

CURRICULUM VITAE

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Business Address:

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EDUCATION

Bachelor of Medicine and Surgery (MBBCh.) – Ain Shams University, Faculty of Medicine, Cairo, Egypt, 2002–2009

Diploma in Health Care Management – Ain Shams University, Faculty of Medicine, Cairo, Egypt, 2009–2010

Master of Science (M.Sc.) in Neurology and Psychiatry – Ain Shams University, Faculty of Medicine, Cairo, Egypt, 2010–2012

Doctor of Medicine (M.D.) – Ain Shams University, Faculty of Medicine, Cairo, Egypt, 2013

POSTGRADUATE TRAINING

Residency:

Ain Shams University, Faculty of Medicine, Cairo, Egypt — Department of Psychiatry, **Combined Neurology & Psychiatry Residency**, 2010–2013. **Chief Resident**, 2012–2013

New York Medical College, Westchester Medical Center, Valhalla, NY — Department of Psychiatry and Behavioral Sciences, **General Psychiatry Residency**, 2016–2019

Fellowship:

Albert Einstein College of Medicine, Montefiore Medical Center, Bronx, NY — Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry, **Fellowship in Child & Adolescent Psychiatry**, 2019–2021

HONORS, AWARDS AND LEADERSHIP DEVELOPMENT:

New York Medical College — Teaching Excellence Award, 2018

American Psychiatric Association (APA) — Diversity Leadership Fellowship, 2018–2020

Psychiatry Congress — Elevate Innovation Scholarship in Digital Psychiatry, 2020

American Academy of Child and Adolescent Psychiatry (AACAP) — Educational Outreach Program (EOP) for Psychiatry Residents' Award, 2018, 2019

Association for Academic Psychiatry — Resident Psychiatric Educator Award, 2019–2021

Association of Family Psychiatrists — Resident Recognition Award for Excellence in Family-Oriented Care, 2021–2022

Diversity, Equity, and Inclusion (DEI) Champion Award — Lifespan Physician Group (recognized for advancing cultural humility and inclusive practices), 2024

Runner-Up & Injury Focus Award — Center for Digital Health Pitch Competition, Brown University Health, “Buddies Spaces” (\$20,000), 2024

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

Educational Commission for Foreign Medical Graduates (ECFMG) Certification, 2015

Board Certified in Adult and General Psychiatry — Diplomate, American Board of Psychiatry and Neurology, 2023–present

Board Certified in Child and Adolescent Psychiatry — Diplomate, American Board of Psychiatry and Neurology, 2024–present

Certified Group Psychotherapist — International Board for Certification of Group Psychotherapists, 2021–present

License to Practice Medicine:

New York: 2020–present

Rhode Island: 2021–present

Massachusetts: 2023–present

OTHER THERAPY TRAINING AND EXPERIENCE:

Essentials of Cognitive Behavioral Therapy (CBT) — 4-week course with Judith S. Beck, PhD, Beck Institute for Cognitive Behavior Therapy, 2018

Dialectical Behavior Therapy (DBT) Training — Focused on adolescents and families; in-person training with Dr. Alec Miller, Montefiore Medical Center, 2019

Psychoanalytic Training Program — Affiliated with New York Medical College, 24-month program, 2017–2019

Group Therapy Training — Mentalization Based Treatment (MBT) and DBT for borderline personality disorder; 12-month program (twice weekly) during PGY-3, 2018–2019

MBT for Borderline Personality Disorder and CBT for Psychosis — Adult weekly psychotherapy, 2018–2019

Psychoanalytic-based treatment for trauma, major depressive disorder, and anxiety — Child/adolescent weekly psychotherapy, 2019–2021

RESEARCH TRAINING & PROFESSIONAL DEVELOPMENT

Advance Rhode Island Clinical & Translational Research (RI-CTR) — Mentoring Training Program (Fall 2024) and *Planning and Writing Successful Grant Proposals* Workshop, 2024

Collaborative Institutional Training Initiative (CITI) Program — Human Subjects Research (Biomedical), Albert Einstein College of Medicine (Dec 2020; valid through Dec 2025)

Collaborative Institutional Training Initiative (CITI) Program — Human Subjects Research, Brown University Health (In progress), 2025

Master Educator Program in Medical Education in Psychiatry — Association of Academic Psychiatry (AAP), 2021

New England Medical Innovation Center (NEMIC) — Med Tech Leadership Program, Graduate (Innovation and Leadership Track), 2024–2025

WELL-BEING ACTIVITIES:

ACGME Well-Being Champion, National Well-Being Workforce — Active member (monthly meetings advancing national initiatives; presented Brown's pilot peer support project with Dr. Kelly Holder), 2020–present

