

Firas A. Nakshabandi, M.D.

Date Prepared:

2/3/2019

Current Positions:

CEO & Founder of Empathic Resonance, LLC
Private Practice
Clinical Associate at the University of Chicago
Outpatient Child & Adolescent Psychiatrist at La Rabida Children's Hospital

Contact Information:

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Language Fluency

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: 07/2020 |
| Illinois | Schedule II Controlled Substance | | Exp. Date: 07/2020 |
| 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 | Lakeshore Hospital, University of Chicago Medicine, Harvard Medical School /VA BHS 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 / Editorial Positions

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| Clinical Associate | The University of Chicago | 2019 - Present |
| Adjunct Assistant Professor | College of Medicine, AlFaisal University | 2016 |
| Co-Editor | Illinois Psychiatric Society Newsletter | 2016 - Present |
| Editorial Board Member | Journal of Humanistic Psychiatry ISSN: 2325-9485 | 2018 - Present |

Committee Service & Advisory Boards

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| Private Practice Committee | Illinois Psychiatric Society (District Branch of the APA) |
| Music Therapy Advisory Board (Invited Testimony) | Illinois Department of Financial & Professional Regulation, Division of Professional Regulation |
| 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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| La Rabida Children's Hospital | Outpatient Child & Adolescent Psychiatrist | 01/2019 - Present |
| University of Chicago Medical Center | Clinical Associate | 08/2018 - Present |
| Chicago Lakeshore Hospital Children's Pavilion | Inpatient Child & Adolescent Psychiatry Attending Psychiatrist, Private Practice Contractor | 02/2017 - 10/2018 |
| 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 | 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 |

Journal Publications

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, Feroze 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*. 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. <i>The Answer is Empathy: Practical Solutions to Everyday Problems / Physician Burnout & Stress (CME talk), (Invited Speaker)</i> | National Arab American Medical Association 2017 (NAAMA) 39 th National Medical Convention, Westin Hotel, Chicago, IL |
| 2. <i>Depression in Medical Illness / Anxiety & Somatoform Disorders / Neurocognitive Disorders (2.25 CME) (Invited Speaker, Live Conference Plus Live Video Feed)</i> | American Medical Forum: Update CME - 2017 Internal Medicine & Primary Care, Chicago Conference, Embassy Suites, Chicago, IL |
| 3. <i>Public Awareness Initiative Open Discussion on Mental Health</i> | Saudi Student Association, Loyola, Chicago 2016 |
| 4. <i>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)</i> | Interdisciplinary Grand Rounds Presentation, University of Chicago Psychiatry Department, with interstate Skype tele-conferencing 2016 |
| 5. <i>Acculturation, Cultural Considerations & Cultural Formulation, Resident Case Consultations</i> | The Society for the Study of Psychiatry & Culture (SSPC) Annual Meeting, Minneapolis, MN 2016 |
| 6. <i>Attitude or ADHD? Practical Tips on ADHD in the classroom</i> | Hyde Park Academy High School Teacher & Staff Interactive Panel, Chicago, IL 2015 |
| 7. <i>Emotional Education: What Our Bodies are Telling Us & How Thoughts, Emotions & Behaviors are Related</i> | Hyde Park Academy High School Classroom Presentation, Chicago, IL 2015 |
| 8. <i>Preparing for College</i> | Hyde Park Academy High School Parent Panel, Chicago, IL 2015 |
| 9. <i>Multifactorial Altered Mental Status & Seizures: Dilemmas of a Complicated Case of SLE</i> | University of Chicago Psychiatry C/L Service, Chicago, IL 2015 |
| 10. <i>Arab Culture & Child Development, a Psychiatric Perspective</i> | Harvard Psychiatry C/L Service, West Roxbury, MA 2013 |

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| 11. <i>WE CARE: World Emergency Crisis Assessment & Relief Enterprise (Group Business Plan Project)</i> | Harvard South Shore Business & Leadership Course, Brockton, MA | 2013 |
| 12. <i>Somatic Treatment Methods</i> | Knowledge Based Review (KBR) Course, Brockton, MA | 2012 |
| 13. <i>Alzheimer's & Memory: Updates on Behavioral Physiology</i> | Physiology of Behavior Course, Brockton, MA | 2012 |
| 14. <i>A Case of Neuropsychiatric Manifestations of SLE</i> | King Khaled University Hospital Psychiatry Department, Riyadh, Saudi Arabia | 2003 |

Select CME Workshops and Institutes

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

Guest appearance on WCIU T.V. Broadcast The Jam Discussing Domestic Violence
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

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

Provisional Patents Pending on Novel Therapies

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