

**AADPRT/GEORGE GINSBERG, MD
2015 FELLOWSHIP AWARDEES**

Award Winner/Program

Training Director/Region

Venkata Kolli, MBBS

PGY 5
Creighton University
Omaha, NE

Region I & IV:

New England & Midwest
Jamie Snyder, MD

Caitlin Snow, MD

PGY 4
New York Presbyterian Hospital-Weill Cornell Medical College
New York, NY

Region II: New York

Julie Penzner, MD

Anne Penner, MD

PGY 5
Western Psychiatric Institute & Clinic
Pittsburgh, PA

Region III & VII:

Mid-Atlantic & Far West
Sansea Jacobson, MD

Nathan Johnston, DO

PGY 3
University of Texas Health Science Center at San Antonio
San Antonio, TX

Region V: Southeast

Jason Shillerstrom, MD

Smita Das, MD, PhD, MPH

PGY 4
Stanford University
Stanford, CA

Region VI: California

Chris Hayward, MD

AADPRT/Ginsberg, MD Fellowship Committee Chair: Allen Richert, MD

George Ginsberg, MD, was a member of AADPRT for nearly two decades. During those years he served in a number of capacities. These included: member and chair of numerous committees and task forces, one of our representatives to the Council of Academic Societies of the AAMC and as our President from 1987 to 1988. This list of positions in our association is noted to highlight his energy and commitment to AADPRT. Prior to his death, George served as chair of a committee charged with raising new funds for the development of educational programs to be sponsored by our association. It was in that role that the AADPRT Fellowship was developed. Because of his essential role in its formation it was only appropriate that his work for our association be memorialized by the addition of his name to the fellowship. George served in varied roles as a psychiatrist for all seasons. With his death, the members of AADPRT lost a dedicated leader and friend, our students a dedicated teacher, his patients a dedicated physician and all of psychiatry a model of the best that psychiatry can produce.

AADPRT/INTERNATIONAL MEDICAL GRADUATE (IMG) IN PSYCHIATRY FELLOWSHIP AWARDEES

Award Winner/Program

Rajiv Radhakrishnan, MD

PGY 3

Yale University School of Medicine
New Haven, CT

Iman Parhami, MD

PGY 3

Delaware Psychiatric Center
New Castle, DE

Malathi Pilla, MD

PGY 3

Southern Illinois University School of Medicine
Springfield, IL

Samet Kose, MD, PhD

PGY 4

University of Texas Medical School
Houston, TX

Vivek Datta, MD

PGY 3

University of Washington
Seattle, WA

Training Director/Region

Region I: New England

Robert Rohrbaugh, MD

Region III: Mid-Atlantic

Imran Trimzi, MD

Region IV: Midwest

Santosh Shrestha, MD

Region V: Southeast

Vineeth John, MD, MBA

Region VII: Far West

Deborah Cowley, MD

AADPRT/IMG Fellowship Committee Chair: Vishal Madaan, MD

This mentorship program is designed to promote the professional growth of promising International Medical Graduates. In the context of a trusting, non-evaluative and emphatic relationship with an experienced mentor, IMGs can learn to recognize and to seek solutions to their professional and acculturation needs. As psychiatrists who have made valuable contributions to the field as educators, researchers, clinicians and administrators, the mentors will have met many of the challenges, which their younger colleagues will encounter. The goal of this program is to facilitate successful development of IMG residents as leaders in American Psychiatry, especially those interested in psychiatric education. This goal is reached by providing an opportunity for outstanding IMG residents to be mentored by senior role models in the field of psychiatry.

PETER HENDERSON, MD, MEMORIAL PAPER AWARD

Aaron J. Hauptman, MD

PGY 3

University of Texas, Austin

Austin, TX

Training Director: Emily Doyle, MD

Paper Title: "The Differential Diagnosis and Treatment of Catatonia in Children and Adolescents"

Abstract

OBJECTIVE: Catatonia has been associated with a wide range of medical and psychiatric conditions in children and adolescents. Mortality risk is high and proper treatment can be life-saving. Catatonia, well known in adults, is increasingly recognized in pediatric populations, in which 20% of cases are related to an underlying medical condition. To minimize morbidity, clinicians must rule out underlying conditions and simultaneously initiate symptom-targeted treatment as well as treatment for the underlying condition. Management of catatonia sequelae may require ICU-level of care. In this paper we review the pediatric catatonia literature to enable clinicians to make rapid evidence-based diagnostic and therapeutic decisions.

METHODS: A PubMed search using MeSH terms related to pediatric catatonia yielded 355 citations, 230 of which were in English, including 35 review articles, 103 case reports, and 19 clinical trials, two of which were controlled trials. Subsequent PubMed and Google Scholar searches were done for pertinent sub-topics.

RESULTS: The literature on epidemiologic, etiologic and pathophysiologic aspects of catatonia is reviewed with a focus on emergent conditions requiring immediate management. Information on a wide range of conditions associated with pediatric catatonia, including developmental, acquired, idiopathic and iatrogenic etiologies is included. Finally, we consider available treatments, including electroconvulsive therapy, benzodiazepines and other pharmacotherapies in the context of pediatric evidence as well as important medicolegal considerations.

CONCLUSION: Pediatric catatonia is a frequently occurring and high morbidity condition requiring rapid diagnosis and therapeutic intervention to minimize risk to patients.

Peter Henderson, MD Memorial Paper Committee Chair: Arden Dingle, MD

The Henderson Award was established by AADPRT to honor the memory of Peter B. Henderson, MD, Director of Residency Training in General and Child Psychiatry at the University of Pittsburgh, and Past President of AADPRT. Peter devoted his career and energy to psychiatric education and guided and mentored countless residents and junior faculty members. He pioneered an integrated residency curriculum that blended the best of adult, child, and adolescent psychiatric education. His vision, persistence, and charm were the major forces leading to child psychiatry training directors becoming full partners in AADPRT. Dr. Henderson died in 1986 at the age of 47. This award recognizes the best-unpublished paper on a child or adolescent psychiatry topic submitted by a resident in psychiatry, child and adolescent psychiatry, or psychiatric subspecialty.

ANNE ALONSO MEMORIAL AWARD

Michael Redinger, MD, MA

PGY 4

Western Michigan University

Kalamazoo, MI

Training Director: Robert Strung, MD

Paper Title: "The Intersection of Chronic Pain, Spirituality, and Psychotherapy for a Roman Catholic Psychiatrist"

Abstract

During my psychiatry residency training, I have come across a number of patients who present with suicidal ideation triggered by the frustration, and ultimately despair, that comes with living with severe, unrelenting, treatment-resistant chronic pain. These patients have caused me to reflect upon my own conceptualization of how people relate to pain and how to engage these individuals psychotherapeutically. In my personal life as a Roman Catholic, I have access to a repository of theological thought on the purpose and meaning of suffering as well as individual exemplars who have demonstrated how that spirituality is lived out. Yet, appropriate boundaries and the fact that many patients lack a religious background, Christian or otherwise, make my personal perspective inaccessible in the psychotherapeutic relationship. This often leaves patients searching for a secular answer to the meaning of their pain. They confront this challenge in the face of a Western perspective that elevates the power of the medical sciences to deity-like status, which leads to further psychological confusion and disorientation resembling a "crisis of faith". This paper will examine how the lack of a secular conceptual framework for chronic pain and a shared cultural mythological belief in medicine leads to psychic pain, and the implications this has on the work of a Roman Catholic psychiatrist.

Anne Alonso Memorial Award Committee Chair: Robert Waldinger, MD, MBA

This award is given for the best unpublished paper on psychotherapy written by a resident, was originally named in honor of Frieda Fromm-Reichmann, MD. The award now recognizes Dr. Anne Alonso, a gifted psychotherapist, teacher, supervisor, and Clinical Professor of Psychology in Psychiatry at the Harvard Medical School. When Dr. Alonso died in 2007 The Endowment for the Advancement of Psychotherapy (EFAP) and AADPRT thought it most fitting to rename the award in her honor.

VICTOR J. TEICHNER AWARD

Timothy B. Sullivan, MD, Vice-Chair, Director of Postgraduate Education

Michael P. Twist, DO, Associate Director of Postgraduate Education Department of Psychiatry and Behavioral Science

North Shore LIJ Staten Island University Hospital

Victor J. Teichner Award Committee Co-Chairs: Sherry Katz-Bearnot, MD; Gene Beresin, MD

This program award jointly sponsored by AADPRT and the American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP) honors the work and life of Victor Teichner, M.D., an innovative psychoanalyst and educator. The purpose of this award is to support a Visiting Scholar to a residency training program that wants to supplement and enrich its training in psychodynamic psychotherapy. The expenses and stipend for the Visiting Scholar are covered by the award for a one to three day visit, supported by an endowment provided by a grateful patient of Dr. Teichner.