Mental Well-Being Support Groups for ICU Residents — Montefiore/Albert Einstein, New York City (organized and facilitated support groups during the COVID-19 pandemic), 2020

Well Toolkit — Contributor, case writer for GME Office, UPMC (centralized educational resource supporting resilience, stigma reduction, and confidential access to care; adopted by ACGME), 2021

Organizer, Virtual Onboarding Summit for Medical Trainees (Residency & Fellowship) — Led a national summit in March 2021 in collaboration with Psych-Hub and Brown University faculty; over 400 attendees, focused on resilience, stigma reduction, and transition support, March 2021

American Foundation for Suicide Prevention (AFSP) Walks — Organizer, institutional participation at Brown (suicide prevention initiatives for physicians and trainees), 2023–present

GME Online Peer Mentorship Program — Co-designer and pilot leader, Brown University (online mentorship for incoming residents; IRB protocol in preparation), 2023–present

Brown University Physician Well-Being Symposium — Annual presenter/organizer (peer support, resilience, and psychological safety, including 2025 session with medical student co-presenter), 2023–2025

Brown University Suicide Prevention Conference — Member of the organizer committee, 2024

Resident Mental Health Stipend Advocacy — Westchester Medical Center (Negotiated and secured 5000 \$ annual stipends to offset out-of-pocket therapy costs for residents), 2019–2021

Leadership Recognition for GME Well-Being Advocacy — Westchester Medical Center, 2019–2021

APA Junior Investigator Award Project — Telepsychiatry research on access for trainees (expanded during COVID-19 to digital therapeutics and scalable peer support), 2021.

ACADEMIC APPOINTMENTS:

Faculty of Medicine, Ain Shams University, Cairo, Egypt: Clinical Instructor in Psychiatry, 2013 – present

Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University: Clinical Instructor in Psychiatry, December 2021 – April 2023

Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University: **Clinical Assistant Professor** in Psychiatry, April 2023 – present

HOSPITAL APPOINTMENTS

Adolescent Acute Residential Treatment, Bradley Hospital, Attending Psychiatrist, 2021–present

Bradley Children Partial Hospital, East Providence, RI, Attending Psychiatrist, 2021–present

Hasbro Children’s Hospital, Providence, RI, On Call Attending Psychiatrist, 2021–present

OTHER APPOINTMENTS

Office of Women in Medicine & Science (OWIMS), Brown University, Board Member, 2023–present

Accreditation Council for Graduate Medical Education (ACGME) — Fellow Member, Child and Adolescent Psychiatry Milestones 2.0 Work Group, 2020–2021

American Psychiatric Association — **Vice Chair**, Minority Fellowship Program, 2019–2020

American Psychiatric Association — Fellow Member, Council on Medical Education and Lifelong Learning, 2018–2020

American Society of Clinical Psychopharmacology (ASCP) — Member, Innovative Curriculum Committee, 2017–2020

American Academy of Child and Adolescent Psychiatry (AACAP) — Member, Culture & Diversity Committee and Medical Students & Residents Committee, 2019–2021

HOSPITAL COMMITTEES:

Bradley Hospital — Chair, Well-Being Committee, Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry, 2021–present

Brown University Health — Member, Fellowship Interview and Selection Committee, Division of Child and Adolescent Psychiatry, 2022–present

Montefiore Medical Center — Trainee Member, Graduate Medical Education (GME) House Staff Well-Being Committee, 2019–2021

Westchester Medical Center — Trainee Member, Graduate Medical Education (GME) House Staff Well-Being Committee, 2018–2019

Westchester Medical Center — Trainee Member, Performance Improvement Committee, Readmission Reduction Sub-Committee, 2017–2019

UNIVERSITY COMMITTEES & ADMINISTRATIVE LEADERSHIP:

Brown University, Department of Psychiatry and Human Behavior — Member, Strengthening Inclusion, Diversity, and Equity (SIDE) Committee, May 2024 – May 2025

Graduate Medical Education (GME) Office — Leader, Pilot Virtual Peer Support Groups for Resident Physicians during Onboarding Transition, 2023–2025

Brown University, Office of Women in Medicine and Science (OWIMS) — Advisory Board Member; Board Member and Mentor (work–life balance and burnout prevention for junior faculty), 2023–present

Brown University, Office of Diversity and Multicultural Affairs (ODMA) — Faculty Association Member, 2022–present

PUBLICATIONS

Original Publications in Peer-Reviewed Journals

Elnajjar A, Hunt J, Cullins L, Caraballo A. *Stirring the Melting Pot: Introduction of a Practice-Based Module to the Cultural Competency Exercise for Child and Adolescent Psychiatry Trainees*. Journal of the American Academy of Child & Adolescent Psychiatry. 2019; 58(10 Suppl): S375.

