

Firas A. Nakshabandi, M.D.

Date Prepared:

01/20/2017

Personal Information:

DOB: Jan, 30, 1979

Place of Birth: Bloomington, IN, USA

Current Position:

CEO & Founder of EMPATHIC RESONANCE, LLC

Private Practice & Independent Contractor

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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: 07/2017
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

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

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

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)

Empathic Resonance, LLC	CEO & Founder of Empathic Resonance, LLC, Private Practice, Contracting & Consultations	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	02/ 2016- Present
Volunteer	Public Awareness Outreach Initiative Project (Social Media & Lecture Series)	09/ 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

Scholarship

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, Cognitive Bias and Cost: Challenges Facing Clinical Competency Committees.* Dickey C, M.D., Feroze U, M.D., Nakshabandi F, M.D., Cannon C, M.D. Journal of Graduate Medical Education (2016). (In Press)
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 (In Press)

Unpublished Abstracts / Poster Presentations

1. *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
2. *Effects of Arab Culture on Child & Adolescent Development.* Nakshabandi F, M.D. (2013). Poster presented at both: Harvard Day & VA Research Day; Boston, MA.
3. *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.
4. *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.
5. *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

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, 2016
University of Chicago Psychiatry Department, with interstate Skype tele-conferencing
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

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

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