



2024 MPS OUTSTANDING PSYCHIATRIST AWARDS

EDUCATION - David Mintz, MD, DLFAPA



Dr. David Mintz received his undergraduate education at Vanderbilt University, pursued graduate work in clinical psychology in New York, and then received his MD from the University of Miami School of Medicine, where he was elected to AOA. He completed residency at the Cambridge Hospital/Austen Riggs Center Combined Residency Program as well as a Fellowship in Psychodynamic Psychotherapy at Riggs, where he has remained on staff for the past 25 years. At Austen Riggs, he is engaged in intensive psychoanalytic treatment of complex, multiply co-morbid and “treatment resistant” patients. He serves there as Director of Psychiatric Education, Associate Director of Training, and directs the Elective in Psychotherapy and Psychodynamic Psychiatry.

In recent years, Dr. Mintz has devoted much of his work to the exploration of psychological and social factors that facilitate or interfere with desirable medication outcomes and is the author of more than 25 papers and a successful book, *Psychodynamic Psychopharmacology: Caring for the Treatment-Resistant Patient*. The theme of his book is the integration of non-pharmacological factors with psychotherapies, emphasizing the importance of the therapeutic alliance. One of our leading psychopharmacologists opines that this book should be one of the required readings for any prescriber of psychotropic medication. His academic interests in medical education include psychodynamic aspects of medical education and developmental processes involved in becoming a psychiatrist.

Dr. Mintz is a Distinguished Fellow of the American Psychiatric Association and past chair of the APA Psychotherapy Caucus; is a member of the Psychotherapy Committee of AADPRT and the Medical Student Educational Committee of the American Psychoanalytic Association; and sits on the Editorial Boards of *Psychodynamic Psychiatry* and the *American Journal of Psychotherapy*. A widely appreciated speaker, he has presented nationally at grand rounds and as a visiting professor. He has given more than 150 presentations nationally on the topic of and regularly teaches in half a dozen residency programs (including three in Massachusetts). His course on “The Science of the Art of Psychopharmacology” was recently highlighted as an APA course of the Month and his free CE/CME on-demand 4-course series released in the fall of 2023, “The Art of Pharmacotherapy” offered through the Erikson Institute of the Austen Riggs Center, was well-subscribed. One of his colleagues explains: “David has an uncanny ability to present complex ideas and theories in a way that is accessible and that resonates with audiences young and old regardless of their orientation.... David’s scholarship is a labor of love and a gift to the field. David fought to move the field of psychiatry beyond a biomedical focus on medications and symptoms to a more holistic understanding of the biological, psychological, and social factors that influence pathology, and prescribing. His dedication benefits all of us who practice, study, teach, or research in this field. Psychiatry is richer for his contributions.”

In recognition of his outstanding achievements and dedication, the Massachusetts Psychiatric Society is proud to honor Dr. David Mintz with the 2024 Outstanding Psychiatrist Award for Education.