

CURRICULUM VITAE

RICHARD M. SOSTOWSKI, M.D., D.F.A.P.A.

1. Date of Preparation – March 2009

2. Personal Data

Name: Richard M. Sostowski
Birthplace: Peckville, Pennsylvania
Citizenship: United States of America
Marital Status: Married, 2 children
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3. Academic Training

College: Saint Peter's College, Jersey City, NJ, B.S., 1969
Medical School: Jefferson Medical College of
Thomas Jefferson University, M.D., 1973

4. Post Graduate Training

Internship and Residency: New York University
Bellevue Hospital Center,
New York, NY (Psychiatry), 1973-76

Psychoanalytic Training: Columbia Psychoanalytic Institute for
Training and Research, 1976-1977
William Alanson White Psychoanalytic Institute, 1977-1982 (Graduate)

Review Course in Forensic Psychiatry: The American Academy of Psychiatry and the Law – 1988,
1992, 1995, 1998, 2001, and 2005
Under the direction of Philip Resnick, M.D.

Annual Psychopharmacology
Review Course:

Sponsored by Massachusetts General Hospital and Harvard
Medical School – 1982, 1985, 1989, 1993, 1998, 2002, 2004,
and 2007

5. Board Qualification

Certification: National Board of Medical Examiners, #130617, 1974
American Board of Psychiatry and Neurology (Psychiatry), #17141,
1977 (Lifetime certification, passed on first attempt)
Fellow: William Alanson White Psychoanalytic Society, 1983
American Board of Psychiatry and Neurology (Added
Qualifications in Forensic Psychiatry), #475
1996 (Passed on first attempt)
2006 (Recertification)

Licensure: New Jersey: 30582
New York: 120780 (inactive)

Registration: New Jersey CDS: DO184120
DEA #: AS7511315
Suboxone #: XS7511315
National Provider Identification (NPI) #: 1003038951
Medicare #: 000511109
Medicaid #: 1244507
UPIN #: F13775

6. Honors and Awards

Named “Top Doc” by New Jersey Magazine – Chosen by other licensed New Jersey
physicians as a psychiatrist they would consult for themselves and/or family members (only
five psychiatrists were honored and I was the only forensic psychiatrist), 2007

Named among “America’s Top Psychiatrists” by Consumer Research Council of America,
2003-present

Distinguished Fellow of the American Psychiatric Association – elected by other practicing
psychiatrists for excellence in patient care, teaching, administration, mentoring, community
service, writing, research, committee work, etc. (200 psychiatrists, worldwide are named
each year), 1997 (lifetime)

Awarded grants for the development of training program in general hospital psychiatry
(details in the grant section)

Honored as “Outstanding Professor” on third year clerkship in psychiatry at the University of
Medicine and Dentistry of New Jersey, 1985-1988

Physician Recognition Award, AMA, 1985-1990

Fellow of the William Alanson White Psychoanalytic Society, 1983 (lifetime)

Fellow of the American Academy of Psychoanalysis, 1982 (lifetime)

7. Professional Activities

Summer Preceptorship on Heroin Addiction sponsored by Jefferson Medical College –
Worked at Patrick House (Methadone Clinic) and Liberty Village (Therapeutic Community) – 1971

Consulting Psychiatrist, Marble Collegiate Church (affiliated with Union Theological
Seminary) – New York, New York, 1975-1976

Private practice of adolescent and adult psychiatry (short-term and long-term psychotherapy,
psychoanalysis, pharmacotherapy) – 1976-present

Psychiatric consultant to day hospital program
VA Regional Office of East Orange VA Hospital, East Orange, New Jersey (pharmacologic
management and some psychotherapy of chronic psychiatric patients) – 1976-77 (half-time
position)

Director of Psychiatry
Mount Carmel Guild, Teaneck, New Jersey – outpatient clinic – supervision of staff
including psychologists and social workers, psychiatric consultation, and pharmacotherapy –
1976-1977 (half-time position)

Psychiatric Consultant
Bloomfield College, Bloomfield, New Jersey – 1976-1980

Psychiatric Consultant
New Jersey Institute of Technology (NJIT) – supervised staff, crisis intervention, and hospital
admissions – 1978-1992

Associate Chief of Undergraduate Education
Department of Psychiatry and Mental Health Science
University of Medicine and Dentistry of New Jersey, Newark, New Jersey – 1977-1979
Delivered lectures and shared administrative responsibility for the curriculum all four years of medical
school.

