



# DAVID G. ZACHARIAS, MD, MPH

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<https://existentialpsychiatry.com>

## EDUCATION

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### Postgraduate

- . **University of Washington Medical Center** Seattle, WA June 2015–June 2018  
*Medical Residency in Psychiatry*  
Served as chief resident, June 2017–June 2018
- . **Seattle Psychoanalytic Society and Institute** Seattle, WA August 2016–February 2017  
*Psychoanalytic Psychotherapy Program*
- . **Vanderbilt University Medical Center** Nashville, TN June 2013–May 2015  
*Medical Internship and Residency in Anesthesiology, Pain, and Critical Care*

### Graduate

- . **Mayo Clinic College of Medicine** Rochester, MN July 2008–May 2013  
*Doctor of Medicine (MD)*
- . **Harvard University** Boston, MA August 2011–May 2012  
*Master of Public Health (MPH)*  
Concentration in biostatistics and quantitative research methodology

### Undergraduate

- . **Trinity International University** Deerfield, IL August 2004–May 2008  
*Bachelor of Arts (BA)*  
Double majored chemistry and biology, completed honors program, cumulative GPA 4.0/4.0, *summa cum laude*

## PROFESSIONAL EXPERIENCE

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- . **Clinical Instructor of Psychiatry** July 2018–present  
*University of Washington Medical Center* Seattle, WA  
Educate medical residents through psychotherapy clinical supervision; mentor residents within the advanced psychotherapy pathway; lecture and provide seminars on psychotherapeutic techniques and financial/business development
- . **Private Practice Psychiatrist** July 2018–present  
*David G. Zacharias, MD, PS* Seattle, WA  
Provide psychiatric telemedicine services for adults ages 18 and older including psychotherapy and medication management
- . **Psychiatric Consultative Examiner** August 2016–May 2019  
*State Department of Social and Health Services* Seattle, WA  
Provide professional consultation for the Division of Disability Determination Services by conducting claimant psychiatric assessments
- . **Research Fellow in Extreme Environment Human Physiology** February 2010–April 2013  
*NASA Johnson Space Center* Houston, TX  
Worked at NASA over several months which involved:
  - Providing support for astronauts during their spacewalk training within the Neutral Buoyancy Laboratory and participating in launch and landing exercises in the space shuttle mock-up motion simulator alongside the astronaut crew of mission STS-131
  - Assembling research protocol involving a large-scale habitat vacuum chamber to investigate the role of nitric oxide as an indicator of hypobaric and hypoxic adaptation for future Martian space exploration

–Completing coursework in altitude and hyperbaric physiology, adverse effects of spaceflight, human systems and clinical risk management, and other principles of aerospace medicine

- . **Research Fellow in Anesthesiology and Perioperative Medicine** Spring 2012  
*Brigham and Women's Hospital* Boston, MA  
Awarded a research grant through the American Society of Anesthesiologists and the Foundation for Anesthesia Education and Research to conduct a national study investigating clinical practice among anesthesiologists using cerebral oximetry in cardiac surgical monitoring
- . **Research Fellow in Cardiovascular Disease and Regenerative Medicine** May 2007–October 2012  
*Mayo Clinic* Rochester, MN  
Awarded multiple research grants from various institutional departments including the Mayo Clinic Center for Translational Science Activities, Department of Cardiovascular Disease, Department of Molecular Pharmacology and Experimental Therapeutics, and the Program in Professionalism and Ethics to conduct basic science research involving *in vivo* human carotid endarterectomy plaque analysis, cardiac tissue gene sequencing, and transgenic mouse studies—as well as publishing on the ethical implications of pluripotent stem cell technology and presenting these findings as part of a national meeting expert panel
- . **Emergency Room Medical Technician** August 2007–July 2008  
*Lake Forest Hospital* Lake Forest, IL  
Worked in an emergency medical care setting performing duties such as basic life support, electrocardiograms, phlebotomy, laboratory testing, and wound repair
- . **Research Fellow in Neuroscience** Summer 2006  
*University of Minnesota* Minneapolis, MN  
Awarded a research grant through the National Institutes of Health which allowed for completion of neuroscience coursework on electrophysiological research methods and conducting research on circadian rhythms in neuronal subpopulations of hypothalamic nuclei in murine animal models
- . **Certified Nurse Aide** 2002–2006  
*Markesan Resident Home* Markesan, WI  
Worked in long-term residential patient care setting performing duties related to functional mobility and activities of daily living

