



American Association of
**Directors of Psychiatric
Residency Training**

2017 Residency and Program Administrator Award Winners

Anne Alonso PhD Memorial Award

Michael Laney, MD

Michael Laney, M.D. is an adult psychiatry resident at UT Southwestern and a candidate at the Dallas Psychoanalytic Center. His clinical and research interests include psychoanalytic psychotherapy and its intersections with literature, cognitive science, and the philosophy of mind. His latest work focuses on integrating psychoanalytic theory with contemporary cognitive science and philosophical investigations on the nature of mind.



George Ginsberg Fellowship Award

Rustin Dakota Carter, MD

Dr. Dakota Carter is a PGY-III resident in the Adult and Child/Adolescent Psychiatry program at McGovern Medical School in Houston. Dr. Carter is a passionate about academic medicine and began curriculum-building in medical school by developing the first LGBTQ curriculum for the medical school. This project has grown to include numerous lectures, a Gay-Straight Alliance at the school, and more inclusive education in medical school and residency education at McGovern Medical School and Baylor College of Medicine. Dr. Carter is an avid researcher, focusing on projects regarding substance abuse in adolescents, empathy and stress in medical school education, LGBTQ mental health, and HIV stigma; he believes that education is a key component in all these areas and finds joy in educating students and residents, being honored to receive several



teaching awards for his dedication to healthcare education. In his spare time, he sits on the boards of LIVE Consortium, a non-profit aimed at decreasing HIV Stigma through education, and the Institute for Healthcare Equality, a non-profit created to offer trainings to community healthcare workers on cultural competency and inclusion. Dr. Carter is a 1st year SAMHSA/APA Diversity Fellow and is also pursuing a doctorate in education from the University of Houston in Healthcare Curriculum, Instruction and Leadership. Dr. Carter, in his first foray into politics, was also the 2016 Democratic Nominee for the Texas State Board of Education for Houston.

Abhisek “Chandan” Khandai, MD, MS

Abhisek Chandan Khandai is a third year adult psychiatry resident at Northwestern. He was born in Cuttack, India, but moved to the US in 1989. He graduated from Washington University in St. Louis after majoring in Neuroscience with minors in Spanish and Medical Anthropology. He then enrolled at the University of Pittsburgh School of Medicine, where he completed his medical training and also obtained a Master's Degree in Neuroscience. During residency at Northwestern he has been the fortunate recipient of the Feinberg School of Medicine Excellence in Teaching Award, Society of Biological Psychiatry Chairman's Award, American Psychiatric Association Leadership Fellowship, and Association for Academic Psychiatry Fellowship. He has been heavily involved in educational research and outreach during residency focusing on psychoeducation of non-psychiatric physicians, leading workshops at national conferences and winning an award at Northwestern Medical Education Day for best Ultra-Short Presentation: "Capacity Assessment: Lessons from Lord of the Rings." He is currently working on psychoeducational interventions for non-psychiatric residents, as well as curriculum development for psychiatry residents in psychosomatics and integrated care. Clinically, he is interested in consultation-liaison psychiatry, particularly somatic symptom/conversion disorders and cardiac psychiatry. He is also the Resident Chair for the Illinois district branch of the APA, and has academic interests in history of Indian psychiatry as well as the intersection of psychiatry and popular culture. Following residency, he hopes to pursue an academic career in consultation-liaison psychiatry and ultimately become a psychiatry residency program director.



William Bradly Pitts, MD

Dr. Pitts is a PGY-4 Psychiatry Resident at Tripler Army Medical Center in Honolulu, Hawaii where he serves as the program's Chief Resident for Academics and has been



recognized for Outstanding Leadership in Scholarly Activity. He is a graduate of the F. Edward Hebert School of Medicine at the Uniformed Services University of the Health Sciences, where he has been appointed as a Teaching Fellow. A Captain in the U.S. Army, his professional interests include leadership, medical and graduate medical education, forensic psychiatry, and psychodynamic psychotherapy. In his free time, he enjoys spending time with his two children, and arguing the nuances of mental health with his wonderful wife of 11 years who is a Research Psychologist.

