

Wendi M. Waits, MD, DFAPA

808-284-1798

wendi@mhinsight.com

www.linkedin.com/in/wendiwaits/

Dedicated and pragmatic psychiatrist with more than 20 years of clinical experience providing holistic, patient-centered care to individuals of all ages. Particular areas of interest and expertise include the following:

- Psychological Trauma
- Inpatient Psychiatry
- Adolescent Psychiatry
- Staff Education and Training
- Lifestyle Medicine
- Graduate Medical Education
- Organizational Leadership
- Performance Improvement

ACTIVE LICENSES AND BOARD CERTIFICATIONS:

- Unrestricted Medical Licenses: **Virginia** (0101222240)
New York (319062)
Hawaii (MD-23168)
- Active ABPN Certification in **Psychiatry** (52975) and **Child and Adolescent Psychiatry** (5919)
- Active ABLM/IBLM Certification in **Lifestyle Medicine** (2598)

WORK EXPERIENCE:

TriWest Healthcare Alliance

January 2025 – Present

Medical Director, Child and Adolescent Psychiatry

MH Insight, LLC

August 2022 – Present

Independent Consultant (1099 employment)

Talkiatry

October 2022 – December 2024

Staff Psychiatrist, providing Virtual Outpatient Care to patients in NY, VA, and CO

Newport Academy, Fairfax, VA

April 2022 – April 2024

Medical Director and Staff Psychiatrist, Adolescent Partial Hospitalization Program

Walter Reed National Military Medical Center, Bethesda, MD

July 2018 – February 2022

Clinical Project Manager and Staff Psychiatrist

July 2021 – February 2022

Director for Behavioral Health

July 2018 – July 2021

A.T. Augusta Military Medical Center, Fort Belvoir, VA

June 2013 – June 2018

Medical Director/Chief, Adolescent Inpatient Psychiatry Service

January 2017 – June 2018

Medical Director, Adolescent Partial Hospitalization Program

Sept 2016 – December 2016

Director for Behavioral Health

June 2013 – September 2016

Schofield Barracks U.S. Army Installation, Wahiawa, Hawaii
Chief, Behavioral Health Services

June 2011 – May 2013
June 2011 – May 2013

Tripler Army Medical Center, Honolulu, Hawaii
Medical Director/Chief, Inpatient Psychiatry Service
Assistant Medical Director, Adult Inpatient Psychiatric Unit
Medical Student Clerkship Coordinator
Child & Adolescent Psychiatry Fellow

July 2005 – May 2011
October 2006 – May 2011
July 2005 – March 2006
July 2005 – March 2006
July 2003 – June 2005

Camp Casey, Dongducheon, Republic of Korea
Division Psychiatrist and Officer in Charge, Behavioral Health Clinic

July 2002 – June 2003
July 2002 – June 2003

MILITARY DEPLOYMENTS:

Clinical Ops Chief, 254th Combat Stress Control Det, Afghanistan July 2010 – December 2010
Medical Director, 1972nd Combat Stress Control Det, Iraq March 2006 – September 2006

PROFESSIONAL EDUCATION AND TRAINING:

Child & Adolescent Psychiatry Fellowship, Tripler Army Medical Center, Honolulu, HI June 2005
Psychiatry Residency, National Capital Consortium, Washington, DC June 2002
Psychiatry Internship, National Capital Consortium, Washington, DC June 1999
Doctorate of Medicine, Uniformed Services University, Bethesda, MD May 1998
Bachelor of Science, United States Military Academy, West Point, NY May 1994

NOTEWORTHY CONTINUING MEDICAL EDUCATION COURSES & WORKSHOPS:

Critical Memory Integration	2024
EMDR Flash Technique	2023
Fundamentals of Attachment-Based Family Therapy (ABFT)	2022
American College of Lifestyle Medicine Board Review Course	2021
Interpersonal Therapy, Level A	2021
Applying Functional Medicine in Clinical Practice, Institute of Functional Medicine	2019
Reconsolidation of Traumatic Memories	2017
Integrative Medicine for Mental Health (conference)	2016
Pediatric Autoimmune Neuropsychiatric Disorder Assoc w/Streptococcus	2015
Psychiatry Masterclass on Integrative Psychiatry	2015
Accelerated Resolution Therapy (ART); Certified Master Practitioner	2014
Cognitive Processing Therapy	2011
Prolonged Exposure Therapy	2009
Eye Movement Desensitization and Reprocessing, phase I	2008
Electroconvulsive Therapy	2007
Critical Incident Stress Management (basic)	2005