THE LUCILLE FUSARO MEINSLER PSYCHIATRIC RESIDENCY COORDINATOR RECOGNITION AWARD

Nancy Lenz, BBS, C-TAGME

Program Coordinator

Western Michigan University

Homer Stryker MD School of Medicine

Kalamazoo, MI

Training Director: Robert D. Strung, MD

The Lucille Fusaro Meinsler Psychiatric Residency Coordinator Recognition Award Committee

Chair: Mary Barraclough, BS

The Lucille Fusaro Meinsler Psychiatric Residency Coordinator Recognition Award recognizes a psychiatry residency coordinator's outstanding communication and interpersonal skills, commitment to the education and development of residents, originality in improving an aspect of the residency program, and participation in national or regional coordinator meetings.



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

2016 Residency and Program Administrator Award Winners

Anne Alonso PhD Memorial Award

Chris Flinton, MD

Dr. Christopher Flinton is a third year resident physician in the psychiatry residency program at Walter Reed National Military Medical Center. Dr. Flinton earned his bachelor's degree at Boston College in Chestnut Hill, Massachusetts. After commissioning in the United States Army, he completed medical school at the F. Edward Hebert School of Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He was selected as an American Psychoanalytic Association (APsaA) Fellow for 2016-2017. His current work includes projects in provider wellness, resident resiliency and process improvement. Dr. Flinton continues to pursue his interest in psychoanalysis and treating the sequelae of trauma.



George Ginsberg Fellowship Award

Chaitanya Pabbati, MD

Dr. Chaitanya Pabbati is a recent graduate of the UCSD Adult Psychiatry Residency Program at UC San Diego Medical Center in San Diego, CA. He was born in Tirupati, India, but moved to the United States in 1989. He graduated from the University of Washington with a Bachelors of Science in Biochemistry and Synthetic Chemistry and then subsequently completed his medical school training at Mayo Clinic College of Medicine where he received the Gloria Segal Award for Medical Student Contributions to Psychiatry, the American Psychiatric Institute for Research and Education's award for research and and training, and the Trachtenberg Award for



editorials about ethics in the patient-physician relationships. During residency Dr. Pabbati served as the representative for residents in the state of California for the APA, received the American Psychosomatic Society Resident Scholar Award, the John A. Majda Memorial Award for contributions to treatment and prevention of physician depression and suicide, and the APA Resident Scholar Award. Currently his academic interests include suicide epidemiology and the history of psychiatry.

Charmaine Patel, MD

Charmaine Patel is currently an inpatient physician at Acadia Hospital in Bangor, Maine, where she enjoys teaching medical students in the context of patient care. She served as the chief resident of University of Vermont Medical Center Psychiatry Residency Program from 2015-2016, and prior to residency attended the University of Vermont College of Medicine. Her academic interests include addiction psychiatry, medical education, and leadership. Her extracurricular interests include developing innovative methods to target learner mistreatment, and improving patient care by promoting a culture of respect in medicine. Her long term goal is to become a program director for a psychiatry residency training program.



Desiree Shapiro, MD

Dr. Desiree Shapiro serves as Executive Chief Fellow for the Child and Adolescent Psychiatry Fellowship at the University of California, San Diego (UCSD). Dr. Shapiro received her medical degree from UCSD School of Medicine and she completed her residency in adult psychiatry at UCSD. Prior to matriculating into medical school, Dr. Shapiro studied Biopsychology and English at the University of California, Santa Barbara. She was involved in research training programs at University of California, Los Angeles and University of California, San Francisco (UCSF) in the Departments of Neuroengineering and Psychiatry. Her research at UCSF focused on healthy behavior change with Dr. Judith Prochaska. While at UCSD, she continued her research and investigated physical activity levels in youth, which garnered national media attention.



Dr. Shapiro has been involved in organized medicine and advocacy through the APA and AACAP and recently served as President of the APA Leadership Fellowship. She has also been fortunate to learn from and work on projects with psychopharmacologist, Dr. Stephen Stahl. She Dr. Shapiro is passionate about child and adolescent psychiatry and feels incredibly fortunate to care for youth

and their families. She has many clinical and teaching interests, especially community psychiatry & systems of care, prevention & early intervention, collaborative care, and positive psychiatry. After her fellowship, she plans to stay on at UCSD/Rady Children's Hospital as a clinician educator working in the child and adolescent inpatient psychiatry unit, crisis stabilization unit, and in the emergency room.

Brian Skehan, MD, PhD

Brian Skehan, M.D.,Ph.D. is a second year fellow in Child and Adolescent Psychiatry at the University of Massachusetts Medical School in Worcester, MA. After completing his undergraduate degree in Biology at Sacred Heart University, he entered the combined MD/PhD program at the University of Massachusetts Medical School where he obtained a Ph.D. focusing on Molecular Genetics and Microbiology. While a graduate student, he received the first of two Medical Student Teaching Awards and served as the Membership Committee Vice Chair for the American Physician Scientist Association from 2009-2010. As a resident, Brian was named Ambulatory Psychiatry Chief Resident and was inducted into the Gold Humanism Honor Society in 2014. He now serves on the Medical Student and Resident Committee in AACAP. Professionally he has worked on developing new curriculum for training residents and fellows about transition age youth, on integrated primary care and mental health for residents in psychiatry and family medicine, and helped launch a Screening and Treatment of Early Psychosis (STEP) clinic at a community mental health center. He is most interested in pursuing a career in academic medicine that would combine teaching, research, and clinical work related to these interests.



Maja Skikic, MD

Dr. Maja Skikic is a fourth year adult psychiatry resident currently serving as Chief Resident of inpatient services at Vanderbilt University Medical Center. She completed her medical education at Vanderbilt University in Nashville, TN. During her residency training she was awarded the PGY1 Outstanding Resident Award for excellence in her clinical work and dedication to patient care. She has been highly involved in educational efforts throughout residency including developing and teaching a psychopharmacology course to third year Vanderbilt medical students as well as co-leading the Residents-As-Teachers program geared at advancing residents' aptitude and interest in teaching. For these efforts she was awarded the Alpha Omega Alpha award internally in 2014 as well as the Association for Academic Psychiatry Fellowship Award in 2015. Aside from a strong interest in education, Dr. Skikic is also greatly interested in advancing the current practice and treatment of



psychotic disorders at her institution. To this end, she was involved in several projects to optimize work up and treatment of first break psychosis patients as well as establishing and leading a recovery based group for this population. Following residency, she hopes to continue a career in academic psychiatry with psychotic disorders as her primary clinical focus.

Lucille Fusaro Meinsler Program Administrator Recognition Award

Alexandra Perez, BS

Alexandra Perez, the winner of the 2016 AADPRT Lucille Fusaro Meinsler Program Administrator Recognition Award, is the Program Manager for the Adult Psychiatry Residency Training Program at the New York Presbyterian Hospital-Columbia Campus/New York State Psychiatric Institute. Alex was born in New York, educated in the NYC public school system, and graduated from John Jay College of Criminal Justice. She began working at New York Presbyterian Hospital in the Department of Otolaryngology/Head and Neck Surgery, where she was quickly promoted from secretary to administrative assistant, and then from Residency Coordinator to Program Manager, ultimately seeing the program through two successful ACGME site visits, the shift from a single to a dual campus program with addition of many more residents, and the coming of a new department Chair. She was eagerly recruited to psychiatry in 2009 where she has brought many new initiatives online including the milestones, the APE, and CLER.



A perennial favorite among the residents, she is a natural educator who has co- led a workshop at AADPRT and leads workshops at the NYP GMEC for fellow program administrators. Her training directors describe her as a “treasure” and could not imagine the residency without her. She is also the proud mother of twin boys, Humberto and Alejandro. Alex and her husband are raising their twin boys in Queens.

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

Awais Aftab, MD

Awais Aftab is currently a third year adult psychiatry resident and chief resident for education at University Hospitals Case Medical Center. He was born and raised in Pakistan and is in the USA for psychiatry training. During his residency he has won numerous awards at the



program, state, and national levels. Aside from the AADPRT IMG Fellowship, he has also been selected for the American Psychiatric Association Leadership Fellowship and the Association of Academic Psychiatry Fellowship Award. He is the founder and chief curator of the resident-led newsletter Research Watch, which has been featured by the Ohio Psychiatric Physicians Association. For his scholarly fellowship project for AADPRT, he has developed a didactic course on philosophy of psychiatry for psychiatry residents. He has numerous peer-reviewed publications, and has served as a reviewer for the journal Schizophrenia Research. He is interested in the intersection of neurobiology and philosophy in areas such as psychiatric nosology. He aspires to enter a research fellowship after residency despite the limitations of his visa status.

Elie Aoun, MD

Elie G. Aoun, M.D., is a PGY5 addiction psychiatry fellow at UCSF. He completed his general psychiatry residency at Brown University in Providence, RI and recently accepted a forensic psychiatry fellowship PGY6 position at Columbia. He is the trainee representative to the AAP board of directors. Dr. Aoun's interests include neuro-psych-endocrinology of Alcohol Use Disorder as well as public policy and advocacy for issues pertaining to access to care for underprivileged and stigmatized populations including those with substance use disorders, LGBT and incarcerated individuals. He has authored several peer reviewed articles, book chapters, position statements and other policy papers and has presented talks at various national and local meetings. He has recently received a SAMHSA grant to develop a training curriculum for law enforcement officers on mental illness. He has also contributed to multiple clinical trials looking at treatments and hormonal specificities in Alcohol Use Disorders at the Center for Alcohol and Addiction studies at Brown University. Dr. Aoun is a fellow for the American Psychiatric Leadership fellowship, the Group for the Advancement of Psychiatry and for the APA/SAMHSA Substance Use program.