Misty Richards, MD, MS

Dr. Misty Richards is a second year child and adolescent psychiatry fellow at UCLA Semel Institute for Neuroscience and Human Behavior, where she also serves as Chief Fellow. She attended UCLA for her undergraduate studies, graduating with highest honors in psychobiology with a minor in applied development psychology. After completing her basic science courses at Albany Medical College, Dr. Richards received a Fulbright Scholarship to study the genetics of schizophrenia at the National Center of Neurology and Psychiatry in Japan, where she received her Masters degree in Neuroscience. Upon completion of medical school, she returned to UCLA for adult training in psychiatry and fast-tracked into child and adolescent psychiatry. She is passionate about organized psychiatry, academic medicine, and college mental health and sat on the American Psychiatric Association (APA) Board of Trustees in 2015-2016 as President of the APA Leadership Fellowship. She is thankful for wonderful mentors who have fostered her passion for teaching, leading her to receive awards such as the Laughlin Fellowship and UCLA Outstanding Teaching Fellow. Her hope is to pay it forward as a clinician-educator and to eventually serve as a Training Program Director.



Bryce Winger, MD

Dr. Winger is currently a fourth-year adult psychiatry resident at the Georgetown University Medical Center in Washington, DC. He is originally from southwest Indiana. He graduated from Indiana University in 2009, and later the Indiana University School of Medicine in 2013. He began residency training at Georgetown in 2013, and is now the Chief Resident of Education. He was named a National Neuroscience Curriculum Initiative Scholar in 2015, having submitted a project related to the neurobiology of human attachment. He has presented posters at the American



Psychiatric Association and Academy of Psychosomatic Medicine annual meetings in 2015 and 2016, on topics related to medical toxicology in psychiatric consultation-liaison work, as well as the neurobiology and psychology of dissociative phenomena in schizophrenia. Academic interests include medical toxicology, psychosomatic medicine, psychodynamic psychiatry, and medical education. He will be starting a fellowship in psychosomatic medicine at Massachusetts General Hospital in July.

Lucille Fusaro Meinsler Program Administrator Recognition Award

Juliet Arthur, BS, MHA

Juliet Arthur is currently the Adult Psychiatry Residency Administrator at SUNY Downstate Medical Center at Brooklyn, NY. Juliet was born in Trinidad, raised in Brooklyn, and attended Clara Barton High School for Nursing in Brooklyn where she made up her mind to be involved in health care. She received both her Bachelors and Master degrees in Health Care Administration from the University of Phoenix. Juliet has been involved in Graduate Medical Education since 2002, when she started working at Beth Israel Medical Center. Since then, Juliet has worked at Mount Sinai School of Medicine and Lutheran Medical Center, finally ending up at SUNY Downstate Medical Center in 2011. Within a couple of months, Juliet was instrumental in getting Downstate through a successful ACGME site visit that was well received with commendation. She has worked with two different Program Directors during her tenure at SUNY, who both value her very highly, and consider her one of the strongest pillars of the program. Juliet's residents adore her. They all reach out to her for any help and she always supports and promotes their simple or higher aspirations without distinctions. Juliet is admittedly an asset to her department and is well liked by the entire Faculty. She has elevated the standards of her position and set a lofty bar for her successors if she ever retires.



Juliet lives in Elmont, NY and is a proud mom of a 9- year-old daughter, Rhiyanna and 11-year-old son, Julaan.

