

**Thaddeus Lewis Kostrubala, M.D.**  
**Curriculum Vitae**

**Education**

<u>Undergraduate:</u>	Northwestern University, B.S. and Honors Degree: Anthropology Evanston, Illinois	1952
<u>Graduate:</u>	University of Virginia, School of Medicine M.D. Degree Charlottesville, Virginia	1958
<u>Internship:</u>	Tripler Army Hospital – Rotating Internship Honolulu, Hawaii	1958-59
<u>Specialty Training:</u>	Northwestern University Medical School Residency in Psychiatry Evanston, Illinois	1959-62
<u>Specialty Certification:</u>	American Board of Psychiatry & Neurology Certificate No. 8570	1965
<u>Educational Honors:</u>	Honors Degree in Anthropology Northwestern University	1952
	Alpha Omega Alpha University of Virginia – School of Medicine	1958
	Chief Resident in Psychiatry Northwestern University Medical School	1961-62

**Previous Medical Licensure**

States of: California, Hawaii, Illinois, Maine, North Carolina, Virginia, Wisconsin

**Military Service**

<u>Training:</u>	United States Marine Corps PLC Program - Camp LeJeune, North Carolina	1950-52
<u>Service:</u>	Active Duty – 2 <sup>nd</sup> to 1 <sup>st</sup> Lt.	1952-54

## **Previous Professional Activities**

Staff Psychiatrist – Neuse Mental Health Center Morehead City, North Carolina	1992-94
Staff Psychiatrist – Tideland Mental Health Center Washington, North Carolina	1990-92
Chief of Psychiatry – Samuel Mahelona Memorial Hospital Kapaa, Hawaii	1988-90
Medical Director – Napa State Hospital Napa California	1984-88
President – Northern California Psychiatric Society North Bay Chapter	1985-87
Program Chief – Community Mental Health Services Humboldt County, California	1983-84
Wright State University – Training in Administrative Psychiatry Dayton, Ohio	1983 & 1985
Private Practice	1977-83
Medical Director – Mercy Hospital and Medical Center Department of Mental Health – San Diego, California	1976-77
Chief – Mercy Hospital and Medical Center Department of Psychiatry- San Diego, California	1975-78
Director of Psychiatric Education Mercy Hospital and Medical Center	1971-77
Member, Board of Directors California Association of Catholic Hospitals	1975-77
Member, Advisory Board – Longevity Research Institute	1975-83
Professor - San Diego State University Rehabilitation Counseling Program – Dept. of Counselor Education	1975-77
Assistant Clinical Professor – University of California, San Diego Department of Psychiatry	1971-77

Clinical Professor of Psychiatry – Dept. of Psychiatry United States International University, San Diego, California	1972-77
Member – San Diego County Medical Society	1972-77
Fellow – American Psychiatric Association	1974-present
Member, Health Care Agency Advisory Board County of San Diego	1971-75
Council Member – San Diego Psychiatric Society	1973-74
American Psychiatric Association Special Task Force on Third Party Intervention in Community Crisis	1973-74
American Psychiatric Association Special Task Force on Aggression and Violence	1969-74
Director of Community Psychiatry Services Maine Medical Center	1969-71
Member of Advisory Board St. Louis Home: Portland, Maine	1969-71
Senior Attending Physician – Maine Medical Center	1969-71
Assistant Professor – Tufts Medical School	1969-71
Assistant Professor – Dept. of Neurology and Psychiatry Northwestern University Medical School	1962-70
Visiting Instructor – Seabury-Western Theological Seminary Evanston, Illinois	1962-70
Harvard Inter-University Forum for Educators in Community Psychiatry Representing Northwestern University	1967-69
Member, Standing Committee Episcopal Diocese of Chicago	1966-69
Director of Research – Chicago Archdiocesan Health Program	1967-69
Member, State of Illinois Medical Society Committee On Narcotics and Hazardous Substances	1967-69