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## HONORS

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### *Scholarships*

- . Dean's Outstanding Achievement Scholarship for full medical school tuition (Mayo Medical School 2008–2013)
- . Travel Award for international medical missions (Southwestern Medical Clinic Foundation 2013)
- . Hubert Trust Grant for international medical missions (Baptist Medical Dental Fellowship 2013)
- . Clinical Cardiology Travel Grant to attend AHA Scientific Sessions meeting (American Heart Association 2012)
- . Research Travel Award to present at ASA national meeting (Mayo Medical School 2012)
- . Fellowship Travel Award to present at ASA national meeting (Foundation for Anesthesia Education and Research 2012)
- . Program in Professionalism and Ethics Travel Award to attend ASBH national meeting (Mayo Clinic 2012)
- . Academic Enrichment Scholarship for master's degree tuition (Mayo Medical School 2011)
- . Clinical Translational Sciences Research Travel Award to present at AHA Basic Sciences meeting (Mayo Clinic 2010)
- . Research Fellowship Travel Award to present at AHA Scientific Sessions meeting (Mayo Graduate School 2010)
- . Hubert Trust Grant for short-term international medical mission project (Baptist Medical Dental Fellowship 2009)
- . Ruud Leadership Scholarship for full college tuition (Trinity International University 2004–2008)

### *Distinctions/Awards*

- . Voted by physician peers and featured as a “Top Doctor” in city magazine (Seattle Metropolitan Magazine 2019)
- . Featured alumnus biographical sketch on university website (Trinity International University 2013)
- . Representative for Mayo Legacy event hosting Mayo Clinic’s top benefactors (Mayo Clinic 2012)
- . Senior editorial article featuring my publication in a peer-reviewed journal (Mayo Clinic Proceedings 2011)
- . Research project designated as “Best of AHA Specialty Conferences” category (American Heart Association 2010)
- . Cardiovascular Outreach Award for exceptional research abstracts (American Heart Association 2010)
- . Second place in Burrito Union 10-Hour Team Triathlon (Burrito Union 2009)
- . College class valedictorian and commencement speaker (Trinity College 2008)
- . President’s Leadership Award given by university president to one college graduate (Trinity College 2008)
- . Senior Laboratory Scientist of the Year awarded collectively by science faculty (Trinity College 2008)
- . Laureate Award presented by Illinois state governor (Lincoln Academy 2007)
- . Cumulative score 99.8<sup>th</sup> percentile Medical College Admission Test (Association of American Medical Colleges 2007)
- . Chemistry Award given by departmental chair to one freshman student (Trinity College 2005)
- . High school class valedictorian and commencement speaker (2004)

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### **PUBLICATIONS**

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#### *Peer Reviewed Journal Articles*

- . Morreim H, Antiel RM, **Zacharias DG**, DE Hall. “Should age be a basis for rationing health care?” *Virtual Mentor*. 2014 May 1;16(5):339-47.
- . **Zacharias DG**, Longford NT, Lilly KJ, Body SC. “Clinical assessment and utility of near-infrared cerebral oximetry in cardiac surgery.” *Journal of Cardiothoracic and Vascular Anesthesia*. 2014 Apr;28(2):308-16.
- . Bouchard-Fortier G, Hajifathalian K, McKnight M, **Zacharias DG**, Gonzalez-Gonzalez LA. “Addition of HPV screening to conventional cytology leads to earlier detection of high-grade cervical intraepithelial neoplasia: a meta-analysis.” *Journal of Public Health*. 2014 Mar;36(1):46-55.
- . Hajifathalian K, **Zacharias DG**, Gonzalez-Gonzalez LA, Goodman JE. “Response to ‘A meta-analysis of human acellular dermis and submuscular tissue expander breast reconstruction.’” *Plastic Surgery and Reconstruction*. 2012 Dec;130(6):896e.
- . **Zacharias DG**, Nelson TJ, Mueller PS, Hook CC. “Impedance of novel therapeutic technologies: The case of stem cells.” *Clinical and Translational Science*. 2012 Oct;5(5):422-427.
- . **Zacharias DG**, Kim SG, Bachar AR, Oh YK, Herrmann J, Rodriguez-Porcel M, Cohen P, Lerman LO, Lerman A. “Humanin, a cytoprotective peptide, is expressed in carotid atherosclerotic plaques in humans.” *PLoS ONE*. 2012 Feb;7(2): e31065.
- . Oh YK, Bachar AR, **Zacharias DG**, Cohen P, Lerman LO, Lerman A. “Humanin preserves endothelial function and prevents atherosclerotic plaque progression in hypercholesterolemic ApoE deficient mice.” *Atherosclerosis*. 2011 Nov;219(1):65-73.
- . **Zacharias DG**, Nelson TJ, Mueller PS, Hook CC. “The science and ethics of induced pluripotency: What will become of embryonic stem cells?” *Mayo Clinic Proceedings*. 2011 Jul;86(7):634-40.
- . **Zacharias DG**, Jensen MH, Farley DR. “Long-term survival with metastatic carcinoid tumors: A case report and review of the literature.” *Journal of Surgical Education*. 2010 Mar-Apr;67(2):99-102.

