



UC San Diego Health

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# Healthy Aging in the Era of Pandemics:

Symposium of the UC San Diego  
Center for Healthy Aging

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October 22, 2021 | 8:30 AM - 5 PM PST

*A virtual symposium held on Zoom*

**A DAY-LONG  
EVENT  
SHOWCASING  
OUR LATEST  
RESEARCH ON  
AGING**

Topics will include wisdom and social connections, healthy lifestyle and physical exercise, getting a good night's sleep, technology for seniors, electronic psychotherapies, magnetic brain stimulation, and more.

# AGENDA

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## 8:30 - 9:00 AM | Welcome

**Danielle Glorioso**, LCSW, Executive Director,  
UC San Diego Center for Healthy Aging

**David Brenner**, MD, Vice Chancellor, Health  
Sciences, UC San Diego

**Sandra Brown**, PhD, Vice Chancellor for Research,  
UC San Diego

**Natasha Josefowitz**, PhD, Poet, Author, Syndicated  
Columnist, Professor of Management

## 9:00 - 10:00 AM | Wisdom, Social Connections, and the Pandemic

Chair: **Alison Moore**, MD, MPH, Chief of the Division  
of Geriatrics, Gerontology and Palliative Care,  
UC San Diego

Speaker: **Dilip Jeste**, MD, Senior Associate Dean for  
Healthy Aging and Senior Care, Distinguished  
Professor of Psychiatry and Neurosciences,  
UC San Diego

## 10:00 - 11:00 AM | Panel on Electronic Psychotherapies/Cognitive Remediation

Chair: **Elizabeth Twamley**, PhD, Professor of  
Psychiatry, UC San Diego

Speakers: **Tarek Rajji**, MD, Executive Director,  
Toronto Dementia Research Alliance; Professor,  
Department of Psychiatry, University of Toronto

**John Torous**, MD, MBI, Director, Digital Psychiatry  
Division, Beth Israel Deaconess Medical Center,  
Assistant Professor, Harvard Medical School



## 11:00 AM - 12:00 PM | Panel on Nutrition (Omega-3) and Physical Exercise

Chair: **Brian Martis**, MD, Professor of Psychiatry & Deputy Vice Chair, Veterans Healthcare, UC San Diego

Speakers: **Mark Rapaport**, MD, CEO of Huntsman Mental Health Institute and Chair of Psychiatry, University of Utah Health

**Jeanne Nichols**, PhD, Professor Emeritus, School of Exercise and Nutritional Sciences, San Diego State University & Program Director, UCSD DXA School

## 12:00 - 1:00 PM | Panel on Getting a Good Night's Sleep

Chair: **Sonia Ancoli-Israel**, PhD, Professor of Psychiatry, UC San Diego

Speakers: **Ellen Lee**, MD, Assistant Professor of Psychiatry, UC San Diego, Staff Psychiatrist, VA Healthcare

**Atul Malhotra**, MD, Professor and Research Chief of Pulmonary, Critical Care and Sleep Medicine, UC San Diego

## 1:00 - 1:30 PM | Break



## 1:30 - 2:30 PM | Panel on Aging in Marginalized Communities

Chair: **Lisa Eyster**, PhD, Professor, Chair of the Psychiatry Department Chair's Advisory Committee on Diversity Issues, UC San Diego

Speakers: **María Marquine**, PhD, Associate Professor of Medicine, Director, Disparities Research, UC San Diego Division of Geriatrics

**Lauren Brown**, PhD, Assistant Professor, Division of Health Management and Policy, San Diego State University

## 2:30 - 3:30 PM | Panel on Technology for Seniors

Chair: **Ramesh Rao**, PhD, Director, Qualcomm Institute, UC San Diego Div. of California Institute for Telecommunications & Information Technology

Speakers: **Tom Kamber**, Founder & Executive Director, Older Adults Technology Services (OATS) and Senior Planet

**Eric Granholm**, PhD, Professor of Psychiatry, Director, Center for Mental Health Technology at UC San Diego and VA Healthcare

