



Jonathan Burgess, MD, MPH

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Department of Psychiatry and Behavioral Sciences**

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Bio

BIO

Jonathan Burgess, MD, MPH is Clinical Assistant Professor in the Lifestyle Psychiatry Clinic at Stanford University School of Medicine. He is passionate about evidence-based lifestyle practices for psychiatric disorders. He has published three academic book chapters on diet and lifestyle interventions for psychiatric disorders, and is co-author of *The Culinary Medicine Textbook: Psychiatry, Food & Mood*. With over 30 publications and oral presentations, he is credited with nine Grand Rounds presentations, is a faculty presenter at the American Psychiatric Association Annual Meeting and Harvard School of Public Health's national conferences, as well as an invited speaker at major academic hospitals. Dr. Burgess is co-author of the Lifestyle Interventions for Depression module of the American College of Lifestyle Medicine certification course. He graduated summa cum laude from the University of Pennsylvania, received a Doctor of Medicine from Geisel School of Medicine at Dartmouth, and a Master of Public Health from Columbia University Mailman School of Public Health.

CLINICAL FOCUS

- Psychiatry
- Lifestyle Interventions for Psychiatric Disorders
- Dietary and Nutritional Interventions for Psychiatric Disorders
- Exercise Interventions for Psychiatric Disorders
- Yoga and Breathing Interventions for Psychiatric Disorders
- Meditation Interventions for Psychiatric Disorders

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Medical Education: Dartmouth Geisel School of Medicine (2018) NH
- MPH, Columbia University
- BA, summa cum laude, University of Pennsylvania

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2023)
- Residency: University of Vermont GME Programs (2023) VT

Publications

PUBLICATIONS

- **Mechanism and Efficacy of Diet and Exercise in the Management of Psychiatric Disorders** *Lifestyle Medicine*
Burgess, J., Ho, P., Riedy, B., Noonday, D.
CRC Press, Taylor & Francis Group.2024; 4th
- **Classical Psychedelics and Ketamine for the Management of Depression** *Physician Assistant Academy of Vermont | 41st Annual Winter Conference*
Burgess, J.
2024
- **Diet and Nutrition in the Management of Depressive and Cognitive Disorders** *American Psychiatric Association Lifestyle Psychiatry Caucus*
Burgess, J.
2024
- **Emotional and Mental Well-being: Lifestyle Interventions for Depression**
Burgess, J., Noordsy, D., Struder, K.
American College of Lifestyle Medicine. Lifestyle Medicine Residency Curriculum. Version 2.
2023
- **Grand Rounds: Classical Psychedelics in the Management of Depressive, Pain, and Substance Use Disorders: Mechanism and Efficacy**
Burgess, J.
Rutgers New Jersey Medical School.
2023
- **Faculty Presenter: Diet, Nutrition, and the Microbiome in the Management of Depressive and Cognitive Disorders** *American Psychiatric Association Annual Meeting Summer Course*
Burgess, J.
2023
- **Keynote Speaker: Diet, Nutrition, the Microbiome, and Exercise in the Management of Depressive and Cognitive Disorders** *American Psychiatric Nurses Association | New England Chapter Annual Meeting*
Burgess, J.
2023
- **The Culinary Medicine Textbook: Psychiatry, Food, and Mood**
Burgess, J., Robinson-Wright, J., Kennedy, D.
2022
- **Diet and Nutrition in the Prevention and Adjuvant Treatment of Psychiatric Disorders** *Lifestyle Psychiatry: Using Exercise, Diet and Mindfulness to Manage Psychiatric Disorders*
Burgess, J.
American Psychiatric Publishing.2019; 1
- **Lifestyle Psychiatry: Research Gaps** *Lifestyle Medicine*
Chawla, V., Burgess, J., Lagera, P., Noordsy, D.
Springer Cham.2025
- **Lifestyle of Wellbeing: Getting Smart About Physical Activity and Healthy Diet for Both Psychiatrists and Their Patients** *American Psychiatric Association Annual Meeting*
Compton, M., Noordsy, D., Burgess, J., Case, R.
2025
- **Grand Rounds: Diet, Nutrition, the Microbiome, and Exercise in the Management of Depressive & Cognitive Disorders**
Burgess, J.

