

Dr. Rutledge is board certified by the American Board of Psychiatry & Neurology with over 35 years of clinical experience. He has taught medical and nursing students as well as psychiatric residents at St. Louis University. In addition to office practice, he has had a special interest in complex cases that involve neurologic, endocrine, and sleep disorders which complicate anxiety and depressive illness.

He obtained his MD degree at St. Louis University. Residency training was at the University of Pennsylvania Hospital and St. Louis University Hospital. His training was based on psychodynamic therapy with extensive additional study in psychopharmacology. Dr. Rutledge credits his experience with both for his ability to identify sleep disorders at the rate of two to three per month. He believes that sleep disorders are the most overlooked cause of treatment resistant depression.

In his free time, he and his wife enjoy time with their three married children and four, soon to be five, grandchildren. As time allows, he enjoys DIY home projects, yard work, or just relaxing with his wife and Old English Sheepdog.