

SIDDHARTH ASHVIN SHAH, M.D., M.P.H.

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POSTDOCTORAL TRAINING

Residency in Preventive and Behavioral Medicine, 2003, Mount Sinai School of Medicine; New York, NY

Internship in Psychiatry, 2001, Karl Menninger School of Psychiatry, Topeka, KS

EDUCATION

Masters of Public Health, 2003, Mount Sinai School of Medicine; New York, NY

Doctor of Medicine, 2000, Baylor College of Medicine; Houston, TX

Bachelor of Arts cum laude in Religious Studies, 1994, Rice University; Houston, TX

Visiting scholar, 1992, Swarthmore College; Swarthmore, PA

LICENSURES AND BOARD CERTIFICATION

Commonwealth of Virginia, License #0101247565, initially granted May 2010

District of Columbia, License #MD036456, initially granted January 2007

State of New York, License #224430-1, initially granted April 2002

American Board of Preventive Medicine, initially granted January 2004

FEDERAL CONTRACTS

United States Agency for International Development

9/2011 to present

Greenleaf Integrative Strategies is the Prime Contractor furnishing "Trauma-Informed Resiliency Training" and support to the Office of Afghanistan and Pakistan Affairs. The tailored curriculum and phone/VoIP check-ins are implemented for overseas personnel during their life cycle [pre-deployment, during assignment and post-mission]. These personnel go on to postings at the embassies, DSTs, PRTs and FOBs. Focus is on self-monitoring, self-interventions and resiliency based on contemporary findings in psychosocial trauma and neuroscience. Washington DC headquarters also receive distinct resiliency training and team enhancement programming.

United States Agency for International Development

9/2009 to 9/2011

Greenleaf Integrative Strategies was the Prime Contractor furnishing "Operational Stress Control for Demanding Environments" trainings and support to the Civilian Response Corps working in Critical Priority Countries. The tailored curriculum and phone/VoIP check-ins are implemented pre-deployment, during assignment and post-mission. Focus is on self-monitoring, self-interventions and resiliency based on contemporary findings in psychosocial trauma and neuroscience.

International Resources Group

June 2010

Greenleaf Integrative Strategies was a Sub-Contractor to provide "Operational Stress Control for Demanding Environments" training to members of USAID Office of

Afghanistan and Pakistan Affairs. Training focused on readiness and resiliency to join Provincial Reconstruction Teams.

PROFESSIONAL WORK

Founder and President, Greenleaf Integrative Strategies LLC; Washington, D.C.

3/2008 to present

Lead a firm that develops and delivers empirically-sound East-West strategies that reduce vicarious trauma and bolster resilience so that people in emotionally traumatic work can respond with the focus, energy, and balance they need to make their greatest contributions. Clients include health care organizations, community-service workers, journalists, law enforcement and emergency responders. See www.greenleaf-is.com.

Private Practice, part-time

5/2010 to present

Co-lead a general psychotherapy group for building awareness on interpersonal style and affective regulation.

Consultant for Psychosocial Trauma and Public Health, Freelance; Washington, D.C.

4/2008 to 12/2009

Conduct needs assessments from three perspectives: public health, mental health and organizational development. Prescribe targeted interventions from a suite/menu of interventions. Develop psychosocial resiliency processes for organizations. Implement programs and deliver experiential trainings.

Medical Staff and Group Leader, Center for Integrative Medicine; Washington, D.C.

7/2006 to 3/2008

Managed a private practice. Developed new treatment strategies for patients with psychosomatic conditions and trauma histories. See www.integrativemedicinedc.com.

Founder and Executive Director, Psychosocial Assistance Without Borders

9/2001 to 11/2007

Led an organization dedicated to domestic and international training of relief workers. Managed team members from diverse nations and background. Innovated training modules to build capacity for psychosocial first aid to victims of complex emergencies. Promoted worker self-care methods. Integrated Western treatments with locally available treatments.

Private Practice; NY, NY

7/2003 to 5/2006

Implemented an integrative health model that utilized traditional psychotherapies, behavioral medicine, medical hypnosis, meditation training, yoga and other Eastern health systems. Provided consultation to psychiatrists with patients desiring complementary treatments. Provided consultation to primary care and medical specialties for patients with strong psychosomatic elements or inadequate responses to standard therapies. Conditions included pain, depression, psychological trauma and other serious illnesses. Psychotherapy specialty in treating burnout or vicarious traumatization in caregivers, non-profit agency staff and humanitarian workers.