Member, State of Illinois Mental Health Fund Advisory Committee	1968-69
Board of Directors – St. Leonard’s House	1960-69
Board of Directors Illinois Division of American Civil Liberties Union	1968-69
Passavant Memorial Hospital – Department of Psychiatry	1963-69
Professional Advisory Council – Mental Health Division Chicago Board of Health	1968-69
President – Stone Brandel Center	1966-67
Director – Division of Mental Health Chicago Board of Health	1964-66
Executive Secretary – Residency Training Committee Department of Neurology and Psychiatry Northwestern University Medical School	1963-65
Chairman – Department of Neurology and Psychiatry Michigan Avenue Hospital	1962-64
Clinical Director – Katherine Wright Clinic Michigan Avenue Hospital	1961-64
Chairman – Board of Directors Academy of Religion and Mental Health of Greater Chicago	1962-63
Chairman – Medical and Psychological Committee Citizens United for the Rehabilitation of Addicts City of Chicago, Illinois	1963-65
Board of Directors – Metropolitan Planning Council on Mental Health Chicago, Illinois	1963-65
Chairman – Education for Life Program Firman House; Chicago, Illinois	1963-68
Founder and Member of the Board “Call for Help” Clinic – Suicide Prevention Center Chicago, Illinois	1963-66
Board of Directors – Dyslexia Memorial Institute	1962-70

### **Book Publication**

The Joy of Running. Published by J.B. Lippincott 1976  
(Published in Australia, Italy, Japan, Mexico, New Zealand, U.S.A.)

### **Further Publications**

“Running and Therapy”, in Running As Therapy 1984  
Ed. By Sachs & Buffone, University of Nebraska Press

“Running: The Grand Delusion”, 1981  
Chapter 8, in the Psychology of Running.  
Eds., Sacks & Sachs; published by Human Kinetics Publishers, Inc.

“The Training of a Running Therapist” 1978  
Chapter on Behavior and Endurance Training, in Medicine and Sport,  
Vol. 12, pp. 111-115, eds., Appenzeller and Atkinson; published by  
S. Karger in Switzerland, by Graphische, Betriebe, Coop, and Schweiz.

“A Psychological Study of 100 Marathoners Using the Myers-Briggs Type  
Indicator and Demographic Data”, Annals of the New York Academy of  
Sciences, Vol. 301, published by The New York Academy of Sciences. 1977

“A Psychological Study of 50 Sub-3-Hour Marathoners”, 1977  
Annals of the New York Academy of Sciences, Vol. 301, published by  
The New York Academy of Sciences.

“Prescription for Stress: Running”, Practical Psychology for Physicians, 1975  
October Edition

“Violence and Society”, Psychiatric News, Feb. 3 issue. 1971

“Some Reasons Why People Take LSD”, Advance, May issue 1968

“The Virtue and Value of Being Fat”, Chicago Medicine, May issue 1968

“The Narcotics Addict and Treatment”, Presented at Illinois State Medical 1966  
Society Conference on Narcotics Addiction, Chicago during March

“Suicide in Chicago: A Call for Action”, Illinois Medical Journal, July issue 1966

“Triage in Mental Health”, <u>Illinois Psychological Association Journal</u> .	1966
“Suicide in Chicago”, <u>Journal of Community Psychiatry</u> .	1966
“A City Mental Health Program”, in Masserman, JI, M.D. (Ed) <u>Current Psychiatric Therapies</u> , Vol. VI.	1966
“The Intake Group as an Emergency Care Procedure”, Presented at the American Psychiatric Association Convention, May.	1965
“A Preliminary Evaluation of the Effects of Married Couples Group Therapy”, Presented at the American Psychiatric Association Convention, May.	1964
“Neurotic Equilibrium in Married Couples Applying for Group Psychotherapy”, <u>Journal of Marriage and Family Living</u> . pp. 78-82, Co-authored with Thomas F. McGee, Ph.D.	1964
“Therapy of the Terminally Ill Patient”, <u>Illinois Medical Journal</u> . December	1963
“New Research Frontiers in Psychoanalysis”, <u>J.A.M.A.</u> , September 21	1963
“The Neuroses”, In Spiegel, E.A. (Ed) <u>Progress in Neurology and Psychiatry</u>	1961, '62, '63, '64

### **Civic Honors**

Alpha Phi Alpha – Special Brotherhood Award	Feb. 1966
Civic Achievement Award – Sisters of the Blessed Sacrament	Feb. 1966
A.R.T.A. Civic Achievement Award	1966
Avis Civic Achievement Award	1966
First Annual Friendship Award given by Oscar Brown, Jr.	1966
NAACP Award	May 1966
Special Citation for Civic Achievement, Chicago Housing Authority	Feb. 1966

## **Previous Memberships**

American Psychiatric Association, Life Fellow

American Medical Association

North Carolina Medical Society

Attending Staff, Beaufort County Community Hospital

Alliance for the Mentally Ill

American Association of Community Mental Health Psychiatrists