

Prof. Dr. **Adrian Preda**, M.D., University of California at Irvine, USA

Adrian Preda is Professor of Clinical Psychiatry, Psychiatry, and Human Behavior, School of Medicine, at the University of California Irvine. Educated at Carol Davila University of Medicine and Pharmacy of Bucharest, Romania, where he obtained his Medical Doctor degree, he completed his internship in psychiatry at University of Rochester, in Rochester, New York, and his residency in psychiatry at Yale University, in New Haven, Connecticut, where he also served as Chief-Resident in Psychiatry at the Yale New Haven Hospital and Co-Chief Resident of the Yale Psychiatry Residency Program. He was an Assistant Professor of Psychiatry at Yale University and UT Southwestern of Dallas, Texas, before joining the psychiatry faculty at University of California Irvine.

Preda conducts psychiatric clinical research and also has an active clinical practice, where he treats patients with a whole range of mental disorders using both psychotherapy and psychopharmacology. In his research, Preda uses the tools of brain imaging and clinical trials to study schizophrenia and Alzheimer dementia. Preda's research contributed to advancing psychopharmacological interventions and improved mapping of the structural and functional neurocircuitry to better explain deficits found in patients with schizophrenia and Alzheimer.

As a clinical researcher with an active clinical practice, Preda observed that advances in the biological understanding of psychiatric distress correlated with neither significant improvements in the rates of mental disorders nor in the functional impairments routinely associated with severe mental illness. As a result, in his clinical practice, in addition to psychopharmacological interventions, Preda also uses and teaches a phenomenological-existential-hermeneutic perspective. Such a perspective furthers the understanding of one's experience in the world, deepens the quality of the therapeutic rapport, and consolidates the non-judgmental safety stance of the therapeutic interaction; all factors linked to improved mental health outcomes, across diagnoses and therapeutic modalities. Following two decades of intertwined professional experiences, clinical and research, plus a good dose of Dasein, Preda added another research interest to his list, best summarized as a question: How can a clinical researcher and psychiatrist contribute to understanding that indescribable change laying at the watershed of Plato's 'being' and 'becoming,' Heidegger's 'Being' (Sein), 'being-in-the-world' (Dasein) and 'time' (Zeit), Jaspers' 'understanding' (Verstehen) and 'explaining' (Erklären), Sartre's 'being' (l'être) and 'nothingness' (le néant)?