NOTEWORTHY HONORS AND RECOGNITION:

2022 *Legion of Merit Award*, for demonstrating exceptionally meritorious leadership in numerous positions held throughout the final 10 years of a 27-year Army career

2021 *Thomas J. Salmon Distinguished Service Award*, presented annually by the Society of Uniformed Services Psychiatrists for a career of excellence in military psychiatry

2014 U.S. Army Medical Command “A” *Proficiency Designator*, “to recognize the accomplishments of a senior physician in the Medical Corps who has consistently displayed outstanding performance throughout their career and has made significant contributions to the AMEDD in clinical, academic, research, or administrative roles.”

2012 Induction into the *Order of Military Medical Merit*, “For members of the Army Medical Department who, through dedicated application of talent, effort, and spirit, have made a significant contribution having an impact on the whole of the AMEDD”

2008 *Faculty of the Year Award*, awarded by the Tripler Psychiatry housestaff “for overall character as a clinician, mentor, and excellence in teaching.”

FACULTY & ACADEMIC APPOINTMENTS:

2015-present – Clinical Associate Professor, Dept. of Psychiatry, Uniformed Services University

2007-2015 – Clinical Assistant Professor, Dept. of Psychiatry, Uniformed Services University

2002-2007 – Teaching Fellow, Dept. of Psychiatry, Uniformed Services University

2013-2021 – Teaching faculty, NCC Psychiatry Residency and C/A Psychiatry Fellowship

2005-2013 – Teaching Faculty, Tripler Child & Adolescent Psychiatry Fellowship

2004-2013 – Teaching Faculty, Tripler Psychiatry Residency Program

OTHER NOTEWORTHY LEADERSHIP POSITIONS

Chair, Tri-Service Working Group for Behavioral Health Privileging 2018-2021

Chair, Activity Compensation Panel, Walter Reed NMMC 2020-2021

Team Chief, Post-Isolation Support Activities (PISA), Walter Reed NMMC 2018-2021

Deputy Behavioral Health Service Lead, National Capital Area Market 2013-2021

President, Society of Uniformed Services Psychiatrists 2013-2014

Board Examiner, American Board of Psychiatry and Neurology 2010-2013

PROFESSIONAL SOCIETIES:

Distinguished Fellow, American Psychiatric Association

Member, International Society of Accelerated Resolution Therapy

Member, American College of Lifestyle Medicine

Honorary Member, Association of Ukrainian Neuropsychologists

PEER REVIEW ACTIVITIES:

Military Medicine, 2014-Present

American Journal of Lifestyle Medicine, 2021-2022

Academic Psychiatry, 2016-2020

PUBLICATIONS AND RESEARCH:

- Waits W and Marumoto M. Pediatric Mental and Physical Health. In: Merlo G and Fagundes C, ed. *Lifestyle Psychiatry: Through the Lens of Behavioral Medicine*. CRC Press. 2023.
- Han R, Schmidt M, Waits W, Bell A, Miller T. Planning for Mental Health Needs During COVID-19. *Current Psychiatry Reports*. 2020 Oct;22:66-75.
- Toukolehto O, Waits W, Preece D, Samsey K. Accelerated Resolution Therapy-Based Intervention in the Treatment of Acute Stress Reactions During Deployed Military Operations. *Military Medicine*. 2020 Mar 2;185(3-4):356-362.
- Schimmels J and Waits W. A Tale of Two Compulsions – Two Case Studies Using Accelerated Resolution Therapy (ART) for Obsessive Compulsive Disorder (OCD). *Military Medicine*. 1 May 2019;184(5-6):e470-e474. *Corrigendum published in Military Medicine*. 2019 Jan 1;184(1-2):59.
- Waits W, Hoge C. Reconsolidation of Traumatic Memories Using Psychotherapy (Letter to the Editor). *Am J Psychiatry*. 1 Nov 2018; 175(11):1145-1145.
- Waits W. Accelerated Resolution Therapy for PTSD. *Psychiatric Times*, 30 Aug 18;35(8).
- Waits W, Marumoto M, Weaver J. Accelerated Resolution Therapy (ART): a Review and Research to Date. *Curr Psychiatry Rep*. 2017;19:18-24.
- Hernandez, Waits W, Calvio L, Byrne M. Practice comparisons between Accelerated Resolution Therapy, Eye Movement Desensitization and Reprocessing Disorder, and Cognitive Processing Therapy, with examples. *Nurse Education Today*. 2016;47:74-80.
- Waits W, Kip K, Hernandez D. Accelerated Resolution Therapy. In: Ritchie EC, ed. *Posttraumatic Stress Disorder and Related Diseases in Combat Veterans*. Springer Publishing. 2015.
- Waits W, Brent E. The Psychiatrist as Leader-Teacher: Promoting Learning beyond Residency. *Academic Psychiatry*. 2015;39:376-381.
- Waits W, Ganz M, Schillreff T, Dell P. Sleep and the Use of Energy Products in a Combat Environment. *The United States Army Medical Department Journal*. Oct-Dec 2014.
- Waits W, Wise J. The Fort Campbell High Interest Program. *Military Medicine*. 2011 Apr;176(4):359-60.
- Faran ME, Saito AY, Godinez EU, Waits WM, Olson VW, Piper CM, McNulty MA, Ivany CG. Establishing an Integrated Behavioral Health System of Care at Schofield Barracks. In:

Ritchie EC, ed. *Combat and Operational Behavioral Health*. In: Lenhart MK, ed. *The Textbooks of Military Medicine*. Washington, DC: Department of the Army, Office of The Surgeon General, Borden Institute; 2011: 563-576.

Diebold C, Waits W, Brown M, Benedek D. Military Psychiatry Graduate Medical Education. In: Ritchie EC, ed. *Combat and Operational Behavioral Health*. In: Lenhart MK, ed. *The Textbooks of Military Medicine*. Washington, DC: Department of the Army, Office of The Surgeon General, Borden Institute; 2011: 669-692.

Waits W. SSRI's for Veterans with Post-Traumatic Stress Disorder. Resident and Staff Physician. 2006 Sep.

Leong S, Waits W, Diebold C. Dissociative Amnesia and DSM-IV-TR Cluster C Personality Traits. Psychiatry. 2006 Jan; 3(1): 51-55.

Hall MJ, Adamo G, McCurry L, Lacy T, Waits W, Chow J, Rawn L, Ursano RJ. Use of Standardized Patients to Enhance a Psychiatry Clerkship. Academic Medicine. 2004 Jan;79(1):28-31.

Waldrep D, Waits W. Returning to the Pentagon: The use of mass desensitization following the September 11, 2001 attack. Military Medicine. 2002 Sep;167(9 Suppl):58-9.

Waits W, Waldrep D. Application of Army Combat Stress Control Doctrine in Work with Pentagon Survivors. Military Medicine. 2002 Sep;167(9 Suppl):39-43.

Waits W, Hall D. Gabapentin in the Treatment of Bipolar Illness. The Jefferson Journal 1998; 14(1):24-29.

POSTERS & PODIUM PRESENTATIONS:

The “ART” of Accelerated Resolution Therapy: Treating trauma rapidly without medications. Presented at the 177th Annual Meeting of the American Psychiatric Association, May 2025.

From Hashtags to Health: Navigating the Digital Minefield of Mental Wellness in the Era of Accelerating Technology. Presented at the 177th Annual Meeting of the American Psychiatric Association, May 2025.

Acquired ADHD as a Consequence of Digital Tech Addiction - Is this a thing? Presented at the 176th Annual Meeting of the American Psychiatric Association, May 2024.

Evaluating and Managing Psychiatric and Vague Constitutional Symptoms from a Lifestyle Medicine Perspective. Presented virtually at Lifestyle Medicine 2023, the annual conference of the American College of Lifestyle Medicine, Denver, CO, Oct 2023.

Care for Families and Children. Presented virtually as part of the Massachusetts General Hospital (MGH) Psychiatry Academy & Ukraine Lecture Series, hosted by MGH and posted on-line in May 2023. Recording available at <https://mghcme.org/ukraine-lecture-series/#section-5>.

Care for Families and Children. Presented virtually at the Cognitive Neuroscience and Clinical Neuropsychology Conference, hosted by the Association of Ukrainian Neuropsychologists, July 2022.

Gender Pearls for Everyday Use. Presented at Grand Rounds, Walter Reed National Military Medical Center, Bethesda, MD, Oct 2020.