Elnajjar A, Khan M, Foongsathaporn C, Lu F, Madaan V. *Non-US International Medical Graduates in Psychiatry Training During the COVID-19 Pandemic: Challenges and Novel Solutions*. Academic Psychiatry. 2022 Mar 31:1–6. doi: 10.1007/s40596-022-01621-4.

Nakshabandi F, Imran K, **Elnajjar A**, Oday et al. *Arabs and Child Mental Health: On Empathy, Bias, Acculturation and Using Cultural Language in Therapy*. Journal of the American Academy of Child & Adolescent Psychiatry. 2024; 63(10 Suppl): S59.

Elnajjar A. *International Medical Graduates Wellness: I Was Already a Psychiatrist in My Country, But Now I'm a Resident*. Journal of the American Academy of Child & Adolescent Psychiatry. 2019; 58(10 Suppl): S64.

Books and Book Chapters

Elmaghraby R, Daas M, **Elnajjar A**, Elkady R. *Cultural Considerations in Working with Arab American Youth*. Child and Adolescent Psychiatric Clinics of North America. 2022; 31(4): 719–732.

Other Non-Peer-Reviewed Publications

Elnajjar A. *Cultural Competency Among IMG Residents: From the Perspective of My Personal Experience as a Psychiatry Resident — A Smooth Sea Never Made a Skilled Sailor*. World Child & Adolescent Psychiatry Trainee Journal. Issue 11, p. 18. Dec 2016.

PUBLICATIONS SUBMITTED OR IN PREPARATION

Innovation in Peer Mentorship Among Medical Trainees at Brown University Health – IRB submission in preparation. A mixed-methods evaluation of virtual peer mentorship programs for residents during onboarding, 2026

ABSTRACTS AND INVITED PRESENTATIONS:

Wellbeing related presentations:

Elnajjar A (Chair), Lerman A, Benhamou O.M, Garofalo M. “Launching a Residents Driven Well-Being Curriculum Starts with Bench-Marking Burnout Risk Factors by Trainees.” Poster presentation at the Association for Academic Psychiatry (AAP) Annual Meeting, Boston, September 2019.

Elnajjar A (Chair), Madaan V, Zalpuri I, Ordonez A.E. “On The Basis of Citizenship: Current Wellbeing Challenges and Future Workforce Opportunities for Child and Adolescent Psychiatry International Medical Graduates (IMGs) In the United States of America.” Workshop at the AACAP Annual Meeting, Chicago, October 2019.

Elnajjar A (Chair), Lerman A, Benhamou O.M, Garofalo M. “Breaking the Cycle: Using Burnout Markers to Launch a Resident Wellness Program.” Poster at the APA Annual Meeting, San Francisco, May 2019.

Madaan V, **Elnajjar A**, Berkowitz E, Aggarwal R, Hameed A. “Fostering Wellness and Resilience for the International Medical Graduate (IMG) trainees.” Workshop at the American Association of Directors of Psychiatric Residency Training (AADPRT) Annual Meeting, San Diego, March 2019.

Elnajjar A, Schwartz S. “Therapeutic Impasse: How to Recognize It, How to Resolve It – Clinical Vignettes.” Workshop at the 63rd American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP) Annual Meeting, San Francisco, May 2019.

Elnajjar A (Chair), Madaan V, Zalpuri I, Ordonez A.E. “On The Basis of Citizenship: Current Wellbeing Challenges and Future Workforce Opportunities for Child and Adolescent Psychiatry International Medical Graduates (IMGs) In the United States of America.” Workshop at the AACAP Annual Meeting, Chicago, October 2019.

Elnajjar A (Chair), Caudill R, Bernstein C, Chan S, Farooqi A. “Let’s Skype in: Technology Enhanced Wellbeing Curriculum. Can Telepsychiatry Improve Access to Mental Health During Residency?” Virtual Workshop at the APA Annual Meeting, April 2020

Karp L, Ross C, **Elnajjar A**, Jacobson S, Mint M, Sharma N, Hemke A, Shaffner A, Kawanishi C. “Heroes Fail Too: The Power of Vulnerability and Self-Compassion” Virtual Workshop at the AACAP Annual Meeting, October 2021.

