

Career Objective

Board-certified integrative psychiatrist leveraging clinical expertise and healthcare management background to advance evidence-based mental healthcare while developing innovative, accessible treatment delivery models.

Key Achievements:

- Launched and directed **THRIVE** (Trauma Healing and Resilience in Volatile Environments), a **pilot program** at Southern Illinois University establishing the **region's first comprehensive trauma-informed crisis response system**, integrating rapid intervention with long-term healing support in response to community-wide trauma.
- Appointed **Committee Member** of the **American Psychiatric Association's Presidential Taskforce on Lifestyle Medicine**, leading national initiatives in developing evidence-based lifestyle interventions for psychiatric care
- Selected as **Workgroup Member** for the **Sonya Massey Commission's Mental Health and Emergency Response Taskforce**, developing policy recommendations for addressing systemic healthcare inequities and emergency response protocols at state level
- Received **2024 AADPRT Nyapati Rao and Francis Lu IMG Fellowship Award** for creating and implementing an innovative **Integrative Psychiatry Curriculum**
- Successfully established and led the **Integrative Medicine Track at Southern Illinois University Psychiatry Residency Program**, pioneering integration of complementary approaches with traditional psychiatric care
- Developed and implemented **comprehensive training programs** reaching over **2500+ healthcare professionals** worldwide in integrative psychiatry and mental health awareness
- Conducted **international leadership development programs** for **500+ participants**, including **200+ government and healthcare officials** in Ukraine
- Spearheaded multiple **community engagement initiatives** and **academic programs**, resulting in **100% increase** in participation and improved healthcare accessibility
- Pioneered evidence-based **integrative psychiatric care models**, successfully combining traditional psychiatry with complementary approaches to enhance patient outcomes
- Illinois Psychiatric Society 2025 **Community Service Award Winner**

Work Experience

- September, 2025 **Regional Hospital Healthcare Partners**
Board-eligible Psychiatrist providing comprehensive psychiatric care on an acute inpatient unit, including diagnostic evaluations, medication management, and treatment planning for complex psychiatric presentations. Lead multidisciplinary teams in daily round, and coordinate with social work for discharge planning. Ensure regulatory compliance while maintaining high standards of patient care through evidence-based interventions, crisis management, and family-centered treatment approaches. Collaborate effectively with nursing staff, therapists, and community providers to optimize patient outcomes and reduce readmission rates.
- July, 2020 - July, 2021 **Trauma Relief and Wellness Program Manager, The Center of Mind Body Medicine**
Managed the development and implementation of CMBM's comprehensive wellness programs in education and health systems across the U.S to provide trauma-informed care in areas afflicted with population wide trauma.

Role included strategizing, marketing, outreach, curriculum development. Created and cultivated relationships with key stakeholders including community partners, participants, and funders to engage community members in participating and conducting trauma-informed care. Conducted research to assess and evaluate clinical effects of wellness programs and evaluate methods continuing development

- April, 2019 - **Psychiatry Department, University of Arizona, Tucson, Arizona**
May, 2019 Assisted in developing and streamlining the integrative psychiatry curriculum for residency and fellowship. Optimized strategies to market the curriculum and establish it at five residency programs across the USA, including customizing the curriculum to each program's needs and means.
- March, 2019 **Andrew Weil Center for Integrative Medicine, Tucson, Arizona**
Developed social media marketing strategy for the integrative medicine elective rotation and created additional modules for the curriculum.
- 2014 - 2017 **Psychologist's Assistant, Bukovinian State Medical University, Ukraine**
Point of contact for English speaking students with mental health issues. Performed therapy sessions for mild-moderate severity patients with mood and anxiety disorders, stress, personality disorders, Burnout and Trauma. Acted as translator for meetings with Psychiatrist. Hosted and organized mental-health awareness events and hands-on workshops for international students.
- August, 2015 **Children First Mental Health Service, India**
Led group therapy sessions for adolescents with high functioning autism. Organized and streamlined administrative processes to improve the productivity and efficiency of the clinic. Designed social media marketing strategy and content for Clinic Services and Nationwide Awareness Events. Assisted in organizing and conducting training programs for psychiatrists, psychologists, educationalists and social workers.

Volunteer Work

- 2020 **#SAME HERE**
Volunteer work with this global mental health movement that aims to normalize society's perception of mental health. In this alliance of celebrities, CEOs, integrative practitioners, mental healthcare advocates and educationists; my volunteer work focuses on strategizing and conducting outreach for their educational and prevention/intervention programs to educational institutions, corporates and veterans in the global community.
- 2019 **Trauma Focused Care for Native Americans, Arizona**
Assisted in conducting a Center for Mind Body Medicine training program for Native Americans. Trauma focused care included training them in using breathing and meditation techniques, art therapy, music therapy and motivational interviewing.
- 2010 - 2011 **Healthcare Drives in Villages, India**
Assisted Dr. Kshama Maitrey, Padmashree award winner, in providing healthcare services to villagers in rural India
- 2009 - 2011 **Chinmaya Organization for Rural Development, India**
Conducted healthcare drives, women empowerment programs, mental health awareness campaigns, self-development workshops, family planning and tutoring sessions in over 150 Indian Villages.