Chairman, Department of Psychiatry
St. Michael's Medical Center, Newark, New Jersey – 1979-1988

- Established a separate Department of Psychiatry which had previously been a subsection within the Department of Medicine
- Ultimate administrative and clinical responsibility for the department including inpatients, outpatients and consultations on medical-surgical floors.

Chairman, Department of Psychiatry
Seton Hall University, South Orange, New Jersey
School of Postgraduate Medicine, South Orange, New Jersey – developed CME courses for
practicing physicians in various areas of psychiatry – 1987-1988

Director of Psychiatry

Medigroup Metro – Blue Cross-Blue Shield of New Jersey, Newark, New Jersey – managed care organization – 1987-1990

Vice Chairman and Director of Clinical Services

Department of Psychiatry

Saint Barnabas Medical Center, Livingston, New Jersey (Chief Operating Officer with the responsibility of the “day-to-day” running of the department) – 1988-1989

Chairman

Department of Psychiatry

Saint Barnabas Medical Center, Livingston, New Jersey – 1989-1998

- Represented the Department of Psychiatry within the hospital and served as liaison between the department and New Jersey Medical School, other hospitals and professional and non-professional organizations in the community.
- Responsible for the supervision and credentialing of 60 doctoral level mental health professionals including 30 psychiatrists (M.D. and D.O.) and 30 clinical psychologists (Ph.D., Psy.D, Ed.D.)
- Primary responsibility for quality assurance and departmental accreditation by the Joint Commission (JCAHO).
- Oversaw and participated in training programs for medical students, psychiatric residents, and non-psychiatrists.
- Sponsored symposia of interest to physicians allowing for the earning of CME credits.
- Took the lead in establishing community outreach programs such as Depression Screening Day(given in the fall) and Anxiety Screening Day(given in the spring), both of which are nationwide programs.
- Participated in the treatment of outpatients and inpatients.
- Developed new programs.

Psychiatric Consultant

Blue Cross-Blue Shield of New Jersey, Florham Park, New Jersey (determination of “medical necessity” of psychiatric admissions throughout the United States) – 1990-1992

Consultant – Warren Hospital, Phillipsburg, New Jersey – evaluated charts of all patients admitted to the psychiatric inpatient service over the previous two years in order to offer an opinion on the “medical necessity of admissions and the quality of care – 1992

8. Membership in Professional Societies

American Psychiatric Association

American Academy of Psychoanalysis

New Jersey Psychiatric Association

Medical Society of New Jersey

William Alanson White Psychoanalytic Society

New York University – Bellevue Psychiatric Society

The American Association for Geriatric Psychiatry

The American Academy of Psychiatry and the Law

The Alumni Association of Jefferson Medical College of Thomas Jefferson University

The Academy of Psychosomatic Medicine

9. Hospital Appointments

Senior Attending, Department of Psychiatry, Saint Barnabas Medical Center, Livingston, New Jersey – 1988-Present

Attending, Department of Medicine in Psychiatry, Columbus Hospital, Newark, New Jersey – 1986-1991

Attending, Department of Psychiatry, St. Mary's Hospital, Orange, New Jersey – 1985-1989

Attending, Department of Medicine in Psychiatry, West Hudson Hospital, Kearney, New Jersey – 1985-1992

Attending, Department of Psychiatry, St. Michael's Medical Center, Newark, New Jersey – 1977-1989

Senior Attending, Department of Psychiatry, University Hospital, Newark, New Jersey – 1976-present

10. Academic Appointments

Clinical Associate Professor, Department of Psychiatry, University of Medicine and Dentistry of New Jersey, Newark, New Jersey – 1984-present

Instructor, Department of Psychiatry, New York University School of Medicine, New York – 1980-1984

Clinical Assistant Professor, Department of Psychiatry, University of Medicine and Dentistry of New Jersey, Newark, New Jersey – 1978-1984