Prasad Joshi, MD, PhD

Dr. Prasad Joshi is currently a second year fellow (PGY3) in child and adolescent psychiatry at Drexel University School of Medicine. Prasad completed his undergraduate medical education from University of Mumbai. His early interest in basic research led to doctoral training in molecular neuropharmacology, where his research was instrumental in deciphering the molecular structure of the serotonin type 3 receptor's ligand binding site. Prasad followed up his PhD work with two postdoctoral fellowships at Neuropsychiatric Institute, University of California at Los Angeles. At UCLA, Prasad worked



extensively on deciphering neurocircuitry changes that underlie development of Huntington's disease, a devastating neurodegenerative disease with extensive psychiatric manifestations. During the course of his research career, Prasad has also worked on various aspects of development of novel neurological drugs, including a brief stint in pharmaceutical industry. In addition to his work in the area of new drug development, Dr. Joshi has also worked as a junior faculty member at school of pharmacy, where he taught neuropharmacology to undergraduate and graduate students. Prasad has numerous peer reviewed publications in reputed journals and has made presentations of his research at national and international conferences. His academic interests include neurobiological aspects of mental illness, neurodevelopmental disorders, and issues related to use of psychotropic medications in children. He also maintains great interest in clinical applications of various psychotherapies, and is particularly interested in learning nuances of psychodynamic psychotherapy. Prasad enjoys teaching, research and plans to pursue a career in academic psychiatry.

Caridad Ponce Martinez, MD

Dr. Caridad Ponce Martinez is currently an Assistant Professor in Psychiatry at the UMass School of Medicine, as well as an Assistant Professor Adjunct at the Yale University School of Medicine. She earned her undergraduate degree in Psychology at Tufts University and completed medical school at the Escuela Autónoma de Ciencias Médicas de Centro América in Costa Rica. Dr. Ponce Martinez completed her adult psychiatry residency training at the University of Virginia, where she served as a Chief Resident and had an integral role in the evaluation of the Psychiatry residency program and its academic curriculum, particularly as related to substance use disorders. She recently completed fellowship training in Addiction Psychiatry at Yale University. Her clinical and research interests include medical student and resident education in addiction psychiatry, the interface between chronic pain and addiction, and global mental health. She is currently developing a project to integrate psychiatry and primary care in her native country of Honduras in order to help address the country's vast mental health needs. Dr. Ponce Martinez has authored several articles in peer-reviewed journals and three book chapters, including one in the upcoming edition of Kaplan & Sadock's Comprehensive Textbook of Psychiatry.



Balwinder Singh, MD, MS

Balwinder is a Chief resident at the University of North Dakota School of Medicine and Health Sciences in Fargo, ND. Prior to joining residency, he completed a Master's degree in clinical and translational sciences at the Mayo



graduate school in Rochester, MN. As much as he loves the biology, he searches for practical solutions, appropriate use, and limitations of available treatment options via epidemiological and translational research methods. He is interested in evidence-based mental health, severe mental illness, the impact of psychiatric disorders on comorbidities and vice-versa, risk factors and predictors of psychiatric disorders. He has presented at various national and international conferences. He has multiple first authored publications and has published > 30 PubMed cited papers and various book chapters. He serves as an ad-hoc reviewer for various journals. His long-term goal is to be an academic researcher and educator in the field of Psychiatry and Psychopharmacology.

Balwinder is involved in the development of a clozapine clinic with his mentors. His current research involves evaluation of the use of clozapine among the schizophrenia spectrum disorders in a population-based sample. In addition, he is studying the usage, comfort level and barriers to the appropriate use of clozapine among psychiatric residents in the US. Data from these studies will provide valuable information regarding clozapine use pattern and lack of educational opportunities regarding clozapine use in residency programs. He was selected for the APA Research Colloquium for Junior Investigators Award in the component on Molecular, Translational, and Neuroscience Research. He has completed post-doctoral and research fellowships.

Professionally, he also serves on the residency and grand round committee and is also a resident fellow member of the North Dakota psychiatric society. He is actively involved in medical student and resident teachings and mentors medical students in various psychiatric rotations. In his spare time, he likes listening to music, outdoor sports, hiking, and learning how to ski.

Peter Henderson MD Memorial Award

Julio Cesar Monterrey, MD, MS

Dr. Monterrey is a second year resident in the adult psychiatry training program. He attended medical school at UC Irvine School of Medicine where he pursued a dual-degree MD-masters program (PRIME-LC, Program in Medical Education for the Latino Community). Through additional coursework in medical anthropology, PRIME-LC trains medical students in delivering culturally-aware medical services to underserved medical populations. He combined this interest with his interest in math, research, and population mental health to pursue a Master of Science in Epidemiology and Clinical Research from Stanford University. His thesis work was on neuroimaging in children with autism spectrum disorder, a project that



he continues to work on with his mentor and principal investigator Dr. Antonio Hardan. Dr. Monterrey is the recipient of the 2016 Peter Henderson M.D. Memorial Award for his research work in the area of child and adolescent psychiatry entitled “Incidental Brain Findings in Autism Using Comprehensive MRI Techniques in a Twin Control Model.” He strives to be a clinician-researcher and is currently part of the Stanford Psychiatry Residency Research Track. He is excited to continue this work and collaborate with dedicated clinicians and researchers, many of which he met at the AADPRT meeting. Dr. Monterrey reports he “had a blast” at the meeting and was humbled to receive this award and meet pioneering faculty from training programs all over the country.



American Association of Directors of Psychiatric Residency Training

2016 BRAIN Scholars

Michael Avissar MD, PhD

Dr. Michael Avissar is currently a first year T32 Schizophrenia Research Fellow at Columbia University where he studies sensory processing deficits in schizophrenia using evoked response potentials, fMRI, and brain stimulation. He was born in Israel before moving to the U.S. at age 6 to Rochester, NY where he attended high school. He graduated magna cum laude from Cornell University in 2001 with Honors where he majored in Biological Engineering. His undergraduate research included studying integration of visual, auditory, and vestibular inputs for the generation of smooth pursuit eye movements, auditory perceptual learning at Oxford University during his junior year abroad, and the survivability of U.S. communes as a sociology research assistant. He then matriculated in the M.D.-Ph.D. program at the University of Pennsylvania School of Medicine where he earned a Ph.D. in neuroscience studying the precise timing of action potentials generated by the auditory nerve of birds. He graduated in 2010 for medical school. After completing a short post-doc in 2012, he joined residency training at Weill Cornell Medical College in New York City. As a psychiatry resident, he examined functional connectivity of brain circuits as a biomarker for treatment response to transcranial magnetic stimulation in depression. During residency, he won the APA Resident Research Scholar Award (2015-2016), Best Trainee Poster at the International Society for ECT and Neuromodulation (2015), New York County Psychiatric Association Research Paper Award First Prize (2016), and participated in the APA Research Colloquium for Junior Investigators (2016). He also became a National Neuroscience Curriculum Initiative Resident Scholar (2016). After completing residency in 2016, he joined the Psychiatry Department at Columbia where he is now a schizophrenia research fellow. He also runs a small private practice and is training in ECT. He has published four peer-reviewed original research articles, including two first author publications in the Journal of Neuroscience.



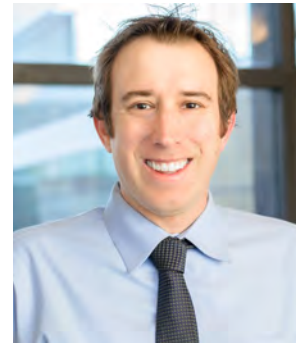
Basar Cenik, MD, PhD

Dr. Basar Cenik is currently a fourth year adult psychiatry resident at the University of Texas Southwestern Medical Center in Dallas, Texas. He was born in Ankara, Turkey. In high school, he won a gold medal in the International Biology Olympiad. He graduated from Hacettepe University Medical School in 2005 and received his Ph.D in neuroscience from UT Southwestern Medical Center in 2012. After a short stint as a postdoctoral researcher, he started his residency training in psychiatry at UT Southwestern in 2013. During that same year, he was the mentor for a Siemens competition semi-finalist. In 2015, he was named a National Neuroscience Curriculum Initiative Scholar and was selected as one of the Society of Biological Psychiatry's 2016 Chair's Choice Awardees. He has published 9 peer-reviewed papers and has worked as a high-school biology instructor and a basketball coach. His academic interests include neurodegeneration, delirium, mood disorders, and biomarkers.



John Torous, MD

John Torous is a staff psychiatrist and fellow in clinical informatics at BIDMC and Harvard Medical School, and recently completed his psychiatry residency at the Harvard Longwood program. He has a background in electrical engineering and computer sciences and received an undergraduate degree in the field from UC Berkeley before attending medical school at UC San Diego. He has been active in investigating the potential of mobile mental health technologies for psychiatry and helped create his own research apps for the iTunes and Android stores, led several clinical studies on apps for patients with depression as well as schizophrenia, and published numerous papers on the topic. He serves as editor-in-chief for a technology and psychiatry journal, [JMIR Mental Health](#), currently leads the American Psychiatric Association's workgroup on the evaluation of smartphone apps, and co-chairs the Massachusetts Psychiatric Society's Health Information Technology Committee. He is an assistant editor for the Harvard Review of Psychiatry and section editor for the Asian Journal of Psychiatry.



