

# Firas A. Nakshabandi, M.D.

## Date Updated:

11/25/2019

## 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:

Office: +1 (312) 646-2112  
Email: [Firasnakshabandi@hotmail.com](mailto:Firasnakshabandi@hotmail.com)  
[contact@empathic-resonance.org](mailto:contact@empathic-resonance.org)  
CAQH ID# 13871582  
Website: [www.empathic-resonance.org](http://www.empathic-resonance.org)

## Language Fluency

---

Arabic (Native fluency)

English (Native fluency)

## Medical Education & Training

---

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

---

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

---

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

---

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

---

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

## Committee Service & Advisory Boards

---

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

---

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

---

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)

---

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

---

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

## Research Experience

---

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

---

- |   |   |      |
|---|---|------|
| 1. <i>Career Development: Life After Training / Private Practice</i>  | University of Chicago Child Psychiatry<br>Fellows Didactics Session, Chicago, IL  | 2019 |
| 2. <i>The Answer is Empathy: Practical Solutions to Everyday Problems / Physician Burnout &amp; Stress (CME talk), (Invited Speaker)</i>                                      | National Arab American Medical Association<br>(NAAMA) 39 <sup>th</sup> National Medical Convention,<br>Westin Hotel, Chicago, IL        | 2017 |
| 3. <i>Depression in Medical Illness / Anxiety &amp; Somatoform Disorders / Neurocognitive Disorders (2.25 CME) (Invited Speaker, Live Conference Plus Live Video Feed)</i>    | American Medical Forum: Update CME -<br>Internal Medicine & Primary Care, Chicago<br>Conference, Embassy Suites, Chicago, IL            | 2017 |
| 4. <i>Public Awareness Initiative Open Discussion on Mental Health</i>  | Saudi Student Association, Loyola, Chicago  | 2016 |
| 5. <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,<br>University of Chicago Psychiatry Department,<br>with interstate Skype tele-conferencing | 2016 |
| 6. <i>Acculturation, Cultural Considerations &amp; Cultural Formulation, Resident Case Consultations</i>  | The Society for the Study of Psychiatry &<br>Culture (SSPC) Annual Meeting, Minneapolis,<br>MN  | 2016 |
| 7. <i>Attitude or ADHD? Practical Tips on ADHD in the classroom</i>   | Hyde Park Academy High School Teacher &<br>Staff Interactive Panel, Chicago, IL   | 2015 |
| 8. <i>Emotional Education: What Our Bodies are Telling Us &amp; How Thoughts, Emotions &amp; Behaviors are Related</i>  | Hyde Park Academy High School Classroom<br>Presentation, Chicago, IL  | 2015 |
| 9. <i>Preparing for College</i>   | Hyde Park Academy High School Parent<br>Panel, Chicago, IL  | 2015 |
| 10. <i>Multifactorial Altered Mental Status &amp; Seizures: Dilemmas of a Complicated Case of SLE</i>   | University of Chicago Psychiatry C/L Service,<br>Chicago, IL  | 2015 |

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

### Select CME Workshops and Institutes

---

Advanced Psychopharmacology for Practitioners	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Maudsley Center Model of Care	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Mentalization-Based Therapy for Self Harm	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Culturally Informed Child Psychiatric Practice	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Disaster Psychiatry: Updates to the Field	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Hypnosis as a Psychotherapeutic Facilitator	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Parent-Child Interaction Therapy	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Successful Telepsychiatry Program	AACAP 61 <sup>st</sup> Annual Meeting	San Diego	10/2014
Advanced Child & Adolescent Psychopharmacology	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
The Assessment and Treatment of Preschool Children	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
The Child Psychiatrists' Guide to Sleep Disorders	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
The Use of Individualized Positive Behavior Support	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
Integrated Treatment of Self-Destructive Behavior	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
Selective Mutism	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
Complementary and Integrative Medicine Research	AACAP 62 <sup>nd</sup> Annual Meeting	San Antonio	10/2015
Trauma Focused CBT for Interpersonal Violence	AACAP 64 <sup>th</sup> Annual Meeting	Washington DC	10/2017
Starting a Private Practice	AACAP 64 <sup>th</sup> Annual Meeting	Washington DC	10/2017
International Medical Graduate Mentorship	AACAP 64 <sup>th</sup> Annual Meeting	Washington DC	10/2017
Basic Concepts in Mentalizing Therapy	AACAP 65 <sup>th</sup> Annual Meeting	Seattle	10/2018
Workshop for Clinicians on Using Music in Treatment	AACAP 65 <sup>th</sup> Annual Meeting	Seattle	10/2018
DBT Toolkit for Child Psychiatrists	AACAP 65 <sup>th</sup> Annual Meeting	Seattle	10/2018
CBT for Insomnia	AACAP 65 <sup>th</sup> Annual Meeting	Seattle	10/2018
Advanced Psychopharmacology Institute	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
How to Get Published	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
Child-Adult Relationship Enhancement (CARE) Training	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
Understanding Neuropsychological Assessments	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
Autoimmune Encephalitis Special Interest Group	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
How to Provide Asylum Evaluations for Children	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
"This Workshop Will be Improvised"	AACAP 66 <sup>th</sup> Annual Meeting	Chicago	10/2019
Safe Opioid Prescribing Training	IL License Requirement 2020	Chicago	11/2019
Sexual Harassment Prevention Training	IL License Requirement 2020	Chicago	11/2019
How Can Risk Management Help You?	APA Risk Management	Chicago	11/2019
Minimizing Risk When Treating Suicidal/Violent Patients	APA Risk Management	Chicago	11/2019
How to Prepare for a Deposition	APA Risk Management	Chicago	11/2019

## **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](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**

---

*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