Clinical Professor of Psychiatry, St. George's University Medical School, Granada – 1985-1988

Clinical Professor of Psychiatry, New England School of Osteopathy, Portland, Maine – 1985-1989

Professor of Psychiatry, Seton Hall University, School of Post-Graduate Medicine, South Orange, New Jersey – 1987-1988

Adjunct, Department of Psychiatry, New York University School of Medicine, New York – 1975-1976

11. Teaching Experience and Responsibilities

Introduction to the "Patient Interview" – taught second year medical students at New York University School of Medicine, 1975-1976

Introduction to Psychiatric Disorders in the Community – a series of six lectures on "Psychiatric Patients" given to case workers employed by the Community Mental Health

Center at the University of Medicine and Dentistry of New Jersey – 1977-1978

Introduction to Normal Human Development – gave lectures to the entire first year class at New Jersey Medical School on Human Sexuality (including sexual attitudes of medical students, gay and lesbian patients, and obtaining a sexual history), reactions to illness including hypochondriasis and normal adolescent development – 1977-1980

Introduction to Psychiatric Disorders – lectured to entire second year class on the topics of Schizophrenia, Somatoform Disorders, Conversion Symptoms, and MALINGERING – 1977-1989

Supervision of PGY2 psychiatric residents from New Jersey Medical School rotating through psychiatric inpatient service at St. Michael Medical Center – this was a four-month rotation in which one or two residents were taught to work as part of a treatment team. After the first two months, the residents took over the leadership of the multidisciplinary team and made most of the major decisions on the day-to-day management of the caseload between six to eight patients. The resident had weekly supervision provided by attending psychiatrists – 1978-1981.

Third Year medical students from New Jersey Medical School taking their eight week clinical rotation in psychiatry at St. Michael's Medical Center, Newark, New Jersey – Lectures given on the following topics: schizophrenia, depression, psychotherapy, psychopharmacology, anxiety disorders, personality disorders, dementia, and delirium and the role of primary care physicians in the treatment of psychiatric patients – 1978-1988

Introduction to Psychoanalytic Psychotherapy – a year long course taught to third and fourth year psychiatric residents at New Jersey Medical School using audio-visual tapes of their psychotherapy sessions with clinic patients – 1980-1992

The Interface of Psychiatry and Internal Medicine – weekly teaching rounds for PGY1 and PGY2 Medical Residents working on the medical service at St. Michael's Medical Center, Newark, New Jersey – 1982-1988

Short-Term Psychodynamic Psychotherapy on the psychiatric inpatient service of the Manhattan VA hospital – taught groups of four PGY2 psychiatric residents from New York University during their clinical rotation– emphasis was on the establishment of realistic therapeutic goals during acute short stay hospitalizations – 1982-1985

Biweekly lectures on “Issues in Women's Mental Health” for obstetrics-gynecology residents at St. Michael's Medical Center, Newark, New Jersey – topics included post-partum depression and psychosis, sexual dysfunction in women and men, psychopharmacology in the pregnant woman, and marital problems during different phases of the life cycle – 1983-1986

Half-time Clinical Clerkship for third year medical students from St. George's University Medical School (Granada) and the New England School of Osteopathy (Maine) – at St. Michael's Medical Center, Newark, New Jersey – introductory lectures on psychiatric disorders and supervision of clinical work as part of a four-week training block. These students also rotated through other training sites and this training experience was completely separate from the third year clerkship students from the New Jersey Medical School as per

the requirements of medical schools in the United States – 1985-1988

Psychiatric topics in geriatric medicine – biweekly teaching round and lectures were given to PGY3 and PGY4 residents in Internal Medicine with a special interest in treating elderly patients – 1985-1989

Coordinator of the third year medical students clerkship in psychiatry for students from the New Jersey Medical School rotation through Saint Barnabas Medical Center, Livingston, New Jersey – supervised the clinical work and gave lectures on schizophrenia, depression, psychotherapy, anxiety disorder, and personality disorders. Other topics were covered by a large staff of attending psychiatrists and psychologists – 1988-1997

