**Firas A. Nakshabandi, M.D.**

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| **Date Prepared:**8/8/2018**Current Positions:** CEO & Founder of Empathic Resonance, LLCPrivate Practice Clinical Associate at the University of ChicagoIndependent Contractor at Chicago Lakeshore Hospital | **Contact Information:**Work: +1 (312) 646-2112Email:Firasnakshabandi@hotmail.comFiras@empathic-resonance.org**CAQH** ID# 13871582Website:www.empathic-resonance.org |

# Language Fluency

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| Arabic (Native fluency) | English (Native fluency) |

# Medical Education & Training

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| University of Chicago MedicineChild & Adolescent Psychiatry FellowshipHarvard Medical School / VA Boston Healthcare System Clinical Fellow in Psychiatry / Psychiatry Residency Saudi Commission for Health Specialties / King Khaled University HospitalPsychiatry Residency King Saud University College of MedicineDoctor of Medicine | Chicago, IL07/2014 - 07/ 2016Boston, MA07/2011 - 07/2014Riyadh, Saudi Arabia10/2003 - 09/2007Riyadh, Saudi Arabia08/1996 - 06/2002 |

**Board Certification & Qualifications**

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| Diplomate of the American Board of Psychiatry and Neurology Diplomate of the American Board of Psychiatry and Neurology Arab Board of Medical Specializations  | Child PsychiatryAdult PsychiatryPsychiatry | Cert no: 9943Cert no: 70270 | 201620152008 |

**Medical Licensure**

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| IllinoisIllinoisMassachusettsSaudi Arabia | Unrestricted Physician & SurgeonSchedule II Controlled SubstanceTemporary or LimitedConsultant Psychiatrist | 03613649324913911-R-M-0026482 | Exp. Date: 07/2020Exp. Date: 07/2020Exp. Date: 06/2014  |

# Leadership

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| Multidisciplinary Treatment Team LeaderVarious Leadership Projects Team Member | Lakeshore Hospital, University of Chicago Medicine, Harvard Medical School /VA BHS Saudi Commission for Health Specialties University of Chicago MedicineHarvard Medical School / VA Boston Healthcare System  | Routinely lead a team of social workers, nurses, psychologists, junior psychiatrists and medical students in various settingsAlso supervised & staffed with junior residents & medical students on call Committees, poster presentations and publications in the field of leadership, focus on how it pertains to medical education, attended various workshops on education, leadership, group dynamics & systems redesign |

**Academic / Scholarly Positions**

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| Adjunct Assistant ProfessorCo-Editor | College of Medicine, AlFaisal UniversityIllinois Psychiatric Society Newsletter (District Branch of the APA) | 2016 2016 - Present |

# Committee Service & Advisory Boards

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| Private Practice CommitteeMusic Therapy Advisory Board (Invited Testimony)Recruitment & Selection CommitteeEducational Policy CommitteeACGME Milestones Implementation CommitteeLEAN Systems Redesign Committee on Inter-Facility Patient TransfersQuality Improvement Committee on Implementing a Women’s Mental Health RotationCOOL (Creating Opportunities for Organized Leadership) Committee on Implementing Computerized Interventions on a Detox Unit | Illinois Psychiatric Society (District Branch of the APA)Illinois Department of Financial & Professional Regulation, Division of Professional RegulationUniversity of Chicago Child & Adolescent Psychiatry Fellowship Training ProgramHarvard South Shore Psychiatry Residency Training ProgramHarvard South Shore Psychiatry Residency Training ProgramHarvard South Shore Psychiatry Residency Training Program / VA Boston Healthcare SystemHarvard South Shore Psychiatry Residency Training Program / VA Boston Healthcare SystemHarvard South Shore Psychiatry Residency Training Program / VA Boston Healthcare System |

# Membership & Honorary / Professional Societies

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| American Telemedicine AssociationSociety for the Study of Psychiatry & CultureCollegium Telemedicus Illinois Psychiatric Society Illinois Counsel of Child & Adolescent PsychiatryAmerican Psychiatric AssociationAmerican Academy of Child & Adolescent PsychiatryMassachusetts Psychiatric Society Saudi Commission for Health SpecialtiesNetwork of Arab American Professionals General Hypnotherapy Register | 2016 - Present2016 - Present 2016 - Preset2014 - Present2014 - Present2012 - Present2012 - Present2012 - 20142008 - Present2008 - Present 2008  |