Elnajjar A, Holder K, Carino G “Innovation in mentorship among medical trainees: pilot virtual peer support groups for resident physicians during on-boarding transition.” ACGME Annual meeting, Tennessee, Nashville, February 2023

Elnajjar A, Holder K. “Innovation in mentorship among medical trainees: pilot virtual peer support groups for resident physicians during on-boarding transition.” Poster presented at the Symposium for Medical Education Innovation, Equity, and Well-being, Warren Alpert Medical School, Providence, RI, March 4, 2025.

Elnajjar A, Bogdan K “It Doesn’t Have to Be That Hard: Creating a Culture of Support for Medical Trainees Seeking Board Exam Accommodations” Oral presentation at Brown University Physician Well-Being Symposium, 2025

Elnajjar A” Virtual Peer Support Groups for Resident Physicians during Onboarding Transition.” Oral presentation at Brown University Physician Well-Being Symposium 2024, 2025.

Academic psychiatry related presentation:

Elnajjar A (Chair), Azeb H, Lerman A, Bhat, J. “Cultural Competency for Hate: Training International Medical Graduates to Convert Patient Racism to Data.” Grand Rounds presentation, Department of Psychiatry, New York Medical College, Valhalla, NY 2018

Elnajjar A (Chair), Azeb H, Lerman A, Nallapula K, Bhat, J. “Cultural Competency for Hate: Training International Medical Graduates to Convert Patient Racism to Data.” Workshop at the APA Annual Meeting, New York, May 2018.

Elnajjar A, Azeb H, Lerman A. “Stirring the Melting Pot: Cultural Competency Training for Psychiatry Residents.” Poster at the APA Annual Meeting, New York, May 2018.

Elnajjar A, Osewa I, Taha S, Dickstein S. “Characteristics of Patients with Frequent Re- admission to Child and Adolescent Inpatient Units: Predictors for Better Quality of Care.” Poster at the APA Annual Meeting, New York., May 2018.

Elnajjar A (Chair), Hunt J, Cullins L, Caraballo A. “Stirring the Melting Pot: Introduction of Practice-Based Module to the Cultural Competency Exercise for Child and Adolescent Psychiatry Trainees.” American Academy of Child and Adolescent Psychiatry 66th Annual Meeting, Chicago, IL, October 2019.

Elnajjar A (Chair), Hunt J, Aswad Y, Azeem M “The Art of Psychiatric Evaluation of Arab Immigrant Youth and Families: Clinical Case Conference” IACAPAP Annual Meeting, Dubai, December 2022.

Nakshabandi F, Afzal K, **Elnajjar A**, Alsarraf O “Arabs and Child Mental Health: On Empathy, Bias, Acculturation and Using Cultural Language in Therapy” Oral presentation at AACAP Annual Meeting, Seattle, October 2024.

Elnajjar A (Chair), Haider A, Hunt J, Cullins L, Wanta J. “Walk Me Through a Virtual CSE: The Art of Sexual History Taking in Diverse Youth Through a Screen.” Virtual Workshop at the AACAP Annual Meeting, October 2020.

Chang S, **Elnajjar A**, Steven J, Zhou N, Khan C. “Beyond Black, White, and Rainbow: Conversations With LGBTQ+ Transitional-Age Youth of Color” Virtual Workshop at the AACAP Annual Meeting, October 2020.

Khan M, **Elnajjar A**, Foongsathaporn C, Khalid K, Khan C, Mian A. “Uncovering the Blind Spots: Addressing Unconscious Bias to Diversify the Physician Workforce in the United States for Better Patient Outcomes” Virtual Workshop at the AACAP Annual Meeting, October 2020.

Khan M, **Elnajjar A**, Khalid K, Khan C, Mian A. “Spotlight Conversations: Addressing Unconscious Bias to Diversify the Physician Workforce in the United States for Better Patient Outcomes” Virtual Workshop at the AACAP Annual Meeting, October 2021.

Chang S, **Elnajjar A**, Steven J, Zhou N, Khan C. “Beyond Black, White, and Rainbow: Conversations With LGBTQ+ Transitional-Age Youth of Color” Workshop at the AACAP Annual Meeting, October 2022.

Khan M, **Elnajjar A**, Khalid K, Khan C, Mian A. “Spotlight Conversations: Addressing Unconscious Bias to Diversify the Physician Workforce in the United States for Better Patient Outcomes” Workshop at the AACAP Annual Meeting, October 2022.

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

Clinician Cameo Feature — Brown Department of Psychiatry and Human Behavior News. Profiled as “*Psychiatrist and Healthcare Hacker*” for innovation in digital well-being, 2023

MANUSCRIPT IN PREPARATION:

Elnajjar A, Sundararajan R, Walker A, Skae C. *Role of Tele-Psychiatry in Improving Access to Mental Health Services among Resident Physicians at Montefiore Medical Center*. In preparation. Based on an anonymous opt-in survey of resident physicians in accredited ACGME programs (2021); total sample size: 144 participants.

