

Curriculum Vitae

About Me

I am a board-certified psychiatrist with over 15 years of work experience, including outpatient care in private practice and the Veterans Administration, community interventions, emergency psychiatry and academic research. I am licensed in New York and Connecticut.

Born and raised in Germany, I studied medicine in Germany and Italy before coming to the US for my PhD studies at the University of Pennsylvania, followed by residency and research fellowship at the Mount Sinai Medical Center in New York and the James J Peters VA Medical Center in the Bronx.

As a clinician, I provide comprehensive, evidence-based and more importantly individualized psychiatric care, using effective psychotherapeutic and psychopharmacological interventions to restore, maintain and enhance the mental health of my patients.

My Work

December 2015 - current: Attending Psychiatrist, New York Presbyterian - Brooklyn Methodist Hospital

- Providing psychiatric consults for patients in the adult and pediatric emergency room, medical and surgical units and overnight coverage for our inpatient psychiatric unit.
- Teaching and supervising emergency medicine residents and psychiatry nurse practitioner students.

March 2016 - current: Psychiatrist in private practice in Brooklyn

- Treating adult and adolescent patients with anxiety, mood disorders and ADHD with psychotherapy (CBT) and psychopharmacology. I enjoy working with athletes and have consulted for the Brooklyn Nets.
- Making mental health care more accessible through psychiatric interventions - I take my skills into the community where I evaluate patients and connect them with mental health clinicians and institutions.

Previous Work Experience

July 2015 - June 2018: Research Fellow, Mental Illness Research, Education and Clinical Center (MIRECC), James J Peters VA Medical Center and Mount Sinai Medical Center. After my fellowship, I became an Assistant Clinical Professor in the Mount Sinai Health System in July 2018

- Providing patient care, using both pharmacological treatments and psychotherapy for outpatients at the James J Peters VA Medical Center. Conducting standardized psychiatric assessments (PANSS and SCID) for enrollment of veterans in MIRECC research studies.
- Describing the molecular fingerprint of specific brain cells with a combination of flow-cytometry and downstream molecular biology techniques such as RNA-seq and ChIP-seq with my research mentor Dr. Schahram Akbarian at Mount Sinai Medical School.

July 2011 - June 2015: Psychiatry Resident, Physician-Scientist Track, Mount Sinai Medical Center

- Providing pharmacological treatment and psychotherapy for in- and outpatients at Mount Sinai Hospital and the affiliated James J. Peters Veterans Hospital.
- Identifying the impact of antipsychotic medications on brain cell composition and molecular fingerprint with my research mentor Schahram Akbarian.

Curriculum Vitae

January 2010 - June 2011: I moved to New York, completed my ECFMG certification, went on a 9400-mile road trip around the USA, got married and started a family.

August 2006 - December 2009: PhD student, University of Pennsylvania and Aachen University

- Exploring the role of NMDA receptor hypofunction in schizophrenia and the potential role for phosphodiesterase inhibitors in psychiatric disorders with my mentor Dr. Steven Siegel. In February 2011, I defended my doctoral thesis (Dr. nat. med.) at Aachen University with summa cum laude.
- In addition, I gained experience in clinical research and imaging studies at the Transdisciplinary Tobacco Use and Research Center. My responsibilities were fMRI study design and task development, screening, evaluation of study participants and conducting test sessions with fMRI and PET scans.

May 2005 - July 2006: Psychiatry Resident, RWTH Aachen University, Germany

- Providing pharmacological treatment and supportive psychotherapy for inpatients. At the end of my 1st year, I joined the newly founded International Research Training Group Schizophrenia & Autism, a joint program of the University of Aachen and the University of Pennsylvania.

May 2001 - April 2005: Doctoral student, University of Münster, Germany

- Identifying the role of NMDA receptors in hyperalgesia and opiate tolerance after remifentanyl treatment. In May 2007, I defended my doctoral thesis (Dr. med.) at the University of Münster with magna cum laude.

Publications

I have authored and coauthored 24 peer-reviewed articles in medical journals, written 2 book chapters and presented my research in several talks and posters on international scientific conferences. Please [follow the link to My NCBI Collections for further details](#).

Honors and Awards

- NYPBMH Emergency Department Consultant of the Year 2021
- NARSAD Young Investigator Award 2017
- Career Development Institute for Psychiatry, class of 2017
- Chief Resident for Research, Psychiatry Residency Program, Mount Sinai Medical Center
- Borchers Plakette 2012 awarded by the University of Aachen for an outstanding doctoral thesis
- Full scholarship from the IRTG 1328 Schizophrenia & Autism
- Full scholarship for my medical studies and German doctoral thesis from the Hanns-Seidel Foundation
- Mention for outstanding fulfillment of duties during military service with the German Army.

Education

April 1997 - October 2003: Medical Student, University Münster, Germany

- During this time, I have worked and studied at the Università Cattolica del Sacro Cuore in Rome during a 9-month Erasmus Scholarship and for a 1-year internship with placements in Surgery, Internal Medicine and Anesthesiology.

Military Service

February 1995 - January 1996: Medic during my obligatory military service in the Germany Army