Rebecca White, MD

Dr. Rebecca White is a fourth-year psychiatry resident at Loma Linda University. She graduated from Union College with a bachelor's degree in International Rescue and Relief which took her to Honduras and Nicaragua to study how to deliver healthcare to rural and resource poor areas.



While in college she also spent a year helping to deliver health care in a rural Philippine village. After college she attended Loma Linda University School of Medicine where she graduated in the top quarter of her class and was accepted into Alpha Omega Alpha Medical Honor Society. In residency she was accepted as a National Neuroscience Curriculum Initiative Scholar in 2015 and presented her curriculum module at the 2016 Brain Conference. She is currently a chief resident and working with the residency Associate Program Director to incorporate more non-traditional forms of learning into the neuroscience curriculum. Her academic interests are in developing unique and effective methods of teaching and global mental health. Outside of work she enjoys studying foreign languages, aerial performing arts, and backpacking.

Bryce Wininger, MD

Dr. Wininger is currently a fourth-year adult psychiatry resident at the Georgetown University Medical Center in Washington, DC. He was born in southwest Indiana. He graduated from Indiana University with a major in Biology 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, a new position created this academic year. He was named a National Neuroscience Initiative Scholar in 2015, having submitted a project related to the neurobiology of human attachment. He has presented posters at the American Psychiatric Association 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 teaching.





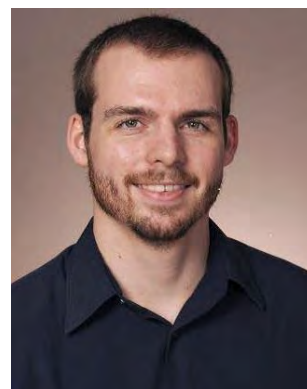
American Association of
**Directors of Psychiatric
Residency Training**

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.

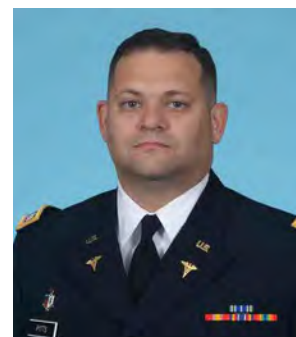
Abhisek “Chandan” Khandai, MD, MS

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.

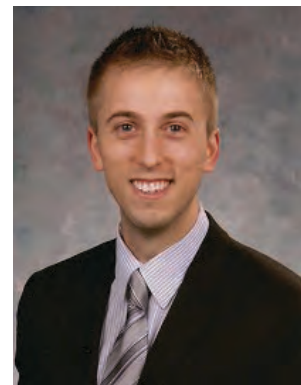
Misty Richards, MD, MS

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.



American Association of
Directors of Psychiatric
Residency Training

2017 NNCI BRAIN Scholars

Erica Baller, MD

Erica is a PGY-2 at the University of Pennsylvania with a background in computer science, neuroimaging, and women's mental health. Erica started teaching computer science as a college summer camp counselor and tutored extensively through medical school. She is excited to be working as a Neuroscience teaching assistant for the PGY-2 residents and looks forward to bringing her passion about the brain to her co-residents. Her application included a teaching sample that taught functional neuroanatomy through an adaptation of the common party game "Celebrity."



Elizabeth Burch, MD

Elizabeth is a third year psychiatry resident at the Institute of Living/Hartford Hospital General (Adult) Program. She obtained her Bachelor of Science degree at the University of Massachusetts, Amherst and completed her medical degree at the University of New England College of Osteopathic Medicine. Elizabeth has a long held interest in the topics of brain and behavior. As an undergraduate she conducted research in attention utilizing fMRI. As a medical student she was awarded an American Federation for Aging Research, Medical Student Training in Aging Research Fellowship during which she conducted research on memory loss in Frontotemporal dementia. As a resident she enjoys integrating psychodynamic therapy into her treatment of patients. She is currently working with her residency program to help develop a neuroscience curriculum for the adult psychiatry trainees.



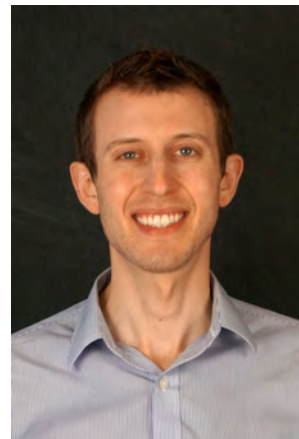
Susan Conroy, MD

Susan is a PGY3 Resident at Indiana University School of Medicine. She also earned her MD and PhD in Medical Neuroscience at Indiana University. She hopes that the NNCI fellowship will help prepare her to be effective in passing on her enthusiasm about basic and clinical neuroscience research to psychiatrists and psychiatrists-in-training. She plans an academic career of research, teaching, and clinical work in mood disorders.



Matt Hirschtritt, MD

Matt Hirschtritt is a third-year resident in the adult psychiatry training program at the University of California, San Francisco (UCSF). Prior to residency, he received his undergraduate degree in psychology at Cornell University, followed by a research fellowship at the National Institute of Mental Health, where he was involved in clinical research regarding obsessive-compulsive disorder (OCD) and Tourette syndrome (TS). During his medical school training at the Cleveland Clinic Lerner College of Medicine, he continued his involvement in clinical research, focusing on the psychopharmacology of mood disorders among children and adolescents, and completed a masters in public health. Through a Doris Duke Clinical Research Fellowship, he continued work in OCD and TS cohorts, and matriculated into the adult psychiatry program. His current interest areas include the phenomenology and treatment of OCD and TS, mental-health services and implementation research, criminal justice, and psychiatric education. Outside of work, he enjoys road biking, cooking, and traveling.





American Association of Directors of Psychiatric Residency Training

2018 Residency and Program Administrator Award Winners

George Ginsberg Fellowship Award

David Conklin, MD

David Conklin, MD is from Cincinnati, OH. He attended Wake Forest University in Winston-Salem, NC where he completed his BA in Philosophy and Economics in 2006. He completed post-baccalaureate coursework at the University of Colorado at Denver. He received his medical doctorate from Wake Forest University in 2014. He is currently in General Adult Psychiatry training and serving as Chief Resident of Inpatient Services during AY 2017-2018 at Vanderbilt University Medical Center. His professional interests include mood disorders, psychiatric ethics, hospital based ethics consultations, and wholehearted medical education training paradigms.



Jessica Gold, MD, MS

Jessica ("Jessi") Gold, M.D., M.S. is a fourth year and chief resident in Psychiatry at Stanford University where she is on the clinician-educator pathway. She received her undergraduate degree in Anthropology from the University of Pennsylvania where she was a Benjamin Franklin Scholar and graduated Phi Beta Kappa in 2009. She also received a Masters in Science in Anthropology from Penn at the same time, using qualitative methods to study premedical education for her thesis work. She then received her medical degree from the Yale University School of Medicine and graduated in 2014. While at Stanford, her primary interests are medical education, physician wellness, college mental health, and the media portrayal of psychiatry as it relates to stigma. She also enjoys both academic and popular press writing, frequently blogging for the Huffington Post and winning the 2016 Psychiatry Times essay contest for her essay entitled "The Mirror". She is excited about the next steps in her career, recently accepting an Assistant Professor position at Washington University in St. Louis where she will spend most of her clinical time working in college mental health and will have the opportunity to start teaching residents and medical students.



David Latov, MD

Dr. Latov completed his undergraduate education at the University of Pennsylvania where he majored in Psychology and in the Biological Basis of Behavior and did research in Cognitive Behavioral Therapy. He then received a fellowship and worked as a research assistant at the National Institute of Mental Health in a lab that studied the effects of Ketamine on unipolar and bipolar depression. Afterwards, he received his MD from the Emory University School of Medicine and started his residency training at Columbia.



In residency, Dr. Latov has been interested in psychotherapy and education. Some of the projects he has worked on include adapting and implementing an Observed Structured Teaching Exercise for psychiatry, developing and teaching an Introduction to Psychodynamic Psychotherapy course, and working with a group of educators to create a new curriculum designed to better prepare medical students for their transition to the clerkship year. He was selected to be a chief resident and has enjoyed mentoring younger trainees in this capacity. After residency, he plans to pursue a fellowship in child and adolescent psychiatry.

Anne Leonpacher Walsh, MD

Dr. Anne Leonpacher Walsh was born and raised in Lafayette, Louisiana. She studied psychology/pre-health at Loyola University New Orleans and completed medical school at Johns Hopkins University School of Medicine. She continues residency training in adult psychiatry at Johns Hopkins Hospital where she is a PGY-4 and chief resident.

