



Peter Roy-Byrne

M.D. Co-Founder - Psychiatrist

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Bio

Dr. Peter Roy-Byrne is Professor Emeritus in the Department of Psychiatry at the University of Washington School of Medicine. He is recognized for his expertise in translating science to clinical practice and stays at the leading edge of research by editing three academically-oriented publications: *Depression and Anxiety*, *Journal Watch Psychiatry*, and *UpToDate Psychiatry*. From 1992-2011, he was Department Vice Chair and Chief of Psychiatry at the University's Harborview Medical Center, where he was a clinical expert and NIMH-funded researcher focusing on the evaluation and treatment of complex mood and anxiety disorders. His published and funded work has emphasized issues of co-morbidity, particularly the intersection of depression, anxiety, substance abuse, and medical illness, as well as the value of cognitive-behavioral therapy, both alone and in combination with medication. He is Past President of the Society for Biological Psychiatry, and the author of over 300 peer-reviewed articles and book chapters.

Areas of Expertise:

- Integrated treatment with psychotherapy (CBT, psychodynamic, problem solving, mindfulness) and medication
- Complex and treatment-refractory mood and anxiety disorders
- Substance abuse and medical illness complicating mood and anxiety disorders
- Benzodiazepines: appropriate use, tolerance, withdrawal, discontinuation strategies
- Adult ADHD: appropriate and inappropriate use of psychostimulants