



# David Avery

## M.D. Psychiatrist

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### Bio

Dr. David Avery is Professor Emeritus in the Department of Psychiatry at the University of Washington School of Medicine. After completing a residency at the University of Iowa School of Medicine, he spent two years in research training at Stanford University School of Medicine and two years as a NIMH Post-Doctoral Fellow at the University of Copenhagen before coming to the University of Washington in 1980. From 1982-1987 and from 1993 to 2011, he was Director of Inpatient Psychiatry at Harborview Medical Center where he was also Director of the Electroconvulsive Therapy Service. He has world-renowned clinical expertise in the treatment of mood disorders. He has been an NIMH-funded researcher for nearly all of the last 25 years; his research has involved circadian rhythms and temperature regulation in depression, light therapies of seasonal affective disorder and transcranial magnetic stimulation as a treatment for major depression and fibromyalgia. He is Past President of the West Coast College of Biological Psychiatry, and the author of over 90 peer-reviewed articles and book chapters.

#### Areas of Expertise:

- Evaluation and management of complex and treatment-refractory mood disorders
- Sleep and circadian rhythm disturbances, including winter depression, and treatment with light therapy and melatonin
- Psychopharmacology of mood disorders