## 3:30 - 4:30 PM | Panel on Magnetic Brain Stimulation

Chair: **Jyoti Mishra**, PhD, Assistant Professor of Psychiatry, UC San Diego

Speakers: **Jeff Daskalakis**, MD, PhD, Professor and Dr. Igor and JoAnn Grant Endowed Chair of Psychiatry, UC San Diego

**Dhakshin Ramanathan**, MD, PhD, Assistant Professor of Psychiatry, UC San Diego



# SPEAKERS

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## **Dilip Jeste, MD**

***Senior Associate Dean for Healthy Aging and Senior Care, Distinguished Professor of Psychiatry and Neurosciences, UC San Diego***

Dilip V. Jeste, MD, is the Senior Associate Dean for Healthy Aging and Senior Care, Estelle and Edgar Levi Memorial Chair in Aging, Director of the Sam and Rose Stein Institute for Research on Aging, Distinguished Professor of

Psychiatry and Neurosciences at University of California San Diego, and Co-Director of the UC San Diego-IBM Center on Artificial Intelligence for Healthy Living. His main areas of research include schizophrenia, neuropsychiatric interventions, and successful aging. He has published 14 books, including his most recent book titled “Wiser” in which he describes evidence-based findings on the definition, measurement, and neurobiology of wisdom as well as its relationship with aging and interventions to promote wisdom. Dr. Jeste has published over 750+ articles in peer-reviewed journals and 160+ invited book chapters. He is the Past President of the American Psychiatric Association. He was listed in “The Best Doctors in America” and the Institute of Scientific Information list of the “world's most cited authors” comprising fewer than 0.5% percent of all publishing researchers of the previous two decades.



## **Danielle Glorioso, LCSW**

***Executive Director, UC San Diego Center for Healthy Aging***

Danielle K. Glorioso, LCSW, is a Licensed Clinical Social Worker and has been a member of the UC San Diego Division of Geriatric Psychiatry since 2001. She currently serves as the Executive Director of the Center for Healthy Aging and the Sam and Rose Stein Institute for Research

on Aging. Ms. Glorioso provides leadership and direct oversight of Center operations including strategic planning, organizational development, community outreach, training, philanthropy, communications, and marketing. She is also a certified complicated grief therapist and is active in a number of community organizations.



## **David Brenner, MD**

### ***Vice Chancellor, Health Sciences, UC San Diego***

David Brenner, MD, is vice chancellor for health sciences at the University of California San Diego. In this role, he leads the School of Medicine, Skaggs School of Pharmacy and Pharmaceutical Sciences, Herbert Wertheim School of Public Health and Human Longevity Science, and UC San Diego Health. A distinguished physician-scientist and leader in the field of gastroenterological research, Dr. Brenner first joined UC San Diego Health in 1985 as a gastroenterology fellow, later joining the School of Medicine faculty, and serving as a physician at Veterans Affairs (VA) San Diego Healthcare System. He also served as a Pew Scholar in the Biomedical Sciences and a Clinical Investigator in the VA system. Dr. Brenner's professional memberships include the American Society for Clinical Investigation; the Association of American Physicians, for which he is currently President-Elect; the American College of Physicians; the American Gastroenterological Association, and the American Clinical and Climatological Association. He is also on the board of directors of two philanthropic foundations, the AlphaOne Foundation and the Alcoholic Beverage Medical Research Foundation. Dr. Brenner has also been published numerous times and serves on several editorial boards.