Leadership Positions:

- 2025-Present **Executive Committee Member Integrative Psychiatry Caucus**
American Psychiatric Association

RESEARCH SUPPLEMENT

Research Roles

Research Assistant	Correlation between sleep – diet – neuropsychiatric diseases <i>with Dr. Michael Grandner</i> <i>University of Arizona, Department of Psychiatry</i>
Research Assistant	Sleep patterns relation to cardiometabolic disease risk and neurocognitive function, and it's role in treating psychiatric diseases. <i>with Dr. Michael Grandner</i> <i>University of Arizona, Department of Psychiatry</i>
Research Assistant	Implementation and Development of Integrative Psychiatry Curriculum <i>with Dr. Noshene Ranjbar and Dr. Amelia Villagomez</i> <i>University of Arizona, Department of Psychiatry</i>
Research Assistant	Mind Body Medicine Skills Group <i>with Dr. Noshene Ranjbar and Dr. Amelia Villagomez</i> <i>University of Arizona, Department of Psychiatry</i>
Clinical Project Manager	BIST Protocol <i>with Dr. Chanel Heermann and Dr. Ronald Glick,</i> <i>University of Colorado, Department of Psychiatry</i> <i>Saybrook University, Integrative Psychiatry</i>

Research Presentations and Conferences

2025, Rhode Island	Key Note Talk <i>The Unseen Stories, Generational Trauma</i> <i>Rhode Island Holistic Mental Health Conference 2025</i>
2025, Los Angeles, USA	Oral Presentation <i>Harnessing Social Connection in Psychiatric Practice: Recovery, Prevention, and Community Resilience</i> <i>American Psychiatric Association Annual Meeting 2025</i>
2025, Los Angeles, USA	Oral Presentation <i>Explore the Ongoing Impact of Historical Trauma on South Asian Communities: A Culturally Attuned Approach</i> <i>American Psychiatric Association Annual Meeting 2025</i>
2025, Los Angeles, USA	Oral Presentation <i>Breathe to Heal: Implementing Varied Breathwork Techniques for Mental Health Recovery</i> <i>American Psychiatric Association Annual Meeting 2025</i>
2025, Springfield, USA	Ignite Talk <i>Advancing Integrative Medicine Education: Implementing and Expanding the Psychiatry Residency Track</i> <i>15th Annual Teaching & Learning Symposium at SIU-SOM 2025</i>
2024, New York, USA	Oral Presentation <i>Healing Intergenerational Trauma in South Asians</i> <i>American Psychiatric Association Annual Meeting 2024</i>
2024, Springfield, USA	Oral Presentation <i>Words That Heal: Unveiling the Transformative Power of Trauma-Informed Language</i> <i>Kenniebrew-McNeese Health Equity Conference, 2024</i>

2023 San Francisco, USA	Poster Presentation <i>Whole Brain Radiation Induced Bipolar Disorder with Psychosis - A Clinical Case Report</i> <i>American Psychiatric Association Annual Meeting 2023</i>
2021, Virtual	Poster Presentation <i>Implementing of Mind-Body Skills Group in Psychiatry Residency Training</i> <i>Integrative Medicine and Health Symposium</i>
2021 Virtual	Poster Presentation <i>Development and Implementation of Integrative Psychiatry Curriculum</i> <i>American Psychiatric Association Annual Meeting 2021</i>
2021 Virtual	Poster Presentation <i>The Relationship Between Sleep and Suicidal Ideation in College Students</i> <i>SLEEP 2021 Conference</i>
2021 Virtual	Poster Presentation <i>Development and Implementation of Integrative Psychiatry Curriculum</i> <i>American Academy of Child and Adolescent Psychiatry</i>
2021, Virtual	Oral Presentation <i>Transforming Psychological Trauma Through Mind-Body Skills: An evidence-based approach for individuals, groups, and communities</i> <i>American Psychiatric Association Annual Meeting 2021</i>
2020, Philadelphia, USA	Oral Presentation <i>MESS Philosophy (Mental, Emotional, Social and Spiritual Stability) –Social Determinants of Health and mental health</i> <i>Creativity in Medicine by Doctors Who Create 2020</i>
2020, Philadelphia, USA	Oral Presentation <i>Implementation and Development of Integrative Psychiatry Curriculum</i> <i>Creativity in Medicine by Doctors Who Create 2020</i>
2017, Cluj, Romania	1st place <i>Gut Lipopolysaccharide ameliorates tissue injury during severe acute pancreatitis</i> <i>MEDICALIS</i>
2016 Timisoara, Romania	1st Place <i>Enteral Binding of Lipolysaccharide ameliorates tissue injury during severe acute pancreatitis</i> <i>MEDIS - XIXth International Medical Congress of Youth Scientist</i>
2016 Chernivtsi, Ukraine	3rd Place <i>Influence of NAC on Glutathione metabolism and antioxidant status in SI during Acute Necrotizing Pancreatitis</i> <i>Bukovinian International Medical and Pharmaceutical Congress</i>
2016 Chernivtsi, Ukraine	Participation <i>Small Intestinal Bacterial Overgrowth during Acute Necrotizing Pancreatitis in Rats</i> <i>Bukovinian International Medical and Pharmaceutical Congress</i>
2015 Chernivtsi, Ukraine	Best Presentation <i>Complex Treatment of duodenal ulcer disease in children</i> <i>Bukovinian International Medical and Pharmaceutical Congress</i>
2015 Chernivtsi, Ukraine	Best Presentation <i>Effect of Omega-3 Fatty Acids and cardiovascular system</i> <i>Bukovinian International Medical Congress</i>
2015 Chernivtsi, Ukraine	Participation <i>Role of antioxidants in Severe Acute Pancreatitis</i> <i>Bukovinian International Medical Congress</i>

