

# Firas A. Nakshabandi, M.D.

**Date Prepared:**

04/20/2017

**Personal Information:**

DOB: 1979

Place of Birth: Bloomington, IN, USA

**Current Position:**

CEO &amp; Founder of EMPATHIC RESONANCE, LLC

Private Practice &amp; Independent Contractor

**Contact Information:**

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CAQH ID# 13871582

Website:

[www.empathic-resonance.org](http://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	Chicago, IL 07/2014 - 07/2016
Harvard Medical School / VA Boston Healthcare System Clinical Fellow in Psychiatry / Psychiatry Residency	Boston, MA 07/2011 - 07/2014
Saudi Commission for Health Specialties / King Khaled University Hospital Psychiatry Residency	Riyadh, Saudi Arabia 10/2003 - 09/2007
King Saud University College of Medicine Doctor of Medicine	Riyadh, Saudi Arabia 08/1996 - 06/2002

**Board Certification & Qualifications**

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Diplomate of the American Board of Psychiatry and Neurology	Child Psychiatry	Cert no: 9943	2016
Diplomate of the American Board of Psychiatry and Neurology	Adult Psychiatry	Cert no: 70270	2015
Arab Board of Medical Specializations	Psychiatry		2008

**Medical Licensure**

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Illinois	Unrestricted Physician & Surgeon	036136493	Exp. Date: 07/2017
Illinois	Schedule II Controlled Substance		Exp. Date: 07/2017
Massachusetts	Temporary or Limited	249139	Exp. Date: 06/2014
Saudi Arabia	Consultant Psychiatrist	11-R-M-0026482	

**Leadership**

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Multidisciplinary Treatment Team Leader	University of Chicago Medicine Harvard Medical School / VA Boston Healthcare System Saudi Commission for Health Specialties	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
Various Leadership Projects Team Member	University of Chicago Medicine Harvard Medical School / VA Boston Healthcare System	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	College of Medicine, Alfaisal University	2016 - Present
Co-Editor	Illinois Psychiatric Society Newsletter (District Branch of the APA)	2016 - Present

## Committee Service

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Recruitment & Selection Committee	University of Chicago Child & Adolescent Psychiatry Fellowship Training Program
Educational Policy Committee	Harvard South Shore Psychiatry Residency Training Program
ACGME Milestones Implementation Committee	Harvard South Shore Psychiatry Residency Training Program
Lean Systems Redesign Committee on Inter-Facility Patient Transfers	Harvard South Shore Psychiatry Residency Training Program / VA Boston Healthcare System
Quality Improvement Committee on Implementing a Women's Mental Health Rotation	Harvard South Shore Psychiatry Residency Training Program / VA Boston Healthcare System
COOL (Creating Opportunities for Organized Leadership) Committee on Implementing Computerized Interventions on a Detox Unit	Harvard South Shore Psychiatry Residency Training Program / VA Boston Healthcare System

## Membership & Honorary / Professional Societies

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American Telemedicine Association	2016 - Present
Society for the Study of Psychiatry & Culture	2016 - Present
Collegium Telemedicus	2016 - Present
Illinois Psychiatric Society	2014 - Present
Illinois Counsel of Child & Adolescent Psychiatry	2014 - Present
American Psychiatric Association	2012 - Present
American Academy of Child & Adolescent Psychiatry	2012 - Present
Massachusetts Psychiatric Society	2012 - 2014
Saudi Commission for Health Specialties	2008 - Present
Network of Arab American Professionals	2008 - Present
General Hypnotherapy Register	2008

## Medical School Honors / Awards

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Top PRITE score	University of Chicago Medicine CAP Fellowship, Chicago, IL	2015
Certificate for "Top PRITE score"	Harvard South Shore Psychiatry Residency, Boston, MA	2012
Certificate of Appreciation for "Excellent" performance	Department of Surgery, King Khaled University Hospital, Riyadh, Saudi Arabia	2002
Certificate of Appreciation for "Overall Excellent Performance"	Occupational Medicine, Saudi Aramco, Dhahran, Saudi Arabia.	2001

## Work Experience (see attached supplemental for details)

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

## Volunteer Experience

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Volunteer	Collegium Telemedicus, Syrian Tele-Mental Health Network	02/ 2016- Present
Volunteer	Public Awareness Outreach Initiative Project (Social Media & Lecture Series)	09/ 2016- Present

## Research Experience

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Child & Adolescent Psychiatry Fellow	IRB approved retrospective study on links between slow wave sleep, inflammation and mental health in a pediatric population	University of Chicago Karam Radwan, M.D. Kathryn Keenan, PhD	07/2014 - 06/2016
Clinical Fellow in Psychiatry	Researched relationship between Arab Culture and possible effects on Child & Adolescent Development	Harvard Medical School	07/2013 - 06/2013
Visiting Researcher	Research relating to Tavistock Group Relations conferences & implications for medical education, attended two weekend meetings at Loyola & Northwestern University	University of Illinois at Chicago (UIC) Suma Jacob, M.D., PhD	11/2010 - 06/2011
Senior Resident (R4), visiting researcher	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 Michigan Mohammad Ghaziuddin, M.D.	04/2007 - 05/2007

## Scholarship

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### Journal Publications

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1. *Preparing Residents in Training to become Health-Care Leaders: a pilot project.* Guerrero 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.
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

## Articles / Abstracts / Poster Presentations

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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.* 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

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1. *Public Awareness Initiative Open Discussion on Mental Health* Saudi Student Association, Loyola, Chicago 2016
2. *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
3. *Acculturation, Cultural Considerations & Cultural Formulation, Resident Case Consultations* The Society for the Study of Psychiatry & Culture (SSPC) Annual Meeting, Minneapolis, MN 2016
4. *Attitude or ADHD? Practical Tips on ADHD in the classroom* Hyde Park Academy High School Teacher & Staff Interactive Panel, Chicago, IL 2015
5. *Emotional Education: What Our Bodies are Telling Us & How Thoughts, Emotions & Behaviors are Related* Hyde Park Academy High School Classroom Presentation, Chicago, IL 2015
6. *Preparing for College* Hyde Park Academy High School Parent Panel, Chicago, IL 2015
7. *Multifactorial Altered Mental Status & Seizures: Dilemmas of a Complicated Case of SLE* University of Chicago Psychiatry C/L Service, Chicago, IL 2015
8. *Arab Culture & Child Development, a Psychiatric Perspective* Harvard Psychiatry C/L Service, West Roxbury, MA 2013
9. *WE CARE: World Emergency Crisis Assessment & Relief Enterprise (Group Business Plan Project)* Harvard South Shore Business & Leadership Course, Brockton, MA 2013
10. *Somatic Treatment Methods* Knowledge Based Review (KBR) Course, Brockton, MA 2012
11. *Alzheimer's & Memory: Updates on Behavioral Physiology* Physiology of Behavior Course, Brockton, MA 2012
12. *A Case of Neuropsychiatric Manifestations of SLE* King Khaled University Hospital Psychiatry Department, Riyadh, Saudi Arabia 2003

## **Additional Training, Workshops & Certifications**

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LEAN Six Sigma White Belt  
Family Based Treatment of Eating Disorders (Maudsley Method) (FBT)  
Cognitive Behavioral Therapy (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

## **Areas of Interest / Competencies**

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

## **Hobbies**

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

## **Other Awards / Scholarships / Accomplishments**

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"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