Program Director of Preventive Medicine and Attending Physician in Family Medicine, Wyckoff Heights Medical Center (Teaching Hospital, Medical College of Cornell University); Brooklyn, NY

6/2004 to 3/2006

Managed and guided Preventive Medicine resident physicians, medical students, and graduate students. Conducted and updated course in Behavioral Medicine for Family Practice physicians and medical students. Coordinated wellness services for Employee Health. Represented medical center as volunteer lead for Gulf Coast Hurricane, Indian Ocean Tsunami rehabilitation, and Pakistan Earthquake.

Mind/Body Medicine Practitioner, Olive Leaf Wholeness Center; NY, NY

4/2005 to 9/2005

On a Red Cross grant, provided psychotherapy, mind-body treatments and advanced relaxation techniques to treatment-resistant conditions traced to September 11th WTC attacks. Developed recovery programs for uniformed services and first-responders.

Psychosocial Consultant and Medication Management, Olive Leaf Wholeness Center; NY, NY

1/2004 to 6/2005

Consultant to Consumer Information and Dispute Resolution, Inc., delivering Integrative Services (psychotherapy, pharmacotherapy, complementary treatments) to address the concerns of those living with severe and persistent mental illness. Most clients suffered from chemical dependency and homelessness.

Resident in Preventive and Behavioral Medicine, Mount Sinai School of Medicine; NY, NY
7/2001 to 6/2003

Clinician, teacher, program designer, and public health specialist. Conducted several workshops and classes. Provided conceptual and technical assistance to Federal Emergency Management Agency's Project Liberty and the Department of Health and Mental Hygiene.

Internship in Psychiatry, Menninger Clinic; Topeka, KS

7/2000 to 6/2001

Clinical treatment and administrative duties in the following: Post-Traumatic Stress Disorder Treatment Unit, Substance Abuse Treatment Unit, Family Practice, Internal Medicine, Geriatric Psychiatry, Emergency Psychiatry, Child Psychiatry, Individual Psychotherapy, Group Psychotherapy and Medical Hypnosis.

TEACHING ACTIVITIES

- Clinical Instructor, Mount Sinai School of Medicine, 2003-present
- Director, Behavioral Medicine Course, 2004-2006
- Lecturer, Culture and Medicine class for Masters Public Health, 2003-2004
- Clerkship Instructor, Family Medicine, 2002

PROFESSIONAL SOCIETIES

- American Group Psychotherapy Association
- Mid-Atlantic Group Psychotherapy Society
- South Asian Mental Health Association
- Distinguished Fellow, International Center for Mental Health and Human Rights

PUBLICATIONS

Shah, S.A. & Kosi, R.F. (2012). Diversity in Groups: Culture, Ethnicity and Race. In J. Kleinberg (Ed.) *Handbook of Group Psychotherapy* (pp. 667-680). United Kingdom: John Wiley & Sons.

Shah, S.A. (2011). Ethical Standards for Transnational Mental Health and Psychosocial Support (MHPSS): Do No Harm, Preventing Cross-Cultural Errors and Inviting Pushback. *Clinical Social Work Journal*. doi: 10.1007/s10615-011-0348-z.

Shah, S.A. (2010). Three Principles of Effective Staff Care: Differentiation, Diversity and Diffusion. Monday Developments: *The Latest Issues and Trends in International Development and Humanitarian Assistance* (pp. 8-10 & 30). Vol 28:12, December 2010. InterAction.

Shah, S.A. (2010). Mental Health Emergencies and Post-Traumatic Stress Disorder. In G.B. Kapur & J.P. Smith (Eds.) *Emergency Public Health: Preparedness and Response* (pp. 493-516). Boston: Jones and Bartlett Publishers.