Inpatient rotation for PGY2 and PGY4 psychiatric residents from New Jersey Medical School – this was a four-month core rotation for one junior psychiatric resident and a PGY4 “chief resident” who was interested in administrative and academic psychiatry. The clinical work of the second year resident was supervised both by me and the chief resident. The chief resident was given the responsibility of running a 28-bed psychiatric inpatient service under my supervision – 1988-1997

12. Lectures and Presentations

Lectures delivered including Grand Rounds to post-graduate physicians, both psychiatrists and nonpsychiatrists, at various hospitals including: Columbus Hospital, Saint Barnabas Medical Center, St. Mary’s Hospital, Hackensack University Medical Center, Elizabeth General Hospital, Greystone, Essex County Hospital Center, St. Clare’s Hospital and Medical Center, Alexian Brothers, et. al. A more complete list with dates is available upon request.

- Factitious Disorder vs. Malingering
- Assessment of Psychiatric Disability
- Impact of Managed Care on Psychiatry
- Interpersonal Psychoanalysis
- Medical Marriages and the Psychology of Physicians

Lectures delivered to other medical and community audiences:

- Chaired Symposia on:
 - Update of Psychopharmacology – keynote speaker was Charles Nemerhoff, M.D., Ph.D., Emory University – 1987
 - Impact of managed care on psychiatric hospitalizations – keynote speaker was Steven Sharfstein, M.D., Professor of Psychiatry, University of Maryland Medical School and Johns Hopkins University School of Medicine – 1987
 - Use of Psychotropic Drugs in the Elderly – keynote speaker was James Jefferson, M.D., University of Wisconsin – 1988
- Lectures to non-hospital audiences including the Essex County Medical Society, the New Jersey Medical Society, the New Jersey Society of Oncology Nurses, and Child Study

Teams from various towns including Westfield, Millburn, and Livingston and the Office of the Dean, New Jersey Institute of Technology.

- Developed a study group for local psychiatrists including a core group of Carlos Alvare, M.D., Michael Zornitzer, M.D., Lee Hindin, M.D., Robert Levine, Ph.D., and Amy Green, M.D. and invited guests

13. Community Involvement

Leadership role in numerous outreach programs designed to educate the community about psychiatric disorders. A few examples include:

Medical Town Meeting – Saint Barnabas Medical Center – Adolescent Depression – 1980

Medical Town Meeting – Saint Barnabas Medical Center – The Identification of Depression in Loved Ones – 1995

Medical Town Meeting – Saint Barnabas Medical Center – The Many Faces of Anxiety – 1996

Television appearances on the following topics:

- The new treatments for depression – 1982
- The psychiatric management of anxiety – 1983
- The stigma associated with psychiatric treatment – 1984
- Seasonal Affective Disorder– 1994

Quoted in numerous magazines and newspapers

14. Committees

Board of Trustees – Catholic Community Services, Newark, New Jersey – provided input to a large healthcare system in psychiatry consisting of St. Michael's Medical Center, St. James Hospital, and Mount Carmel Guild – services provided to children, adolescents, and adults including senior citizens – 2005-2007

Search Committee for Director of Psychiatric Inpatient Services – Saint Barnabas Medical Center – 1997

Search Committee for Chairman of Psychiatry at University of Medicine and Dentistry of New Jersey – 1997

Psychiatry Executive Committee – Saint Barnabas Medical Center – Committee consisted of Chairman of Psychiatry from all hospitals within the system – 1996-1997

Forensic Psychiatry Committee – New Jersey Psychiatric Association – 1993-1997

Search Committee for chairman of psychiatry – St. Michael's Medical Center – 1988

DRG Committee – New Jersey Psychiatric Association – 1988

Executive Committee – Saint Barnabas Medical Center – the major decision-making committee within the entire hospital – 1988-1997

Chairman Committee – Saint Barnabas Medical Center – comprised of the chairperson of every clinical department within the hospital and chaired by Ronald Del Mauro, CEO of the Saint Barnabas Healthcare System – 1988-1997

Medical Education Committee – Saint Barnabas Medical Center – 1988-1997

Quality Assurance-Utilization Review Committee – Saint Barnabas Medical Center – 1988-1997

Residency Training Committee in Psychiatry – University of Medicine and Dentistry of New Jersey – 1979-1981 and 1988-1997