# Medical School Honors / Awards

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| Top PRITE score Certificate for "Top PRITE score" Certificate of Appreciation for “Excellent” performance Certificate of Appreciation for “Overall Excellent Performance” | University of Chicago Medicine CAP Fellowship, Chicago, ILHarvard South Shore Psychiatry Residency, Boston, MADepartment of Surgery, King Khaled University Hospital, Riyadh, Saudi ArabiaOccupational Medicine, Saudi Aramco, Dhahran, Saudi Arabia. | 2015201220022001 |

# Work Experience (see attached supplemental for details)

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| University of Chicago Medical Canter | Clinical Associate | 08/2018 - Present |
| Chicago Lakeshore Hospital Children’s Pavilion | Inpatient Child & Adolescent Attending Psychiatrist, Private Practice Contractor | 02/2017 - Present |
| Empathic Resonance, LLC | CEO & Founder of Empathic Resonance, LLC, Private Practice, Contracting & Consulting | 07/2016 - Present |
| University of Chicago Medicine | Child & Adolescent Psychiatry Fellow | 07/2014 - 06/2016 |
| Harvard Medical School / VA Boston Healthcare System | Psychiatry Resident | 07/2011 - 07/2014  |
| King Khaled University Hospital / Saudi Commission for Health Specialties | Psychiatry Resident | 10/2003 - 09/2007  |
| King Khaled University Hospital | Medical Intern | 07/2002 - 07/2003  |
| Saudi Aramco | Medical Sub-Intern | 06/2001 - 08/2001 |

# Volunteer Experience

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| Volunteer | Collegium Telemedicus, Syrian Tele-Mental Health Network | 2016 - 2017  |
| Volunteer  | Public Awareness Outreach Initiative Project (Social Media & Lecture Series)  | 2016 - Present  |

# Research Experience

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| Child & Adolescent Psychiatry FellowClinical Fellow in PsychiatryVisiting ResearcherSenior Resident (R4), visiting researcher | IRB approved retrospective study on links between slow wave sleep, inflammation and mental health in a pediatric populationResearched relationship between Arab Culture and possible effects on Child & Adolescent DevelopmentResearch relating to Tavistock Group Relations conferences & implications for medical education, attended two weekend meetings at Loyola & Northwestern UniversityWorked on ongoing research into ECT in Adolescents, as well as Racial Disparities in the Pattern of Referral & Service Use of Children with Autism Spectrum Disorders | University of ChicagoKaram Radwan, M.D.Kathryn Keenan, PhDHarvard Medical SchoolUniversity of Illinois at Chicago (UIC)Suma Jacob, M.D., PhDUniversity of MichiganMohammad Ghaziuddin, M.D. | 07/2014 - 06/2016 07/2013 - 06/201311/2010 - 06/2011 04/2007 - 05/2007  |

**Journal Publications**

1. *Preparing Residents in Training to become Health-Care Leaders: a pilot project.* Guerrera RJ, Dismukes R, Edwards M, Feroze U, Nakshabandi F, Tanaka G, Tang M. (2011). Journal of Academic Psychiatry. 2014 Dec; 38(6):701-5. PMID 25026945
2. *Cognitive Demands and Bias: Challenges Facing Clinical Competency Committees*. Dickey C, Thomas C, Feorze U, Nakshabandi F, Cannon B. (2017). Journal of Graduate Medical Education: April 2017, Vol. 9, No. 2, pp. 162-164. PMID 28439346
3. *From the Dark Side Back to the Light*: *An Argument for “Teaching Empathy” or The Therapeutic Evocation of Empathy to Achieve Altruistic Drive.* Nakshabandi, F (2016). Journal of Humanistic Psychiatry Winter 2017 / Volume 5 · Issue 1 ISSN: 2325-9485 pp. 29-31
4. *On Empathy, Stress, Bias & Humanity: The Empathy-Distress Cycle.* Nakshabandi, F (2017). Journal of Humanistic Psychiatry Spring 2017 / Volume 5 · Issue 2 ISSN: 2325-9485 pp. 5-10
5. *The Genie of the Mind: Jinn, Witchcraft & Psychiatry.* Nakshabandi, F (2017). Journal of Humanistic Psychiatry Fall 2017 / Volume 5 · Issue 4 ISSN: 2325-9485

