

# Psychiatric Residency at Mount Sinai Morningside/ West

## OUR RESIDENTS – PGY4

---



### 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



## 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

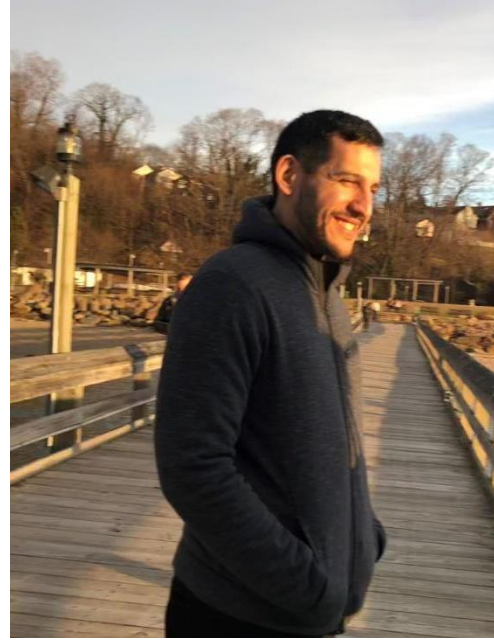
Medical School: Sackler School of Medicine, Tel-Aviv University

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, psychoanalysis, community psychiatry.

Favorite part of our residency:

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



## 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 hospital sites. 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 in the program is extremely warm, welcoming and interested in helping you reach your professional goals. We get to serve an incredible array of patients in two unique hospitals in (still) one of the greatest cities in the world.



## Thomas Sargent

Hometown: Westport, CT  
Undergrad: Bucknell University  
Graduate School: Tulane University School of Medicine (MS in Pharmacology)  
Medical School: Tulane University School of Medicine  
Hobbies: Running, cooking, weightlifting, movies, trying new restaurants, board games, reading  
Professional Interests: Mood disorders, addiction, possibly C&A  
Favorite part of our residency:

I love the residents. They are such a diverse group of accomplished, passionate people. It's wonderful to work in an environment where it's possible to learn as much from each other as you can from on-the-job training.



## 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.