GRANTS & FUNDING:

APA Junior Investigator Award — Awarded for research on digital therapeutics and peer mentorship, 2021

Centers of Biomedical Research Excellence (COBRE) Center for Digital Health Pitch Competition — Awarded \$20,000 for scalable digital well-being solutions, 2024

Future Funding

Brown Health Education Grant — Submitted application: *Innovation in Peer Mentorship among Medical Trainees at Brown University Health*, 2025

Advance-K Scholar Career Development Program — Submitted, proposal focused on digital tools and physician well-being, 2025

NIH Director’s New Innovator Award (DP2) — Proposal in preparation, 2026

UNIVERSITY TEACHING, ADVISING and MENTORING ROLES**Didactic Lecture — Medical Student Curriculum (Immigrant & Refugee Mental Health)**

— Warren Alpert Medical School of Brown University, 2024–present

Audience: First-year medical students

Content: Lecture linking immigrant and refugee mental health to broader themes of cultural humility, resilience, and physician well-being

Time Commitment: 2 hours/year

Simulation Cases — Patient Simulation Experience — Warren Alpert Medical School of Brown University, 2025

Audience: Medical students

Content: Facilitated simulation cases and debriefs, prioritizing psychologically safe learning environments

Time Commitment: 4 hours/year

Community Mentorship Program — Warren Alpert Medical School of Brown University, 2021–present

Audience: First- and second-year medical students

Content: Weekly mentorship emphasizing professional identity development, balance, and access to well-being resources

Time Commitment: 12 weeks, 48 hours/year

HOSPITAL TEACHING, ADVISING AND MENTORING ROLES

Attending Physician / Clinical Supervisor — Bradley Partial Hospital Program, 2021–present

Audience: Residents and fellows

Supervised clinical care with emphasis on resident well-being, reflective practice, and resilience strategies

Time Commitment: ~30 hours/year

Well-Being Mentorship Onboarding Course — Brown University Health, GME, 2023–present

Audience: Incoming residents

Designed and facilitated curriculum integrating peer support and well-being strategies to reduce stress during residency transition

Time Commitment: 10 sessions annually (~40 hours/year)

Bootcamp Didactic — Child & Adolescent Psychiatry Fellowship, 2023–present

Audience: Child psychiatry fellows

Lectures on AI in psychiatry and interviewing skills, highlighting ethics and impact on trainee well-being

Time Commitment: 8 hours/year

On-Call Supervision — Hasbro Children’s Hospital, 2021–present

Audience: Child psychiatry fellows

Weekend call supervision with focus on clinical safety and resident wellness under high-stress scenarios

Time Commitment: 40 hours/year

Prior Teaching Experience

New York Medical College (NYMC), Adult Inpatient Unit — MS-3 Psychiatry Clerkship, 2016–2018

NYMC, Adult Psychiatry Outpatient — MS-1 Psychiatry Mentorship Program, 2018–2019

NYMC, Psychosomatic Medicine Service — MS-3 Clerkship and MS-4 Sub-Internship, 2017–2018

NYMC, General Psychiatry Residency Training — WMC Emergency Department, Adult Emergency Psychiatry (PGY-1 residents), 2017–2018

NYMC, General Psychiatry Residency Training — WMC Behavioral Clinic, Adult Outpatient Psychiatry; Founder & Teacher of *Psychopharmacology Prescribing Guidelines* Journal Club (PGY-3 residents), 2018–2019

Montefiore Medical Center / Albert Einstein College of Medicine — Child & Adolescent Psychiatry Outpatient Department, *Anxiety Disorders in Children and Adolescents* (PGY-2 psychiatry residents), 2019–2020

Office of Mental Health State Hospital, Bronx, NY — *Psychopharmacology of Bipolar Disorder* (Psychology externs), Jan 2021

PROFESSIONAL MEMBERSHIPS & EDITORIAL SERVICE:

Egyptian Medical Syndicate, 2009–present

American Psychiatric Association (APA), 2014–present

American Academy of Sleep Medicine, 2014–2019

American Society of Clinical Psychopharmacology (ASCP), 2014–2021

American Academy of Child and Adolescent Psychiatry (AACAP), 2016–present

Society for the Study of Psychiatry and Culture, 2017–present

Association for Academic Psychiatry (AAP), 2017–present

Academic Psychiatry — Journal Peer Reviewer, 2020–present

American Group Psychotherapy Association (AGPA), 2020–present

Academy of Consultation-Liaison Psychiatry (ACLP), 2020–present

International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP), 2021–present