2015 Kiev, Ukraine	Best Presentation <i>Ayurveda: Ancient Medicine in a Modern World, and integrative approach</i> <i>Inter-university International English Speaking Club Competition on Modern Life and Health</i>
2014 Chernivtsi, Ukraine	3rd Place <i>Protective effects of Quercetin on Organs during severe acute pancreatitis</i> <i>Bukovinian International Medical and Pharmaceutical Congress</i>
2014 New Delhi, India	Award of Appreciation <i>Antioxidant effects of Quercetin in Multiorgan Failure in severe acute pancreatitis</i> <i>MEDSICON</i>
2013 Chernivtsi, Ukraine	Outstanding Participation <i>Hypoglycemic and Antioxidant effects of Melatonin on alloxan diabetic rats</i> <i>Bukovinian International Medical and Pharmaceutical Congress</i>
2013 Berlin, Germany	2nd Position in Poster Presentation <i>Protective effects of melatonin in alloxan diabetic rats under conditions of constant darkness</i> <i>European Students' Conference</i>
2012 Chernivtsi, Ukraine	Outstanding Participation <i>Role of Nature and Nurture in forming the Psychology of a Terrorist</i> <i>Bukovinian International Medical and Pharmaceutical Congress</i>

*All poster and oral presentations abstracts are published in the conference specific journal

Healthcare Leadership and Administrative Conferences

2024, Austin, USA	Francis Lu and Nyapati Rao International Medical Graduate (IMG) Award Winner <i>Developing Integrative Psychiatry Elective Program for Residents and Medical Students</i> <i>American Association of Directors of Psychiatric Residency Training</i>
2016 Chernivtsi, Ukraine	Best Presentation <i>Developing leaders for the future of medicine - a priority or choice?</i> <i>Bukovinian International Medical and Pharmaceutical Congress of Students and Young Scientists</i> <i>"Priorities and Prospects of Youth Scientist"</i>
2016 Chernivtsi, Ukraine	Outstanding Participation <i>Formation of leadership mindsets in Student Governments</i> <i>International Scientific Practical Conference of Students and Young Scientists "Formation of a Civil Stand in the System of Student Government Organs"</i>
2015 Chernivtsi, Ukraine	Participation <i>Are leaders born or created - the psychology of a leader</i> <i>Bukovinian International Medical and Pharmaceutical Congress of Students and Young Scientists Symposium on Healthcare Leadership</i>
2015 Chernivtsi, Ukraine	Best Presentation <i>How to develop Healthcare Leaders in Medical Schools</i> <i>International Scientific-Practical Conference of Students and Young Scientists</i>
2014 Chernivtsi, Ukraine	Outstanding Participation <i>Leadership and Organizational Perspectives in Healthcare</i> <i>International Scientific-Practical Conference of Students and Young Scientists</i>