PTSD Treatment in the DoD: Where We've Been and Where We're Going. Presented at Psychiatry Grand Rounds, Tripler Army Medical Center, Honolulu, HI, Aug 2020.

PTSD Treatment in the DoD: where we've been and where we're going. 3rd Annual Army National Guard Behavioral Health Training Event, Lackland AFB, TX, 16 May 2019.

Accelerated resolution therapy (ART)-based intervention in the treatment of acute stress reactions during deployed military operations. Presented at the 171st Annual Meeting of the American Psychiatric Association, May 2019.

Military Life Impact on Children and Families. Presented at the 6th annual Marne Summit, Ft. Stewart, GA, Dec 2018.

PTSD Treatment in the DoD: Where We've Been and Where We're Going. Presented at the Army Behavioral Sciences Short Course, Lackland AFB, TX, Nov 2018.

So You're Thinking about Opening an Adolescent Psychiatric Unit? Lessons Learned at Fort Belvoir. Presented at the Association of Military Surgeons of the United States (AMSUS), National Harbor, MD, Nov 2018.

Hunting Zebras with Troubled Teens: Serious Medical Conditions Diagnosed in Three Adolescents During a Psychiatric Admission. Poster presented at the 127th AMSUS Conference, National Harbor, MD, Nov 2018.

ART and Ethics. Presented at the 4th Annual conference of the International Society of Accelerated Resolution Therapy, Oct 2018.

Accelerated Resolution Therapy: An Effective Brief Therapy for PTSD and Other Conditions. Presented at the 170th Annual Meeting of the American Psychiatric Association, May 2018.

Accelerated Resolution Therapy: An Effective Brief Therapy for PTSD and Other Conditions. Presented at the 170th Annual Meeting of the American Psychiatric Association, May 2017.

Supervision of Non-Psychiatrist Providers. Presented at the 1st Annual Society of Uniformed Services Psychiatrists Tri-Service Meeting, May 2017.

Accelerated Resolution Therapy: A Magic Bullet for PTSD? Presented at the 169th Annual Meeting of the American Psychiatric Association, May 2016.

Managing Behavioral Health Providers: The Nuances of Leading this Unique Population. Presented at the 169th Annual Meeting of the American Psychiatric Association, May 2016.

Military Behavioral Health Through the Lens of the 4077th: The Realities and Myths of Military Behavioral Health as Shown on M*A*S*H*. Presented at the 169th Annual Meeting of the American Psychiatric Association, May 2016.

Accelerated Resolution Therapy: Healing Trauma Through Play and Creativity. Presented at the 60th Annual Meeting of the American Academy of Psychoanalysis and Dynamic Psychiatry, May 2016.

Management of the Difficult Service Member or Veteran. Presented at the 168th Annual Meeting of the American Psychiatric Association, May 2015.

Management of the Difficult Service Member or Veteran. Presented at the 167th Annual Meeting of the American Psychiatric Association, May 2014.

Celiac Disease & Gluten Sensitivity: The Great Modern-Day Imposters. Presented at Psychiatry Grand Rounds, Walter Reed National Military Medical Center, October 2013.

Workshop Chair: Management of the Difficult Service Member or Veteran. Presented at the 166th Annual Meeting of the American Psychiatric Association, May 2013.

What's New in PTSD: Approaches to Assessment and Treatment. Presented at Tripler Army Medical Center Grand Rounds, March 2013.

Ego Integrity and the Aging Adult. Presented at the American Academy of Psychoanalysis and Dynamic Psychiatry and the Chulalongkorn University Department of Psychiatry Collaborative Conference, Bangkok, Thailand, Jan 2012.

Klein-Levin Syndrome: A Case Report. Poster Presentation at the Hawaii Neurological Society annual meeting, Honolulu, Hawaii, Oct 2009.

Childhood Psychiatric Disorders in Adults: How to Spot Them and What to Do about Them.
Presented at the U.S. Army Force Health Protection Conference, Albuquerque, New Mexico, Aug 2009.

Mental Health Encounters in Theater: Chart Review Data from a CSC Clinic in Southern Iraq.
Presented at the AMEDD Behavioral Sciences Short Course, Louisville, Kentucky, Aug 2007.