Dr. Walsh has co-authored papers in the areas of affective disorders, re-feeding syndrome in anorexia nervosa, neuropsychiatric symptoms in Alzheimer's dementia, and medical education. She has presented at national meetings on innovations in medical education and is currently leading a team funded by the Arnold P. Gold Foundation, which is conducting a systematic review of interventions to prevent burnout in medical students and residents. She is also a section editor for the Johns Hopkins Psychiatry Guide.



As a medical student Dr. Walsh received the William Walker Award in recognition of her research to distinguish between bipolar and unipolar depression. During her internship, she received the Lidia Palcan Wenz Award presented annually to the intern who best embodies commitment in the care of patients with psychiatric illness. In 2017 she was recognized by the American College of Psychiatrists as a Laughlin Fellow and by the Association of Academic Psychiatry as a recipient of their Residents' Psychiatric Educator Award.

Dr. Walsh is planning a career in academic leadership and hopes to focus clinically on schizophrenia and emergency psychiatry.

Priya Sehgal, MD

Priya Sehgal is currently a second year child psychiatry fellow at Cambridge Health Alliance (CHA)/Harvard Medical School. Priya attended the University of Michigan and earned an undergraduate degree in Industrial and Operations Engineering. Prior to attending medical school at the University of Toledo, she joined Teach for America and taught high school mathematics in Washington, DC and completed a Master's in Arts in Teaching from American University. She completed her adult psychiatry residency training at Cambridge Health Alliance/Harvard Medical School.



Priya served as the Chief Resident of the Asian Mental Health Team and has taught cultural psychiatry classes to psychiatry trainees. She has received CLER grant funding to improve the cultural psychiatry curriculum at CHA. Priya has presented at national meetings on Asian Mental Health and Cultural and School Psychiatry. In the community, Priya has volunteered at SAHELI, a Boston-area non-profit that supports women and families who have been victims of domestic violence. Additionally, she has provided professional development for greater-Boston Teach for America educators on trauma and child mental health.

Priya has received The Martin Luther King Spirit and Leadership Award from the University of Michigan, was the recipient of the Gold Foundation's Leonard Tow Humanism Award at the University of Toledo, and was named a 2016 Child PRITE Fellow by the American College of Psychiatrists.

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

Saeed Ahmed, MBBS

Dr. Saeed Ahmed is a PGY-III resident in the Adult Psychiatry residency program at Nassau University Medical Center, NY. He was born in Larkana, Pakistan and completed his medical school education at Sindh Medical College Karachi. After finishing his USMLE examinations he volunteered at MPRC Maryland, where he worked in clozapine clinic and also published a paper on smoking cessation in Schizophrenia. Prior to starting residency training, he was privileged to work with world-renowned clinician research scientists at NYU and Thomas Jefferson University Philadelphia. During his residency he has authored several peer-reviewed articles, four book chapters, numerous commentaries on controversial topics of mental health, and has served as a reviewer and on editorial boards for various journals. His clinical and research interests have focused on projects regarding substance abuse, minorities, and LGBTQ mental health. He has assisted APA leadership on the Minority and Underrepresented (M/UR) Caucus in the development of APA Trauma and stress Toolkit 2018 for LGBTQ. In addition to being an active member of APA M/UR caucus, he works closely with American Academy of Addiction Psychiatry " AAAP," where he serves on the committees for membership and research. He won the poster competition of NY Psychiatric Association in 2016 and was awarded a travel fellowship in 2017 by AAAP. During his residency he has won numerous awards at the program, state, and national levels. He is a Fellow for Psychiatry Innovation Lab, which is an incubator at the American Psychiatric Association



that catalyzes the formation of innovative ventures to transform mental health care. He is also departmental representative to Graduate Medical Education (GME) for the Residents Committee.

Currently, he is working on a research project, examining the role of Gabapentin in Alcohol use disorder, especially Alcohol withdrawal and cravings. After finishing his residency, Dr. Ahmed intends to join an addiction psychiatry fellowship.

Kammarauche Asuzu, MD, MHS

Dr. Asuzu is the executive chief resident of the Psychiatry Residency Training Program at Duke University Hospital. During residency, Dr. Asuzu has distinguished herself as a passionate clinician, energetic and dedicated teacher and scholar, and tireless leader and advocate. She has conducted research in identifying gastrointestinal side effects in patients on clozapine with a goal of increasing awareness and translating guidelines into practice. She has received the American Psychiatric Association (APA) research colloquium award and is currently conducting a pilot project to understand how patients with serious mental illness interact with their mobile devices. She has brought technological innovations to the residency training program, incorporating the resident survival guide into a mobile application for ease of access by trainees. She has championed a variety of programmatic and process improvements in her roles as Assistant Chief (during PGY3) and Executive Chief (currently/during PGY4). She has served other important leadership roles on the program's Resident Council, the institution's Graduate Medical Council, and the Duke Health App committee. She has been selected as an institutional resident representative during Liaison Committee on Medical Education (LCME) and Clinical Learning Environment Review (CLER) visits. In addition to research and leadership, Dr. Asuzu enjoys teaching and engaging in innovative ways to improve understanding of complex mental health concepts. She is currently helping to create an AADPRT module curriculum for clozapine. She was awarded the medical-student-initiated Appleseed Award for excellence in education and leadership by a resident in training.



Dr. Asuzu was born in Nigeria and completed medical school at the University of Ibadan, Nigeria. Prior to residency, she completed a master's in mental health at Johns Hopkins Bloomberg School of Public Health. While at Johns Hopkins, she conducted research exploring associations between disruptive childhood behaviors and personality disorders. Following completion of her graduate degree, her research at the University of Miami focused on exploring the relationship between early life trauma and PTSD. She is passionate about improving the lives of children and adolescents with mental illness via clinical work, research, education, and leadership. After residency, she will be completing a fellowship in Child and Adolescent Psychiatry.

Zelde Espinel, MD, MA, MPH

Dr. Zelde Espinel is a PGY-5 Geriatric Psychiatry Fellow at the University of Miami Department of Psychiatry and Behavioral Sciences/Jackson Memorial Hospital where she also completed her psychiatry residency training. Dr. Espinel is originally from Colombia where she received her MD. She has two post-graduate degrees: an MA in Population and Development from the Institute for Social



Studies, The Hague, Netherlands and an MPH at Florida International University, Miami, Florida. She has extensive experience working in the public health and community settings assisting at-risk populations in her native country. For six years she served as Co-Director, Center for Disaster and Extreme Event Preparedness (DEEP Center) at the University of Miami prior to beginning her psychiatric residency in the US. Following this experience, she had the privilege of joining the University of Miami/Jackson Memorial Hospital residency program in psychiatry. While in residency, she pursued multiple interests: geriatric psychiatry, global mental health, disaster psychiatry and medical student/resident education. Dr. Espinel worked on an evidence-based global mental health intervention with internally-displaced women in Colombia. She completed a research project geared towards assessing caregiver burden of Alzheimer's patients and outcomes in the UM Memory Disorder Clinic. Dr. Espinel received a series of honors and recognitions. She was chosen as a member of the AAGP Scholars Program and attended the AAGP Annual Meeting in New Orleans in 2014. Dr. Espinel received the 2015 Area Five Resident Fellow Member Poster Award, the 2017 National Award in the Medical Student/Resident Poster Competition (Community Psychiatry category) and the 2017 Area Five Resident Fellow Member Poster Award. Her research and teaching activities were also recognized within her residency program and she was awarded the 2015 and 2017 Bernard Goodman Award for research, as well as the department's 2017 Jack Skigen Teaching Award.

Asfand “Andy” Khan, MD

Dr. Asfand “Andy” Khan is currently a 3rd year Psychiatry resident at Penn State Health Milton S. Hershey Medical Center. He was born and raised in Pakistan, completed undergraduate studies in the United States at Shippensburg University and attended medical school in St. Lucia at International American University.



He has been recognized for academic achievement and service with multiple awards for performance on National Board and Licensing Exams, scholarly activity, community outreach, patient care, and leadership positions. He has been instrumental in the adoption of a Suboxone training program for residents and considers education as his main passion in addition to clinical service. He has created a shelf review course for medical students on their psychiatry rotation, is certified in the Stanford Clinical Teaching Framework, and has been chosen as a Hippocrates Medical Education Scholar. He was accepted and recently took part in the Harvard-Macy Institute's Future Academic Clinician-Educators Program and plans on developing a “teaching the teachers curriculum” that can serve as a model for psychiatric residency programs across the nation.

His career plans include pursuing an addiction psychiatry fellowship followed by an academic career that balances administrative, research, clinical, and most importantly educational roles.

Muhammad Zeshan, MD

Dr. Muhammad Zeshan is a first-year child & adolescent psychiatry fellow at Harvard Medical School affiliated Boston Children's hospital in Boston, MA. He is an IMG from Pakistan. Before going to medical school, he worked in a restaurant for 12 years. His interest in psychiatry began when he tried to promote education in his



neighborhood while he was in high school. He was fortunate to have hardworking and supportive parents and teachers who taught him work ethics, hospitality, and responsibility before fellows his age learned multiplication tables.