Nyapati Rao and Francis Lu International Medical Graduate (IMG) Fellowship

Toral Desai, MD

Dr. Toral Desai is currently a second year fellow in Child and Adolescent Psychiatry at University of Virginia. She completed her medical school in India where her interest in the well being of children, particularly their mental health, began while working on a research project involving street children. She initially joined the Adult Psychiatry residency program and later the CAP program at University of Virginia to continue to nurture her passions. Her scientific quest continued with the research of finding moderators of comorbidity between childhood Asthma and ADHD. The poster based on this research study won Poster Competition for Area 5 RFM committee in 2015 APA conference. She has also made multiple other presentations at American Psychiatric Association, American Academy of Child & Adolescent Psychiatry and Academy of Psychosomatic Medicine. She was awarded travel grants from the LAGCAPA in 2015 and APSARD in 2017 to attend the annual meetings.



Her leadership interest started during medical school itself where she served as a Vice President for Blood Donors' Association and a member of multiple other committees. She continues to pursue a role as a leader by serving as a member of various medical center Committees such as EPIC subcommittee, GME Clinical Learning Committee, GME Policy Subcommittee and as a class representative for the psychiatry housestaff at University of Virginia, in addition to serving as the acting Chief Fellow. She is currently pursuing interests in clinical application of variety of psychotherapy modalities.

Her future research topics involve use of technology and mindfulness based meditation in pediatric population with psychiatric disorders. As a role of the acting Chief Fellow, she is assisting the division leadership in creating a competency based milestones for residents rotating through child psychiatry rotation. She has revitalized her interest in authorship through working on book chapters on sleep architecture and effect of psychotropic medications on sleep. She also led the clinical trials in psychotropic medications as sub-investigator.

Srinath Gopinath, MBBS

Srinath Gopinath completed his psychiatry residency in India from Osmania Medical College in 2010. Having received honors distinction for the state board exam, he was accepted at The National Institute of Mental Health and Neuro-Sciences (NIMHANS), India's foremost academic center in psychiatry. He was privileged to join SUNY Downstate Medical Center to pursue his residency training in Psychiatry and is currently the Executive Chief Resident in his PGY5 year. Since joining the program in 2012, Dr. Gopinath has been working under the mentorship of Dr. Jeremy Coplan, Professor of Psychiatry and Director of the Primate Behavioral Facility at SUNY Downstate Medical Center. One of the projects he has been involved in was on analyzing ^1H -MRSI (magnetic resonance spectroscopic imaging) data in patients with generalized anxiety disorder, investigating the process of aberrant "molecular coupling" between the hippocampus and dorsolateral prefrontal cortex, which disrupts normal function of the default mode in the healthy state. Dr. Gopinath has also worked at Yale University Department of Psychiatry in collaboration with Drs. Steven Southwick and Chadi Abdallah, learning advanced MRI techniques in the context of studies of novel medications for depression during his PGY4 year of residency. Drawing on his hands-on research experience, he has also served as the Chief Resident for Research and academics in Psychiatry at SUNY Downstate since July 2015. He has received a number of awards during his last four years at SUNY, one of them being "The Robert F. Furchgott Scholar 2015." He is an academician and is involved in co-organizing and planning didactics for all four years of residency training.



Fabiano Nery, MD, PhD

Dr. Fabiano Nery is a currently a 4th year Psychiatry resident and Chief resident of Education at the Department of Psychiatry and Behavioral Neuroscience of the University of Cincinnati College of Medicine. He was born in Brazil, where he obtained his medical and PhD degrees and started his research career. Dr. Nery later on decided to move to the U.S. where he wanted to have an academic career, teaching younger generations and conducting cutting edge and impactful psychiatric research. His research interests include using neuroimaging tools to study brain markers of risk and resilience in bipolar disorder. Dr. Nery has published many of his research findings investigating inflammatory pathways, behavioral traits, brain structure



and neurochemistry, postmortem, social cognition, family history, and family functioning in individuals with or at risk for bipolar disorder in several peer-reviewed and high impact journals. In his 4th year of residency, Dr. Nery obtained local funding at his institution to conduct a clinical trial of N-acetyl-cysteine for depressive symptoms in youth at increased familial risk for bipolar disorder, consistent with his goal of investigating early interventions to hamper the illness progression and to minimize morbidity in bipolar disorder. After finishing his residency, Dr. Nery intends to assume a Faculty position in his institution, and develop a clinical research program devoted to improve outcomes in bipolar disorder.