## **Sandra Brown, PhD**

### ***Vice Chancellor for Research, UC San Diego***

Sandra Ann Brown, PhD, is a Distinguished Professor of Psychology and Psychiatry, and Vice Chancellor for Research at UC San Diego. She leads the Office of Research Affairs, charged with creating research opportunities, enhancing the research experience, developing tools and training to improve research administration, and supporting and promoting university innovations. Under her leadership, UC San Diego has achieved a decade of billion-dollar investments in research and ranking as one of the nation's premier public research universities. She designed and implemented major transformations of both research structures and processes and built multi-institutional, multi-national collaborative research programs. She launched the Office of Innovation and Commercialization to accelerate UC San Diego-related start-up companies that are now ranked second in the nation and transformed programming to help prepare trainees for diverse research careers of the future. She has been the PI of 26 federally funded grants including the current National Consortium on Alcohol and Neurodevelopment in Adolescence (NCANDA) and Adolescent Brain Cognitive Development (ABCD) study, which is the largest longitudinal study of youth development ever funded by NIH.



## **Natasha Josefowitz, PhD**

***Poet, Author, Syndicated Columnist, Professor of Management***

Natasha Josefowitz, MSW, PhD, was a professor of management for 30 years and is an internationally-known business consultant and keynote speaker. She taught the first course for women in management in the country at the University of New Hampshire and San Diego State

University. For ten years she had her own weekly program on public radio and a monthly television segment. Dr. Josefowitz is the best-selling author and award-winning poet of 21 business and poetry books. Her articles and poems have been published in over a hundred newspapers, journals, and magazines. Her 20th book, *Living Without the One You Cannot Live Without: Hope and Healing after Loss*, was named to Kirkus Reviews Best Books of 2013. She was inducted into the San Diego County Women's Hall of Fame in 2015. She also received the Living Legacy Award from the Women's International Center and was named as one of San Diego's "Top Guns" by the San Diego Business Journal. The Washington Post says: "Natasha Josefowitz is helping her generation, and those that follow, find their way into a successful, meaningful, and fun older age...her optimism about aging is inspiring."



## **Alison Moore, MD, MPH**

***Chief of the Division of Geriatrics, Gerontology and Palliative Care, UC San Diego***

Alison A. Moore, MD, MPH, FACP, AGSF is Professor and Chief of the UC San Diego Division of Geriatrics, Gerontology and Palliative Care, and Vice Chair of Justice, Equity, Diversity and Inclusion in the Department of

Medicine. She holds the Larry L. Hillblom Chair in Geriatric Medicine. She is a geriatrician who provides primary and consultative care to older adults and is part of the UC San Diego team who received the first in San Diego, Age-Friendly Health Systems Committed to Care Excellence designation from the Institute for Healthcare Improvement. She is Co-Principal Investigator of an NIA-funded UC San Diego/SDSU Alzheimer's Disease Resource Center for Minority Aging Research, Co-Director of the UC San Diego Medical Student Training in Aging Research (MSTAR) Program, and Co-Director of an NIA-funded pre- and post-doctoral training program focused on older men and women. She is a member of the Board of Directors of the American Geriatrics Society.



## **Elizabeth Twamley, PhD**

***Professor of Psychiatry, UC San Diego***

Elizabeth Twamley, PhD, is a neuropsychologist and a Professor of Psychiatry at UC San Diego. Much of her work is based at the VA San Diego Healthcare System, where she is a VA Rehabilitation Research and Development Research Career Scientist and the Director of the Clinical

Research Unit of the Center of Excellence for Stress and Mental Health. Dr. Twamley's research has focused on cognitive training and other interventions to improve real-world functioning for individuals with severe mental illnesses, traumatic brain injuries, and other cognitive impairments. She has developed and evaluated Compensatory Cognitive Training (CCT) and Cognitive Symptom Management and Rehabilitation Therapy (CogSMART) with funding from NIH, VA, DoD, NSF, BBRF/NARSAD, and UC San Diego grants. These treatment manuals and other clinical materials are available at no charge on her website, [www.cogsmart.com](http://www.cogsmart.com).



