

= Norman E. Rosenthal =

Norman E. Rosenthal is a South African , author , psychiatrist and scientist who in the 1980s first described winter depression or seasonal affective disorder (SAD) , and pioneered the use of light therapy for its treatment .

Rosenthal was born and educated in South Africa and moved to the United States to complete his medical training . He established a private practice and conducted research at the National Institute of Mental Health (NIMH) as a researcher and senior researcher for more than twenty years where he studied the disorders of mood , sleep , and biological rhythms and was the first psychiatrist to describe and diagnose Seasonal Affective Disorder (SAD)

Rosenthal ' s research with SAD led him to write ' Winter Blues ' and two other books on the topic . More recently Rosenthal has written a book on the Transcendental Meditation technique and conducted research on its potential influence on posttraumatic stress disorder (PTSD) . In total , he has written nine books , including one on the topic of jet lag , and published 200 scholarly papers .

= = Early life and education = =

Rosenthal (b . 1950) was born and raised in Johannesburg , South Africa . He received his M.B. B.Ch. (equivalent of an M.D.) from the University of the Witwatersrand in Johannesburg and completed an internship in Internal Medicine and Surgery at Johannesburg General Hospital . He moved to the United States to further his education as a resident , and then became Chief Resident in psychiatry at the New York State Psychiatric Institute and Columbia Presbyterian Hospital .

= = Career = =

Rosenthal began a private practice in the suburbs of Washington , D.C. in 1979 . At the same time , he began a research fellowship with Frederick Goodwin at the National Institute of Mental Health in Bethesda , Maryland . This was the beginning of a 20 year career with the NIMH as a Researcher , Research Fellow , and Senior Researcher . Rosenthal became the director of seasonal studies at the institute and in 1985 , led research with 160 participants on the effects of seasonal affective disorder (SAD) and later studied the psycho @-@ physiological phenomena of " spring fever " .

Rosenthal co @-@ authored the book , How to Beat Jet Lag in 1993 and in 1998 , he was named clinical professor of psychiatry at Georgetown Medical School . He became the Medical Director of Capital Clinical Research Associates in Rockville , Maryland in 2001 and is currently its CEO . He received a special recognition award from the Society for Light Treatment & Biological Rhythms (SLBTR) in 1999 and published the book The Emotional Revolution : How the New Science of Feeling Can Transform Your Life in 2002 .

Early in his career , Rosenthal learned the Transcendental Meditation technique while in South Africa , but found that as a medical student and a medical resident he didn 't have time to practice . Then 35 years later , after one of his patients had a dramatic improvement as a result of TM , he began practicing again and then began recommending it to his patients . In 2011 , he published Transcendence : Healing and Transformation Through Transcendental Meditation , which debuted at number seven on the New York Times ' Best Sellers : Hardcover Advice , How @-@ To And Miscellaneous list . Earlier that year , Rosenthal published preliminary research on the potential influence of TM on Post Traumatic Stress Disorder .

Rosenthal has written more than 200 scholarly publications and his writings have been featured in the American Journal of Psychiatry , Psychiatry Research , Archives of General Psychiatry , Biological Psychiatry , Molecular Psychiatry , and Journal of Affective Disorders . He continues to conduct research on pediatric and adolescent SAD , pharmaceutical treatments for SAD and the effects of light therapy on seasonal bipolar disorder and circadian rhythms . He is often cited in mainstream media as an expert on the topic of SAD .

According to his web site , Rosenthal has received the A.P.A. New York District Branch prize for paper written by a resident , the Psychiatric Institute Alumni Prize for best research performed by

Psychiatric Institute Resident , the Public Health Service Commendation Medal , the Anna Monika Foundation Award for Depression Research , the Public Health Service Outstanding Service Award .

= = = Seasonal affective disorder = = =

Rosenthal is referred to as the pioneer of research into seasonal affective disorder . In 1984 , he coined the term and began studying the use of light therapy as a treatment . Rosenthal ' s interest in studying the effects of the seasons on mood changes emerged when he emigrated from the mild climate of Johannesburg , South Africa , to the northeastern USA . As a resident in the psychiatry program at the New York State Psychiatric Institute , he noticed that he was more energetic and productive during the long days of summer versus the shorter darker days of the winter .

In 1980 , his team at NIMH admitted a patient with depression who had observed seasonal changes within himself and thought previous research regarding melatonin release at night may be able to help him . Rosenthal and his colleagues treated the patient with bright lights , which helped to successfully manage the depression . They conducted a formal follow @-@ up study to confirm the success . The results were published in 1984 , officially describing SAD and pioneering light therapy as an effective treatment method . The research on SAD and light therapy is inconclusive and in someways controversial , as not all researchers agree with Rosenthal ' s conclusions on the effect of light therapy and at what time of day the light should be administered .

Rosenthal has written three books on the topic of SAD ; Seasonal Affective Disorders and Phototherapy (1989) , Seasons of the Mind : Why You Get the Winter Blues and What You Can Do About It (1989) and Winter Blues (2005) . As a result of his research and publications , " it is now widely acknowledged that winter depression has a sound medical basis , involving changes in the body ' s mood centers " associated with exposure to light . Rosenthal later identified a form of reverse SAD which some experience in the summer season .

= = Books = =

Rosenthal , Norman (1989) . Seasonal Affective Disorders and Phototherapy . New York : Guilford Press. p . 350 . ISBN 0898627419 .

Rosenthal , Norman (1993) . Seasons of the Mind : Why You Get the Winter Blues and What You Can Do About It . Bantam Books . ISBN 0553053957 .

Rosenthal , Norman ; co @-@ authored with D.A.Oren , W. Reich and T.A. Wehr (1993) . How to Beat Jet Lag . New York : Henry Holt & Company Inc. p . 141 . ISBN 0805026878 .

Rosenthal , Norman (1993) . Winter Blues . New York : Guilford Press. p . 372 . ISBN 1593851162 .

Rosenthal , Norman (1998) . St. John ' s Wort : The Herbal Way to Feeling Good . New York : Harper Collins . ISBN 0060183829 .

Rosenthal , Norman (2002) . The Emotional Revolution : How the New Science of Feeling Can Transform Your Life . New York : Citadel . ISBN 080652295X .

Rosenthal , Norman (2011) . Transcendence : Healing and Transformation Through Transcendental Meditation . New York : Hay House UK Ltd. p . 320 . ISBN 1848507755 .

Rosenthal , Norman (2013) . The Gift of Adversity : The Unexpected Benefits of Life ' s Difficulties , Setbacks , and Imperfections . New York : Tarcher . ISBN 0399168850 .

Rosenthal , Norman (2016) . Super Mind : How to Boost Performance and Live a Richer and Happier Life Through Transcendental Meditation . New York : Tarcher. p . 320 . ISBN 0399174745 .