Shah, S.A., Seyle, C., Skiadas, T., & Naturale, A. (2009, September). Do No Further Harm: Guidelines for psychosocial work across cultures (*Psychology Beyond Borders Working Paper*). Available upon request from <http://psychologybeyondborders.org>

Shah, S.A. (2009). "To do no harm," Spiritual Care and Ethnomedical Competence: Four cases of Psychosocial Trauma Recovery for the 2004 Tsunami and 2005 Earthquake in South Asia. In G.H. Brenner, D.H. Bush, & J. Moses (Eds.) *Creating Spiritual and Psychological Resilience: Integrating Care in Disaster Relief Work* (pp. 157-178). New York: Routledge.

Shah, S.A. (2008). "Can Group Therapists Take on Islamophobia?" *The Group Circle*. Summer 2008 issue. American Group Psychotherapy Association and National Registry of Certified Group Psychotherapists.

Shah, S.A. (2009, July). Diversity in the Muslim World – How NGOs Can Work More Effectively With Communities. Paper presented at the InterAction Forum 2009, Washington, DC.

Shah, S.A. (2008). Addressing Stress in National Staff. *Monday Developments: The Latest Issues and Trends in International Development and Humanitarian Assistance* (pp. 21-22). Vol 26:9, September 2008. InterAction.

Shah, S.A. (2007). Ethnomedical Best Practices for International Psychosocial Efforts in Disaster and Trauma. In C.S. Tang & J.P. Wilson (Eds.) *Cross-Cultural Assessment of Psychological Trauma and PTSD* (pp. 51-64). New York: Springer Verlag.

Shah, S.A., Garland, E. & Katz, C. (2007). Secondary Traumatic Stress: Prevalence for Humanitarian Aid Workers in India. *Traumatology*, 13, 59-70.

Shah, S.A. (2006). Resistance to Cross-cultural Psychosocial Efforts in Disaster and Trauma: Recommendations for Ethnomedical Competence. *The Australasian Journal of Disaster and Trauma Studies*, 2006-2.

Shah, S.A., Reich J. (2006). Using Literature to Teach Behavioral Medicine. *Family Medicine*, 38, 159.

SELECTED HONORS

- Asian Scientist Magazine's *Ultimate List of 15 Asian Scientists to Watch*
- *Be the Change* Service Award from Counselors Helping (South) Asians/Indians
- New York Times Company Foundation 9/11 Neediest Fund Award
- Menninger Clinic's Scholarship in Psychiatry
- The Institute of Religion Scholarship

COMMITMENTS & SPECIAL ENGAGEMENTS

- 9/11 Arts Project, Joan Hisaoka Healing Arts Gallery, Washington, DC
- Facilitator for Cancer Help Program and Patient Navigator Training, Smith Center for Healing & Arts

LANGUAGES

Fluent in English, Hindi, Gujarati, Urdu. Basic use of Spanish and Portuguese.

BODY OF WORK (Appendix)

1. Programs: Selected Workshops, Trainings, Retreats
2. Invited Short Presentations
3. Laughter Yoga Therapy Seminars
4. Invited Media Appearances
5. Commercial Audio Products

Workshops, Trainings, and Retreats (Duration: Half-Day to 2 days)

Subject	Audience	Location	Date	Remarks
Psychosocial Interventions for Torture and Trauma; Cultural Adaptation of MHPSS with Mindfulness & Neuroscience	Tibetan Health Workers and NGOs, hosted by Tibetan Government in Exile	Dharamsala, India	May 2011	Sponsored by International Center for Mental Health and Human Rights
Psychosocial Interventions for Rape Crisis	Navsarjan and Janvikas, two India-based NGOs	Ahmedabad, India	Jan 2011	Co-presenter Sumant Majmudar
Operational Stress Control for Demanding Environments	Civilian Response Corps (GS-14 or higher in U.S. Govt)	Washington, DC and Virginia	Several iterations Jan 2010 – Dec 2010	
Operational Stress Control for Demanding Environments	AF-PAK Task Force in USAID	Washington, DC	June 2010	
Psychospiritual Communication with Cancer Patients	Smith Farm Center for Healing & the Arts Patient Navigators (+Artists in Residence)	Retreat Center in Maryland	Mar 2009, April 2010, May 2010	
Life Balance, Compassion Fatigue, Burnout, Care for the Caregivers	Smith Farm Center for Healing & the Arts Patient Navigators (+Artists in Residence)	Retreat Center in Maryland	Mar 2009, April 2010, May 2010	
Self-Care Retreat for the Caregivers: Laughter, Mindfulness, Trauma-Sensitive Yoga, Breathwork and Poetry	American Group Psychotherapy Association -- Social Workers, Psychologists, Psychiatrists, Agency Staff	Chicago, Illinois	Feb 2009, Feb 2010	co-presenter Ms. Gaea Logan, M.A., LPC-S
"Reporting Trauma -- A 360 Degree Approach" (helping subjects, reporters and audiences deal with trauma)	Times of India -- Journalists, Editors, Photojournalists	Mumbai, India	Jan 2009	
Disaster Psychiatry, Preparedness, Vicarious Traumatization, Care for the Caregivers	Bombay Psychiatric Society	Mumbai, India	Jan 2009	