Maria “Loly” Rubio, MD, PhD

Maria Dolores "Loly" Rubio was born and raised in Buenos Aires, Argentina. She attended medical school at the University of Buenos Aires, where she graduated with honors. She then traveled to the United States to obtain her PhD in Neurobiology from the University of Alabama at Birmingham, studying in vitro and in vivo mechanisms of synaptic plasticity in Dr. Gavin Rumbaugh's lab. After finishing her dissertation, she joined Dr. James Meador-Woodruff's lab as a postdoctoral fellow, studying molecular mechanisms underlying schizophrenia in post mortem brain tissue. Following a two-year fellowship she decided to change career paths and joined the MGH/McLean Adult Psychiatry Residency Program in Boston, where she focused on inpatient care and college mental health. She is currently the Chief Resident of the MGH inpatient psychiatry unit and also sees patients at the MIT student mental health clinic. Her goal is to become an inpatient attending and focus on the care of minority populations and patients with serious medical and psychiatric illnesses.



Geetanjali Sahu, MBBS

Dr. Geetanjali Sahu is currently a PGY-4 and chief resident for ambulatory services at Maimonides Medical Center in Brooklyn, New York. She completed her undergraduate medical education at Chhattisgarh Institute of Medical Sciences, in India. She will be joining a child and adolescent psychiatry fellowship at University of Texas, Houston starting July 2017. Throughout her residency Dr. Sahu has been involved in various initiatives. She was the chair of resident quality council, a group that reports to the Graduate Medical Education Committee, whose prime purpose was to identify patient safety issues that might be addressed by quality improvement projects. She created a resident-run school psychoeducation program for middle school and



also created a trauma curriculum for beginning psychiatry residents. She won the New York State Psychiatric Association (NYSPA) 8th annual resident scientific paper award for her review on genetic and environmental factors that affect cognition in psychotic patients. She is part of a group of residents who received a grant from the Maimonides Research Development to build a biorepository for schizophrenia research. Dr. Sahu is an active member of Brooklyn Psychiatric Society and has helped organize 5K runs to raise awareness regarding mental illness. She also organized celebrations for world mental health day across the hospital to increase awareness among hospital employees regarding mental health. Dr. Sahu's interest lies in preventative health psychiatry, public psychiatry, administrative psychiatry, and doing research on the gene-environment interactions contributing to mental illness.

Peter Henderson MD Memorial Award

Kristen Eckstrand, MD, PhD

Kristen L. Eckstrand gained an M.D. and a Ph.D. in neuroscience from Vanderbilt University, and is currently a resident in Psychiatry at the Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center. Her current research in the labs of Mary Phillips, MD and Erika Forbes, PhD broadly examines the development of risk behaviors and affective psychopathology in adolescents and young adults with a focus on the specific impact of trauma. She is also nationally known for her work in promoting health care for lesbian, gay, bisexual, and transgender (LGBT) communities, publishing multiple books and peer-reviewed articles on the topic. Dr. Eckstrand has been recognized for her research and commitment to diversity through numerous awards from the American Medical Association, American Medical Student Association, the Association of American Medical Colleges, and the Tennessee Medical Association.



Victor J. Teichner Award

Caroline Fisher, MD, PhD

Caroline Fisher MD PhD has been the training director of the Good Samaritan Regional Medical Center Psychiatry Residency Training Program in Corvallis, Oregon, since 2012. As training director, she expanded the class size and obtained dual accreditation (AOA and ACGME) and



started the GSRMC Child Psychiatry Fellowship. Previously she was associate training director at University of Massachusetts from 2005 to 2011. In addition, she was the founding editor of the Carlat Child Psychiatry Report, served in a variety of teaching and consulting positions, and is the current Vice President/Medical Director of Mental Health at Samaritan Health Services, the hospital system of which GSRMC is the flagship.