

CURRICULUM VITAE

Born: April 21, 1959 Yonkers, NY

Education: Fordham University 1977-1981. B.A. Biology
Honors; Summa Cum Laude, Phi Beta Kappa
New York Medical College 1981-1985. Medical Doctor
Westchester County Medical Center 7/85-6/87
Medical Intern, Yale University, School of Medicine Department of Psychiatry
7/87-6/89
Resident in Psychiatry
Chief Resident of Adult Psychiatric In-Patient Service, Yale New Haven Hospital
6/88-1/89

Career: Attending Psychiatrist, Yale New Haven Hospital, New Haven, CT (7/1990-
Present)
Attending Psychiatrist, Hospital of Saint Raphael, New Haven, CT (1/1994
Present)
Medical Director, Family Intervention Center, Waterbury, CT (9/2018 - Present)
Consulting Psychiatrist, Shoreline Behavioral Health, West Haven, CT
(9/2015-12/2017)
Mark D. Rego, MD, PC, Milford, CT (Private Psychiatric Practice (7/1989-
12/2012)
Consulting Psychiatrist Connecticut Department of Mental Retardation, Hartford,
CT (9/2007-12/2012)
Consulting Psychiatrist, Benhaven, Inc. (residential, educational
and treatment services for children and adults with Autistic range
disorders), New Haven, CT (4/2005-12/2012).
Consulting Psychiatrist, Marrakech, Inc. (residential, vocational and supportive
care for psychiatrically and developmentally disabled adults), New Haven,
CT (3/1996-12/2012)
Consulting Psychiatrist, Milford HealthCare Center (long-term care, subacute
care, rehabilitation), Milford, CT (2/1992-9/2005)
Consulting Psychiatrist, Regency House (long-term care Alzheimer's unit,
rehabilitation), Wallingford, CT (2/1997-12/2003)
Co-Medical Director, Silver Springs Nursing Center (long-term care, care of
neuropsychiatric and chronic mentally ill), Meriden, CT (11/1995-7/2002)
Chief of Psychiatry Section, Milford Hospital, Milford, CT (1/1998-11/2000)

Attending Psychiatrist, Milford Hospital, Milford, CT (7/1989-11/2000)
Consulting Psychiatrist, Mediplex Health Center (subacute care, rehabilitation, long-term care), Milford, CT (4/1993-11/1995)
Consulting Psychiatrist, Golden Hill Nursing Home (long-term care, traumatic brain injury unit), Milford, CT (7/1989-12/1992)
Attending Psychiatrist for Consultation-Liaison Service, VA Medical Center, West Haven, CT (7/1988-6/1990)
Psychiatric Consultant, Milford Mental Health Center, Milford, CT (7/1988-11/1989)
Medical and Psychiatric Consultant, Bridgeport Community Mental Health Center, Bridgeport, CT (7/1987-6/1988)

Professional

Honors: Member Alpha Omega Alpha

Board

Certification: Diplomat, American Board of Psychiatry and Neurology, Adult Psychiatry (4/1991)
Diplomat, American Board of Psychiatry and Neurology, added qualifications in Geriatric Psychiatry (4/1994-4/2005; renewed 5/2005-5/2015)

Lectures/ Courses:

Faculty member of "Doctor to Doctor" delegation to Viet-Nam, July 2001, presented "The Treatment of Bipolar Depression" and conducted small groups with Vietnamese physicians
Paper presentation annual meeting of the American Association for the Advancement of Philosophy and Psychiatry, 2001. "Externality and the Paradox of Agency in Psychiatry."
Paper presentation annual meeting of the American Association for the Advancement of Philosophy and Psychiatry, 2005. "Frontal Fatigue: How Technology May Contribute to Mental Illness."
Paper presentation 2009 meeting American Psychiatric Association: "How To Construct a Third World Formulary." Part of symposium: "The Ayacucho Mental Health Project."