## **Tarek Rajji, MD**

***Executive Director, Toronto Dementia Research Alliance;  
Professor, Department of Psychiatry, University of Toronto***

Tarek Rajji, MD, obtained his MD from the American University of Beirut, Lebanon. He completed residency in general psychiatry at the University of Texas Southwestern Medical Center in Dallas and clinical training in geriatric

psychiatry at Western Psychiatric Institute and Clinic in Pittsburgh. In 2006, he joined the Centre for Addiction and Mental Health (CAMH) and the University of Toronto as a research fellow in geriatric psychiatry. He stayed at CAMH as a clinician scientist and is now a Professor of Psychiatry at the University of Toronto. Dr. Rajji is a Fellow of the Royal College of Physicians and Surgeons of Canada and certified by the American Board of Psychiatry and Neurology with a subspecialty in Geriatric Psychiatry. Dr. Rajji's research focuses on enhancing cognition in older patients with dementia or at risk for dementia using brain stimulation and clinical neurophysiology alone or in combination with other interventions. He also studies the standardization of care for patients with dementia. He has held more than 15M CAD in research funding as PI or co-PI, continuous federal funding since 2009, and has more than 200 peer-reviewed publications.



## **John Torous, MD, MBI**

***Director, Digital Psychiatry Division, Beth Israel Deaconess Medical Center, Assistant Professor, Harvard Medical School***

John Torous, MD, MBI, is director of the digital psychiatry division, in the Department of Psychiatry at Beth Israel Deaconess Medical Center, a Harvard Medical School affiliated teaching hospital, where he also serves as a staff psychiatrist and assistant professor. He has a background in electrical engineering and computer sciences and received an undergraduate degree in the field from UC Berkeley before attending medical school at UC San Diego. He completed his psychiatry residency, fellowship in clinical informatics, and master's degree in biomedical informatics at Harvard. Dr. Torous is active in investigating the potential of mobile mental health technologies for psychiatry and has published over 200 peer-reviewed articles and 5 books chapters on the topic. He serves as editor-in-chief for JMIR Mental Health, web editor for JAMA Psychiatry, currently leads the American Psychiatric Association's Health IT Committee, and is a senior member in IEEE.



## **Brian Martis, MD, MBA**

***Professor of Psychiatry & Deputy Vice Chair, Veterans Healthcare, UC San Diego***

Brian Martis, MD, MBA, is Professor and Deputy Vice Chair (Veterans Health) in the UC San Diego Department of Psychiatry and Deputy Associate Chief of Staff, Mental Health and Chief of Psychiatry at the VA San Diego Healthcare System. He is a board-certified psychiatrist with clinical and research expertise in trauma, stress and anxiety disorders, treatment-resistant disorders, and suicide prevention in Veterans, and has contributed to this specialized area over the past two decades. He is particularly interested in reducing stigma, increasing access to effective healthcare, suicide prevention, as well as translating cutting-edge research findings to clinical practice in the community for Veterans and their families. His recent interests include partnering with Dr. Jeste and colleagues at the Stein Institute to extend their pioneering work in wisdom and compassion to improve the health and wellbeing of our Veterans.



## **Mark Rapaport, MD**

*CEO of Huntsman Mental Health Institute and Chair of Psychiatry, University of Utah Health*

Mark Hyman Rapaport, MD, Professor, is the Chairman of the Department of Psychiatry and CEO of the Huntsman Mental Health Institute (HMHI) at the University of Utah. Dr. Rapaport serves as the second William H. and Edna D.

Stimson Presidential Endowed Chair, University of Utah School of Medicine. From 2011-2020, Dr. Rapaport was Chairman of the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine and Chief of Psychiatric Services at Emory Healthcare in Atlanta, Georgia. His research interests focus on human psychoneuroimmunology, psychopharmacology research, clinical trial methodology, quality of life, and complementary and alternative medicine. Dr. Rapaport has trained and mentored students, physicians and researchers in the fields of psychopharmacology, outcomes research, and psychoneuroimmunology for over 30 years.