Crisis Counseling, Psychosocial First Aid, Vicarious Traumatization, Care for the Caregivers	Tata Institute of Social Sciences	Mumbai, India	Jan 2009	Day Two included a Skype Virtual Classroom with American Group Psychotherapy Association
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Workshops, Trainings, and Retreats (continued)

Subject	Audience	Location	Date	Remarks
Psychosocial Trauma due to Medical Illness -- Training to Heal Community and Individual Wounds	University of Addis Ababa, Hamlin Fistula Hospital -- doctors, nurses, allied health	Addis Ababa, Ethiopia	Jun 2008	On behalf of Psychology Beyond Borders
Yoga Therapies for Anxiety, Depression & Trauma	Washington School of Psychiatry -- Social Workers, Psychologists, Psychiatrists, Agency Staff	Washington, DC	Jun 2008	co-presenters Ms. Gopi Kinnicut and Ms. Angela Cerkevich
Terrorism Wins? - Xenophobia, Islamophobia, Hate Crimes, Community Trauma and the Group Therapy Response	American Group Psychotherapy Association -- Social Workers, Psychologists, Psychiatrists, Agency Staff	Washington, DC	Feb 2008	
Mitigating Post-Terror Backlash: Public Health and Psychotherapy Approaches to Islamophobia and Anti-Sikh Backlash	Washington School of Psychiatry -- Social Workers, Psychologists, Psychiatrists, Agency Staff	Washington, DC	Dec 2007	
Terrorism Wins? - Xenophobia, Hate Crimes, Community Trauma and the Group Therapy Response	American Group Psychotherapy Association -- Social Workers, Psychologists, Psychiatrists, Agency Staff	Austin, Texas	Feb 2007	
Psychiatric Applications of Mindfulness Techniques -- Trauma and Anxiety Disorders	American Psychiatric Association Annual Meeting	Washington, DC	May 2008	co-presenter Dr. Anjali Dsouza
Physician Burnout Prevention -- Contemporary Strategies to Train the Trainer	CME Course for Medical Faculty, George Washington Univ. Medical Center	Washington, DC	Mar 2007- April 2007 (6 sessions)	

Workshops, Trainings, and Retreats (continued)

<u>Subject</u>	<u>Audience</u>	<u>Location</u>	<u>Date</u>	<u>Remarks</u>
Trauma Recovery Trainings for NGOs and Community Health Workers (2005 Earthquake) -- Psychosocial First Aid, Vicarious Trauma, Cultural Adaptation	Save the Children, CARE, World Vision, Govt. of Azad Kashmir, 5 additional Pakistani NGOs	Muzaffarabad, Mansehra, Islamabad, PAKISTAN	Dec 2005- Jan 2006 (4 day long trainings)	
Trauma Recovery Trainings for NGOs and Community Health Workers (2004 Tsunami) -- Psychosocial First Aid, Vicarious Trauma, Cultural Adaptation	Association for India's Development, Indicorps, Bhoomika Trust, Christian Children's Fund	Chennai, Nagapattanam (most heavily affected district in INDIA)	Dec 2004- Jan 2005 (12 days)	
Vicarious Trauma and Burnout Prevention for NGOs and Community Health Workers responding to 2004 Tsunami	Foundation of Goodness	Seenigama, SRI LANKA	Jan 2006	co-presenter David Harshada Wagner
Vicarious Trauma and Burnout Prevention for Rescue Personnel responding to Hurricanes Katrina and Rita	Firefighters, Volunteers and Rescue Personnel	Port Arthur, Texas	Sep 2005	
Compassion Fatigue in Medical Care	Institute for Geriatric Care	Salvador da Bahia, BRAZIL	Jul 2004	

