

### **Chris Gordon, M.D.**



#### **Education:**

*Undergraduate:*

BA, Antioch College

*Graduate:*

MD, University of Maryland School of Medicine

*Other Training/Experience:*

Psychiatry Adult Residency: Massachusetts General Hospital. Board Certified in Adult Psychiatry. Assistant Clinical Professor of Psychiatry, Harvard Medical School; Assistant Psychiatrist, Massachusetts General Hospital; Medical Director and Vice President for Clinical Services, Advocates, Inc.

#### **Areas of special interest/focus:**

Crisis intervention; recovery and resiliency; spirituality and mental health.

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

I love being a doctor and being a psychiatrist. To me, it is an opportunity to enter into very intimate relationships with the people I am privileged to serve. I believe in understanding every person from four perspectives: biological, social, psychological and spiritual. I myself have been a sufferer and a seeker of help and answers in all four of these dimensions, and have received substantial and effective help from psychiatrists, so I feel it is a blessing and a calling to pass on this help to others.

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

I am often amazed at how resilient people are in overcoming problems, if they will get engaged with living. The most important element to success for me in working with someone is a sense of partnership with the person. My goal is always to try to give the people I serve information and choices, and a chance to gradually manage their own health and recovery.

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

It is sometimes useful to write down the most important information you want me to have, and to bring it with you to your first appointment with me. It is especially useful to me to know what you think has helped you and what you think has not helped or even hurt you in the past. It may be a good preparation for our work if you think about what you would like to be different in 6 months, one year and three years from now, and also think about what the worst outcome might be in that same time frame. We can use this “best and worst outcome” exercise to plan how we will work together.