## **Jeanne Nichols, PhD**

*Professor Emeritus, School of Exercise and Nutritional Sciences, San Diego State University & Program Director, UCSD DXA School*

Jeanne Nichols, PhD, is Professor Emeritus from the School of Exercise & Nutrition Sciences at SDSU, and currently lead exercise scientist at the Exercise and Physical Activity

Resource Center (EPARC) in the Herbert Wertheim School of Public Health at UC San Diego. She is Program Director of the UC San Diego Bone Densitometry School and Program Coordinator of the Osteoporosis/Bone Health support group at UC Health. Her research interests include exercise and musculoskeletal health across the lifespan, with past work on adolescent athletes at risk for disorders of the female athlete triad syndrome, and more recently on prevention of sarcopenia and osteopenia and associated falls and fractures among older adults. She has co-developed, with David Wing, MS and EPARC exercise physiologist, EPARC's virtual bone health and fall/fracture prevention program called Strong Foundations, currently undergoing final pilot testing with expected launch at end of 2021.



## **Sonia Ancoli-Israel, PhD**

### ***Professor of Psychiatry, UC San Diego***

Sonia Ancoli-Israel, PhD, is a Professor Emeritus and Professor of Research in the Department of Psychiatry and the Center of Circadian Biology at the University of California San Diego (UCSD) School of Medicine. Dr. Ancoli-Israel received her Bachelor's Degree from the State University of New York, Stony Brook, a Master's Degree in Psychology from California State University, Long Beach, and a Ph.D. in Psychology from the University of California, San Francisco. Dr. Ancoli-Israel's expertise is in the field of sleep disorders and circadian rhythms particularly in normal aging and neurodegenerative disease, and in cancer. Her research has included studies on the longitudinal effect of sleep disorders on aging, therapeutic interventions for sleep problems in dementia, and the relationship between sleep, fatigue, and circadian rhythms in cancer. Dr. Ancoli-Israel is Past-President of the Sleep Research Society (SRS), Past-President of the Society for Light Treatment and Biological Rhythms, and was on the founding Executive Board of the National Sleep Foundation. She was honored in 2007 with the National Sleep Foundation Life Time Achievement Award and the SRS Mary A. Carskadon Outstanding Educator Award, in 2012 with Society of Behavioral Sleep Medicine Distinguished Career Award, in 2014 with the SRS Distinguished Scientist Award, and in 2019 with the American Academy of Sleep Medicine William C. Dement Academic Achievement Award. Dr. Ancoli-Israel is published regularly in medical and psychiatric journals with over 500 publications in the field.



## **Ellen Lee, MD**

### ***Assistant Professor of Psychiatry, UC San Diego, Staff Psychiatrist, VA Healthcare***

Ellen E. Lee, MD is Assistant Professor of Psychiatry at the University of California San Diego and Staff Psychiatrist at the VA San Diego Healthcare System. She is Board-certified in both Psychiatry and Geriatric Psychiatry. She completed her medical degree at the Cleveland Clinic Lerner College of Medicine at Case Western Reserve University, research fellowship at the National Institutes of Health, residency in general psychiatry at the University of Maryland / Sheppard Pratt Hospital program, and her clinical fellowship in geriatric psychiatry at UC San Diego. Dr. Lee's research focuses on biological and psychosocial aging in persons with schizophrenia and healthy aging populations, specifically the links between inflammation, sleep disturbances, cognition, and metabolic health. Dr. Lee's work is funded by the National Institute of Mental Health, the Brain & Behavior Research Foundation, the Altman Clinical and Translational Research Institute, and VISN 22 Mental Illness Research, Education and Clinical Center.



## **Atul Malhotra, MD**

***Professor and Research Chief of Pulmonary, Critical Care and Sleep Medicine, UC San Diego***

Atul Malhotra, MD, is Peter C Farrell Presidential Chair and tenured Professor of Medicine at UC San Diego. He is the Research Chief for Pulmonary, Critical Care, Sleep Medicine and Physiology. He runs a large NIH funded laboratory and has more than 375 original publications plus over 265 reviews/chapters since 2000. He is active clinically in pulmonary, critical care and sleep medicine. He was recently President of the American Thoracic Society in 2015-2016.



