

**JOHN F. GOTTLIEB, M.D.**

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**Born 1957, Chicago, Illinois**

### **Positions**

**Medical Director, Chicago Psychiatry Associates, 7/04 to present**

**Assistant Professor of Clinical Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine, Department of Psychiatry, 9/1/05 to 9/1/24**

**Instructor of Clinical Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine, Department of Psychiatry, 1/90 to 8/05**

**Private practice, adolescent and general adult psychiatry, psychotherapy, 1/90 to present**

**Co-Director, Mental Hygiene Clinic, Lake Side Veterans Administration Medical Center, Chicago, Illinois; 1/90 to 7/93**

### **Education**

**Doctor of Medicine, University of Illinois Medical School, Chicago, Illinois 1984**

**Bachelor of Arts, Oberlin College, Oberlin, Ohio 1979**

### **Training**

**Post-Graduate Fellowship, Yale University School of Medicine, Department of Psychiatry, Connecticut Mental Health Center, New Haven, CT. 1988 to 1989**

**Residency in psychiatry, Yale University School of Medicine, New Haven, CT. 1985 to 1988**

**Medical Internship, Michael Reese Hospital, Chicago, IL. 1984 to 1985**

**Undergraduate psychology practicum, Thomas Freeman, M.D.,  
Holywell Hospital, Northern Ireland 1977**

#### **Honors and Awards**

**Richard C. Marohn, M.D. Teacher of the Year Award, Department of Psychiatry,  
Feinberg School of Medicine, Northwestern University, June 2009**

**Diplomate, American Board of Psychiatry and Neurology, June 1990**

**Chief resident in psychiatry, Yale University School of Medicine, 1987**

**James Scholar, University of Illinois Medical School, 1984**

#### **Academic Activities**

**Member, Contributed Service Faculty Council, Department of Psychiatry,  
Feinberg School of Medicine, Northwestern University, 1/09 to present**

**Member, Committee on Appointment, Promotion and Tenure, Department  
of Psychiatry, Feinberg School of Medicine, Northwestern University,  
2005 to present**

**Instructor, class on Chronobiology and Psychiatric Chronotherapy, for senior  
residents, Department of Psychiatry, Feinberg School of Medicine,  
Northwestern University, 2010 to present**

**Instructor, class on Treatment Integration and Interdisciplinary Collaboration, for  
senior residents, Department of Psychiatry, Feinberg School of Medicine,  
Northwestern University, 2002 to 2010**

**Instructor, class on borderline disorders, core curriculum for PGY III residents,  
Department of Psychiatry, Feinberg School of Medicine, Northwestern  
University, 1992 to 1998**

**Supervision of Psychiatry Residents, Department of Psychiatry, Feinberg  
School of Medicine, Northwestern University, 1991 to present**

**Membership**

**Board of Directors, Center for Environmental Therapeutics, 2009 to present**

**International Society of Bipolar Disorders, 2003 to present;  
Chair, Chronobiology and Chronotherapy Task Force**

**Society of Light Treatment and Biological Rhythms, Board Member, 2018 to present**

**American Society of Clinical Psychopharmacology, 1995 to present**

**Medical advisory board, Y-Me, National Organization for Breast Cancer Information and Support, 1993 to 1998**

**Reviewer**

**Ad hoc reviewer, King's College, London/ King's Health Partners R&D Challenge Fund**

**Ad hoc reviewer for Bipolar Disorders**

**Ad hoc reviewer for Medical Hypotheses**

**Ad hoc reviewer for The Cochrane Complementary Medicine Field and the Knowledge Synthesis Group at the Ottawa Hospital Research Institute**

**Ad hoc reviewer for Psychological Medicine**

**Ad hoc reviewer for International Journal of Bipolar Disorders**

**Ad hoc reviewer for Progress in Neuro-psychopharmacology & Biological Psychiatry**

**Bibliography****PRESENTATIONS & WORKSHOPS**

**Gottlieb JF: Chronotherapeutic Treatments for Bipolar Disorders. Systematic Review and Practice Recommendations. Invited Lecture, Helse Fonna Health System and Valen Hospital, Valen Norway. 9/9/22**

