

CURRICULUM VITAE
Michael T. Lardon, M.D.

3750 Convoy Street Ste 318
San Diego, CA 92111
www.drlardon.com

T: (858) 292-2929
F: (858) 292-2909
E: office@drlardon.com

CLINICAL / ADMINISTRATIVE APPOINTMENTS

- 07/95 to present **Associate Clinical Professor**
University of California, San Diego (UCSD)
School of Medicine, Department of Psychiatry
- 06/99 to present **Consulting Psychiatrist - United States Olympic Teams**
Including both Winter and Summer Olympians, clients include
three Olympian Gold Medalists.
- 10/08 to 01/10 **Medical Director**
Substance Abuse and Eating Disorder Treatment Services
Casa Palmera, San Diego, CA
- 08/00 to 2004 **Chief of Staff / Owner**
Alvarado Parkway Institute, San Diego, CA
At time of purchase, second physician-owned hospital in CA
- 01/99 to 08/00 **Chief of Staff / Executive Medical Director**
Charter Behavioral Health System of San Diego/API, San Diego, CA
- 04/95 to 11/99 **Founder / Owner**
Psychiatric Health Systems Medical Corporation
Physician-based mental health group, inpatient/outpatient
psychiatric care
- 07/91 to 2008 **Founder / Owner**
California Psychiatric Coverage Medical Corporation
Psychopharmacologic evaluation of children, adolescents, and
adults throughout San Diego County
- 06/94 to 12/95 **Chief of Staff & Associate Medical Director**
Bayview Hospital and Mental Health System
Chula Vista, CA
- 07/93 to 06/94 **Adjunct Professor**
California School of Professional Psychology, San Diego, CA
Courses: "Advanced Psychopathology", "Psychopharmacology"
- 1992 to 1995 **Medical Director**
New Alternatives Inc., Foster Family Residential Home # 17,
Santee, CA, Psychopharmacologic management for children (4-12)

POST GRADUATE EDUCATION

07/92 to 06/94 University of California, San Diego
Clinical & Research Fellow, Psychopharmacology, Psychobiology

07/90 to 06/93 University of California, San Diego
Psychiatry Residency Program

07/89 to 06/90 University of California, Los Angeles
Internship - Internal Medicine

EDUCATION

09/85 to 06/89 University of Texas, Medical Branch, Galveston, Texas
Medical Doctorate

08/81 to 06/84 Stanford University, Stanford, California,
Bachelor of Arts in Psychology

08/80 to 05/81 Rice University, Houston, Texas
General Studies - Dean's List

GRANTS

1994 *Neuroelectric Assessment of Enhanced Athletic Performance*
Grant awarded by the United States Tennis Association

SPORTS PSYCHIATRY

General psychiatry, psychopharmacology, and performance enhancement: Golf - PGA, LPGA and Nationwide Tours.

Clients include: Former PGA, British Open, United States Open, and Masters Champions.

United States Olympic Team members, National Football League, Major League Baseball, Major League Soccer, and Ultimate Fighting Championship (UFC)

NFL: Psychiatric Disability Evaluation Consultant

TEACHING / CLINICAL EXPERIENCE

1992 to present Supervised resident physicians, medical students, and psychology graduate students in psychopharmacologic, psychobiologic, and psychotherapy management, mood, anxiety, and general psychiatric disorders.

Provided medical supervision in recruitment, selection, and implementation of various psychiatric pharmaceutical drug trials. Supervision of residents in sports related performance enhancement techniques.

Lectures included management of the violent patient, pharmacologic treatment of the sexual deviant, personality

disorders, hypnosis, post-traumatic stress disorders, spiritual psychiatry, sport psychiatry, and the execution of sports performance enhancement.

