

## Post-Fellowship Career and Reflections on Fellowship from Several of Our Alumni

### **Madeleine Feresh, MD (2009-2010)**

#### *Post-Fellowship Career*

Dr. Feresh stayed on after fellowship as a C/L Attending at Mount Sinai Hospital, where she also served as the director for the Student/Trainee Mental Health Program. She relocated to Long Island in 2014, and served as an Attending on the Long Island Jewish Hospital-Northwell Hospital C/L service as well as Director of the C/L Fellowship until August 2020, when she moved into the outpatient C/L realm to work at the Long Island Regional sites for Memorial Sloan Kettering Cancer Center.



#### *Reflections on Fellowship*

"I was lucky enough to be a C/L fellow at Mount Sinai from 2009-2010 under an amazing team, most of whose members are still there today. I received wonderful mentorship from my attendings during my fellowship year, and particularly received a tremendous amount of support to work on a Reproductive Psychiatry research project that spanned across the year. During my fellowship year, I saw an incredible array of cases, everything from the bread and butter of C/L, to extremely rare and challenging cases including a case of delirious mania in an HIV positive patient with bipolar disorder which I presented at the annual ACLP conference. While I recall working hard during my year, what sticks with me the most is the fun I had, and the close professional connections I made that helped form me into the C/L psychiatrist I am today."

### **Shruti Tiwari, MD (2016-2017)**

#### *Post-Fellowship Career*

Dr. Tiwari completed Psychiatry residency from Icahn School of Medicine at Mount Sinai- Elmhurst Hospital Center and went on to do her Fellowship in Consultation-Liaison Psychiatry in 2017 at Mount Sinai. After completion of her fellowship, Dr. Tiwari worked with the World Trade Center 9/11 survivors in the federally funded WTC Program in NYC and also led the Collaborative Care Program at Elmhurst Hospital Center (EHC). Currently, Dr. Tiwari is an Assistant Professor of Psychiatry at Icahn School of Medicine at Mount Sinai and serves as an attending on the Consultation-Liaison Psychiatry Service at Elmhurst Hospital Center, where she recently played a pivotal role in starting Teleconsultation for the C-L service during the COVID-19 pandemic.



#### *Reflections on Fellowship*

"I knew I fell in love with C-L during my rotations as a PGY-2 resident, and then it was a matter of finding the right program for Fellowship to hone my skills as a Consultation Liaison Psychiatrist. I chose C-L for all my Elective Rotations during PGY-4 at different hospitals. It was during this time that I decided that Mount Sinai Hospital was where I wanted to do my Fellowship. Dr. Carrie Ernst (Program Director of C-L Fellowship at Icahn School of

Medicine at Mount Sinai), took utmost care to make sure the Fellows were getting the most out of all their rotations. The diversity within the C-L field and being able to learn so much from each rotation (Transplant, HIV, Oncology, Reproductive and Administrative), along with the weekly didactics, journal clubs and case conferences helped expand my C-L knowledge to function confidently as a C-L Attending. Dr. Ernst, Dr. Finkel and all the other faculty members made sure that the Fellowship year was well-rounded & rewarding, and I am truly grateful to them for that! They have remained my mentors, friends and colleagues! I would highly recommend this program with absolute confidence to anyone who is considering a Fellowship in Consultation-Liaison."

### **Jacob Appel, MD, JD, MPH (2013-2014)**

#### *Post Fellowship Career*

Jacob M. Appel MD JD MPH is currently Director of Ethics Education in Psychiatry at the Icahn School of Medicine and an emergency room psychiatrist in the Mount Sinai Health System. Jacob is the author of eighteen books of fiction, nonfiction and poetry, including a compendium of ethical conundrums drawn from medicine and healthcare (*Who Says You're Dead?*) His commentary on bioethics appears frequently in newspapers including the *New York Times*, *Chicago Tribune* and *San Francisco Chronicle*. He is co-chair of the Group for the Advancement of Psychiatry's Committee on Law & Psychiatry and a judge for the National Book Critics Circle Awards. More at: [www.jacobmappel.com](http://www.jacobmappel.com)



#### *Reflections on Fellowship*

"Pursuing a fellowship in consult-liaison psychiatry at Mount Sinai was one of the best professional choices I ever made. No other sub-field offers such extensive exposure to the key issues in ethics, policy, systems management and resource distribution that are at the core of my current research. The consult team at Mount Sinai are experts in their fields, and more important, you will graduate from the program having acquiring large swaths of that expertise. It is hard to imagine a better way to spend an academic year."

## **Rashi Aggarwal, MD (2008-2009)**

### *Post Fellowship Career*

Dr. Aggarwal completed psychiatry residency at Maimonides Medical Center in Brooklyn, New York and her fellowship was in Consultation Liaison Psychiatry Medicine at Mount Sinai Hospital. Dr. Aggarwal is currently an Associate Professor, Residency Program Director, and Consultation Liaison Psychiatrist in the Department of Psychiatry at Rutgers New Jersey Medical School in Newark, New Jersey.