**Gottlieb JF: Chronotherapeutic Treatments for Bipolar Disorders. Systematic Review and Practice Recommendations. Society of Biological Rhythms and Light Treatment. Online, virtual meeting. 5/20/21**

- Gottlieb JF: Rhythm and Blues: Zeitgebers, Entrainment and Mood. International Society of Bipolar Disorders Symposium on circadian rhythms, mood and COVID-19. Online, virtual meeting. 5/14/21**
- Gottlieb JF: Chronobiology and Chronotherapy Task Force Review. International Society of Bipolar Disorders. Online, virtual meeting. 5/13/21**
- Gottlieb JF: The Chronotherapeutic Treatment of Bipolar Disorders: A Systematic Review and Practice Recommendations. Report on the International Society of Bipolar Disorders Task Force Project.. Society of Light Treatment and Biological Rhythms. Chicago, IL 6/22/19**
- Gottlieb JF: Psychiatric Chronotherapy of Bipolar Disorders. Depressive Bipolar Support Alliance of Greater Chicagoland, Annual Meeting. Evanston, IL 4/29/17**
- Gottlieb JF: Moving Chronotherapeutics into Outpatient Practice. Society of Light Treatment and Biological Rhythms. NY, NY 7/30/16**
- Gottlieb JF: Psychiatric Chronotherapy: A Chronobiologic Approach to The Treatment of Mood Disorders. Grand Rounds, University of West Virginia, Morgantown WV 5/25/16**
- Gottlieb JF: Psychiatric Chronotherapy of Mood Disorders. Depression Bipolar Support Alliance of Greater Chicagoland, Annual Meeting. Evanston, IL 4/30/16**
- Gottlieb JF: Circadian Neurobiology and Circadian Dysfunction in Depression. Bright Light Therapy and Wake Therapy. International Mood Disorders Conference. University of Chile; Santiago, Chile 6/6/14**
- Gottlieb JF: Rapid Chronotherapeutic Treatment of Mood Disorders. Anxiety and Depression Association of America Annual Conference. Chicago, IL 3/28/14**
- Csernansky JC, Gottlieb JF, Dokucu M, Meltzer H, Kastenholz K. Discussion of Case Presentation. Grand Rounds. Northwestern University, Feinberg School of Medicine, Department of Psychiatry. Chicago, IL 1/15/14**
- Wisner KL, Gottlieb JF: Co-Chaired Workshop, Chronobiology and Chronotherapeutic Treatments for Mood Disorders. Presentation: The Therapeutic Potential of Darkness. Perinatal Mental Health Conference. Chicago, IL 11/6/13**

**Gottlieb JF: Chair of Workshop, Using Chronobiology to Understand and Enhance the Treatment of Bipolar Disorders. 10<sup>th</sup> International Conference on Bipolar Disorders. Miami, FL 6/13/13**

**Gottlieb JF: Chronobiology and Psychiatric Chronotherapy. Depression Bipolar Support Alliance of Greater Chicagoland, Annual Meeting. Evanston, IL 4/20/13**

**Gottlieb JF: Chronobiology and Psychiatric Chronotherapy. Grand Rounds, Loyola University Medical Center. Maywood, IL 1/17/13**

**Gottlieb JF: The Evolving Use of Light and Darkness in the Management of Mood Disorders. World Psychiatric Association Symposium, Prague, Czech Republic 10/17/12**

**Gottlieb JF: The Evolving Use of Light and Darkness in the Management of Mood Disorders. Czech-Swiss Psychiatric Association Workshop, Prague, Czech Republic 10/16/12**

**Gottlieb JF, Chair: Chronotherapeutic Techniques in the Management of Bipolar Disorders. Pre-conference workshop of the 5<sup>th</sup> Biennial Conference of the International Society of Bipolar Disorders, Istanbul, Turkey 3/14/12**

**Gottlieb JF: Treating Bipolar Depression Over Time: Using Data to Balance Short and Long-term Objectives. Jack Hanni Memorial Lecture, Hinsdale Hospital, Hinsdale, IL 4/15/08**