CERTIFICATION

2002	Fellow, American Board of Psychiatry and Neurology
1996	Diplomate, American Board of Forensic Examiners
1995	Diplomate, American Board of Psychiatry & Neurology
1990	Licensure: California. License issued April 30, 1990
1989	Diplomate, Federal Licensing Examination (FLEX)

BOOKS :

Mastering Golf's Mental Game, Lardon MT: English edition. Crown Publishing Group, Penguin Random House Company, New York, September 2014

Finding Your Zone - Ten Core Lessons for Achieving Peak Performance in Sports and Life, Lardon MT: English edition, Penguin Group, Perigee division, New York, New York, June 2008, Japanese edition, Tree Publishing Co. Ltd., 2009, Bangkok, Thailand

ARTICLES and RESEARCH PUBLICATIONS:

Clinical Sports Psychiatry: An International Perspective, Edited by David Baron and Claudia Reardon
Author Chapter Performance Enhancement, Wiley Blackwell, 2013

Discovering Golf's Inner Truth: A New Approach to Teaching the Game, Author Lightbrown P,
Commentary, Lardon MT, Annual Review of Golf Coaching, May 2010

Golf and Hypnosis, Author, Jenkins S, Commentary, Lardon MT, Annual Review of Golf Coaching,
May 2009

Athletes Face Transition from Spotlight, Lardon MT, San Diego News Network (SDNN), May 2009

Doping Away a Perfectly Good Career, Lardon MT, San Diego News Network (SDNN), April 2009

San Diego a Hotbed for World's Largest Sport, Lardon MT, San Diego News Network, May 2009

Performance Enhancing Drugs: Where and Who Should Draw the Line?, Lardon MT: Psychiatry 2008

The Sport Psychiatrist and Golf, Lardon MT, Clark TP, Toffler IR: Clinics in Sports Medicine, 2005,
Oct; 24(4): 959-971

*Achievement by Proxy Distortion in Sports: A Distorted Mentoring of High-Achieving Youth.
Historical Perspectives and Clinical Intervention with Children, Adolescents, and their
Families.*, Toffler IR, Penelope KK, Lardon MT, Clinics in Sports Medicine, 2005, Oct; 24(4):
805-828

P300 and Long-Term Physical Exercise, Lardon MT, Polich JM: Electroencephalography and Clinical
Neurophysiology, 1997 Oct; 103(4): 493-498

EEG & Aerobic Fitness, Lardon MT: Polich JM: *Biological Psychology*, 1996 Sep 27; 44(1):19-30

Ipsapirone, a 5-HT1A Agonist, Suppresses REM Sleep Equally in Unmedicated Depressed Patients and Normal Control, Gillin JC, Sohn JW, Stahl SM, Lardon MT, Kelsoe J, Rapaport M, Ruiz C, Golshan S: *Neuropsychopharmacology*, 1996, Volume 15, Number 2

Inhibition of REM Sleep by Ipsapirone, a 5HT1A Agonist, in Normal Volunteers, Gillin JC, Sohn JW, Kelsoe J, Rapaport M, Lardon MT, Stahl SM, Ruiz C, Golshan S: *Neuropsychopharmacology*, 1996, Vol.15, No. 2

Dose Dependent Effects of Transdermal Nicotine on Early Morning Awakening and REM Sleep Time in Non-Smoking Normal Volunteers, Gillin JC, Lardon MT, Golshan S: *Journal of Clinical Psychopharmacology*; 1994; Volume 14; Number 4

Steroid Induced Mental Status Changes in Patients Receiving Dye Contrast, Sponsored by American Psychiatric Association, Annual Meeting, May 1991, Lardon, MT, Ewing JP, Jeste DV

PRESENTATIONS:

The Science of Peak Performance, Featured Speaker, Southern Texas Section PGA Annual Meeting, College Station, Texas February 18, 2014

Getting in the Zone, TaylorMade-Adidas Golf, Keynote Speaker, U.S. Sports Marketing Sales Force San Diego, CA, September, 20, 2011

Basic Psychopharmacology for the Treatment of Sexual Deviance, The Relationship Training Institute, San Diego, CA, February, 2011

Help Train Athletes and Business Leaders to Perform at Their Best, Key Note speaker, Mariposa Leadership, Inc., San Francisco, CA, October 2010

Life After Sport - Athletes in Transition, Key note speaker, IART conference, SDSU, May 2009

Getting in the Zone - in Sport and Life, Key note speaker, Triathlon Club of San Diego, May 2009

Basic Psychopharmacology for the Treatment of Sexual Deviance, San Diego County Probation Dept, March 2009

Getting in the Zone - in Sports, Life and Business, Key note speaker, The Principle Financial Group, Los Angeles, CA, February 2009