Invited Short Presentations (Duration: 30 - 180 minutes)

Subject	Audience	Location	Date
Compassionate Listening (for Cancer Patients, Survivors and Family)	Smith Center for Healing & Arts	Washington, DC	Dec 2011
Screening of "Divided We Fall: Americans in the Aftermath"	9/11 Arts Project	Washington, DC	Sept 2011
Cultural Adaptation in Transnational Work: Ethical Errors & Re-tooling Traditions	World Bank, Informal Inter-Agency Group on Global Mental Health/Psychosocial Issues	World Bank, Washington DC	Dec 2010
Preventive Measures & Interventions for Psychosocial Trauma	Georgetown University Dept. of Government	Georgetown University, Washington DC	Dec 2010
Greenleaf Integrative Strategies' Staff Care Program at USAID	InterAction Working Group on Staff Care on International Webinar	Headquarters, Washington DC	Dec 2010
Cultural Adaptation in Transnational Work: Ethical Errors & Re-tooling Traditions (with Ethan Watters, author of <i>Crazy Like Us</i>)	Washington School of Psychiatry -- Social Workers, Psychologists, Psychiatrists, Agency Staff	Washington, DC	Nov 2010
Balance, Renewal, Wellness: Embracing the Rhythms of Wellness	Washington National Cathedral, Benedictine Spiritual Community, and Friends of Saint Benedict	National Cathedral, Washington DC	Oct 2010
Psychosocial First Aid, Disaster Response Training, Vicarious Traumatization, Care for the Caregivers	Nirmala Niketan School of Social Work	Mumbai, India	Dec 2008
Psychosocial First Aid, Disaster Response Training, Vicarious Traumatization, Care for the Caregivers	Tata Institute of Social Sciences	Mumbai, India	Dec 2008

Psychosocial First Aid, Disaster Response Training, Vicarious Traumatization, Care for the Caregivers	Bombay Psychiatric Society	Mumbai, India	Dec 2008
Psychosocial First Aid, Disaster Response Training, Vicarious Traumatization, Care for the Caregivers	Times of India Foundation	Mumbai, India	Dec 2008
Psychosocial First Aid, Disaster Response Training, Vicarious Traumatization, Care for the Caregivers	Dr. (Lt. Gen) Bhardwaj, National Disaster Management Authority, Government of India	New Delhi, India	Dec 2008
Vicarious Trauma and Burnout: Working with Torture Survivors and their Testimonies	Human Rights Clinic (George Washington University) and Doctors of the World	Washington, DC	Sep 2006
Psychosocial Assistance Without Borders	Keynote Speech for New York Disaster Interfaith Services Annual Conference	New York, NY	Mar 2006

Laughter Yoga Therapy Seminars

Event Title	Audience	Location	Date
Finding Your Voice with Laughter Yoga	DC Spasmodic Dysphonia Support Group	Washington DC	Dec 2011
Resiliency, Laughter, and Beyond	NASA Goddard Code 600 Diversity Team	Greenbelt, Maryland	Dec 2011
Resiliency through Laughter Yoga – Reclaiming Laughter	NASA Goddard Civility Collaborative	Greenbelt, Maryland	Sept 2011
Laughter Yoga and Appreciative Inquiry	Appreciative Inquiry DC Learning Community	Washington DC	July 2011
Helping the Helping Professional - Preventing Burnout & Laughter Yoga Therapy	Tibetan Health Workers and NGOs, hosted by Tibetan Government in Exile	Dharamsala, India	May 2011
Helping the Helping Professional - Preventing Burnout & Laughter Yoga Therapy	Managed Care Advisors	Bethesda, Maryland	Mar 2009
Helping the Helping Professional - Preventing Burnout & Laughter Yoga Therapy	Doctors & nurses with University of Addis Ababa & Hamlin Fistula Hospital	Addis Ababa, Ethiopia	June 2008
Laughter Yoga Therapy for Patient Care and Self-Care	Celebrate Life Foundation -- Patient Advocacy Leaders Summit	Washington, DC	Nov 2008
A Laughing Stock -- Group Processing Using Laughter Therapy's Mind-Body Methods	American Group Psychotherapy Association -- Social Workers, Psychologists, Psychiatrists, Agency Staff	San Francisco	Mar 2006