**Articles / Abstracts / Poster Presentations**

1. *Guns, Rights, Safety & Stigma: Where Should We Stand?* Nakshabandi F, M.D. (2017). Illinois Psychiatric Society Mind Matters. April 2017 pp. 5 & 14
2. *Correlation between Slow Wave Sleep & Inflammation Biomarkers: Implications for Mental Health*. Nakshabandi F, M.D. (2016).Research findings presented at University of Chicago Graduation; Chicago, IL
3. *Effects of Arab Culture on Child & Adolescent Development*. Nakshabandi F, M.D. (2013).Poster presented at both: Harvard Day & VA Research Day; Boston, MA.
4. [*Harvard South Shore (HSS): Residents Leading Milestones Implementation*](http://www.harvardsouthshorepsychiatry.org/wp-content/uploads/2013/08/Milestone-poster-Final-Dr.-Usama.pdf)*.* Feroze U, M.D., Nakshabandi F, M.D. (2013*).* Poster presented at both: Harvard Day & VA Research Day; Boston, MA.
5. *Leadership Opportunities During Residency: Challenges Faced in Restructuring a Complex & Multidimensional Residency Training Curriculum*. Zucker Z, M.D., Sava S, M.D., PhD, Tang M, D.O., MPH, Feroze U, M.D., Nakshabandi F, M.D., Dismukes R, PhD, MHA, Dickey C, M.D. (2013). Poster presented at both: Harvard Day & VA Research Day; Boston, MA.
6. *Implementing Computerized Interventions for Addictions Treatment on a Detoxification Unit.* Tarnavsky T, M.D., PhD, Nakshabandi F, M.D., Khan I, M.D., Festin F, M.D., Dismukes R, PhD, MHA, Chang G, M.D., MPH. (2012).. Poster presented at both: Harvard Day & VA Research Day; Boston, MA.

**Select Oral Presentations / Teaching Sessions / CME Presentations**

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| 1. *The Answer is Empathy: Practical Solutions to Everyday Problems / Physician Burnout & Stress (CME talk), (Invited Speaker)*
 | National Arab American Medical Association (NAAMA) 39th National Medical Convention, Westin Hotel, Chicago, IL | 2017 |
| 1. *Depression in Medical Illness / Anxiety & Somatoform Disorders / Neurocognitive Disorders (2.25 CME)*

*(Invited Speaker, Live Conference Plus Live Video Feed)* | American Medical Forum: Update CME -Internal Medicine & Primary Care, Chicago Conference, Embassy Suites, Chicago, IL | 2017 |
| 1. *Public Awareness Initiative Open Discussion on Mental Health*
 | Saudi Student Association, Loyola, Chicago | 2016 |
| 1. *From The Dark Side Back to the Light: An Argument for “Teaching Empathy” / The Therapeutic Evocation of Empathy to Achieve Altruistic Drive (Also Published Online)*
 | Interdisciplinary Grand Rounds Presentation, University of Chicago Psychiatry Department, with interstate Skype tele-conferencing | 2016 |
| 1. *Acculturation, Cultural Considerations & Cultural Formulation, Resident Case Consultations*
 | The Society for the Study of Psychiatry & Culture (SSPC) Annual Meeting, Minneapolis, MN | 2016 |
| 1. *Attitude or ADHD? Practical Tips on ADHD in the classroom*
 | Hyde Park Academy High School Teacher & Staff Interactive Panel, Chicago, IL | 2015 |
| 1. *Emotional Education: What Our Bodies are Telling Us & How Thoughts, Emotions & Behaviors are Related*
 | Hyde Park Academy High School Classroom Presentation, Chicago, IL | 2015 |
| 1. *Preparing for College*
 | Hyde Park Academy High School Parent Panel, Chicago, IL | 2015 |
| 1. *Multifactorial Altered Mental Status & Seizures: Dilemmas of a Complicated Case of SLE*
 | University of Chicago Psychiatry C/L Service, Chicago, IL | 2015 |
| 1. *Arab Culture & Child Development, a Psychiatric Perspective*
 | Harvard Psychiatry C/L Service, West Roxbury, MA  | 2013 |
| 1. *WE CARE: World Emergency Crisis Assessment & Relief Enterprise (Group Business Plan Project)*
 | Harvard South Shore Business & Leadership Course, Brockton, MA | 2013 |
| 1. *Somatic Treatment Methods*
 | Knowledge Based Review (KBR) Course, Brockton, MA | 2012 |
| 1. *Alzheimer’s & Memory: Updates on Behavioral Physiology*
 | Physiology of Behavior Course, Brockton, MA | 2012 |
| 1. *A Case of Neuropsychiatric Manifestations of SLE*
 | King Khaled University Hospital Psychiatry Department, Riyadh, Saudi Arabia | 2003 |