The Behavioral Health Liaison Project: A One-Year Update. Presented at the AMEDD Behavioral Sciences Short Course, Louisville, Kentucky, Aug 2005.

The Behavioral Health Liaison Project. Presented at the AMEDD Behavioral Sciences Short Course, Albuquerque, New Mexico, Aug 2004.

Novel Applications of Combat Stress Control in Work with Pentagon Survivors. Poster presented at the 2nd Annual Congress on Disaster Psychiatry, New York City, New York, April 2002.

LAY PRESS/MEDIA:

Melissa Willets. "Mom on TikTok Is Concerned Over Her Teen's Low-Key Summer—Experts Weigh In." Parents.com, Aug 2, 2024. <https://www.parents.com/guilt-over-your-teens-low-key-summer-8689731>

Caron Christina. "Doctors are Still Figuring Out Adult ADHD." *New York Times*, May 20, 2024. <https://www.nytimes.com/2024/05/20/well/mind/adhd-adults-diagnosis-treatment.html>

"Acquired ADHD and Digital Tech Addiction." *APA TV*, May 5, 2024. <https://www.youtube.com/watch?v=IJO2avCHOAo>

Dr. Louis Meyers, host. "Mental Health Support for Military Veterans." *Health Care Today with Dr. Louis Meyers*, WDEV Radio, May 28, 2021. <https://wdevradio.com/mental-health-support-for-military-veterans/>

Little Bernard. "Building Your Mental Health Through Resiliency," *Health.mil*, 29 May, 2020. <https://health.mil/News/Articles/2020/05/29/Building-Your-Mental-Health-Through-Resiliency?type=Forms+%26+Templates>

Sleiman Jad, host. "Eye movements, deep breaths, and psychology's 'science-practice gap.'" *The Pulse*, WHYY Radio (NPR), 5 Mar, 2020. <https://why.org/segments/eye-movements-deep-breaths-and-psychologys-science-practice-gap/>

Gross N. "Emerging PTSD therapy: Faster results, less talking," *Military Times*, 3 May, 2018. <https://rebootcamp.militarytimes.com/news/transition/2018/05/03/emerging-ptsd-therapy-faster-results-less-talking/>

COURSES TAUGHT:

Basic Accelerated Resolution Therapy (ART) – Multiple 3-day training iterations since Jan 2023
PGY-4 Writing in the Military, 2019-2021
PGY-2 Introduction to Inpatient Psychiatry course, 2008-2009
PGY-2 Adult Psychopathology course, 2006-2010
PGY-4 Military Psychiatry course, 2005
PGY-1 Essentials of Psychiatry course, 2005
PGY-2 Emergency Psychiatry course, 2003
PGY-2 Inpatient Group Psychotherapy course, 2001 and 2007-2008

OTHER ACTIVITIES/ACCOMPLISHMENTS:

Certified Trainer, Advanced Accelerated Resolution Therapy, Rosenzweig Center for Rapid Recovery, July 2025 to the present.

Secretary, Board of Directors, *wear blue run to remember*, November 2023 to the present.

Certified Trainer, Basic Accelerated Resolution Therapy, Rosenzweig Center for Rapid Recovery, January 2023 to the present.

Certified Project Management Professional, Project Management Institute, 2022-2025.

Trainer, 2021 E/M Coding Changes, Defense Health Agency, February-March 2021.

Listed Contributor, DHA Behavioral Health Coding and Documentation Handbook v1.0, January 2020, and v3.0, September 2021

Chair, Tri-Service Behavioral Health Clinical Community Work Group on Behavioral Health Privileging, Fall 2018 to November 2021.

Work Group Member, 2017 VA/DoD Clinical Practice Guideline for Post-Traumatic Stress Disorder, 2015-2017.

Chair, Adolescent Behavioral Health Task Force, National Capital Region Medical Directorate, Dec 2014-Sep 2016.

Chair, Behavioral Health Working Group, National Capital Region Medical Directorate, 2013-2015.

Participant, DoD/DVA Strategic Working Group on the Psychological Health of Women Service Members and Veterans, Oct 2007.

Script author and actor, “Children and Reunion” segment of Schofield Barracks Army Community Service Ready 4 Reunion DVD, fall 2004.

Creator, Military Psychiatry Reference CD-ROM, a professional resource for military mental health providers, fall 2001.

Member, Uniformed Services University Lady Docs Rugby Football Club, 1994-2002.