Executive Committee – Medigroup Metro – Blue Cross/Blue Shield of New Jersey – 1987-1990

Executive Committee – St. Michael's Medical Center – major decision-making committee for the hospital – 1982-1988

Subsection Chiefs Meeting – St. Michael's Medical Center – 1978-1988

Quality Assurance Utilization Review Committee – St. Michael's Medical Center – 1978-1988

Undergraduate Education Training Committee in Psychiatry – University of Medicine and Dentistry of New Jersey – 1978-1997

Admissions Committee for New Jersey Medical School – University of Medicine and Dentistry of New Jersey – 1978-1979

Medical Directors Meeting – Mount Carmel Guild – 1976-1978

Executive Committee – Veteran's Administration Regional Office – 1976-1978

15. Grants

Conceptualized, wrote, and administered the following grant awards all awarded by the New Jersey State Department of Higher Education:

Faculty Development Grant in Geriatric Psychiatry – received award of \$25,000 in order to develop programs in geriatric psychiatry at St. Michael's Medical Center. Spent two weeks working with Benjamin Liptzin, M.D., Director of Geriatric Psychiatry at McLean Hospital of the Harvard Medical School – purchased textbooks, audiovisual aids, and used “seed money” to begin training residents in geriatrics – 1984.

Training Program in Geriatric Psychiatry for House Staff in Internal Medicine at St. Michael's Medical Center – received \$20,000/year for three years- was able to hire a psychiatrist to do clinical rounds twice weekly on the medical service- 1985-1988

Developed a consultation-liaison model to help house staff identify psychiatric problems in elderly patients and to appreciate the impact of the doctor's personality style on patient care.

Development of Training Program in General Hospital Psychiatry for Internal Medicine House Staff at St. Michael's Medical Center – received \$20,000/year for three years – 1982-1985

Internal medicine residents spent one day per week on the psychiatric service working with geriatric patients admitted for primary psychiatric disorders such as depression, dementia, and psychosis.

All of the above grants were awarded by the State Department of Higher Education of New Jersey.

16. Papers

Castro, S., Berman, E., Chang, P., Kintiroglou, M., Rickert, R., Sostowski, R., Panush, R. Factitial Illnesses Mimicking Rheumatic Disease with Panniculitis, *Journal of Clinical Rheumatology*, Vol. 2, Number 2, April 1996.

Sostowski, R.M. *The Management of Manchausen's Syndrome*, 1987.

Sostowski, R.M. *Problems in the Use of Psychoactive Drugs: A Psychodynamic Perspective*, 1986

Sostowski, R.M. *The Analysis of a Dependent Young Attorney*, presented to the William Alanson White Psychoanalytic Society, 1982

17. Medical-Legal (Forensic) Psychiatry

- Over 20 years of experience
- Have been retained on over 500 cases
- For the past 10 years, 80% of my time has been patient care and 20% has been devoted to forensic work. Prior to this, my practice was 50% patient care, 20% forensic work, 15% administration, 15% teaching.
- Notwithstanding the importance of knowledge of the core topics in forensic psychiatry, I believe that the most important prerequisite for being a competent expert is up-to-date clinical experience
- 75% of cases are civil, 20% criminal, and 5% quasi-criminal (involuntary hospitalization, right to treatment, and right to refuse treatment)
- In the civil area, I have been retained 75% of the time for the defendant and 25% for the plaintiff
- Regardless of who retains me in civil cases, I have found that in approximately 15% of cases, I arrive at opinions which are not helpful to the retaining attorney.
- In criminal cases, I have been retained approximately 50% for the state and 25% by the defendant
- Although most of my cases have been in New Jersey, I have been retained by attorneys in New York, Massachusetts, Pennsylvania, Mississippi, and Rhode Island.

