

Workshop Faculty Biosketches

Dan Blazer, M.D., Ph.D. Dr. Blazer is the former Dean of Medical Education, Duke University School of Medicine, and current J.P. Gibbons Professor of Psychiatry and Behavioral Sciences. He is Professor of Community and Family Medicine at Duke and Head of the University Council on Aging and Human Development. He also serves as Adjunct Professor in the Department of Epidemiology, School of Public Health, University of North Carolina. Dr. Blazer received his B.A. from Vanderbilt University in Nashville, Tennessee, his M.D. from University of Tennessee in Memphis, Tennessee, and his M.P.H. and Ph.D. degrees from the University of North Carolina in Chapel Hill, North Carolina.

Dr. Blazer has been the principal investigator on many projects funded by federal grants, state grants, and grants funded by private foundations. Most of these research projects have focused on the prevalence of physical and mental illness in the elderly. He currently serves as the Principal Investigator of the Duke University EPESE, the Piedmont Health Survey of the Elderly, a project funded by the National Institute on Aging designed to assess the prevalence of physical disorders and functional impairment in community older adults and the utilization of health care.

Among the numerous honors received by Dr. Blazer are: the Research Career Development Award from the National Institute of Mental Health; listings in *Who's Who in America*; *Who's Who in American Men and Women of Science* and *The Best Doctors in America*; the Honored Teaching Professor in the Department of Psychiatry; fellowship in the American College of Psychiatry, and the American Psychiatric Association; and membership in Delta Omega. He was elected to the Institute of Medicine, National Academy of Sciences in 1995 and received the Milo Leavitt Award from the American Geriatrics Society for Life Contributors to education in geriatric medicine in 1997.

Dr. Blazer is often called on to speak at community, scientific and continuing medical education events. He currently holds a consultant appointment for the Department of Preventative Medicine and Public Health, Vanderbilt University. He is a member of the Board of Directors, Retired Persons Services, Inc.; the Chair, University Council on Aging and Human Development at Duke; Chair, Duke Department of Psychiatry Appointments and Promotions Committee; and member, Professional Consultation Committee Duke University Medical Center Department of Pastoral Services.

Dr. Blazer is past Chairman of the Board and President of the American Geriatrics Society and President of the Psychiatric Research Society. He is an editorial consultant for various publications including the *New England Journal of Medicine* and *Journal of the American Medical Association*. He is on the editorial board for the *Journal of Geriatric Psychiatry and Neurology*, *International Review of Psychiatry*, *Journal of Aging and Health* and *International Review of Psychiatry*. He also serves on the Board of Directors, African Christian Hospitals Association.

He is the author or editor of 20 books, over 140 published abstracts, over 200 peer-reviewed articles, and over 110 book chapters. He has addressed the relationship between religion and older adults in several of his published writings and has contributed to several books with chapters on geriatrics.

Verna Benner Carson, R.N., Ph.D. A professor of nursing at University of Maryland from 1975 to 1995, Dr. Carson is one of the world's leading nurse researchers in spirituality and health. She has a master's degree in psychiatric nursing and a PhD in human development. From 1996 to the present, she has been the National Director of RESTORE Behavioral Health. Dr. Carson is the author of 16 books, including *Spiritual Dimensions of Nursing Practice* (Saunders) and *Foundations of Psychiatric Nursing: A Clinical Approach* (5th edition, Elsevier), 26 book chapters, and over 50 peer-reviewed articles. She is a sought-after speaker and has given hundreds of professional presentations, keynote addresses, and workshops.

Dana E. King, M.D., M.S. Dr. King received his medical degree at the University of Kentucky, residency at the University of Maryland, academic fellowship at the University of North Carolina at Chapel Hill, and earned a Master of Science degree in Clinical Research from Medical College of South Carolina (MUSC) in 2004. He is currently a senior researcher and Professor in the Department of Family Medicine at MUSC, with a focus on primary care and spirituality in health. He won a Templeton Award for Exemplary Papers in 1996, and has published over 50 peer-reviewed manuscripts since 2000. He has written two popularly-acclaimed books on spirituality and health, a medical and health professions textbook, "Faith, Spirituality and Medicine, Toward the Making of the Healing Practitioner" (Haworth, 2000) and a public-audience book "Dealing with the Psychological and Spiritual Aspects of Menopause: Finding Hope in the Midlife" (Haworth 2005). He received a Templeton Curriculum Award for his collaboration with the MUSC Department of Psychiatry Residency Program for a curriculum in spirituality and health for residents. His spirituality and health research has utilized clinical epidemiology principles and large datasets (such as the NHANES) to address relevant issues, including articles on the relationship between inflammatory biomarkers and health, spirituality and diabetes, and religious attendance and continuity of care. Dr. King has received NIH grants in the area of dietary fiber and cardiovascular inflammatory markers. He is currently Editor of the International Journal of Psychiatry in Medicine.

