

CURRICULUM VITAE
Alaa Elnajjar, M.D., M.Sc.

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EDUCATION

Medical School:

Ain Shams University, Faculty of Medicine
March 2002- April 2009
Bachelor of Medicine and Surgery (2009)

Other Advanced Degrees:

Ain Shams University, Faculty of Medicine
2010-2012, Master of Science in
Neurology and Psychiatry, 2012
Ain Shams University, Faculty of Medicine
2009-2010, Diploma of Health Care
Management, 2010

POSTGRADUATE TRAINING

Residency:

Ain Shams University, Cairo, Egypt. Psychiatry
Department, Faculty of Medicine, General
Psychiatry Residency, 2010-2013

Chief Resident, Department of Psychiatry, Ain
Shams University, 2012-2013

Residency: 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 (CAP), 2019- 2020

POSTGRADUATE HONORS AND AWARDS

New York Medical College, Teaching Excellence Award, 2018

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

APA, Junior Research Colloquium, 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 and 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

MILITARY SERVICE

None

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

NY License of Medicine, 2020-now
No.: 302583

RI License of Medicine, 2021-now
No: MD17679

ACADEMIC APPOINTMENTS

Clinical Instructor, Department of Psychiatry,
Ain Shams University, 2013-2021

HOSPITAL APPOINTMENTS

GME office: Leader of 2023 pilot virtual peer
support groups for resident physicians during
on-boarding transition

Wellness Committee member, Department of
Psychiatry and Behavioral Sciences. Division of
Child and Adolescent Psychiatry 2021-now

OTHER APPOINTMENTS

Psychiatry (AACAP), Member of both Culture &
Diversity Committee and Medical Students &
Residents Committee, 2019-2021

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

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

American Psychiatric Association, Vice Chair,
Minority Fellowship Program, 2019-2020

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

HOSPITAL COMMITTEES

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

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

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

UNIVERSITY COMMITTEES

Member of Office of Diversity and Multicultural Affairs (ODMA) Faculty Association, 2022

MEMBERSHIP IN SOCIETIES

Egyptian Medical Syndicate, 2009-now
American Psychiatric Association (APA), 2014- now
American Academy of Sleep Medicine, 2014- 2019
American Society of Clinical Psychopharmacology, 2014-2021
American Academy of Child and Adolescent Psychiatry (AACAP), 2016-now
Society for the Study of Psychiatry and Culture, 2017-now
Association for Academic Psychiatry, 2017-now
American Group Psychotherapy Association (AGPA), 2020-now
Academy of Consultation Liaison Psychiatry (ACLP), 2020-now

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

Elnajjar A, Hunt J, Cullins L, and Caraballo A: Stirring the Melting Pot: Introduction of a Practice-Based Module to the Cultural Competency Exercise for Child Adolescent Psychiatry Trainees. J. of the American Academy of Child and Adolescent Psychiatry, Volume 58, Issue 10, Supplement, p. S375, 2019.

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” Acad Psychiatry. 2022 Mar 31:1–6. doi: 10.1007/s40596-022-01621-4.

OTHER PEER-REVIEWED PUBLICATIONS

None

UNIVERSITY TEACHING, ADVISING and MENTORING ROLES

New York Medical College (NYMC)
Medical Student Education

Adult Inpatient Unit Preceptor for MS-3
Psychiatry Clerkship

2016-2018 (4 rotations
for 8 months)

Adult Psychiatry
Outpatient

Preceptor for MS-1 Psychiatry
Mentorship Program

2018-2019 (1 rotation-3 months)

Psychosomatic
Medicine Service

Preceptor for MS-3
Clerkship and MS-4
Sub- Internship

2017-2018 (1 rotation- 3
months)

NYMC, Department of Psychiatry and
Behavioral Sciences, General Psychiatry
Residency Training

Adult Emergency Psychiatry (WMC
Emergency Department)

Preceptor for PGY-1 Residents. 2017-
2018 (1 rotation for 3 months)

Adult Outpatient Psychiatry (WMC
Behavioral Clinic) Founder and Teacher
of Didactic Series “Psychopharmacology
Prescribing Guidelines” Journal Club for
PGY-3 Residents

2018-2019 (1hour for 8 weeks)

Montefiore Medical Center/ Albert Einstein
College of Medicine, Child and Adolescent
Psychiatry Outpatient department

“Anxiety disorder in children and
adolescent” Teacher for PGY-2 Psychiatry
Residents

2019-2020 (1 hour per rotation/ 4 times)

The Warren Alpert Medical School of
Brown University, Medical Student
Education

Partial Child Psychiatry Program, Bradley
Hospital

MS-2 Community Mentorship 2022-2023

(4 hours weekly for 12 weeks)

MS-1 Mentorship 2023 via Henrietta
Leonard Medical Student Fellowship
Program in Child & Adolescent Psychiatry

HOSPITAL TEACHING, ADVISING AND MENTORING ROLES

Office of Mental Health State Hospital,
Bronx, NY

Teacher for Psychology Externs
Psychopharmacology of Bipolar disorder
Jan. 2021 (2 hours Presentation)

BOOKS AND BOOK CHAPTERS

Rana Elmaghraby, Magdoline Daas, **Alaa Elnajjar**, Rasha Elkady” Cultural Considerations in
Working with Arab American Youth” Child and Adolescent Psychiatric Clinics of North America,
Volume 31, Issue 4, 2022, Pages 719-732.

OTHER NON-PEER REVIEWED PUBLICATIONS

Elnajjar A: 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.

CORPORATE AUTHORSHIP OR MULTICENTER TRIALS

None

PUBLICATIONS SUBMITTED OR IN PREPARATION

ABSTRACTS

1. **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.
2. **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.
3. **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.
4. **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.
5. **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 at the Association for Academic Psychiatry (AAP) Annual Meeting, Boston, September 2019.
6. **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.
7. **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.
8. **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.
9. **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

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

None

INVITED PRESENTATIONS

10. **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.
11. **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.
12. **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.
13. 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.
14. **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.
15. **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.
16. **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 at the Association for Academic Psychiatry (AAP) Annual Meeting, Boston, September 2019.
17. **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.
18. **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.

19. **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.
20. **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.
21. 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.
22. 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.
23. 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.
24. Karp L, Ross C, **Elnajjar A**, Jacobson S, Mint M, Sharma N, Hemke A, Shaffiner A, Kawanishi C. “Heroes Fail Too: The Power of Vulnerability and Self-Compassion” Virtual Workshop at the AACAP Annual Meeting, October, 2021.
25. 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.
26. 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.
27. Kawanishi C, Karp L, Ross C, **Elnajjar A**, Jacobson S, Mint M, Sharma N, Hemke A, Shaffiner A, Kawanishi C. “*Shifting Our Culture Toward Self-Compassion and Vulnerability*” Workshop at the AACAP Annual Meeting, October, 2022.

GRANTS

None