Achieving Peak Performance, "Golfsmarter" podcast, September 2008

Finding Peak Performance in Life, Key note speaker, Depression and Bipolar Support Alliance (DBSA) Western United States, August 2008

The Neurobiology of Athletic Zone States, Aurora Psychiatric Hospital of San Diego, CA, May 2008

The New Age of Mood Medicines in Elite Athletes, Key note speaker, Depression and Bipolar Support Alliance (DBSA) Western United States, October 2004

The Role of Mood in Wellness & Recovery, Assembly speaker, Meeting of the Minds, October 2004

Sport Psychiatry in the 21st Century, Grand Rounds, UC San Diego, April 2004

Sport Psychiatry in the 21st Century, Grand Rounds, UC Irvine, November 2003
Sport Psychiatry in the 21st Century, Grand Rounds, UC Davis, Sports Medicine, June 2003
Spirituality and Medicine, Meeting of the Minds Conference, San Diego, CA, October 2002
Psychiatry and Spirituality, Grand Rounds, Charter Hospital, La Mesa, California, September 1999
Enhancement of the Athletic Zone, Sponsored by Flash Soccer Team, June 1999
Review of Antipsychotics, Sponsored by Janssen, Camp Pendleton, California, May 1999
Optimizing Mental Focus in Golf, Sponsored by Century Club and SD PGA Club Pros, May 1998
Review of Antidepressants, Sharp Rees Steeley Physician Group, San Diego, California, May 1998
The Latest in Antipsychotic Treatment, Sponsored by Janssen, Grand Rounds, Maui General Hospital, February 1998
Substance Abuse & Mental Health, Sponsored by San Diego Mental Health Association, Marriott Hotel, San Diego, California, January 1998
Athletic Peak Performance, Sponsored by Grand Rounds, UC San Diego, June 1994

EDITORIAL BOARDS, ACADEMIC AWARDS & ACCOMPLISHMENTS:

2011 to present	Invited reviewer: British Journal of Psychiatry
2010 to present	Board of Directors: International Society for Sport Psychiatry
2007 to present	Editorial board: <i>Annual Review of Golf Coaching</i> . “The best of recent research brought to the lay reader along with expert contributions from leading figures in the coaching world.”
2003	Awarded “Best Mental Health System” by San Diego’s Reader Magazine as principle owner of Alvarado Parkway Institute
1993	Recipient of UC San Diego Chairman’s “Research Award for Excellence”, Psychiatric Residency, “Athletic Peak Performance”
08/85 to 05/89	Awarded the Southern Medical Association scholarship for academic excellence
08/80 to 05/81	Board of Governor’s Scholarship for academic excellence
1980 to 1981	Dean’s List, Rice University, Houston, Texas

PROFESSIONAL AFFILIATIONS

American Medical Association
 American Psychiatric Association
 American Board of Forensic Examiners
 San Diego Society of Psychiatric Physicians

International Society of Sport Psychiatry

MEDIA CONTRIBUTIONS

Television: National: CNN, Court TV, Golf Channel, CBS Early Show; San Diego: ABC, CBS, NBC, FOX

Radio: KFMB, KPOP, KSON, Sirius XM

Print: *San Diego Union, Newsday, San Francisco Chronicle, New York Times, USA Today, San Diego, News Network, Sports Illustrated, Golf Magazine, Atlantic Life, Golf Week, Golf World, UK Wired, Southland Golf, Elle, Vegetarian Times, Men's Health, Runners World and ESPN Magazine.*

TABLE TENNIS

1976 to 1980	Four-time National Team member
1980	Gold Medalist, Olympic Sports Festival, Syracuse, NY
1979	Semi-finalist United States Youth Championships
1979	Named to USA Men's Team, Pan American Games, Puerto Rico
1978	United States Men's "A" Singles Champion, Las Vegas, NV
1978	United States Junior Team Champion, Detroit, MI
1976	United States Junior Championships Runner-up, Las Vegas, NV

Chosen as the United States Most Promising Player and awarded 8-week tour and training in Japan with World Champions Shigeo Itoh and Nobuhiko Hasegawa

PERSONAL

Married and proud father of two daughters and one son, golfer, jazz-lover, and Yankee fan

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