## **Lisa Eyer, PhD**

***Professor, Chair of the Psychiatry Department Chair's Advisory Committee on Diversity Issues, UC San Diego***

Lisa Eyer, PhD, is Professor in Residence in the UC San Diego Department of Psychiatry and a Clinical Research Psychologist in the Desert-Pacific Mental Illness Research Education and Clinical Center (MIRECC) at the VA San Diego Healthcare System where she serves as Director of the MIRECC Mental Health in Aging Unit. In addition, she is the Director of the Center for Empathy and Compassion Training in Medical Education, which is part of the T. Denny Sanford Institute for Empathy and Compassion at UC San Diego. She also serves as a faculty member in the SDSU/UC San Diego Joint Doctoral Program in Clinical Psychology and the Stein Institute for Research on Aging, and is a member of the steering committee for the UC San Diego Center for Healthy Aging. Dr. Eyer is chair of the Psychiatry Department Chair's Advisory Committee on Diversity Issues, and is involved in many equity, diversity, and inclusion initiatives at UC San Diego. Dr. Eyer's research focuses on understanding individual differences in cognitive and emotional functioning using neurobiological measures including structural and functional brain imaging, blood-based biomarkers, and mobile assessments of sleep and behavior.



## **María Marquine, PhD**

***Associate Professor of Medicine, Director, Disparities Research, UC San Diego Division of Geriatrics***

María J. Marquine, PhD, is Associate Professor in the Departments of Medicine and Psychiatry at the University of California San Diego, and Director of Disparities Research in the Division of Geriatrics, Gerontology and Palliative Care. As a bilingual (Spanish/English) clinical scientist with expertise in cross-cultural neuropsychology and disparities in neurocognitive aging, she has built a program of research focused on understanding the risk for neurocognitive decline among older Latinos with and without HIV. She has also led work on the development of tools for the accurate detection of neurological dysfunction via neurocognitive tests among Latinos in the U.S. and has received NIH and philanthropic funding to pursue research on well-being among older Latinos in the U.S. and Latin America. She is the Chair of the Science Committee of the Hispanic Neuropsychological Society, a member of the Committee on Human Research of the American Psychological Association, and a member of the Cultural Interest Group of the International Neuropsychological Society.



## **Lauren Brown, PhD**

***Assistant Professor, Division of Health Management and Policy, San Diego State University***

Dr. Lauren Brown is a Gerontologist and an Assistant Professor at San Diego State University School of Public Health. Her research aims to characterize not only the unique challenges Black & Brown people face in reaching older adulthood, making health injustices and scientific racism visible via data and storytelling, but also examines and fosters methods that embolden the positive outcomes and protective resources gained from adverse experiences, celebrating the highest potentiality of the human spirit. Her work provides a novel way to understand the aging experience by grounding stress and health measurement in the Black & Brown experience.



## **Ramesh Rao, PhD**

***Director, Qualcomm Institute, UC San Diego Div. of California Institute for Telecommunications & Information Technology***

Ramesh Rao, PhD, has been a faculty member at UC San Diego since 1984 and Director of the Qualcomm Institute since 2001; he has also served as interim director of Calit2 since 2020. He holds the Qualcomm Endowed Chair in

Telecommunications and Information Technologies and is a professor in Electrical and Computer Engineering. Dr. Rao is involved with a wide variety of research initiatives, leading several major interdisciplinary and collaborative projects. He was recently appointed to the Board of Directors of the Corporation for Education Network Initiatives in California. He is also a board member for the UC San Diego Health System Advisory Board, Rady Children's Hospital and Health Center IT Task Force, the Academy of Neurosciences for Architecture, and he is President of the San Diego Indian American Society. Dr. Rao earned his Electrical Engineering Ph.D. from the University of Maryland, College Park in 1984 and his M.S. in 1982; he earned his Bachelor's in 1980 from the University of Madras.