Professional

Service: Active member of Association for the Advancement of Philosophy and Psychiatry
Member of Peruvian American Medical Society. Developed and supported a free-standing mental health clinic in rural Peru
Board Member COSMA (Comisión de Salud Mental de Ayacucho) - a free-standing mental health clinic in Ayacucho, Peru

- Publications:** Rego, M. Neuroendocrine Side Effects of Neuroleptics: Comment (letter). *J Clin Psychopharmacology*, Vol 8/No.5, Oct 88.
- Rego, M, Giller E: Mania Secondary to Amantadine Treatment of Neuroleptic Induced Hyperprolactinemia. *J Clin Psychiatry*, 50; 143- 144 (Cited in *Biological Therapies in Psychiatry Newsletter*. Vol 12/No 4, April '89).
- Rego, MD, Powsner SM, Byck R: Graphic Display of Psychiatric History and Treatment. Annual Meeting of the American Psychiatric Association, 1989. Abstract 424.
- Rego, M. Sexual Abuse and the Seduction Theory (letter). *American Journal of Psychiatry*. 1989; 146: 1082.
- Rego, M. Book Review of "When Consciousness Breaks: Alien Voices and Inserted Thoughts", by G. Lynn Stevens and George Graham, Cambridge, MA: MIT Press. In the *AAPP Bulletin*, Vol 9, #1, 2001.
- Rego, M. Book Review; "The Contour of Agency: Essays on Themes from Harry Frankfurt." *American Journal of Psychiatry* 2003 160 p. 1196-1197.
- Rego, M. Book Review; "Agency and Responsibility. A Common-Sense Moral Psychology" By Jeanette Kennett. [Online]. *A Metapsychology Online Reviews*. November 25, 2002.
- Rego, M. "Externality and the Paradox of Agency in Psychiatry" in *Philosophy, Psychiatry, and Psychology*. December 2004 Vol 11 # 4, pp 313-322.
- Rego, M: "In, Out. Me, You. Mental, Moral. Where Do I Begin?" in *Philosophy, Psychiatry and Psychology*. December 2004 Vol 11 # 4, pp 331-334.
- Rego, M. "What Are (and what are not) the Existential Implications of Antidepressant Use?" in *Philosophy, Psychiatry, and Psychology*. June 2005, Vol 12 # 2, pp119-128.
- Rego M. "From Lab Bench to Bedside...to Nowhere: Premises, Problems and Paths. *Philosophy, Psychiatry, and Psychology*. June 2005 Vol 12 # 2 pp137-142.
- Rego M. "Philosophy and Psychiatry: Making Use of Ignorance," in symposium on Kenneth S. Kendler's "Toward a Philosophical Structure for Psychiatry," in *AJP*, March, 2005, Vol 162, #3. In the *AAPP Bulletin*, Vol 13, #1, 2005.
- Rego M. Book Review; "Getting Old Without Getting Anxious." *American Journal of Psychiatry* 2006 163 p. 1457.
- Rego M. "Surrender Versus Control: How Best Not to Drink." *Philosophy, Psychiatry & Psychology*. Sept. 2006, Vol. 13 #3, pp 223-226.
- Rego M. "Empiricism and the Craft Nature of Science" *AAPP Bulletin* Vol 14 # 1.
- Rego, M. "Frontal Fatigue. How Technology May Contribute to Mental Illness." In "Technology and Psychiatry." Ed. James Phillips. Oxford University Press. 2008.
- Rego, M. "Counterpoint: Clinical Neuroscience Is Not Ready for Clinical Use." *British Journal of Psychiatry*. April 208 (4) 2016 pp 312-313.
- Rego, M. "Clinicians Need More Time and We Need it Now." [Online].

Available: <https://opmed.doximity.com/articles/clinicians-need-more-time-and-we-need-it-now>

Rego, M. "There Will Never Be a Perfect Health Care System." [Online]. Available: <https://opmed.doximity.com/articles/there-will-never-be-a-perfect-health-care-system>.

Rego, M. "Before legalizing, consider: Marijuana worsens mental disorders." Hartford Courant. Feb. 2, 2020. Opinion Page.

Rego, M. "Our mental health system is in critical condition, and the coronavirus is making it worse." Hartford Courant. May 22, 2020. Opinion Page

Rego, M "Before legalizing, consider: Marijuana worsens mental disorders." Hartford Courant. Feb. 2, 2020. Opinion Page.

Rego, M "Our mental health system is in critical condition, and the coronavirus is making it worse." Hartford Courant. May 22, 2020. Opinion Page.