Lewis Katz School of Medicine at Temple University.
2023

- **Grand Rounds: Nitrous Oxide-Induced Psychosis and the Century Old Question of B12 Deficiency-Induced Psychosis: Implications for Clinical Practice and Research**
Burgess, J.
U.S. Department of Veterans Affairs | White River Junction Medical Center.
2023
- **Grand Rounds: Update on Diet and Nutrition in the Management of Depressive and Cognitive Disorders**
Burgess, J.
U.S. Department of Veterans Affairs | White River Junction Medical Center.
2023
- **COVID-Associated Exacerbation of Acute Psychosis in a Patient With Schizoaffective Disorder.** *The primary care companion for CNS disorders*
Evenson, S., Burgess, J., Rustad, J. K.
2022; 24 (4)
- **Grand Rounds: Classical Psychedelics in the Treatment of Depression: Mechanism and Efficacy**
Burgess, J.
University of Vermont Medical Center.
2021
- **Grand Rounds: Diet, Nutrition, and Exercise in the Management of Depressive and Cognitive Disorders**
Burgess, J.
U.S. Department of Veterans Affairs | White River Junction Medical Center.
2021
- **Grand Rounds: Classical Psychedelics in the Treatment of Depression: Mechanism and Efficacy**
Burgess, J.
U.S. Department of Veterans Affairs | White River Junction Medical Center.
2021
- **Diet, Nutrition, and Exercise in the Management of Depressive and Cognitive Disorders** *Harvard School of Public Health | Healthy Kitchens, Healthy Lives Conference*
Burgess, J.
2020
- **Diet, Nutrition, and Exercise for Optimal Mental Health** *Columbia University Vagelos College of Physicians and Surgeons | Psychiatry Student Interest Group*
Burgess, J.
2019
- **Therapeutic Potential of Physical Exercise in Early Psychosis** *AMERICAN JOURNAL OF PSYCHIATRY*
Noordsy, D. L., Burgess, J. D., Hardy, K. V., Yudofsky, L. M., Ballon, J. S.
2018; 175 (3): 209–14
- **Invited Speaker: Lifestyle Interventions for Psychiatry Disorders in Primary Care Part 2: Developmental and Pediatric Disorders**
Burgess, J.
Harvard Medical School Massachusetts General Hospital | Beacon Hill Primary CARE.
2018
- **Grand Rounds: Diet, Nutrition, and Exercise in the Management of Treatment-Resistant Psychiatric Disorders**
Burgess, J.
Austin Riggs Center.
2018
- **Grand Rounds: Diet, Nutrition, and the Microbiome in Management of Severe Mental Illness**
Burgess, J.

University of North Carolina School of Medicine | Mountain Area Health Education Center.
2018

- **Lifestyle Interventions in the Prevention and Treatment of Psychiatric Disorders**

Burgess, J.
Alaska Division of Behavioral Health 2-Day Patient Workshop.
2018

- **Diet and Nutrition in the Prevention and Adjuvant Treatment of Psychiatric Disorders**

Burgess, J.
Alaska Mental Health Trust Authority.
2018

- **Invited Speaker: Lifestyle Interventions for Psychiatry Disorders in Primary Care Part 1: Depressive and Cognitive Disorders**

Burgess, J.
Harvard Medical School Massachusetts General Hospital | Beacon Hill Primary Care.
2018

- **Invited Speaker: Medical Practice in an Era of Lifestyle Illnesses**

Burgess, J.
Geisel School of Medicine at Dartmouth | Concord Hospital.
2016

- **Shared Medical Appointments: A Portal for Nutrition and Culinary Education in Primary Care-A Pilot Feasibility Project.** *Global advances in health and medicine : improving healthcare outcomes worldwide*

Delichatsios, H. K., Hauser, M. E., Burgess, J. D., Eisenberg, D. M.
2015; 4 (6): 22-26

- **Nutrition Education in an Era of Global Obesity and Diabetes: Thinking Outside the Box.** *Academic medicine : journal of the Association of American Medical Colleges*

Eisenberg, D. M., Burgess, J. D.
2015; 90 (7): 854-60

- **Invited Speaker: Medical Practice in the Era of Lifestyle Diseases**

Burgess, J.
Geisel School of Medicine at Dartmouth.
2014

- **Enhancing medical education to address obesity: "See one. Taste one. Cook one. Teach one."** *JAMA internal medicine*

Eisenberg, D. M., Myrdal Miller, A., McManus, K., Burgess, J., Bernstein, A. M.
2013; 173 (6): 470-2

- **Healthy Kitchens for Underserved Patients: Healthy Meals Food Stamp Budget of \$4 per Day** *Harvard School of Public Health | Healthy Kitchens, Healthy Lives Conference*

Burgess, J.
2012

- **Altering nutrition-related behaviors of healthcare professionals through CME involving nutrition experts and chefs**

Eisenberg, D., Miller, A., McManus, K., Erickson, M., Drescher, G., Burgess, J., Bernstein, A., Rosner, B., Rimm, E., Willett, W.
Biomed Central Complement Altern Med.
2012

PRESENTATIONS

- Grand Rounds: Diet, Nutrition, the Microbiome, and Exercise in the Management of Depressive & Cognitive Disorders - Lewis Katz School of Medicine at Temple University (March 20, 2023 - March 20, 2023)