



MICHAEL J. MILETIC, M.D.

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Dr. Miletic is a NeuroPsychiatrist and Integrative Medicine Specialist. He combines a unique set of deep skills in psychoanalysis and neurological science, working with the complex interaction of the brain and body to address disease and support maximum performance. His focus is the treatment of Trauma, which is at the root of the vast majority of addictions and other self limiting behaviors. Of particular interest are athletes and high performing individuals.

EDUCATION

M.D. University of Western Ontario, London, Ontario	June 1982
Internship, Victoria Hospital, London, Ontario	1982-1983
Residency in Psychiatry, Wayne State University, Detroit Michigan	1986-1988
Diploma in Psychoanalysis, Michigan Psychoanalytic Institute	Sept 1992
Metabolic & Integrative Medicine, MMI/A4M University of S. Florida	2010-2013
Fellowship Integrative & Metabolic Medicine Training GWU & USP	2013-2015

ATHLETIC HIGHLIGHTS - WEIGHTLIFTING

Silver Medal, Canadian World Championships	1981
Gold Medal, Canadian World Championships	1982
Silver Medal, Pan American Championships	1982
Canadian Olympic Weightlifting Team	1982-1984

CERTIFICATION

American Board of Psychiatry and Neurology	June 1990
American Psychoanalytic Association	Dec 1994
Board Certification Anti-Aging and Regenerative Medicine	2013

FELLOWSHIP

Integrative and Metabolic Medicine	Dec 2015
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LICENSURE

Medical Doctor; Province of Ontario CA	Jul 1983-2022
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Medical Doctor; State of Michigan USA	Jan 1985-present
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PROFESSIONAL EMPLOYMENT

Private Practice; Psychopharmacology; Psychotherapy; General Psychiatry, Children, Adolescents and Adults; Addiction Medicine; Consultant, Social Workers and Psychologists	1987-present
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Detroit Psychiatric Institute, Director, Inpatient Children's Services	1989-1999
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Detroit Pistons Basketball, Team Physician	1998-2000
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Detroit Pistons & Detroit Shock Basketball, Consulting Psychiatrist	1998-2000
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Consultant: Professional and Olympic Athletes Mental Health and Trauma	2000-present
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Integrated Health Systems Institute, Owner & Founder The Miletic Center for Integrative Health	2013-present
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Integrative Medicine Research Institute, Co-Director	2016-present
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HPRP: Health Professional Recovery Program	2017-2023
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FORENSIC PSYCHIATRY

Expert witness - competency determination, civil, criminal and family law cases	1996-present
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Expert witness - psychiatric evaluations, civil, criminal and family law cases	1996-present
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PSYCHIATRIC CONSULTANT

Caro Regional Hospital	1986
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Square Lake Counseling Center	1987
Midwest Health Clinics	1987
Denby Children's Home	1988-1989
Birmingham/Bloomfield and Royal Oak School Districts	1997-present
Elm Street Clinics	1997-1999
National Football League Players Association	1998-2001
The Counseling Center of Bloomfield Hills (Medical Director)	2005-2007

FACULTY APPOINTMENTS

Associate Faculty, Michigan Psychoanalytic Institute	1992-1999
Lecturer, Full Faculty, Michigan Psychoanalytic Institute	1994-2001

COURSES TAUGHT

Introduction to Psychoanalytic Theory
 The Psychoanalytic Theory of Neurosis
 Psychodynamic Process Study Group
 Clinical Issues in Psychoanalytic Psychotherapy
 Relational View of Psychodynamic Psychotherapy
 Middle Phase of Analysis: Psychoanalytic Therapy
 Narcissistic Disorders and Psychodynamic Treatment
 Narcissistic/Borderline Disorders and Psychodynamic Treatment
 Male Sexuality
 Perversions in Sexuality
 Study of Adult Patients who Experienced Childhood Trauma
 Anorexia, Bulimia, Obesity Study Group
 Eating Disorders
 Psychoanalytic Understanding of Child Development: Toddler Stage

SUPERVISORY POSITIONS

Detroit Psychiatric Institute: Psychiatry Residents and Psychology Graduate Students	1989-1999
Wayne State University; Psychiatry Residents and Medical Students	1993-2002
University of Detroit Department of Psychiatry; Supervision of Doctoral Candidates, including supervising continuous case seminar	1995-1999

