

Michael E. Lara, M.D.

Diplomate, American Board of Psychiatry and Neurology

### Professional Summary

Board-certified psychiatrist with over 15 years of diverse experience in inpatient and outpatient settings. Expertise in comprehensive psychiatric evaluations, cross-cultural psychiatry, and adult mood disorders. Skilled in medical documentation, case management, and interdisciplinary collaboration. Experienced educator and medical director with strong analytical and organizational skills. Adept in telepsychiatry platforms. California-licensed physician committed to providing high-quality care with precision and professionalism.

### Education

Stanford Hospital and Clinics

Internship and Residency in Psychiatry, 1997 – 2001

UCLA (David Geffen) School of Medicine

Doctor of Medicine (MD), 1993 – 1997

Harvard University

Master's Degree (MA), PhD Candidate in English and American Literature, 1987 – 1993

Stanford University

Bachelor of Arts (BA) in English, Minor in Biological Sciences, 1982 – 1986

### Licensure & Certifications

- Diplomate, American Board of Psychiatry and Neurology (Re-certified 2013–2023; 90th percentile ranking)
- California State Medical License (Unrestricted, active since 1999)

### Relevant Professional Experience

Private Practice Psychiatrist, Belmont, CA, 2003 – Present

- Conduct comprehensive evaluations and develop treatment plans for complex psychiatric cases.
- Maintain detailed medical records adhering to state and federal guidelines.
- Collaborate with a multidisciplinary team to address mental health needs comprehensively.
- Extensive experience in medical documentation and report preparation for legal and administrative purposes.

Medical Director & Chief Psychiatrist, Gardner Family Care Corporation, 1999 – 2003

- Oversaw clinical operations and a multidisciplinary team at a community mental health clinic.
- Conducted and supervised psychiatric evaluations for medico-legal and disability cases.
- Developed training programs on psychopharmacology for clinical staff.

Staff Psychiatrist, Community Solutions, 1999

- Diagnosed and treated psychiatric disorders in English and Spanish-speaking patients.
- Specialized in medication management and comprehensive patient evaluations.

Academic & Teaching Appointments

Teaching Faculty, Institute for Brain Potential, 2003 – 2018

Adjunct Clinical Faculty, Institute of Transpersonal Psychology, 2003 – 2008

Specialized Skills

- Expert in medical evaluations, disability assessments, and legal documentation.
- Proficient in Spanish, facilitating effective communication with diverse populations.
- Adept in telehealth and remote assessment technologies.