likely has an anxiety disorder.

Everyday anxiety or an anxiety disorder?

Everyday Anxiety

Worry about paying bills, landing a job, a romantic breakup, or other important life events

Embarrassment or self-consciousness in an uncomfortable or awkward social situation

A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event

Realistic fear of a dangerous object, place, or situation

Making sure that you are healthy and living in a safe hazard-free environment

Anxiety, sadness, or difficulty sleeping immediately after a traumatic event

Anxiety Disorder

Constant and unsubstantiated worry that causes significant distress and interferes with daily life

Avoiding social situations for fear of being judged, embarrassed, or humiliated

Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one

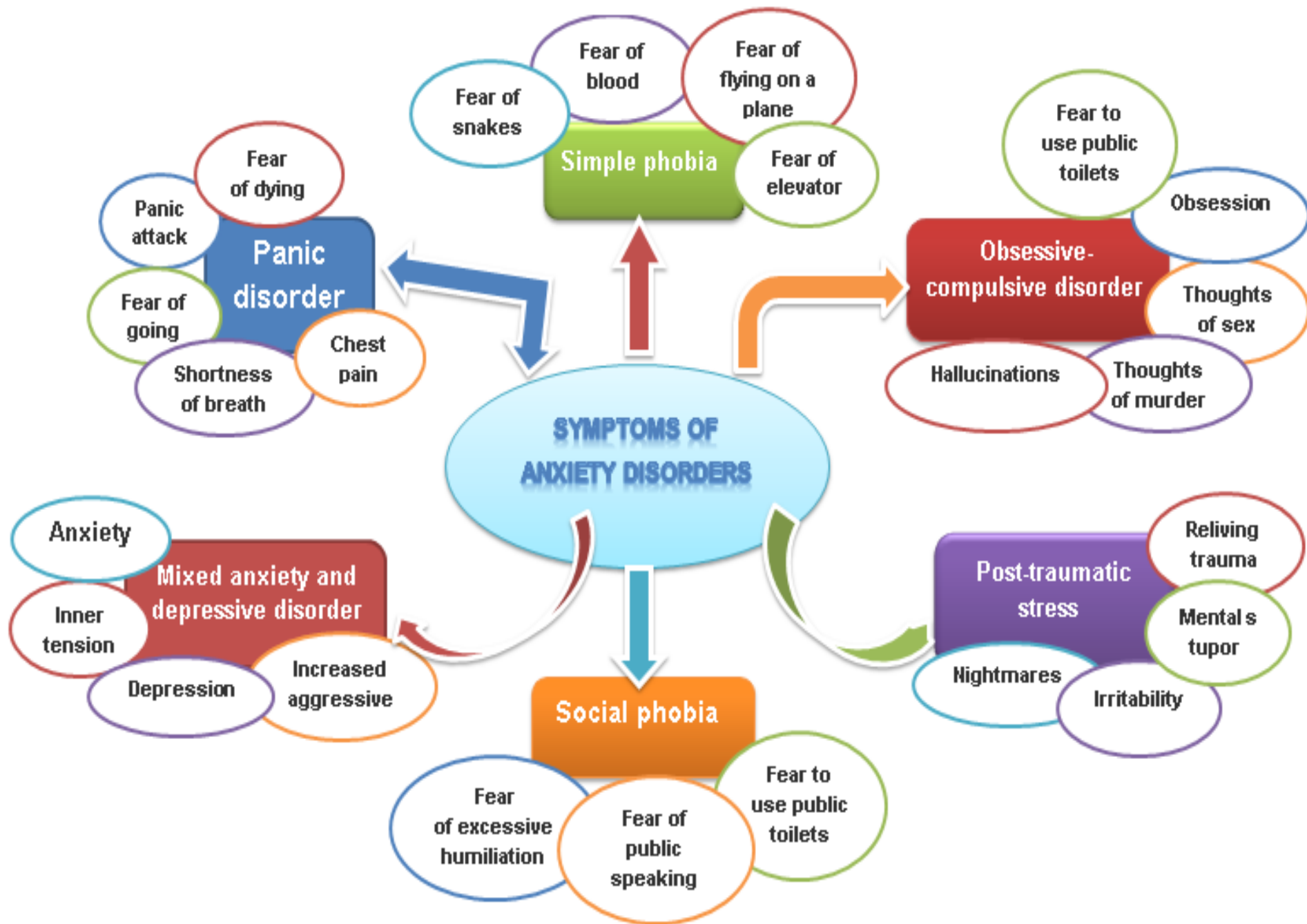
Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger

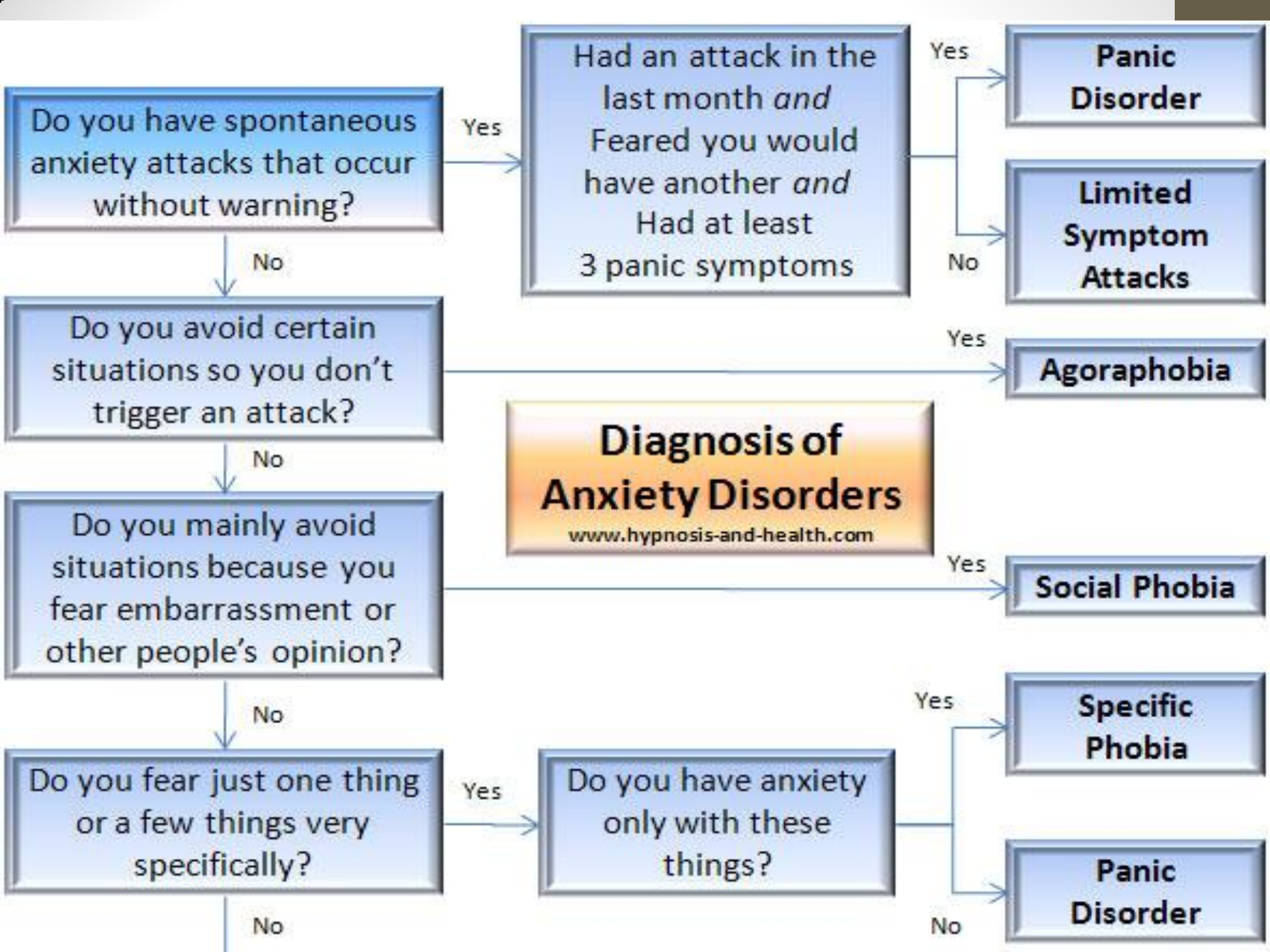
Performing uncontrollable repetitive actions such as excessive cleaning or checking, or touching and arranging

Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

Symptoms

- ◆ Chronic, exaggerated worry, tension, and irritability that appear to have no cause or are more intense than the situation warrants.
- ◆ Physical signs, such as restlessness, trouble falling or staying asleep, headaches, trembling, twitching, muscle tension, or sweating, often accompany these psychological symptoms.
- ◆ Researchers are learning that anxiety disorders run in families, and that they have a biological basis, much like allergies or diabetes and other disorders.
- ◆ Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.





Treatment

- ❑ Anxiety is among the most common, most treatable mental disorders.
- ❑ Anxiety disorders occur about twice as often in females as males, and generally begin during childhood.
- ❑ As many as 18% of Americans and 14% of Europeans may be affected by one or more anxiety disorders
- ❑ Effective treatments include cognitive behavioral therapy, relaxation techniques, and bio-feedback to control muscle tension.
- ❑ Medication, most commonly anti-anxiety drugs such as benzodiazepine and its derivatives may also be required in some cases.

Emergency Mental Health Related Journals

- [International Journal of School and Cognitive Psychology](#)
- [Psychology & Psychotherapy](#)
- [Psychiatry: Open Access](#)
- [Psychological Abnormalities in Children](#)

Emergency Mental Health Related Conferences

Annual Conference on Fostering Human Resilience

Annual Summit on Sleep Disorders and Medicine

Euro Global Summit and Medicare Expo on Psychiatry



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