Michigan Psychoanalytic Institute; Adult Psychotherapy Program	1995-2000
Private Practice, PhD Psychologists, Medical Students and Residents In Sports Psychology	1995-present
Health Practitioners; Integrative Medicine	2017-present

EDUCATIONAL AND TRAINING COMMITTEES

Chair, Liaison Committee to Non-Psychiatric Physicians Michigan Psychoanalytic Institute	1993-1996
Reader, Journal of the American Psychoanalytic Association	1994-2002
Chair, Liaison Committee to Psychiatric Residents, Psychologists, And Social Workers; Michigan Psychoanalytic Institute	1995-1997
Co-Chair, Extension Division, Michigan Psychoanalytic Institute	1996-2000
Juror, Karl A. Menninger Scientific Paper Award, American Psychoanalytic Association	1997
Chair, Committee on Psychoanalysis in Sports, American Psychoanalytic Association	1997-2002

PRESENTATIONS

Psychodynamic View of Play and Sports in the Developing Child; Seminar Presentation; Michigan Psychoanalytic Foundation, Jewish Federation	Oct 1996
The Psychodynamics of Elite Athletes; Paper Presentation; Association for the Advancement of Psychoanalysis	Apr 1997
The Presence of the Crowd; Crowd Dynamics and What They Mean to the Performing Athlete; Paper Presentation; American Psychoanalytic Association	Dec 1998
Shame Dynamics in the Development of Athletes; Paper Presentation; American Psychoanalytic Association	May 1999
Creative and Destructive Aspects of Pain and Suffering in Elite Athletes; Panel Presentation; American Psychoanalytic Association	Dec 1999
Mapping the Psychological Landscape of the Elite Athlete;	Dec 1999

Paper Presentation; American Psychoanalytic Association

Healthy Dissociative Mechanisms in the Elite Athlete;
Paper Presentation; Boston Psychoanalytic Institute /
Harvard Medical School

Apr 2000

LECTURES

Mental Performance; Expertise and Mental Performance 2000-present

Structure and Acquisition of Expert Performances; How Expert Performers Develop and Maintain Their Superior Performance 2000-present

Psychological Ramifications of Teen Hazing Jan 2012

MEDIA ACTIVITIES

“The Mindset of The Elite Athlete”; feature story in the New York Times by Robert Lipsyte Feb 2000

“Psychiatric Medication is Moving Into The Lineup”; Robert Lipsyte, the New York Times Mar 2000

“The Psychology of Sports and Athletes”; Guest on Fresh Air National Public Radio Apr 2000

“Bob Knight and Anger Management”; Guest on Outside The Lines, ESPN May 2000

“Raising Sons in a Jock Culture”; Dads Empowered - Michigan Fathers Conference Oct 2003

“For Some, Bigger Isn’t Always Better”; Natalie Lombardo in The Oakland Press May 2006

“Outside the Norm: The Mindset of The Elite Athlete”; Robert Lipsyte, the New York Times Oct 2006

“Steroids Particularly Damaging to Teens”; Guest on All Things Considered; National Public Radio Oct 2007

Podcast: Muscle Intelligence with Ben Pakulski Feb 2021
<https://www.youtube.com/watch?v=KZiMLoxHfVs>

Podcast: Black Masterclass with Victor Black
<https://www.youtube.com/watch?v=0avE1d5eJpY>

Apr 2021

Podcast: Boost Your Biology with Lucas Aoun
https://www.youtube.com/watch?v=drctIG_MPFw

May 2021

Podcasts at <https://www.youtube.com> search Podcasts Dr. Michael Miletic

Contributor to CBC, NPR, ESPN and local media for issues pertaining to Sports Psychology, Athletic Performance, Adolescent Sports Culture, Traumatic Brain Injury in Contact Sports, the Role of Early Trauma in Athletic Performance

PUBLICATIONS

Editor, Perspectives on the Analysts Self-Disclosure During Psychoanalysis; Psychoanalytic Inquiry; 1998 Vol 18 #4

Rethinking Self-Disclosure; An Example of the Clinical Utility of the Analyst's Self-Disclosing Activities; Psychoanalytic Inquiry; 1998 Vol 18 #4

Raiders' Night; Michael Miletic, M.D. and Robert Lipsyte; Harper Collins; April, 2006

Blog articles at <https://www.themileticcenter.com/blogs>

For more information or to speak with Dr. Miletic, please contact Diana at The Miletic Center: admin@themileticcenter.com or 248-593-8540.