He came to the United States to understand the field of psychiatry more meticulously. During his residency training at Icahn School of Medicine at Mount Sinai Bronx Lebanon Hospital in Bronx, NY, he led various performance improvement projects including increasing awareness among residents about the LGBTQ community, Prediction challenges of 30-day readmission in an inpatient psychiatric setting, and prevalence of substance use in adolescent inpatient unit. He will present three workshops and two posters at the annual APA meeting in May, 2018.

Because of his excellent clinical and scholarly work, he received various awards including the NANA Young Scholar Award, Resident of the Year Award, Certificate of Academic Excellence, APA Resident Recognition Award, AACAP Systems of Care Travel Award, and BPSI Child Pip Travel Award. He also enjoys various leadership roles as an APA Diversity Leadership Fellow, APA RFM Assembly Representative, and APA council on Medical Education and Lifelong Learning. In addition, he served on various regional committees. He is interested in learning more about parent management, parent-child intervention therapy (PCIT), perinatal psychiatry, infant and preschool age psychiatry, and minority mental health.



American Association of Directors of Psychiatric Residency Training

2018 NNCI BRAIN Conference Scholars

Yash Joshi, MD, PhD,

Yash Joshi is currently a PGY III research track resident at the University of California, San Diego. He completed his MD/PhD training at Temple University studying stress and inflammation in pre-clinical mouse models of Alzheimer's disease and also received a contemporaneous Master of Bioethics degree from the University of Pennsylvania. In residency training, he is investigating biomarkers of cognitive remediation strategies in schizophrenia. He is interested in scaling up novel therapeutic interventions like cognitive remediation from academic centers to community settings to help maximize clinical impact. Yash is heavily involved in medical and graduate medical education, and looks forward to contributing to AADPRT/BRAIN Conference as a 2018 NNCI Scholar.



Alison Lenet, MD

Alison is a PGY6 chief resident in the Child and Adolescent Residency Training Program at NewYork-Presbyterian Columbia/Cornell. During her training she has been involved in several projects focused on the improvement of resident and community education through use of active learning techniques. Her NNCI submission combined a review of developmental stages, a short video about neurobiology, and an interactive storytelling exercise to teach how specific psychiatric disorders may impact a child's cognitive, social, and emotional development.



Elizabeth Madva, MD

Lizzy is a PGY3 resident in the Massachusetts General Hospital/McLean Hospital psychiatry residency program. She has a background in developmental psychology and autism research, dating back to her years at Yale as a Cognitive Science major. As a medical student at Weill Cornell, she developed an interest in somatic symptom and functional neurologic disorders and has continued to explore this in residency. Lizzy's NNCI submission included a storyboard and script about functional neurologic disorders and approaches to sharing this diagnosis with patients.



Tatiana Ramage, MD

Tatiana is a PGY2 resident in the Department of Psychiatry at the San Mateo County Residency Program with an interest in neuroscience, non-invasive brain stimulation, and medical education. This year she is participating in research exploring transcranial direct current stimulation (tDCS) and transcranial alternating current stimulation (tACS) application during engagement in video game training to assess for enhanced learning effects. She is also collaborating with her program director and faculty to develop a stronger neuroscience curriculum for the residency. Her NNCI submission included a concept map alongside an interactive group activity to illustrate fundamental neuroscience concepts.





American Association of Directors of Psychiatric Residency Training

2019 Resident and Program Administrator Award Winners

George Ginsberg Fellowship Award

Michael DeGroot, MD

Dr. Michael DeGroot is currently chief resident at UC San Diego on the inpatient psychiatric services unit. He obtained a BA in psychology and modern languages at Knox College before attending medical school at UC San Diego. He is passionate about medical education and providing excellent psychiatric care to underserved and disadvantaged patient populations. He is the recipient of the PRITE, APA Leadership, and Association for Academic Psychiatry Fellowships. He was also awarded the Arnold P. Gold Foundation Award for Humanism and Excellence in Teaching. Dr. DeGroot founded a trauma screening and treatment program for undocumented immigrants living in San Diego County, where he currently supervises medical students and junior residents as they provide trauma-informed care to this at risk population. He plans to pursue a career in academic psychiatry. In his free time, Dr. DeGroot enjoys camping in Joshua Tree and travelling as often as his schedule permits.



Linda Drozdowicz, MD

Dr. Linda Drozdowicz was raised in Connecticut and graduated from the University of Connecticut *summa cum laude with a* B.S. in Molecular and Cell Biology. She went on to Mayo Clinic School of Medicine, where she proudly survived -30 degree winters and also delivered the commencement address at graduation. She completed residency training in general psychiatry at Mount Sinai Hospital, serving as Chief Resident in her final year. She is now a fellow in Child and Adolescent Psychiatry at Yale Child Study Center in the New Haven track.

Dr. Drozdowicz has interests in leadership and administration, and she has previously been selected as an American Psychiatric Association Leadership Fellow as well as the American Board of Psychiatry and Neurology Senior Resident Administrative Fellow. She plans to pursue a career as a clinician educator. She lives in Norwalk, CT with her husband, infant son, and two elderly rescue dogs.



Samaiya Mushtaq, MD

Dr. Samaiya Mushtaq is PGY-4 resident psychiatrist at UT Southwestern Medical Center on the clinician-educator track. She studied chemistry and women's studies as a President's Scholar at Southern Methodist University, from where she graduated summa cum laude, and completed medical school at Vanderbilt University. During medical school and residency, Samaiya has designed and taught curricula integrating Islamic spirituality with wellness topics such as mindfulness and compassion to college Muslim Student Association chapters, young professional Muslim groups, and community mosques.



She has conducted research on the impact of psycho-educational interventions on help-seeking and stigma in the Muslim community. Samaiya also has an interest in physician wellness, having started a cross-department network supporting and connecting Muslim house staff at UT Southwestern and co-authoring a chapter on Islamophobia experienced by clinicians in the forthcoming book, *Islamophobia and Psychiatry*. Next year, Samaiya will stay on as part-time teaching faculty at UT Southwestern working in the psychiatric emergency room and full-time as a management consultant at Boston Consulting Group, where she hopes to learn skills in corporate development and organizational behavior.

Laura Pientka, DO

Dr. Laura Pientka is a PGY-5 Geriatric Psychiatry Fellow at the University of Minnesota. She completed her undergraduate degree in Biology with minors in Spanish and Asian Literature and Languages at the University of Minnesota. Dr. Pientka completed medical school at Des Moines University College of Osteopathic Medicine. She completed her adult residency training at the University of Minnesota and served as the program's Chief Resident during the 2017-2018 academic year.



While in residency, Dr. Pientka received the University of Minnesota Psychiatry Department's Harold Lawn Resident Teacher of the Year Award, selected annually by medical students completing their psychiatric clerkship. She also received the Association of Academic Psychiatry Residents' Psychiatric Educator Award. Dr. Pientka was selected for the American Psychiatric Association's Leadership Fellowship and served on the Council of Medical Education and Lifelong Learning. She has a strong passion for improving the quality of resident educational and training experiences. She recently completed a three-part project aimed at identifying, preventing, and managing resident maltreatment. This poster received Honorable Mention at the 2017 Association for Academic Psychiatry Conference. She is currently working to expand the existing Geriatric Psychiatry didactics and clinical experiences for medical students and residents at the University of Minnesota.

After fellowship, she is excited to continue her career in academic psychiatry. She will work as a geriatric psychiatrist at the Minneapolis VA Healthcare System and as Residency Site Director for educational activities in partnership with the University of Minnesota Medical School.

Meredith Spada, MD

Dr. Meredith Spada was born and raised in Pittsburgh, PA. She attended college at Vanderbilt University where she majored in Neuroscience. Following college, she taught high school biology and physical science with Teach For America in inner-city Philadelphia and earned her master's degree in Secondary Education from the University of Pennsylvania. Thereafter, she attended medical school at the Penn State University College of Medicine. She completed her adult psychiatry training at UPMC Western Psychiatric Hospital. During this time, she served in various leadership positions, including house staff PGY-1 representative, house staff vice-president, co-chair of the residency program's Clinical Case Conference, and resident co-leader of the program's Women's Mental Health Area of Concentration. Currently, Dr. Spada is a PGY-5 Child Psychiatry Fellow at UPMC Western Psychiatric Hospital. This year, she is the chief resident for education and chair of her residency program's academic administrator, clinician educator track. She is also serving as a member of the UPMC GME Professional Development Subcommittee. She was additionally recognized by the American College of Psychiatrists as a Laughlin Fellow for 2019.



Dr. Spada has published on, and presented nationally on, topics including medical education, perinatal psychiatry, and medically complicated patients with psychiatric comorbidities. Her clinical interests include child and adolescent psychiatry, women's mental health, and consultation-liaison psychiatry.

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

Gustavo Costa-Medeiros, MD

I was born in Maceió, Brazil, and I graduated from the University of São Paulo Medical School. I came to the United States in 2015 to do research at the University of Chicago. I was so fascinated with the educational and academic possibilities in the United States that I decided to do my residency here. In my residency at UT Southwestern, I quickly became involved with educational improvements in our rotations, didactics and wellness. I also have a very substantial interest in research, particularly mood disorders and addictions. I have been working with Professors Madhukar Trivedi and John Rush. We have been investigating the reward system and mental disorders associated with dysfunctional reward process. I am particularly interested in developing educational systems that combine evidence-based techniques and enhanced subjective experiences. The ultimate goal is to develop effective and enjoyable teaching methods. I believe that successful education awakens the internal world of the individual (thoughts, feelings, curiosity) and motivates him/her to have a proactive learning process.