# Select CME Workshops and Institutes

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| Advanced Psychopharmacology for Practitioners | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Maudsley Center Model of Care | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Mentalization-Based Therapy for Self Harm | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Culturally Informed Child Psychiatric Practice | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Disaster Psychiatry: Updates to the Field | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Hypnosis as a Psychotherapeutic Facilitator | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Parent-Child Interaction Therapy | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Successful Telepsychiatry Program | AACAP 61st Annual Meeting | San Diego | 10/2014 |
| Advanced Child & Adolescent Psychopharmacology | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| The Assessment and Treatment of Preschool Children | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| The Child Psychiatrists’ Guide to Sleep Disorders | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| The Use of Individualized Positive Behavior Support | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| Integrated Treatment of Self-Destructive Behavior | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| Selective Mutism | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| Complementary and Integrative Medicine Research | AACAP 62nd Annual Meeting | San Antonio | 10/2015 |
| Trauma Focused CBT for Interpersonal Violence | AACAP 64th Annual Meeting | Washington DC | 10/2017 |
| Starting a Private Practice | AACAP 64th Annual Meeting | Washington DC | 10/2017 |
| International Medical Graduate Mentorship | AACAP 64th Annual Meeting | Washington DC | 10/2017 |
| Basic Concepts in Mentalizing Therapy | AACAP 65th Annual Meeting | Seattle | 10/2018 |
| Workshop for Clinicians on Using Music in Treatment | AACAP 65th Annual Meeting | Seattle | 10/2018 |
| DBT Toolkit for Child Psychiatrists | AACAP 65th Annual Meeting | Seattle | 10/2018 |
| CBT for Insomnia | AACAP 65th Annual Meeting | Seattle | 10/2018 |

# Additional Training, Workshops & Certifications

LEAN Six Sigma White Belt

Family Based Treatment of Eating Disorders (Maudsley Method) (FBT)

Cognitive Behavioral Therapy (CBT)

Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
Cognitive Processing Therapy (CPT)

Parent Child Interactive Therapy (PCIT)

Motivational Interviewing (MI)

Clinical Hypnotherapy

Eye Movement Desensitization & Reprocessing (EMDR)

Electroconvulsive Therapy (ECT)

Tavistock Group Relations Conferences

Psychodynamic Psychotherapy

Psychodrama

# Additional Public Awareness and Educational Initiatives

Featured guest radio appearance on WCEV-1450 AM discussing Empathy & Psychiatry

Engagement across various multimedia outlets including YouTube, SnapChat and Facebook

Resources are also published and maintained on [www.empathic-resonance.org](http://www.empathic-resonance.org)

# Areas of Interest / Competencies

Child & Adolescent Psychiatry, Trauma, Leadership & Group Dynamics, Tele-Psychiatry, Hypnotherapy, Empathy, Cultural Psychiatry, Academics & Teaching, Supplementary & Holistic Treatment Modalities, Social Media Outreach

# Hobbies

Composing music, photography, digital image processing, travel, foreign languages, painting, mineral & rock collecting, writing

# Other Awards / Scholarships / Accomplishments

*King Abdullah Scholarship* from Saudi Ministry of Higher Education for abroad studies

*Outstanding Academic Achievement Presidential Academic Fitness Award*, signed by George Bush, Bloomington, IN Social Studies Award for *Good Citizenship & Scholarship*, Bloomington, IN

*Excellent* Academic Achievement in both Ministry and Special English Programs in all years of attendance at Najd National Schools, Riyadh, Saudi Arabia