

Robert A. Karr, M.D.



Education:

Undergraduate:

B.A., Biology, Oberlin College

Graduate:

M.D., Temple University School of Medicine

Other Training/Experience:

Medical Internship: Brockton Hospital, Boston University School of Medicine

Residency in Psychiatry: Boston Beth Israel Hospital, Harvard Medical School

Psychotherapy Adams House Fellowship: Jamaica Plain Faulkner Hospital

Areas of special interest/focus:

Forensic Psychiatry, (Board Certified)

Clinical Philosophy (how he/she approaches work with the people he/she serves):

Mental health care is best achieved through a sense of team-work and collaboration. The combined expertise of the client's own experiences and the psychiatrist's medical knowledge should be fully integrated to promote optimal treatment. The Bio-psycho-social approach to client's challenges supports a comprehensive, effective and highly individualized treatment plan. Treatment planning is an organic process that evolves continuously as client and psychiatrist evolve and grow individually and together in the context of the therapeutic relationship.

What do you consider the most important elements in a successful outcome in working with a person who is in treatment with you?

The single most important element is an ever deepening sense of collaboration and mutual respect. Direct and open communications regarding aspects of the treatment as well as aspects of the treatment relationship support successful care and promote overall mental health.

Other things about you or how you work that you would like to share with people who are considering choosing to work with you:

I am dedicated to the concept of informed consent. As with all meaningful endeavors, this process is ongoing throughout the course of treatment. Consideration of treatment alternatives (including medications and non-medication-based therapies), potential risks, benefits and side-effects, as well as consideration of foregoing any formal treatments should be maintained continuously and reviewed together.

All therapies should be done in an environment of mutual respect. This enables the opportunity for the work to be meaningful and safe. Without ever losing sight of the challenges that my clients face, I also endeavor to have my work be fun, for both myself as well as the clients.