Harold G. Koenig, MD, MHSc. Dr. Koenig completed his undergraduate education at Stanford University, his medical school training at the University of California at San Francisco, and his geriatric medicine, psychiatry, and biostatistics training at Duke University Medical Center. He is board certified in general psychiatry, geriatric psychiatry and geriatric medicine, and is on the faculty at Duke as Professor of Psychiatry and Behavioral Sciences, and Associate Professor of Medicine. He is also a registered nurse (RN).

Dr. Koenig is founding co-director of the *Center for Spirituality, Theology and Health* at Duke University Medical Center, and has published extensively in the fields of mental health, geriatrics, and religion, with over 300 scientific peer-reviewed articles and book chapters and 36 books in print or in preparation. He is the former editor of the Medline research journal, the *International Journal of Psychiatry in Medicine*. His research on religion, health and ethical issues in medicine has been featured on over 50 national and international TV news programs (including NBC's The Today Show and ABC's Good Morning America), 80 national or international radio programs (including multiple NPR, BBC, and CBC interviews), and over 250 national or international newspapers or magazines (including Reader's Digest, Parade Magazine, Newsweek, and Time).

In September 1998, Dr. Koenig was invited to give testimony before the U.S. Senate concerning the benefits of religion and spirituality on health. He has been interviewed by James

Dobson on Focus on the Family and by Robert Schuller in the Crystal Cathedral on the Hour of Power. Dr. Koenig has been nominated twice for the Templeton Prize for Progress in Religion. His latest books include the *The Healing Power of Faith* (Simon & Schuster, 2001 paperback), *The Handbook of Religion and Health* (Oxford University Press, 2001), *Spirituality in Patient Care* (Templeton Foundation Press, 2002), and his autobiography, *The Healing Connection* (Templeton Foundation Press, 2004). Dr. Koenig travels widely to give workshops and seminar presentations.

Keith G. Meador, M.D., Th.M., M.P.H. Keith G. Meador, M.D., ThM, MPH, is Professor of Psychiatry and Behavioral Sciences and Associate Professor of Medicine at Duke University Medical Center. He is a physician and board certified psychiatrist with training in geriatric psychiatry, theology, and public health. Dr. Meador is a Phi Beta Kappa graduate of Vanderbilt University and received his medical degree from the University of Louisville. He completed his residency in psychiatry and fellowship in geriatric psychiatry at Duke University. His theological education was at Duke Divinity School and he received his MPH in Epidemiology from the University of North Carolina at Chapel Hill.

His scholarship builds on his clinical, research and teaching background in mental health, pastoral theology, and public health about which he lectures widely and has published numerous publications including the co-authored book, *Heal Thyself: Spirituality, Medicine, and the Distortion of Christianity*. He served as the Director of Theology and Medicine at Duke Divinity School for ten years, where he continues to serve as a Senior Fellow in Theology and Health, prior to becoming the founding Co-Director of the Center for Spirituality, Theology and Health at Duke University Medical Center. Dr. Meador provides educational leadership at Duke University at the interface of theology and health through leadership of interdisciplinary seminars, lectures, and curricular course offerings. His scholarship includes theological and conceptual exploration of the intersections of theology and health along with empirical research in practices of caring and the health of faith communities and clergy. He is the Medical Director for Inpatient Psychiatry at the Duke affiliated Durham VA Hospital and serves as a Senior Fellow in the Duke Center for the Study of Aging and Human Development.

Dr. Meador lectures widely and has published numerous journal articles, book chapters and books addressing public health, psychiatry, and religion. His recent publications include his co-authored book, *Heal Thyself: Spirituality, Medicine and the Distortion of Christianity* with Oxford University Press and the edited volume, *Growing Old in Christ* published by Eerdmans.

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 recent *New York Times* (24 June 2001) article on anger in the workplace, Dr. Williams is "widely regarded as the guru of anger management."