

# REFLECTIONS OF A MILITARY PSYCHIATRIST

ROBERT MARIETTA, MD, MPH

## DESCRIPTION

Much has been written about military mental health, but nothing has done the issue justice. Accounts from those on the inside of the system are missing.

*Reflections of a Military Psychiatrist* is a deep dive into the world of military mental health. The book provides a rare, powerful account from the perspective of a career military psychiatrist who served across multiple branches, including the Navy, Marine Corps, Air Force, Coast Guard, and Veterans Affairs. It offers an account of serving as a military mental health provider at Naval Medical Center Portsmouth from 2019 to 2022, including the events leading up to and surrounding the USS George Washington and Mid-Atlantic Regional Maintenance Center suicide clusters. Marietta examines the inspector general suicide cluster reports from the perspective of a military mental health provider.

*Reflections of a Military Psychiatrist* discusses common military mental health issues and the impact they have on service members and the organization. Marietta describes similar toxic maltreatment his patients faced and his efforts to obtain justice. Firsthand accounts, stories of recovery from veterans, lessons learned, and practical recommendations for reform are discussed, including strategies to establish a safe channel for those afflicted, reducing stigma and negative consequences for getting help.

## KEY SELLING POINTS

- The book is a unique account written from the perspective of a mental health provider from the inside of the military mental health system.
- The author is a career military psychiatrist with extensive experience. He has a unique perspective from having completed tours of duty with numerous services including the Navy, Marine Corps, Air Force, Coast Guard and Veterans Affairs.
- The author provides important context in discussing military mental health issues. He described in detail how mental health impacts individuals, commands, the services, and military as a whole.
- The author served at Naval Medical Center Portsmouth from 2019-22. He had a front row seat to the events leading up to and following the USS George Washington and Mid-Atlantic Regional Maintenance Center suicide clusters. Dr. Marietta reviews and discusses the official investigation reports from the perspective of a military psychiatrist working inside the system.
- Timely – The publication of the book coincides with the 3 year anniversary of the USS GW and MARMC suicide clusters.
- The book is an academic work. Dr. Marietta provides 30 references including news stories, inspector general reports and military instructions that illustrate his experiences and points.
- Dr. Marietta was a victim of retaliation and reprisal. He experienced maltreatment like what his patients faced. He discusses how it impacted him and his efforts to seek justice including filing an article 1150 and Inspector General complaints.

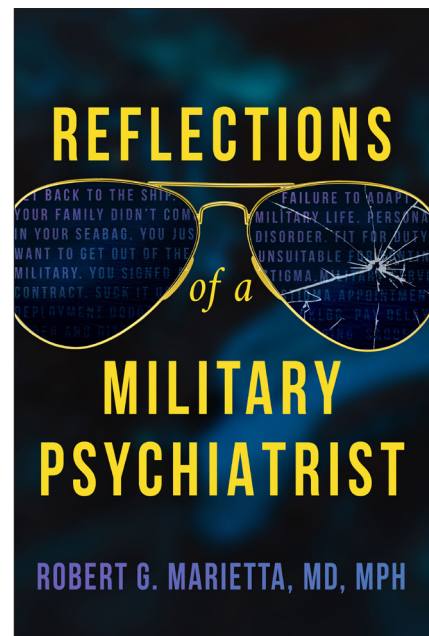
## MARKETING

- *Reflections of a Military Psychiatrist* will be promoted on author's website and LinkedIn and X platforms.
- Reviews & endorsements will be collected through current relationships while networking with new influencers, podcasts and niche media.
- Networking will expand to military mental health advocates, journalists and the Brandon Caserta Foundation.
- Extensive email marketing campaign will be sent using author's contact lists.
- Author will participate in book tours, talks, and book signings.

## AUTHOR BIO



Robert Marietta has spent his career serving as a psychiatrist in the military and Veterans Affairs. He earned a commission through the Navy and his MD from Saint Louis University School of Medicine. He completed a Navy psychiatry residency at Naval Medical Center Portsmouth and then served with the 3d Marine Division in Okinawa, Japan. After leaving the Navy, Dr. Marietta joined the Public Health Service and has served on active duty since. He has provided care for tens of thousands of service members, their families, and veterans. He is passionate about the military and mental health.



**Publisher:** Koehler Books

**Distributor:** Ingram

**PUB DATE:** 8/5/2025

**SOFT COVER:** \$22.95, 979-8-88824-792-1

**HARD COVER:** \$30.95, 979-8-88824-794-5

**EBOOK:** \$9.99, 979-8-88824-793-8

**TRIM:** 6"x 9", pages 396

**MEDICAL / Mental Health**

## AUDIENCE

- Anyone who is interested in military mental health
- Military leaders
- Military mental health providers
- Mental health advocacy organization and advocates
- Policy makers
- Anyone who works with veterans
- Individuals interested in military justice reform

## ONLINE

[robertmariettamd.com](http://robertmariettamd.com)

 **koehlerbooks™**

[www.koehlerbooks.com](http://www.koehlerbooks.com)

**INGRAM**  
ONE SOURCE. COUNTLESS POSSIBILITIES.™