## **Tom Kamber**

***Founder & Executive Director, Older Adults Technology Services (OATS) and Senior Planet***

Tom Kamber is the founder and executive director of Older Adults Technology Services (OATS) and Senior Planet. He is a leading expert on aging and technology and is regularly featured in national media. Under his leadership, OATS

and Senior Planet have developed award-winning programs for older adults across America and are now charitable affiliates of AARP. Tom has taught courses on technology, urban studies, and philanthropy at Columbia University, is widely published in professional and academic journals, and has presented his work on five continents. He is also a co-founder of the Afro-Latin Jazz Alliance (which has won multiple Grammy awards) and serves on several nonprofit boards of directors and public commissions.



## **Eric Granholm, PhD**

***Professor of Psychiatry, Director, Center for Mental Health Technology at UC San Diego and VA Healthcare***

Eric Granholm, PhD, is Professor of Psychiatry and Chief of the Psychology Service at the VA San Diego Healthcare System. He received his Ph.D. in Clinical Psychology at UCLA and joined the Department of Psychiatry at UC San Diego in 1993. He is an active researcher in ecological momentary assessment and mobile interventions for schizophrenia and Alzheimer's disease, and is Director of the UC San Diego Center for Mental Health Technology. He developed a psychosocial intervention for schizophrenia called Cognitive-Behavioral Social Skills Training (CBSST) and conducted five NIMH- and VA-funded clinical trials of CBSST for schizophrenia. The CBSST treatment manual has been published in 7 languages and is delivered in North America, Europe and Asia. His current research combines CBSST with mobile smartphone interventions for serious mental illness.



## **Jyoti Mishra, PhD**

***Assistant Professor of Psychiatry, UC San Diego***

Jyoti Mishra, PhD, is an Assistant Professor of Psychiatry at UC San Diego. She has expertise in the cognitive and translational neurosciences. She is the co-founder of the NEATLabs at UC San Diego, and directs its human research. Dr. Mishra has contributed to innovative brain-based technologies that can be used to map cognition and brain function at-scale. She also has expertise in digital therapeutics and brain plasticity research across the lifespan. She is currently leading a trial for severe depression that combines magnetic brain stimulation with digital therapies, in collaboration with the speakers of this panel.



## **Jeff Daskalakis, MD, PhD**

***Professor and Dr. Igor and JoAnn Grant Endowed Chair of Psychiatry, UC San Diego***

Jeff Daskalakis, MD, PhD, is the newly appointed Chair of the Department of Psychiatry at UC San Diego. He was formerly the Temerty Chair and Chief of the General Adult Psychiatry at CAMH. His research focuses on neurophysio-

logical and treatment studies using transcranial magnetic brain stimulation (rTMS) and magnetic seizure therapy (MST). He holds or has held numerous federal operating grants and awards and has led grants and philanthropy totaling over 55 million dollars as PI. He has over 450 peer-reviewed publications, is an editorial board member for *Biological Psychiatry*, *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, and an Associate Editor for *Clinical Neurophysiology*. He is also a member of the Brain and Behavior Research Foundation (formerly NARSAD) Scientific Council.



## **Dhakshin Ramanathan, MD, PhD**

***Assistant Professor of Psychiatry, UC San Diego***

Dhakshin Ramanathan, MD, PhD, is a staff physician at the VA San Diego Medical Center where he works as a psychiatrist in the treatment refractory depression clinic. He co-directs a clinic that uses repetitive TMS and Electroconvulsive Therapy (ECT) for Veterans with severe

depression and post-traumatic-stress-disorder. He is also an Assistant Professor in the Department of Psychiatry at the University of California San Diego, where he co-directs a lab (Neural Engineering and Translation Labs), with his wife, Dr. Jyoti Mishra. Their work is focused on developing an improved understanding of the neurophysiological processes associated with complex cognitive processes such as learning, attention, behavioral flexibility, and reward-processing; and using technological tools to improve our ability to identify and target specific neural circuits that can be improved in people with severe depression and anxiety.

The Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging ([aging.ucsd.edu](http://aging.ucsd.edu)) thank the community supporters for their generous donations that support our work.

The Symposium is supported, in part, by:

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