Tanuja Gandhi, MD

Dr. Tanuja Gandhi is a second-year child psychiatry fellow at the Yale Child Study Center. She completed her medical education in India and moved to the United States for residency training. She completed her psychiatry residency training at the Einstein Medical Center in Philadelphia. Following residency training she completed a Forensic Psychiatry Fellowship at Yale and is currently a Child Psychiatry fellow at Yale.

**Vikas Gupta, MD, MPH**

Dr. Vikas Gupta is a Co-Chief Fellow in Child and Adolescent Psychiatry at Vidant Medical Center/The Brody School of Medicine at East Carolina University. He graduated from Government Medical College, Amritsar and pursued his MPH at University of Texas, Houston where he received the Susan Sampson Scholarship. He attained research experience while working at MD Anderson Cancer Center and was a member of the Texas Regional Psychiatry and Psychology Mentee-Mentor Network where his research project involved studying the efficacious of mental health in religious settings. Dr. Gupta has been a finalist on the Indian version of “Who wants to be a millionaire” and worked with the University of Texas, Houston psychiatry residency team which won the American Psychiatric Association Mind Games competition (a jeopardy style competition for psychiatry residents on psychiatric knowledge) in 2012 and 2013. He was selected as the captain of the East Carolina University psychiatry residency team which was a finalist in the Mind Games 2018.



He completed his Adult Psychiatry Residency training at the University of Wisconsin, Madison during which he was a class representative to the Program Evaluation Committee. He presented posters at several national and international meetings including American Psychiatric Association and the Institute on Psychiatric Services. Dr. Gupta chaired a workshop at the APA Annual Meeting in 2018 on “International Medical Graduates-Training Director and Resident Perspectives” and will be chairing a session on “Frontiers in rural mental health: the intersection of place and regional culture in the cultural competence landscape” at the APA Annual meeting in 2019. He has taught over twenty seminars to psychiatry residents and presented a CME on personality disorders at his medical school alumni annual meeting at Chicago. Dr. Gupta has also been a recipient of the Educational Outreach Program award of the AACAP.

He currently serves as a 2nd year CHILD PRITE Fellow of the American College of Psychiatrists and is a member of the CME committee of AACAP and the CME/Meeting Committee of ASCP. He is interested in novel strategies in psychiatry education and upon completion of fellowship, plans to pursue a career in academic psychiatry.

Meghana Medavaram, MBBS, MD

My name is Meghana and I am currently a PGY4 Resident at the University of Toledo Medical Center Department of Psychiatry. I was born in Chicago and grew up in Springfield, IL. I developed interest in medicine at a young age due to having family members who are physicians. I decided to attend medical school in India -- JSS Medical College in Mysore, KA. During medical school, I volunteered with local group to promote health and hygiene in young children in the community. I became interested in psychiatry because of Dr. TSS Rao - Head of the Department of Psychiatry. He showed us that psychiatric issues are pervasive in all types of populations. I passed medical school with honors in second and fourth years. I then completed my medical internship at JSS Medical School and Hospital during which I worked in rural areas in India and provided health checkups to school aged children. I then began my residency at the University of Toledo. During residency training I was recognized by other departments including neurology and internal medicine for excellence while working with them. I worked with a multidisciplinary team on a QI project that reduced falls in the hospital significantly and also won the research award that year for internal medicine. Taking inspiration from my program director, I became heavily involved in advocacy in the local chapter of OPPA (Ohio Psychiatric Physician Association) and NWOPPA (Northwest Ohio Psychiatric Physician Association), eventually becoming the secretary/treasurer of NWOPPA 2017-2019. I am the current Chair of the Resident-Fellow Committee of OPPA, representing psychiatric residents and fellows. I have also attended annual advocacy days at the Ohio state legislature to advocate on behalf of our profession and patients.



My passion for teaching has allowed me to give many lectures to internal medicine -- both formal and informal. I am the current liaison with medical students and their psychiatry interest group and help them with applications and the pursuit of psychiatry residency.

I was awarded the William J. Lenz Award for Excellence in Psychiatry in 2018 by the Department of Psychiatry. I have applied for Consultation Liaison Fellowship programs and am awaiting match results in January, 2019.

I also moonlight at a Community Mental Health Center weekly getting more exposure to community psychiatry and available resources. My goal is to pursue CL and perhaps an academic position to continue to be an educator for both residents and medical students.

Daniela Rakocevic, MD, MSc

Dr. Daniela Rakocevic is a Fellow in Addiction Psychiatry at Mayo Clinic, where she completed her psychiatry residency, serving as Administrative Chief Resident from 2017-2018. During her PGY4 year she was appointed an Instructor in Psychiatry at Mayo Clinic School of Medicine, and currently serves on the School of Medicine's Admissions Committee and the Grand Rounds Committee for Psychiatry. She is passionate about medical student education and residency curriculum development with an emphasis on the successful



transition from medical school to the first few months of residency. Her clinical research projects concentrate on the overlap between consultation liaison and addiction psychiatry.

Recognized for excellence in teaching medical students, Dr. Rakocevic was awarded Mayo Clinic School of Medicine's highest honor as Resident Educator of 2017 - the Golden Stethoscope Award. She also received the Mayo Clinic Howard P. Rome Award for best Psychiatry Grand Rounds presentation of 2017-2018 and she has recently won several national awards, including the 2018 Association for Academic Psychiatry's AAP Resident Psychiatric Educator Award and the 2018 American Academy of Addiction Psychiatry AAAP Fellow Travel Award Scholarship.

Dr. Rakocevic graduated with highest honors from the University of Belgrade, where she received both her medical degree and Master of Science in Psychiatry. She completed the Adult Psychiatry Residency Program at the University of Belgrade's Clinical Center of Serbia and was recruited to remain on staff practicing for 5 years as an Attending predominantly treating medically complex patients. Her love of teaching students and residents started in Europe and now continues at Mayo Clinic where she is immensely grateful for all the support her mentors and colleagues have shown her.

Lucille Fusaro Meinsler Program Administrator Award

Michele Peliel, BA

I'm honored to be nominated for the 2019 AADPRT's Lucille Fusaro Meinsler Program Administrator Award by my Program Director for my contributions to the UVM Medical Center's Psychiatry Residency Program.

I'm grateful to have the opportunity to use my energy, my love for people and my belief in the program to help create a strong reputation for our program. When I started, there were morale issues with only matching 1 of 4 positions. I knew we had to make changes in our recruitment of applicants and was able to seek help/ideas from seasoned administrators on the listserv and at AADPRT meetings as well as learning to market the program through medical school fairs. Drawing on my past work experiences, I learned to better market our program, to deal with difficult people/sensitive issues effectively, to manage systems and busy people, and to stay organized. It takes initiative, an ability to adapt to change, and the ability to problem solve.



In my first year of recruitment, I created significant changes to the structure of the interview day and started welcoming applicants at the hotel. Recently, I introduced our google drive folder for applicants on all the information about our program and the area. I spent countless hours preparing for 3 site visits and 3 internal reviews which were successful including our last site visit where we received 5 years accreditation with commendation. I co-presented to the Executive Council of AADPRT when we requested formalizing the coordinators group into a caucus. As Chair of the Information Committee I worked to help improve the AADPRT website and enjoyed my work as Coordinator Representative on the AADPRT Information Management Committee. I was voted in by

my peers as a voting member of the GMEC at my hospital to represent administrators and their interests for a 2-year term.

I helped to be a sounding board for residents and faculty when a resident graduate died suddenly. In honor of that resident, I helped to create the Trevor Melamed MD Resident Support and Appreciation Fund that is funded by Trevor's family, faculty and resident alumni that helps to fund resident wellness/morale boosting initiatives brought forward by the residents.

Many people have told me that my strength is my intuition with people who I work closely with. That gift has helped me to keep an eye on the residents, foreseeing issues that could come up so we can tackle them before they grow. This also helps the program as a whole by modeling for the residents the integrity, professionalism, compassion, and understanding with patients and colleagues that we want them to develop.

Although this profession certainly deals with a lot of stress, constant change, an overload of tracking/administrative deadlines, and sometimes heartbreak, our career as Program Administrators continues to change and evolve into a special field of work. I am excited to see where it continues to lead and am happy to be a part of its evolution. After many years in this position, one thing is for sure: this is the single best career move I've ever made. I continue to look forward to managing this program and giving back to others who are starting on that journey by teaching them what I have learned along the way. To be recognized with this national award by my Program Director is the greatest honor.



American Association of Directors of Psychiatric Residency Training

2019 NNCI BRAIN Conference Scholars

Samantha F. Friend, MD, PhD

Dr. Samantha Friend is a PGY4 research track resident at the University of California, San Diego. She completed her PhD in Immunology studying basic signaling mechanisms of autoimmunity at the University of Colorado as part of the Medical Scientist Training Program. She also participated in clinical research during her final Medical School years on maternal immune function as a risk factor for anxiety and psychosis. Her current research interests include how inflammation and immune response, along with lifestyle factors, contribute to PTSD. Her NNCI Scholar submission included a *Neuroscience and the Media* module illustrating the how the press covers the connection between immunity and neurobiology.