## GRANTS AND FELLOWSHIPS

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- . Foundation for Anesthesia Education and Research, Brigham and Women's Hospital; Medical Student Anesthesia Research Fellowship (2012); Survey research involving clinician practice in cardiac surgical monitoring
- . Mayo Clinic Center for Translational Science Activities; Medical Student Clinical and Translational Research Award (2010); Research involving basic mechanisms of atherosclerosis and stroke
- . Mayo Clinic College of Medicine, Department of Cardiovascular Disease; Summer Research Fellowship (2009); Research involving cardiovascular disease in transgenic murine models
- . Mayo Clinic College of Medicine, Department of Molecular Pharmacology and Experimental Therapeutics; Summer Undergraduate Research Fellowship (2007); Research involving genomics and cardiac disease
- . National Institutes of Health, University of Minnesota-Twin Cities; REU-NSF Summer Undergraduate Research Fellowship (2006); Research involving hypothalamic physiology in murine models

## PRESENTATIONS

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### *Local Meetings*

- . **University of Washington Medical Center**, *Department of Psychiatry Grand Rounds*. Oral presentation. "A brief history of ketamine: From the operating room to K-holes." Seattle, WA; January 25<sup>th</sup>, 2019
- . **University of Washington Medical Center**, *Department of Psychiatry Resident Education*. Oral presentation. "Personal finance for physicians." Seattle, WA; October 4<sup>th</sup>, 2018
- . **University of Washington Medical Center**, *Department of Psychiatry Resident Education*. Oral presentation. "Considerations for building a private practice." Seattle, WA; May 17<sup>th</sup>, 2018
- . **University of Washington Medical Center**, *Department of Psychiatry Resident Education*. Oral presentation. "Why physicians should be more business-minded." Seattle, WA; February 8<sup>th</sup>, 2018
- . **Veteran's Health Administration Psychology Leadership Conference**. Poster presentation. "Adaptation of the Unified Protocol provides a brief group intervention appropriate for primary care mental health." Seattle, WA; June 15<sup>th</sup>, 2017
- . **University of Washington Medical Center**, *Department of Psychiatry Grand Rounds*. Oral presentation. "Looking outside the cranial vault: Philosophy of mind and the future of mental health care." Seattle, WA; December 23<sup>rd</sup>, 2016
- . **Seattle Analytic Philosophy Group**. Oral presentation. "Philosophical problems in psychiatry." Seattle, WA; October 16<sup>th</sup>, 2016
- . **University of Washington Medical Center**, *Department of Psychiatry Resident Education*. Oral presentation. "Overview of chronic pain management." Seattle, WA; August 10<sup>th</sup>, 2015
- . **NASA Johnson Space Center**, Medical Division. *Aerospace Medicine Clerkship Symposium*. Oral presentation. "Implications of cosmic radiation for long duration human space flight." Houston, TX; July 20<sup>th</sup>, 2012
- . **Associate Colleges of the Chicago Area**. *Undergraduate Symposium*. Oral presentation. "Mutational analysis of an L-type Ca<sup>2+</sup> channel interacting protein encoded by RAD as a novel long QT syndrome susceptibility gene." Romeoville, IL; April 12<sup>th</sup>, 2008

### *National Conferences*

- . **American Society of Anesthesiologists**. *Anesthesiology 2012 - Transforming Patient Safety Through Education and Advocacy*. Poster. "Clinical assessment and utility of near-infrared cerebral oximetry in cardiac surgery." Washington DC; October 16<sup>th</sup>, 2012
- . **American Society for Bioethics and Humanities**. *ASBH 13th Annual Meeting – Generations and Transformations*. Panel presentation, "Induced pluripotent stem cells: A scientific and ethical way forward?" Minneapolis, MN; October 15<sup>th</sup>, 2011