Invited Media Appearances

Title	Citation	Author/Show	Date
"Natural Disasters – Responding in Haiti"	<i>National Public Radio, WHYY</i>	Interview by Dr. Dan Gottlieb	Feb 2010
"First Responders and Trauma"	<i>National Public Radio, WAMU</i>	Interview by Michael Cottman	June 2009
"A South Asian's Work with Trauma Victims"	<i>ABC D lady Magazine</i>	Feature article by Priyanka Dalal	Mar 2009
"Islamophobia -- Preventing Inappropriate Bias and Hate against Muslims, Sikhs, and Brown people"	<i>Pacifica Radio WPFW 89.3 (Washington, DC)</i>	Interview by Dr. Pamela Brewer	Nov 2007
"Laughter Yoga Therapy"	<i>ABC News, Channel 7</i>	Featured resiliency work in medical clinics	Mar 2007
"The Best Medicine, Minus the Humor"	<i>Washington Post</i>	Style section feature article by Anita Huslin	Sep 2006
"Integrative Medicine -- New Ways to Heal"	<i>Pacifica Radio WBAI 99.5 (New York City)</i>	Interview by Dr. Kamau Kokayi	Aug 2005
"Integrative Medicine -- Common Sense Wisdom"	<i>KPFT Radio (Houston)</i>	Interview on Border Crossings show	Jun 2005
"Picking Up the Pieces -- Coaching Tsunami Relief Workers"	<i>Nirali Magazine</i>	Feature article by Ismat Mangla	Mar 2005
"Tsunami Recovery"	<i>Asian FM Radio</i>	Interview	Feb 2005
"Tsunami -- Relief Work in South Asia"	<i>The Voice</i>	Television interview	Feb 2005
"Tsunami -- Working with Relief Agencies"	<i>ITV Bharatvani</i>	Hindi-language television interview	Feb 2005
"A Doctor Dealing with the Waves of Emotion"	<i>CNN International</i>	Interview for coverage of Tsunami	Dec 2004

Commercial Audio Products (Available on iTUNES, Amazon, and by request)

<u>Title</u>	<u>Release Date</u>
Sleep Aid With Dr. Siddharth Ashvin Shah - Yoga Nidra and Guided Meditation	Dec 2007
Stress Relief With Dr. Siddharth Ashvin Shah - Guided Meditation and Yoga Nidra Relaxation	Mar 2008
Stress Relief Vol. II Experience Deep Relaxation- Guided Meditations and Yoga Nidra with Dr. Siddharth Ashvin Shah	May 2008
Guided Meditation Using Self Hypnosis Techniques and Yoga Nidra Relaxation for Weight Loss with Dr. Siddharth Ashvin Shah	Jan 2008
Experience True Rest - Guided Meditations and Yoga Nidra Relaxation With Dr. Siddharth Ashvin Shah	May 2008
Mindful Eating Practice, Guided Meditation and Yoga Nidra Relaxation with Dr. Siddharth Ashvin Shah	Oct 2008
Stress Management with Dr. Siddharth Ashvin Shah - Guided Meditations and Yoga Nidra for Relaxation in Demanding Environments	Oct 2008
Learning the Yoga Sutra of Patanjali: 25 Key Verses in Sanskrit and English	May 2009
Rest Peacefully & Manage Sleep Disorders Through Self-Hypnosis, Guided Meditation and Yoga Nidra	Sep 2009
Learning to Pronounce Yoga Terms: Poses, Philosophy and Kirtan Terms	Sep 2009
Quit Unhealthy Habits Through Self-Hypnosis, Guided Meditation and Yoga Nidra	Sep 2009
Buddhist Recitations in Pali and English: 51 Key Dhammapada Verses, Eightfold Path, Metta Sutta and other Early Buddhist Scripture	Dec 2011