Rego, M "Golden Protection. An Insurance Story." June 16, 2020 Available on Medium.com: <https://medium.com/@mdrmd2/golden-protection-an-insurance-story-877292202b4>

Rego, M "Not Still Me." June 18, 2020 Published in Invisible Illness on Medium.com. Available at: <https://medium.com/invisible-illness/not-still-me-aeefd2e176e9>

Rego, M "Rock Bottom." June 24, 2020 Published in Invisible Illness on Medium.com Available at: <https://medium.com/invisible-illness/not-still-me-aeefd2e176e9>

Rego, M "The Mental Health Reconstruction Act." July 23, 2020 Published in The Creative Cafe on Medium.com Available at: <https://thecreative.cafe/the-mental-health-reconstitution-act-50290bf6a65f>

Rego, M "Covid-19 is Amplifying the Toxic Effects of Modern Life." July 31, 2020. Published in Elemental on Medium.com. Available at: <https://elemental.medium.com/covid-19-is-amplifying-the-toxic-effects-of-modern-life-95fe7853473b>

Rego, M "There Are Too Many Bipolar Disorder Diagnoses." August 9, 2020 Published in Elemental on Medium.com. Available at: <https://elemental.medium.com/there-are-too-many-bipolar-disorder-diagnoses-6225ed02355d>

Rego, M "A Retired Psychiatrist's Reflection on Fad Diagnosis in Psychiatry" Sept. 25, 2020 Published in Invisible Illness on Medium.com. Available at: <https://medium.com/invisible-illness/a-retire-psychiatrists-reflection-on-fad-diagnoses-in-psychiatry-582485b61be5>

Rego, M "The Sacred Sick" Nov. 3, 2020 Published in Being Well on Medium.com. Available at: <https://medium.com/beingwell/the-sacred-sick-9dcb64d7ff19>

Rego, M “These 4 Common Experiences Drive More Mental Strain Than We Realize.” Nov.18, 2020 Published in Elemental on Medium.com. Available at: <https://elemental.medium.com/these-4-common-experiences-drive-more-mental-strain-than-we-realize-49832a83832d>

Rego, M “Why Don’t We Take Mental Pain as Seriously as We Take Physical Pain?” Dec. 11, 2020 Published in Elemental on Medium.com. Available at: <https://elemental.medium.com/why-dont-we-take-mental-pain-as-seriously-as-we-take-physical-pain-851b7f884ad6>

Rego, M “Are You Really Treatment Resistant?” Feb 4, 2021 Published in Invisible Illness on Medium.com. Available at: <https://medium.com/invisible-illness/are-you-really-treatment-resistant-6f2183a92e6f>

Rego, M “Nothing to Do.” Jan. 30, 2021 Published on Medium.com. Available at: <https://mdrmd2.medium.com/nothing-to-do-b09848ecf231>

Rego, M “Can We Believe in Beliefs Anymore?” Jan. 14, 2021 on Medium.com. Available at: <https://mdrmd2.medium.com/can-we-believe-in-beliefs-anymore-baa0932a42d3>

Rego, M “Has COVID Worsened Our Mental Health or Accelerated a Deterioration Begun Decades Before?” Jan 12, 2021 Published in Invisible Illness on Medium.com. Available at: <https://medium.com/invisible-illness/has-covid-worsened-our-mental-health-or-accelerated-a-deterioration-begun-decades-before-67260cecf65>

Rego, MD “The Most Common Symptom That Is Rarely Asked About.” NAMI Blog Feb 22, 2021. Available at: <https://www.nami.org/Blogs/NAMI-Blog/February-2021/The-Most-Common-Symptom-That-Is-Rarely-Asked-About>

Rego, MD “What is Depression” Middlebury Neighbors Magazine. March 2021. Expert Contributor Column. Page 12. Print Only.

Rego, Mark D, “The Importance of Explaining Our Lived Experience” NAMI Blog April 19, 2021. Available at: <https://www.nami.org/Blogs/NAMI-Blog/April-2021/The-Importance-of-Explaining-Our-Lived-Experience>

Rego, Mark D, “Building an Early Warning Sign System” NAMI Blog May 19, 2021. Available at: <https://www.nami.org/Blogs/NAMI-Blog/May-2021/Building-an-Early-Warning-Sign-System>