**Gottlieb JF, Plyler BC: Bipolar Disorders in the Outpatient Setting. Department of Internal Medicine Grand Rounds, West Suburban Medical Center, Oak Park, IL 9/20/07**

**Plyler BC, Gottlieb JF: Bipolar Disorders in the Outpatient Setting. Department of Family Medicine, Illinois Masonic Medical Center, Chicago, IL 8/24/07**

**Gottlieb JF, Plyler BC: Diagnosis and Management of Bipolar Disorders in the Outpatient Setting. Northwestern Healthcare Corporation, Chicago, IL 5/17/07**

**Gottlieb JF: Bipolar Disorders in Primary Care. Gottlieb Memorial Hospital. Gottlieb Memorial Hospital CME Lecture, Melrose Park, IL 11/14/05**

**Gottlieb JF: Bipolar Disorders in Primary Care. Hinsdale Hospital Primary Care Grand Rounds Lecture, Hinsdale, IL 5/26/05**

**Gottlieb JF: The Bipolar Spectrum. Office of Student Affairs & Counselling Services, School of the Art Institute of Chicago, Chicago, IL 1/25/05**

**Gottlieb JF: The Spectrum of Bipolar Disorders in Primary Care. Dept. of Family Practice, St Mary's Hospital, Chicago, IL 11/02/04**

**Gottlieb JF: The Spectrum of Bipolar Disorders in Primary Care. Northwestern HealthCare Corp Series for Northwestern Memorial Hospital Physicians, Chicago, IL 6/3/04**

**Gottlieb JF, Cytrynbaum S: Organizational Interventions in Religious and Educational Institutions: Commonalities and Differences from For-Profit Systems. 15<sup>th</sup> Annual Conference of Academy of Organizational and Occupational Psychiatry, San Diego, CA 1/19/04**

**Gottlieb JF, Cytrynbaum S, Vitale C: Group Relations Conference for Episcopal Clergy, Episcopal Diocese of Chicago, Chicago, IL 3/13/03**

**Gottlieb JF: Diagnosis and Treatment of Bipolar Disorders. Northwestern Memorial Hospital, Chicago, Illinois 3/24/99**

**Gottlieb JF: Bipolar Spectrum Disorders: Diagnosis and Treatment. Josselyn Mental Health Center, Northfield, Illinois 6/17 and 6/24/96**

**Gottlieb JF: Hope in the counseling situation. Presentation at Y-Me Annual Retreat, Starved Rock, Illinois 8/6/95**

**Gottlieb JF: Structuring the collaborative relationship between social worker and psychiatrist. Jewish Family and Community Service, Chicago, Illinois 3/30/95**

**Gottlieb JF: Transference and the management of professional relationships. Faculty, Seabury-Western Theological Seminary, Evanston, Illinois 12/15/94**

**Gottlieb JF: Optimizing the integration of psychotherapy and psychopharmacology: the biopsychosocial model revisited. Illinois Society for Clinical Social Work, Chicago, Illinois 10/9/94**

**Gottlieb JF: Countertransference in the psychotherapeutic treatment of severe character pathology. Grand Rounds discussion, Rush Medical College, Chicago, Illinois 5/8/91**

**Gottlieb JF: Sex and handedness differences in the use of autoerotic fantasy and imagery: a proposed explanation. National Medical Student Research Forum, Galveston, Texas 2/24/84**

