



Psychiatry Residency Program

Class of 2025 – PGY-1s

Why I Chose Mount Sinai Beth Israel Psychiatry Residency Program

Laura Berardo

Hometown: San Antonio, TX

One of the many reasons I chose MSBI is the chance to work on an ACT team in one of the largest and most diverse cities in the world. Another opportunity is MSBI's early exposure to different specialties of psychiatry; I am interested in child psychiatry and will rotate on the service next year. They have additional electives such as ECT, geriatric psychiatry and consult liaison psychiatry. MSBI promotes research and has many opportunities to pursue a field of interest - research time is even built into the curriculum! The faculty are amazing and always willing to share their experiences. However, my favorite part of this program are my co-residents. They are dedicated, passionate and caring - truly the best people I could have asked to share my time as a resident!

Adiba Anam

Hometown: Queens, NY

MSBI stood out for the kindness of the staff and the warmth of my fellow residents. As interview season progressed, I realized more and more how special and unique this program was in that I felt seen, appreciated and recognized. I felt that the program director and other faculty genuinely were interested in my development as a psychiatrist. The combination of connecting with my peers and the opportunity to work with a wide variety of patient populations in acute settings was integral to my choice to train at MSBI. Lastly, of course, I cannot take for granted the chaos and magic that is New York City.

Chloe Soukas

Hometown: Nyack, NY

I chose MSBI Psychiatry because I wanted to train in NYC at a large institution that still had a community feel. Here, there are a wide range of training opportunities to support a diverse learning environment. Everyone I've worked with at MSBI has been extremely supportive, welcoming, and grounded, and I'm excited to be friends with such an awesome intern class!



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Niki Song

Hometown: East Lyme, CT

I chose MSBI Psychiatry off a good gut feeling. When applying to residency, I was looking for a program in New York City that would expose me to a diverse range of patients and give me a breadth of experience in various psychiatric subspecialties. On interview day, it was apparent that MSBI provided both the strong clinical training and warm culture I was searching for. Even through a virtual setting, I could sense the passion and enthusiasm the faculty and residents had for this program. It's been two months into residency, and I'm glad my gut feeling was right. My senior residents and attendings are supportive and provide us with a good balance of autonomy and guidance. Of course, residency would not be the same without my co-interns, who are some of the most hardworking and inspiring people I've met.

Vidushi Purohit

Hometown: Brooklyn, NY

When looking at residency programs, I knew I wanted to stay in NYC and I wanted a program where I would learn a lot, but also be part of a group of people that care and look out for each other. Even with virtual interview experience, I saw that at MSBI, the residents and faculty were a cohesive group. The residents really stood out to me - they were honest and open about their experience at the program. More than that, watching them interact with each other, it was clear that they weren't just coworkers; they were also really good friends. I have only been here for a few months, but it is safe to say that not only am I definitely learning a lot, but I am also doing it with an amazing group of co-residents who have very quickly become some of my favorite people to be around.

Tiffany Markko

Hometown: Rowlett, TX

I chose MSBI because I knew I wanted a program with strong community ties not only when it came to patient care but in regards to resident life as well. I had no doubt that the diversity of NYC would be a great fit for my interests in public psychiatry and patient advocacy, but as someone coming from the other side of the country I knew I wanted a strong relationship with my co-residents to help with the culture shock. Despite my interviews being virtual, it was clear



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that the residents all got along well and enjoyed each other's company both on and off the clock. Now 2 months in, my class is regularly looking for things to do together and we're always

excited to see each other at weekly didactics! Additionally, I broke my wrist the week before rotations started and the outpouring of support from all levels was astounding. Kenisha and Dr. Safin worked very hard to ensure I would be able to safely and comfortably start work on time and our PGY 1 chief Brian was regularly making sure I wasn't over working myself. I honestly can't imagine being anywhere else and am ecstatic to see how the rest of residency goes.

Phoenix Phung

Hometown: Atlanta, GA

Despite the virtual format, I felt comfortable talking with the residents and the faculty about anything without fear of judgement or the need to portray myself as something that I'm not. In addition to my own interactions, the close relationships of the residents and the caring nature of the faculty to ensure a healthy work-life balance was evident. Coming from Georgia, I was so happy to have the time after work to hang out with my co-interns exploring the surrounding restaurants around the hospital. From a training perspective, I really wanted to be exposed to a diverse patient population, so New York City was an obvious choice for me. Having worked here for a couple months now, I have already seen patients who spoke different languages, came from other states, and with diverse backgrounds. MSBI definitely provides exposure to a wide range of psychopathology in a supportive learning environment while also prioritizing adequate time to pursue other interests outside of work.

Kate Warren

Hometown: Pelham, NY

When looking into residency programs, I knew I wanted a place that felt like a big family, and I definitely got that at MSBI. I love the sense of community here. Whether it's from my co-residents, colleagues, or administration, I always feel supported through both the challenges and triumphs of residency.

Lakshmipriya Karamsetty

Hometown: Colorado Springs, CO

Not only does this program offer large patient volumes, but it also allows me to work with patients who present with both severely acute and chronic psychiatric illnesses from varying backgrounds. This program also has numerous faculty members with fellowships and experience in consult-liaison (the fellowship I hope to do one day). Plus the added on benefit of



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being in Manhattan with numerous other programs around, people, and so many restaurants/places to explore!

Sean Lynch

Hometown: East Northport, NY

I think the highlight of training at MSBI is the amount of support we get from our colleagues and our administration. Our co-residents all get along so well and it's great to be able to see each other outside of work and to also support and teach each other in the hospital. Our program and hospital leadership really makes our education a priority and are always available to us if we need advice or support. All of this, coupled with the diverse clinical exposure that we get by working at a hospital that serves so many different communities within NYC, makes training at MSBI a truly great experience.

Chelsea Boydston

Hometown: Appleton, WI

When applying for residency, I primarily looked at programs in NYC because of the diverse patient population that makes it an ideal place to train and exposes trainees to an exceptional breadth of psychopathology. MSBI stood out to me on interview day because of the strong sense of community that permeated the program. It was clear that the residents felt supported not only by each other, but by the administrators and leadership, who emphasized balance between providing residents with ample opportunities for career development with overall well-being of trainees.

Briana Van Verdeghe

Hometown: Waterford, CT

I chose MSBI for the opportunity to practice psychiatry in an incredibly dynamic environment-- the Lower East Side of Manhattan. The diversity of people we serve keeps me engaged with learning. I've found that the people who run the program are committed to fostering a challenging but supportive learning experience. Its proximity to Papaya Dog also helps.

Ralph Albert

Hometown: Saratoga, CA

In selecting a residency program, I was searching for a space where I could grow individually while forming lasting bonds and mentorship. Mount Sinai Beth Israel has provided that experience manifold, providing access to excellent mentorship/networking opportunities and world class resources. Yet at the same time, what stands out the most has been the welcoming atmosphere, genuine, down-to-earth co-residents to accessible and committed program leadership. I've enjoyed my time in New York thus far!



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