Manesh Gopaldas, MD

Dr. Manesh Gopaldas is currently a PGY2 research track resident at Vanderbilt University Medical Center. After completing his third year of medical school, he pursued a clinical research experience at Columbia University/New York State Psychiatric Institute. He studied mood disorders and suicidal behavior and contributed to neuroimaging research on serotonin transporter binding. During his first year of residency, Manesh enjoyed his addiction and psychosis rotations and became fascinated by the overlap of these illnesses. His NNCI submission reviews the neurobiology, psychopharmacology, and management of an intriguing case of substance-induced psychosis.



Andy Novick, MD, PhD

Dr. Andy Novick is a PGY4 resident in the Department of Psychiatry and Human Behavior at Brown University. Prior to residency, he completed his dual MD/PhD training at the University of South Dakota, where he researched the long-term effects of adolescent social stress on cortical dopamine function. His main interests are in the neuroscience of early life experience and social attachment as well as psychopharmacology. As a PhD student, he discovered a love for teaching psychopharmacology to medical students. He has continued participating in both undergraduate and graduate medical education as a resident, where he is known to have fits of excitement when describing benzodiazepine receptor subtypes. His NNCI submission was a Clinical Commentary in Biological Psychiatry with the NNCI team (Changing the Way We Think About (and with) Antidepressants). He looks forward to bringing his enthusiasm to the NNCI and enhancing psychiatry education.

**Maggie Schneider, MD, PhD**

Dr. Maggie Schneider is a PGY-3 psychiatry resident in the research track at the Harvard Longwood Program. Prior to medical school, she received her B.A in Psychology from Boston College, and was a research fellow at NIMH. She completed her MD and PhD in Neuroscience at the University of Cincinnati, where her dissertation research explored neuroimaging and executive function in youth with bipolar disorder. Her current research focuses on finding biomarkers for risk and resilience to mood and psychotic disorders, and explores risk factors for the development of depression during medical training. She developed educational programs in medical humanities and research skills for medical students at the University of Cincinnati, and continues to be actively involved in medical education as a resident, including serving as a CHILD PRITE Fellow. Maggie's NNCI submission consists of a session designed to help residents understand the neuroscientific basis for the interaction between sleep and mood regulation, and develop strategies to talk to patients about these issues.

**Elizabeth Schwartz, MD, PhD**

Dr. Elizabeth Schwartz is a PGY4 resident in the Adult Psychiatry Residency Program at Dartmouth Hitchcock Medical Center. She completed her MD/PhD studies at the Icahn School of Medicine at Mount Sinai in New York. For her dissertation studies, under the mentorship of Dr. Charles Mobbs, she investigated the metabolic post-ingestive rewarding effects of glucose as compared to fructose. She is now interested in pursuing a career in addiction treatment. An undergraduate major in Film and Theater studies, she has had a long-standing interest in using visual mediums to convey knowledge, and her and Amanda's NNCI submission includes an interactive drawing exercise to facilitate a better understanding of the neuroanatomy involved in the pathogenesis and treatment of schizophrenia.



Amanda Silverio, MD

Dr. Amanda Silverio is a chief resident in the Adult Psychiatry Residency Program at Dartmouth-Hitchcock. During her residency, Amanda has become heavily involved in medical education. She has a particular interest in finding innovative ways of teaching medical students and residents about the pathogenesis behind the psychiatric pathologies we see in our patients and the neuroscientific basis for why our pharmacologic treatments work. Amanda and Elizabeth's NNCI submission included an interactive drawing exercise to help learners identify and locate important neuroanatomical structures in the pathogenesis and treatment of schizophrenia.

**Sean Wilkes, MD, MSc, ALM**

Dr. Sean Wilkes is a U.S. Army officer and a PGY3 resident psychiatrist at Tripler Army Medical Center. He has a background in neuroscience dating back to his undergraduate studies at Columbia. He began his career in the army as a preventive medicine science officer and later served as a clinical investigator in the Congo and as an inspector general at the Pentagon. He also holds masters degrees in biology from Harvard University and in biotechnology from the University of Maryland. As a medical student at the Uniformed Services University he developed an interest in neuropsychiatry and pursued research on traumatic brain injury. During residency, he has been heavily involved in teaching both medical students and residents. Sean's NNCI submission included a video on the role of complement molecules in the pathophysiology of schizophrenia.





American Association of Directors of Psychiatric Residency Training

2019 Lifetime Service Award Winners

James W. Lomax, II, MD

Dr. Lomax is the Karl Menninger Chair for Psychiatric Education and former Brown Foundation Chair for Psychoanalysis and Associate Chairman and Director of Educational Programs in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. He received his B.A. from Rice University in 1967 (Magna Cum Laude) and his M.D. (with honors) from Baylor College of Medicine in 1971. He was elected to Phi Beta Kappa and Alpha Omega Alpha. His internship in internal medicine at the University of Oregon/Portland VAH was followed by a residency in general psychiatry at Baylor College of Medicine. He served as chief resident and received the Eugen Kahn Award as the overall most outstanding resident. Dr. Lomax completed psychoanalytic training in 1986 at the Houston-Galveston Psychoanalytic Institute. He was appointed Professor of Psychiatry at Baylor in 1989 and Training and Supervising Psychoanalyst at the Houston-Galveston Psychoanalytic Institute in 1998. He is an adjunct faculty member and Board of Trustee member of the Institute for Spirituality and Health of the Texas Medical Center. He has chaired the planning committee for the annual Psychotherapy and Faith Conference for the Institute for 27 years and made many presentations at the conference.



Dr. Lomax is a former president of the American Association of Directors of Psychiatry Residency Training (AADPRT), Fellow of the American College of Psychiatrists (ACP), and Distinguished Fellow of the American Psychiatric Association (APA). He is a former president of the Houston Psychiatric Society and served on the Executive Board of the Rice University Alumni Association. Dr. Lomax served on the Residency Review Committee for Psychiatry and the Part I (Testwriting) Committee of the American Board of Psychiatry and Neurology.

Dr. Lomax served as Vice Chair or Chairman of Baylor's Graduate Medical Education Committee for 12 years with oversight responsibility for more than 1,200 residents in 78 ACGME accredited residency programs. He has served as Vice Chair of Baylor's Faculty Appointments and Promotions Committee. He was chair of Baylor's Academy of Distinguished Educators and has received three Fulbright and Jaworski Faculty

Excellence in Education Awards. He was chosen as the Distinguished Faculty Awardee by the Baylor College of Medicine Alumni Association in 2009.

Dr. Lomax has been recognized in The Best Doctors in America since its inception in 1992 and a Texas Monthly Top Doc since 2003. He received the Barbara and Corbin Robertson Presidential Award for Educational Excellence in 2003 and the Margaret and Ben Love, Bobby R. Alford Professionalism Award in 2007. He received the Oskar Pfister Award for excellence in Psychiatry and Spirituality in 2016.

Dr. Lomax's clinical interests are in psychoanalytic treatment of anxiety, mood, and personality disorders. His scholarly interests include the interface between religion, spirituality, and healing from a psychiatric and psychoanalytic perspective; sources of meaning in medicine; and ways to teach, measure, and remediate issues of professionalism in medical education. He received the Oskar Pfister Award for excellence in Psychiatry and Spirituality in 2016 and was a Visiting Professor at Universidade Federal de Juiz de Fora in 2014. He made presentations at the First and Third International Symposium on Spirituality in Clinical Practice in Porto Alegre and Canela Brazil in 2014 and 2018 respectively.

Laura Roberts, MD, MA

Dr. Laura Roberts serves as Chairman and the Katharine Dexter McCormick and Stanley McCormick Memorial Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. She is an internationally recognized scholar in bioethics, psychiatry, medicine, and medical education and is identified as the foremost psychiatric ethicist in this field. Over two decades, Dr. Roberts has received scientific, peer-reviewed funding from the National Institutes of Health, the Department of Energy, and private foundations to perform empirical studies of modern ethical issues in research, clinical care, and health policy, with a particular focus on vulnerable and special populations. Her work has led to advances in understanding of ethical aspects of physical and mental illness research, societal implications for genetic innovation, the role of stigma in health disparities, the impact of medical student and physician health issues, and optimal approaches to fostering professionalism in medicine. She has written hundreds of peer-reviewed articles and other scholarly works, and she has written or edited many books on professionalism and ethics in medicine, professional development for physicians, and clinical psychiatry. Dr. Roberts serves in several leadership roles at Stanford University and in the Stanford Medicine enterprise and was the first woman to be elected President of the American Association of Chairs of Departments of Psychiatry. Dr. Roberts has served as the Editor-in-Chief, Books for the American Psychiatric Association since 2016 and has been the Editor-in-Chief for the journal *Academic Psychiatry* since 2002. She serves as an editorial board member and peer reviewer for many scientific and education journals.

