

Psychiatric Residency at Mount Sinai Morningside/West



OUR RESIDENTS – PGY1



Adriana Bruges Boude

Hometown: Colombia
Medical School: Universidad de los Andes Bogota Colombia
Hobbies: Tea, travel, reading, HIIT
Professional interests: Maybe child

Favorite part of our residency:

My class



Aliza Grossberg

Hometown: St. Louis, Missouri
Undergrad: George Washington University & Post-Baccalaureate Program at Goucher College
Medical School: Warren Alpert Medical School of Brown University
Graduate School: Master of Public Health (MPH) at Columbia University's Mailman School of Public Health
Hobbies: I enjoy stand-up comedy, Broadway shows, traveling to new places, used book stores, museums, exploring different restaurants, and hanging out in the park with friends.
Professional Interests: I am interested in Child/Adolescent Psychiatry and in working with transgender and gender diverse communities. I am also interested in women's mental health and reproductive justice.

Favorite part of our residency:

Everyone has been extremely welcoming and down to earth. I am grateful that faculty are all very approachable and love to teach. I have also loved getting to know my amazing co-residents.



Yonis Hassan

Hometown: Woodbridge, VA

Undergrad: Johns Hopkins University

Medical School: Icahn School of Medicine at Mount Sinai

Hobbies: Books & Film (James Baldwin, Agnes Varda, Angela Davis, Ingmar Bergman... my heroes!) and rollerskating!

Professional Interests: psychoanalytic theory, child and adolescent psychiatry

Favorite part of our residency:

My awesome co-residents!



Christopher Laurie

Hometown: Norway, Maine

Undergrad: Brown University

Medical school: New York Medical College

Hobbies: Rock climbing, reading fantasy fiction, tennis, basketball, hiking, traveling, cooking new recipes, trying all the NYC restaurants, long walks in central park.

Professional Interests: Existential psychotherapy, psychosis, psilocybin in depression

Favorite part of our residency:

The diversity of patients, kindness of the attendings, helpfulness of all our co-residents, and the amazing location in NYC!



Ari Morgenstern

Hometown: Marlboro, New Jersey

Undergrad: University of Rochester

Medical school: Albert Einstein College of Medicine

Hobbies: Reading and writing, live music, yoga, trying new restaurants

Professional Interests: Child & Adolescent Psychiatry, Climate Psychiatry, Community Psychiatry

Favorite part of our residency:

The people! The program has such a supportive and welcoming program culture. Early exposure to outpatient psychotherapy in second year.



Ziv Nir

Hometown: Israel

Undergrad: Biology & Psychology, Tel-Aviv University.

Hobbies: I am a jazz pianist and composer, I admire classic cinema and fine arts. I love traveling, hiking, and playing soccer.

Professional interests: Psychotherapy (psychodynamic, CBT, and group therapy), psychoanalysis, community psychiatry, psychiatric/medical education, clinical research.

Favorite part of our residency:

Supportive and teaching-oriented faculty members, a family-like working environment, working in multiple hospitals and locations, exposure to a variety of settings and populations, working in a multidisciplinary center specialized in personality disorders (CITPD).



Zoe Paul

Hometown: Melville, Long Island

Undergrad: Sophie Davis School of Biomedical Education at City College of NY

Medical School: SUNY Downstate School of Medicine

Graduate School: SUNY Downstate School of Public Health- Masters in Public Health with focus on Community Health

Hobbies: I love baking, being a plant mom, going out to dinner and giving detailed Yelp reviews, planning group outings, and tweeting about racial injustices.

Professional interests: Racial differences in Psychiatry, Public psychiatry, Trauma psychiatry

Favorite part of our residency:

Making new friends, having amazing nurses who have your back, challenging myself and seeing how capable I am!



Pedro Perez

Hometown: Miami, FL

Undergrad: Florida International University

Medical School: Renaissance School of Medicine at Stony Brook University

Hobbies: I love playing guitar, hanging out with my cat, and playing basketball.

Professional Interests: Schizophrenia/bipolar disorder research, addiction psychiatry

Favorite part of our residency:

My favorite part of the residency program is the sense of camaraderie between the residents, the nurturing and welcoming environment in the program, and having the opportunity to work in two primary hospital sites (West and Morningside). The last bit is neat because you see very different and unique patient populations in the two hospitals sights. Also you get to live in NYC, which is a pretty sweet perk.



Benjamin Shuham

Hometown: Cooper City, FL

Undergrad: Williams College

Medical School: Icahn SOM at Mount Sinai

Graduate School: CUNY Graduate Center (Philosophy)

Hobbies: Watching sports (Ravens, Marlins) and sometimes playing (usually golf), watching cooking shows on Netflix but not actually cooking, reading (usually philosophy and fiction) whenever I have time.

Professional Interests: Very undecided/enjoying exploring the various realms of psychiatry. Possibly addictions +/- further analytic training.

Favorite part of our residency:

Everyone is in the program (and generally in the health system at large) is extremely warm, welcoming and interested in helping you reach your professional goals. We get to serve an incredible array of patients in 2 unique hospitals in (still) one of the greatest cities in the world.



Brian Starkman

Hometown: Albany, NY

Undergrad: Vassar College

Medical School: SUNY Downstate

Hobbies: Long walks with my dog Kyle, film buff, hosting dinner parties, exploring the various neighborhoods in the city

Professional Interests: CL, global health, community psychiatry, HIV, LGBTQ health, medical ethics

Favorite part of our residency:

Definitely my co-residents and faculty! Also experiences such as the personality disorder center, addiction institute, in-house child and adolescent unit, and being part of the larger Mount Sinai network provide us with many unique opportunities.