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

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| **Date Prepared:**10/14/2017**Personal Information:**DOB: 1979Place of Birth: Bloomington, IN, USA**Current Position:** CEO & Founder of EMPATHIC RESONANCE, LLCPrivate Practice & Independent Contractor | **Contact Information:**Work: +1 (312) 623-0587Email: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 - Present2016 - Present |

# Committee Service & Advisory Boards

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| Music Therapy Advisory Board (Guest)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 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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| 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- Present  |
| 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 (In press)

**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 |

# 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, cultural immersion, 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