Dr. Aggarwal is an active researcher in the areas of wellness, empathy, stigma, and addiction disorders in the consult-liaison setting. She has dedicated her passion for teaching and advocacy to increasing awareness about physician wellbeing and has made wellness a core value of the NJMS Psychiatry residency program. Here, she has rolled out several low-investment organizational changes that promote physician wellbeing.

Dr. Aggarwal has served in many committees in national organizations. She currently serves on the APA's Council on Medical Education and Wellness Committee.

### *Reflections on Fellowship*

"The Mount Sinai Consultation Liaison faculty provided an intellectually stimulating but extremely supportive and collegial environment. I loved the blend of outpatient and inpatient experiences and being part of multiple, different teams with different specific clinical foci such as HIV or transplant. The fellowship gave me broad clinical exposure in a fast-paced and busy environment. The work was intellectually-demanding and the expectations were high, but the environment was very positive. I look back at my fellowship with fondness."

## **Aryeh Dienstag, MD (2015-2016)**

### *Post Fellowship Career*

Dr. Dienstag relocated to Israel after fellowship and began working as a CL psychiatrist at Hadassah Ein Karem Medical Center. Currently, most of his clinical work is in the outpatient clinic where his clinical focus is on psychiatry of the medically ill including Neuropsychiatry, HIV psychiatry, transplant psychiatry and psych-oncology. Additionally, Dr. Dienstag functions as the psychiatry consultant for the neurology, neurosurgery and oncology inpatient services, serves as director of resident didactics and is involved in research on psychogenic seizures and major depressive disorder in the context of HIV.



### *Reflections on Fellowship*

"The Mount Sinai Fellowship in Consult liaison gave me the training and confidence to work with a broad variety of pathologies and patient populations that I use in my day to day practice. Moreover I found the fellowship a great learning, working and growing experience."

## **Devendra Thakur, MD (2012-2013)**

### *Post Fellowship Career*

Dr. Thakur completed psychiatry residency and CL psychiatry fellowship training at Mount Sinai Hospital. He moved to New Hampshire after fellowship to take a position as a CL psychiatry attending at Dartmouth-Hitchcock Medical Center and currently serves as director of the inpatient consultation-liaison service, including supervising residents on their CL rotation, and supervising sub-I's and MS-3's. Dr. Thakur also serves as a transplant psychiatrist for the renal/pancreatic transplant program.

### *Reflections on Fellowship*

“Sinai is a large and busy place, so I saw so much of everything! It helped to feel comfortable as a new attending. At any program you'll see capacity, adjustment disorder, etc, but I've been able to draw upon my Sinai experience to help with the things you don't necessarily see every day. For example, persistent agitation/confusion related to bath salts (and also synthetic cannabinoids). The specific examples are less important; the general idea is that nothing has truly surprised me. I still look up things all the time, bounce ideas off of others, etc (of course) but I never see things that make me think, ‘well, I've never seen or heard of anything like that before.’ I got great teaching experience (and great models for teaching to, with regular didactics, journal club, feedback) at Sinai, which I draw upon every day in my own work.”



## **Melanie Bilbul, MD (2019-2020)**

### *Post Fellowship Career*

Post fellowship, Dr. Bilbul has been working as a CL psychiatrist at the CHUM (Centre Hospitalier de l'Université de Montréal), a hospital center providing tertiary and quaternary care in Montreal, Quebec, Canada. She is also an adjunct professor at the Department of Psychiatry and Addictology of the University of Montreal, supervising medical students, residents and nurse practitioners.

### *Reflections on Fellowship*

“I had a wonderful CL fellowship experience at Mount Sinai Hospital that prepared me well for my current position. During my fellowship year, I was exposed to a wide range of clinical cases, including many uncommon syndromes and diseases, and the opportunity to broaden my expertise in specific fields of CL psychiatry. There were also many teaching opportunities for residents and medical students, and liaison opportunities with other specialties. The best part of the fellowship were the very approachable and knowledgeable staff, who were eager to teach and help us grow into our preferred career choice.”



## **Anna M. Kim, MD (2019-2020)**

### *Post Fellowship Career*

Dr. Anna Kim completed Adult Psychiatry residency and CL Psychiatry fellowship training at Mount Sinai Hospital. Since graduating, she joined the Telepsychiatry Hub at Lenox Hill Greenwich Village, where she is a consultant for emergency and hospital floors. She has also started her own, small private practice.

### *Reflections on Fellowship*

“I completed my consult liaison psychiatry fellowship at Mount Sinai Hospital from 2019-2020-- in the midst of the COVID-19 pandemic! It certainly was a challenging year. At the same time, it provided us opportunities to learn about cases in depth, reflect on telepsychiatry, and publish in academic journals. I also really enjoyed discussing cases with smaller, tight-knit teams.”

