



Jill Karatinos

Mental Health
Psychiatrist and Neuropsychiatrist
- Jill Karatinos M.D. (Solo Practice)
Lutz, FL



Jill Karatinos is Board Certified in General Psychiatry and in the subspecialty of Neuropsychiatry; and currently operates an outpatient clinic in Lutz, Florida.

However, the road for this wife and mother of one began while working as a physiologist for the Office of Naval Research for two years after earning her Master of Science in Physiology at University of Florida in 1967. She then attended medical school from 1971 to 1975 at the University of Maryland's College of Medicine and did an internal medicine internship at South Baltimore General (now Harbor General) from 1975 to 1976.

After passing her licensing exam, Jill went into general practice for 16 years in Bowie, Maryland; and co-founded a county women's medical association in Prince George's County, Maryland, which ran from 1985 to about 1990 called the PGWMA (Prince George's Women's Medical Association).

In 1992, at the age of 49, Jill entered a residency in psychiatry at Sheppard Pratt Health Systems in Baltimore, Maryland that lasted until 1995 when she and her husband (Nick) moved to Florida. There, she worked for 15 months at the James A. Haley Veterans' Hospital before finally opening her private practice in 1996.

Jill has since worked solo and has special interests in manic depression, couples therapy, women's issues, psychopharmacology, head injury, and syndromes where medical and psychiatric problems overlap.

Her special area of focus is in managing medications for both general medical and psychiatric problems; and she belongs to the American Psychiatric Association, the American Neuropsychiatric Association, and the Neuroscience Education Institute of Dr. Stephen Stahl.

She was also a consultant to a company called Charter (doing hospital and nursing home consultations from 1997 to 1998), a multispecialty medical group processing accident cases from 1997 to 2003, and a residential brain injury facility in Bradenton, FL from 2003 to 2007. She's also served as an expert witness in some court cases on brain injury.

Jill has even co-authored four papers with other doctors, listed on her website's curriculum vitae. Most recently, she's written and self-published a book called 'The Role of the Autonomic Nervous System in Psychiatry', where she describes her core concepts of patient care in 18 case reports of patients with multiple medical and psychiatric diagnoses.

"It also presents some clinical research that I've done on the autonomic nervous system."

Learn more about the book here: <http://www.jillkaratinosmd.com/books>

For the past five years, Jill has been on the 50th reunion committee of her college, The College of Wooster in Wooster, Ohio; where she and her husband have endowed a scholarship in neuroscience with a preference for women.

Q&A

Q: What is the status of women in medicine today?

A: *Although the number of women in medicine has increased to 50% in some fields, there are very few women who hold positions of power in medical hierarchies. Those who do are often reluctant to take a different position from their male peers.*

Q: What do women need to succeed today in medicine?

A: *They need female and ethical male mentors, and a support group of their female peers.*

Q: Why is it difficult to self-publish a book and get others to read it?

A: *Unless you're associated with a university or research group, your work experience and education seem to be ignored. It hasn't been recognized that there is a great need for people working in the field with everyday patients to share their views of diagnosis and treatment.*

Q: How does a book on clinical treatment of real patients differ from a textbook or research paper?

A: *A research paper is often funded by a company determined to make money off of positive results, which sometimes gives rise to the suppression of negative results. Furthermore, the patients involved are allowed to have only one problem, unlike what is encountered in real life. Textbooks are written at a level that can only be understood by people in that field.*

Q: Why have you written a book on the autonomic nervous system?

A: *Because only some neurologists and cardiologists are aware of the important role it plays in a number of symptoms and pathologic conditions.*

Q: What is the role of most psychiatrists today?

A: *Unfortunately, most psychiatrists today spend 10 minutes a patient evaluating and prescribing medications. This way, they see large numbers of patients, but do not know the patients very well. Psychologists, social workers, and mental health counselors do all or most of the psychotherapy, which was an important part of my education at Sheppard Pratt.*

Q: What else do you see as something to be improved in psychiatric care?

A: *Being aware of the overlap of psychiatric conditions with many medical problems and neurologic problems.*

Q: How and why is your practice different?

A: *I have a strong background in general medicine (16 years of general practice) and interest in research from getting a Master of Science in Physiology (medical physiology). Therefore, I approach most patients with a holistic psychiatry in which I take into account many diagnoses from medicine. I also read research in complementary alternative medicine.*

Q: What are the drawbacks of such a practice as yours?

A: *I keep my practice small, so that I can spend much more time with patients doing psychotherapy and investigating problems which have not been adequately treated elsewhere. Consequently, my income is also limited.*

Q: Do you think the average person can understand the autonomic nervous system?

A: *The patients in the book understand it, because they have symptoms that were overlooked until the autonomic nervous system was explained and addressed. I have a teaching video on my website that will give some insight.*



Contact:

Jill Karatinos
(813) 345-5946
www.jillkaratinosmd.com
drjkara@gmail.com