- I am willing to travel
- On average, I go to court about five times per year and I am deposed five to 10 times per year
- I have been deposed on a total of 50-60 cases

I have been retained by but not limited to the following law firms on a regular basis:

- Amdur, Boyle, Maggs and McDermott
- Archer and Greiner
- Baer, Arbeiter, Ploshnick, Tannenbaum and Weiss
- Carpenter, Bennett and Morrissey
- Carton, Witt, Arvanitis and Bariscillo
- CFO Medical Services
- Chubb Group
- Claims Review Association (CRA)
- Clyde Bergstresser and Associates
- Cooper Pershie April Niedelman Wagenheim and Levenson
- Concentra Managed Care
- David Lustbader and Associates
- Deveaux and Seidman
- Dughi and Hewitt
- Einhorn, Harris and Ascher
- First Trenton Companies
- First Unum Life Insurance Company Fost, Muscio and Caruso
- Fost, Muscio and Caruso
- Francis and Berry
- Graham, Curtin and Sheridan
- Hardin, Kundla, McKeon, Poletto and Polifroni
- Hayden, Perle and Silver
- Heim and Lamastra
- Hein, Smith, Berezin, Maloof and Jacobs
- Hoagland, Longo, Moran, Dunst and Doukas
- Home Life
- IntraCorp
- Jackson and Buckley
- Jackson, Lewis, Schnitzler and Krupman
- James Sharp and Associates
- Kulick, Brennan and Krochta
- Lamb, Hartung, Kretzer, Reinman and DePascale
- Law Offices of Charles A. Cerussi
- Lazarus and Billek
- Liberty Mutual
- Littler Mendelson
- London Fischer
- Lowenstein Sandler
- Lum, Danzis, Drasco Positan and Kleinberg
- Lunga, Evers and Johnson
- McCarter and English, LLP

- McDermott and Magee
- Mintzer, Sarowitz, Zeris, Ledva and Meyers
- Office of the Prosecutor, County of Morris Courthouse
- Philip F. Mattia and Associates
- Piper, Rudnick, Gray and Carey
- Podvey, Meanor, Catenacci, Hildner, Coccoziello and Chattman
- Rawle and Henderson
- Rutherford Law Firm
- Sellar Richardson
- Sharp and Brown
- Smith, Stratton, Wise, Heller and Brennan
- Traub, Eglin, Lieberman and Straus
- Unum Provident
- White and Williams
- Widman, Cooney and Barrett
- Wilentz, Goldman and Spitzer
- Wiley, Malehorn and Sirota
- Wilson, Elser, Moskowitz, Edelman and Dicker
- Wolff, Helies, Duggan, Spaeth and Lucas
- Wolff and Samson

A few noteworthy cases which will give a sense of the scope and substance of my practice include the following:

- Cho vs. Bayonne School District – retained by the plaintiff in a racial discrimination matter.
- Blanks et al vs. Lockheed Martin Corporation et al – retained by the plaintiffs - the defendant entered the Lockheed factory and shot to death thirteen employees and wounded several others.
- Evaluation of Jaime Jimenez – assessed the risk of violence in a student enrolled at the New Jersey Institute of Technology
- Bernstein vs. Weiss – retained by the defendant - Mr. Bernstein believed that his face was disfigured as a result of surgery performed by Dr. Weiss. The plaintiff had a diagnosis of a Body Dysmorphic Syndrome.
- McKeand vs. Gehard – represented Kathleen McKeand who fell down the steps outside of her apartment sustaining multiple right facial fractures. She prevailed at trial with a settlement of approximately one million dollars.
- Falasca vs. Bergen Pines – in this case, I served as an expert on behalf of Bergen Pines Hospital in a completed suicide in which Mr. Falasca eloped from the hospital and walked into the middle of a local highway only to be hit by an oncoming truck.
- The Estate of Joseph Pritting – retained by plaintiff’s attorney- security guards , in a hospital emergency room , restrained Mr. Pritting , who was walking out of the emergency room without having been seen by a doctor- the decedent suffocated as a result of being brought to the floor with several guards on top of him.
- Blevis vs. The Lyndhurst School System et al – retained by the defense attorney - Mr. Blevis claimed emotional damages from “harassment” by the administration at Lyndhurst High School. This case was significant because it involved malingering.

- Residents of the Ironbound Section of Newark and Employees vs. Diamond Shamrock – this was a class action suit involving 88 plaintiffs - claimed psychiatric damages as a result of exposure to “agent orange” made by Diamond Shamrock for use as a defoliant during the War in Vietnam.