Research Publications

2025, USA	American Journal of Psychiatry <i>Executive Summary of the APA Lifestyle Psychiatry Workgroup Report</i>
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- 2024,
Singapore **Nutrition and Psychiatric Disorders, Nutritional Neurosciences**
Ketogenic Diet, Mediterranean Diet, and Mental Health
DOI: [10.1007/978-981-97-2681-3_15](https://doi.org/10.1007/978-981-97-2681-3_15)
- 2024,
Singapore **Nutrition and Psychiatric Disorders, Nutritional Neurosciences**
Effects of Coffee and Caffeine on Mood and Mood Disorders
DOI: [10.1007/978-981-97-2681-3_13](https://doi.org/10.1007/978-981-97-2681-3_13)
- 2023,
USA **Child and Adolescent Psychiatric Clinics of North America, Volume 32, Issue 2, Pages 193-216**
Complementary and Integrative Medicine for Anxiety in Children, Adolescents, and Young Adults.
DOI: [10.1016/j.chc.2022.08.006](https://doi.org/10.1016/j.chc.2022.08.006)
- 2023,
USA **Journal of American College Health**
Sleep continuity, timing, quality, and disorder are associated with suicidal ideation and suicide attempts among college students. DOI: [10.1080/07448481.2022.2155828](https://doi.org/10.1080/07448481.2022.2155828)
- 2022,
USA **The Journal of Clinical Psychiatry**
A comparison of sleep continuity, timing, quality, and disorder in association with a history of suicidal ideation and suicide attempts among college students.
- 2021,
USA **SLEEP Journal, Volume 44, Supplement 2**
The Relationship Between Sleep and Suicidal Ideation in College Students. DOI: [10.1093/sleep/zsab072.772](https://doi.org/10.1093/sleep/zsab072.772)
- 2021
USA **BMC Nutrition 7, Article number: 53 (2021)**
Culturally-Consistent Diet Among Individuals of Mexican Descent at the US-Mexico Border is Associated with Sleep Duration and Snoring DOI: [10.1186/s40795-021-00452-0](https://doi.org/10.1186/s40795-021-00452-0)
- 2021
Academic Psychiatry
Implementing a Mind-Body Skills Group in Psychiatric Residency Training DOI: [10.1007/s40596-021-01507-x](https://doi.org/10.1007/s40596-021-01507-x)
- 2020,
USA **Journal of the American Academy of Child & Adolescent Psychiatry 59(10):S172**
Development and implementation of an integrative psychiatry curriculum into residency and fellowship training: A five-year qualitative assessment DOI: [10.1016/j.jaac.2020.08.136](https://doi.org/10.1016/j.jaac.2020.08.136)
- 2019
Italy **Journal of Pancreas, Vol. 2(2) pg 67-71**
Utility of Presepsin for Diagnosis of Infected Acute Necrotizing Pancreatitis
- 2017
USA **International Surgical Journal, Vol.4(8) pg 2502 - 2506**
Comparison of open pancreatic necrosectomy with step-up minimal invasive approach as surgical treatment in patients with acute necrotizing pancreatitis. Cited in PubMed; PMID: 10.18203/2349-2902.i.
- 2016,
Hepato Pancreato Biliary Journal, Vol.18(1) pg136
Presepsin (SCD14 subtype) for infection diagnosis in patients with acute necrotizing pancreatitis. Cited in PubMed; PMID: 10.1016/j.hpb.2016.0.
- 2016,
Japan **Abstracts of IAP Meeting: Pancreatology, Vol. 16(4) pg. S165 – 166**
Chitosan nanoparticles loaded with sodium colistimethate effectively bind gut lipopolysaccharide and improve outcome of severe acute pancreatitis
- 2016,
Great Britain **Abstracts of 48th Meeting of European Pancreatic Club, Pancreatology Vol. 16(3)**
Diagnostic and prognostic utility of sCD14 in patients with acute necrotizing pancreatitis. Cited in PubMed; PMID: 10.18203/2349-2902.i.
- 2015,
Spain **Abstracts of 47th Meeting of European Pancreatic Club, Vol. 15(3) Pg S52**
Intestinal failure during acute necrotizing pancreatitis. Cited in PubMed; PMID: DOI: 10.1016/j.pan.2.
- 2014,
India **International Journal of Advanced Engineering and Nano Technology, Vol. 1(6) pg. 19 – 23**
Preparation of Chitosan Nanoparticles Loaded with Glutathione for Diminishing Tissue Ischemia-Reperfusion Injury.

Other Publications

- August, 2020
USA **The Legacy of Trauma in Minority Mental Health: Time to break an endless cycle**
Thrive Global: <https://thriveglobal.com/stories/the-legacy-of-trauma-in-minority-mental-health/>
- July, 2020
USA **Conspiracy Theories: Responding Compassionately to Beliefs Born of Fear**
Thrive Global: <https://thriveglobal.com/stories/conspiracy-theories/>
- June, 2020
USA **Pain that's not transformed, gets transmitted: Exploring the Effects of Intergenerational Trauma**
Thrive Global: <https://thriveglobal.com/stories/pain-thats-not-transformed-gets-transmitted/>
- April, 2020
USA **Mind-Body Medicine and Mental Health: The Unseen Needs of the Hour**
Thrive Global: <https://thriveglobal.com/stories/mind-body-medicine-and-mental-health/>