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

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| **Date Prepared:**  8/8/2018  **Current Positions:**  CEO & Founder of Empathic Resonance, LLC  Private Practice  Clinical Associate at the University of Chicago  Independent Contractor at Chicago Lakeshore Hospital | **Contact Information:**  Work: +1 (312) 646-2112  Email:  [Firasnakshabandi@hotmail.com](mailto:Firasnakshabandi@hotmail.com)  Firas@empathic-resonance.org  **CAQH** ID# 13871582  Website:  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 Medicine  Child & Adolescent Psychiatry Fellowship  Harvard Medical School / VA Boston Healthcare System  Clinical Fellow in Psychiatry / Psychiatry Residency  Saudi Commission for Health Specialties / King Khaled University Hospital  Psychiatry Residency  King Saud University College of Medicine  Doctor of Medicine | Chicago, IL  07/2014 - 07/ 2016  Boston, MA  07/2011 - 07/2014  Riyadh, Saudi Arabia  10/2003 - 09/2007  Riyadh, Saudi Arabia  08/1996 - 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 Psychiatry  Adult Psychiatry  Psychiatry | Cert no: 9943  Cert no: 70270 | 2016  2015  2008 |

**Medical Licensure**

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| Illinois  Illinois  Massachusetts  Saudi Arabia | Unrestricted Physician & Surgeon  Schedule II Controlled Substance  Temporary or Limited  Consultant Psychiatrist | 036136493  249139  11-R-M-0026482 | Exp. Date: 07/2020  Exp. Date: 07/2020  Exp. Date: 06/2014 |

# Leadership

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| Multidisciplinary Treatment Team Leader  Various Leadership Projects Team Member | Lakeshore Hospital, University of Chicago Medicine, Harvard Medical School /VA BHS  Saudi Commission for Health Specialties  University of Chicago Medicine  Harvard Medical School /  VA Boston Healthcare System | Routinely lead a team of social workers, nurses, psychologists, junior psychiatrists and medical students in various settings  Also 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 Professor  Co-Editor | College of Medicine, AlFaisal University  Illinois Psychiatric Society Newsletter (District Branch of the APA) | 2016  2016 - Present |

# Committee Service & Advisory Boards

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| Private Practice Committee  Music Therapy Advisory Board (Invited Testimony)  Recruitment & Selection Committee  Educational Policy Committee  ACGME Milestones Implementation Committee  LEAN Systems Redesign Committee on Inter-Facility Patient Transfers  Quality Improvement Committee on Implementing a Women’s Mental Health Rotation  COOL (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 Regulation  University of Chicago Child & Adolescent Psychiatry Fellowship Training Program  Harvard South Shore Psychiatry Residency Training Program  Harvard South Shore Psychiatry Residency Training Program  Harvard South Shore Psychiatry Residency Training Program /  VA Boston Healthcare System  Harvard South Shore Psychiatry Residency Training Program /  VA Boston Healthcare System  Harvard South Shore Psychiatry Residency Training Program /  VA Boston Healthcare System |

# Membership & Honorary / Professional Societies

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| American Telemedicine Association  Society for the Study of Psychiatry & Culture  Collegium Telemedicus  Illinois Psychiatric Society  Illinois Counsel of Child & Adolescent Psychiatry  American Psychiatric Association  American Academy of Child & Adolescent Psychiatry  Massachusetts Psychiatric Society  Saudi Commission for Health Specialties  Network of Arab American Professionals  General Hypnotherapy Register | 2016 - Present  2016 - Present 2016 - Preset  2014 - Present  2014 - Present  2012 - Present  2012 - Present  2012 - 2014  2008 - Present  2008 - 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, IL  Harvard South Shore Psychiatry Residency, Boston, MA  Department of Surgery, King Khaled University Hospital, Riyadh, Saudi Arabia  Occupational Medicine, Saudi Aramco, Dhahran, Saudi Arabia. | 2015  2012  2002  2001 |

# 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 Fellow  Clinical Fellow in Psychiatry  Visiting Researcher  Senior Resident (R4),  visiting researcher | IRB approved retrospective study on links between slow wave sleep, inflammation and mental health in a pediatric population  Researched relationship between Arab Culture and possible effects on Child & Adolescent Development  Research relating to Tavistock Group Relations conferences & implications for medical education, attended two weekend meetings at Loyola & Northwestern University  Worked 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 Chicago  Karam Radwan, M.D.  Kathryn Keenan, PhD  Harvard Medical School  University of Illinois at Chicago (UIC)  Suma Jacob, M.D., PhD  University of Michigan  Mohammad Ghaziuddin, M.D. | 07/2014 - 06/2016  07/2013 - 06/2013  11/2010 - 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