- . **American Heart Association.** *Scientific Sessions 2010 - Best of AHA Specialty Conferences.* Poster. “The expression of humanin, an anti-apoptotic peptide, in carotid atherosclerotic plaques.” Chicago, IL; November 15<sup>th</sup>, 2010
- . **American Heart Association.** *Basic Cardiovascular Sciences 2010 Scientific Sessions - Technological and Conceptual Advances in Cardiovascular Disease.* Poster. “The expression of humanin, an anti-apoptotic peptide, in carotid atherosclerotic plaques.” Rancho Mirage, CA; July 23<sup>rd</sup>, 2010
- . **Argonne National Laboratories.** *Seventeenth Annual Symposium for Undergraduates in Science, Engineering, and Mathematics.* Oral presentation. “Altered circadian rhythms in neuronal subpopulations of hypothalamic nuclei reflect stress responses during dietary restriction.” Chicago, IL; November 3<sup>rd</sup>, 2006

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## LEADERSHIP

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- . Chief resident in psychiatry at University of Washington Medical Center (June 2017–June 2018)
- . Resident director of Psychotherapy Pathway for University of Washington psychiatry residency (July 2017–June 2018)
- . Admissions committee member for University of Washington psychiatry residency (July 2017–March 2018)
- . Founder and director of the Veritas Forum lecture series at Mayo Clinic (Sept 2009–Mar 2013)
- . Lead coordinator for Mayo Clinic Department of Medicine grand rounds lecture (March 2013)
- . Institutional committee member for LCME medical school re-accreditation (August 2010–May 2011)
- . Student leader for the CMDA chapter at Mayo Clinic (July 2009–December 2010)
- . Organizer for the Mayo Clinic Harvest Classic fundraiser race to benefit a local food pantry (September 2008)
- . Mentor and local high school group leader for national Young Life youth program (September 2004–May 2006)

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## TEACHING EXPERIENCE

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- . Faculty member for resident education through psychotherapy supervision and lecturing (July 2018–present)
- . Educator and mentor for junior psychiatry residents transitioning to outpatient clinics (June 2017–June 2018)
- . Resident physician mentor for medical students on clinical rotations (July 2013–June 2018)
- . USMLE Step 1 boards review instructor at Mayo Medical School (Dec 2010–Apr 2011)
- . After-school tutor for underprivileged high school students at Rochester Better Chance (August 2008–June 2009)
- . Graduate equivalency examination tutor for inmates at Lake County Jail (December 2007–May 2008)
- . General Chemistry laboratory teaching assistant at Trinity College (August 2006–May 2008)

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## VOLUNTEER EXPERIENCE

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- . Provider of free and reduced cost healthcare for patients facing financial hardship (July 2018–present)
- . Participant and facilitator in 12 Steps support group (February 2020–present)
- . Activist combatting human trafficking with End Slavery Tennessee (September 2013–May 2015)
- . Sponsor for child to attend Universal Language Academy in Colombia (January 2010–May 2015)
- . Child sponsor through Compassion International organization (August 2005–May 2015)
- . Medical provider at Mayan Medical Aid in Santa Cruz, Guatemala (February 2013)
- . Choir member at Park Street Community Church in Boston (September 2011–June 2012)
- . Medical provider at Salvation Army Good Samaritan Clinic for underinsured (August 2009–April 2010)
- . Medical provider at Fundación del Hogar charity hospital in Ecuador (December 2009)
- . Assistant to Burmese refugee family with Exodus World Service ministry in Chicago (August–December 2007)
- . Medical mission trip volunteer in Matamoros and Saltillo, Mexico (June 2003 and 2004)

## **MEMBERSHIPS AND AFFILIATIONS**

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- . American Medical Association
- . American Psychiatric Association
- . Washington State Psychiatric Association
- . Nanticoke Lenni-Lenape American Indian Tribe

## **LICENSES AND CERTIFICATIONS**

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### *Medical Licensures and Certifications*

- . American Board of Psychiatry and Neurology, Psychiatry Board Certification: 9/25/2018
- . Washington State Medical License: issued 6/27/16

### *Other Licenses*

- . FAA Private Pilot License, Visual Flight Rules (In progress)

### *Certifications*

- . Professional Association of Diving Instructors (PADI) Certifications: Open Water Scuba Diver (07/11/2010), Advanced Open Water Scuba Diver (2/12/13)
- . NASA Physiological Training Course Certificate (7/9/2012)

## **LANGUAGES**

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English (native fluency)

Spanish (intermediate fluency)

## **INTERESTS**

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Travel, philosophy/history, business development, guitar, harmonica, snowboarding, hockey, motorcycling