## PUBLICATIONS

- Lewis, P., Gottlieb JF, et al. Perinatal photoperiod associations with bipolar disorder and depression: A systematic literature review and cross-sectional analysis of the UK Biobank database. 2024 *Psychiatry Research* 335
- Bauer, M., et al. Association between polarity of first episode and solar insolation in bipolar I disorder. 2022 *Journal of Psychosomatic Research*
- Kahawage, P., Bullock B., Meyer D., Gottlieb J., et al. Social rhythm disruption is associated with greater depressive symptoms in people with mood disorders: Findings from a multi-national online survey during COVID-19. 2022 *Canadian J Psychiatry*
- Sit, D., Wu, J.C., Gottlieb, J.F. Fact-checking Chronotherapeutic Research: Commentary on Bisdounis, et al. (2022). 2022 *Neuroscience & Biobehavioral Reviews*
- McCarthy, M. Gottlieb JF, et al. Neurobiological and behavioral mechanisms of circadian rhythm disruption in bipolar disorder: A critical multi-disciplinary literature review and agenda for future research from the ISBD task force on chronobiology. 2021 *Bipolar Disorders*
- Kawahage P, Crowe M, Gottlieb J, et al. Adrift in time: The subjective experience of circadian challenge during COVID-19 amongst people with mood disorders. 2021 *Chronobiology International*
- Gottlieb JF, Goel N, et al. Meta-Analysis of sleep deprivation in the acute treatment of bipolar depression. 2020 *Acta Psych Scand*
- Murray, G., Gottlieb JF, et al. Maintaining Daily Routines to Stabilize Mood: Theory, Data, and Potential Intervention for Circadian Consequences of COVID-19. Sept., 2020 *Canadian J Psychiatry*
- Murray, G., Gottlieb, J., et al. Measuring circadian function in bipolar disorders: Empirical and conceptual review of physiological, actigraphic, and self-report approaches. 2020 *Bipolar Disorders* 22(7): 693-710.
- Geoffroy PA, Gottlieb J. Activity, cognition, and emotion: Three dimensional pillars of the natural presentations of mood disorders enriched by the “sleep” fourth dimension (ACES). 2020. *Bipolar Disorders* 22(6):631-2.
- Lam, R. W., et al. Light therapy for patients with bipolar

depression: systematic review and meta-analysis of randomized controlled trials. 2019 Can J Psychiatry: 706743719892471.

Gottlieb, J. F., et al. The chronotherapeutic treatment of bipolar disorders: A systematic review and practice recommendations from the ISBD task force on chronotherapy and chronobiology. 2019 Bipolar Disorders 21(8): 741-773.

Bauer, M., et al. Association between solar insolation and a history of suicide attempts in bipolar I disorder. 2019 J Psychiatric Research 113: 1-9.

Bauer, M., et al. The potential influence of LED lighting on mental illness. 2017 The World Journal of Biological Psychiatry: 1-39.

Gottlieb, JF. Reward Dysfunction in the Manic Spectrum: Unable to Win? The Use of Biographical Information to Refine Neurobiological Modeling. 2017 J of Psychiatric Practice 23(6): 446-453.

Bauer, M., et al. Solar insolation in springtime influences age of onset of bipolar I disorder. 2017 Acta Psychiatrica Scandinavica 136(6): 571-582.

Bauer, M., et al. Influence of Light Exposure During Early Life on the Age of Onset of Bipolar Disorder. 2015 J Psychiatr Res 64: 1-8.

Gottlieb JF, Terman M: Outpatient Triple Chronotherapy for Bipolar Depression: Case Report. 2012 J Psychiatr Pract 18(5): 373-380

Olfson M, Weissman MM, Gottlieb JF: Essential Roles for Psychiatry in the Era of Managed Care; Commentary. 1997 Archives of General Psychiatry 54: 206-208

Gottlieb JF: Book review: Perversions and Near-Perversions in Clinical Practice: New Psychoanalytic Perspectives, Gerald Fogel and Wayne Myers, 1992 American Journal of Psychiatry 149: 268-269

Gottlieb JF: Book review: Outpatient Psychiatry: Diagnosis and Treatment, 2nd Edition, Aaron Lazare. 1991 American Journal of Psychiatry 148: 805-806

Gottlieb JF: Book review: The Preoedipal Origins and Psychoanalytic Therapy of Sexual Perversions, Charles Socarides. 1989 Yale Psychiatric Quarterly 11: 25-26

Gottlieb JF, Olfson M: Current referral practices of mental health care providers. 1987 Hospital and Community Psychiatry 38: 1171-1181

Gottlieb JF: Sex and handedness differences in the use of autoerotic fantasy and imagery: a proposed explanation. 1985 International



Journal of Neuroscience 26: 259-268

Gottlieb JF: Letter on alexithymia. 1984 American Journal of Psychiatry  
141: 1637