

# DR. ROBERT HEDAYA MD, DLFAPA, ABPN, IFMCP

## Biography

Dr. Robert J. Hedaya is widely recognized as a founding voice in Functional Medicine Psychiatry, with more than 45 years of clinical experience. Long before the field had a name, he authored the foundational text *Understanding Biological Psychiatry* (1996), establishing a root-cause, systems-based approach to mental health that integrates brain, body, biology, and spirit.

A board-certified psychiatrist, Distinguished Life Fellow of the American Psychiatric Association, and Clinical Professor of Psychiatry at Georgetown University, Dr. Hedaya has trained generations of physicians and has received multiple “Teacher of the Year” awards. He is also a faculty member at the Institute for Functional Medicine, where he teaches advanced applications of precision psychiatry.

Known as a “thinking physician’s doctor,” Dr. Hedaya has treated countless patients, including fellow clinicians, with treatment-resistant depression, PTSD, anxiety disorders, neurodegenerative disorders, and complex neurological and psychiatric illnesses. His current work focuses on innovative, technology-guided interventions showing promise in conditions such as early dementia, Parkinson’s disease, primary progressive aphasia, and refractory mood disorders.

Dr. Hedaya’s mission is simple but ambitious: to heal patients and to transform psychiatry by training clinicians to practice a deeper, more biologically informed model of care.



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## Discussion Points

- Functional Medicine Psychiatry: Treating the Whole System
- Preventing and Reversing Dementia, Parkinson’s, and Enhancing Stroke Rehabilitation Through Precision Medicine and HYLANE
- Rethinking Psychiatric Medications Through a Functional Psychiatry Lens
- Treatment-Resistant Depression: Why Standard Care Fails
- HYLANE™ and the Future of Psychiatry