



The Parapraxis

COM-T's Department of Psychiatry Alumni Newsletter
Fall 2022

2022 Graduation

After two years of virtual celebrations, this year's graduation was in-person and held at La Paloma Country Club. Where are our graduates now?



Scan this barcode to see where our residents are working and located.



Scan this barcode to see where our fellows are working and located.

At the top of the webpage is a link to a photo slideshow from the graduation ceremony.



Pictured left to right: Department Chair Jordan Karp, MD, Associate Program Director Saira Kalra, MD, Ramsha Rao, MD, Marisa Fernandez, MD, Tyler Shiflett, DO, Adiel Carlo, MD, Andy Trang, MD, John White, DO, Ross Francis, MD, Michael Duerden, MD, Rose Sivilli, MD, Jennifer Bao, MD, Program Director Jason Curry, DO. photo: Jamie Manser

Post-Residency Reflections

by Nick Ahrendt, MD

Wow, just over a year out of residency! Hard to believe a little more than a year ago I was still staffing patients with the likes of Brittany Pace...now the residents ask ME what to do!

This first year has presented many changes and challenges for me personally and the graduating class of '21. We've all been blessed with new administrative obligations of attendinghood, had our first meet and greet with "The Tax Man," and watched housing prices hot-air-balloon as we prepare to buy homes. Some of us have struggled through patient death, patient suicide, feeling siloed away from colleagues, and questioning whether our "first big job" is our "forever job". In a profession with plenty to worry about and plenty more to mull over, I have found a daily source of optimism and satisfaction: being present with my patients, present with my work colleagues, and even present with my notes (sometimes). It has allowed me to realize how unique and wonderfully strange my job is, and occasionally, that I've had an impact on someone's life.

As usual, I'm thankful to the support my graduating class continues to give through the Whatsapp, and when facing even greater challenges, the support that the program continues to offer. I reached out to my colleagues to hear what they miss and do not miss about Tucson and the residency. See page 2.

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Grand Rounds

Reminiscence

by 2021 Graduates

What we miss...

“Co-resident comradery,” Dr. Champion
 “Time to do therapy,” Dr. Parsi
 “The magical wisdom of Dr. Pritchard,”
 Dr. Lavi
 “The cacti & the cuisine,” Dr. Freitas
 “Getting to check in with everyone
 weekly,” Dr. M Singh
 “My classmates, who transcended the roles
 of coworkers to be some of my best
 friends,” Dr. Tran

What we do not miss...

“Having a short-term relationship with my
 patients knowing that I’ll be leaving soon,”
 Dr. Freitas
 “The heat, the potholes, the lack of freeway,”
 Dr. Parsi
 “Night shifts,” Dr. M Singh
 “Being on call at any of the hospitals,” Dr. Lavi
 “Being Broke,” Dr. Sherman



Pictured left to right: Amanda Freitas, DO, Connor Champion, MD, Allison Peet, DO, Nicholas Ahrendt, MD, Scott Salomone, MD, Michelle Singh, DO, Kevin Sherman, DO, Mehrban Goshtaseb Pour Parsi, DO. Not pictured: Nikhil Borra, DO, Albert Shin, DO

Upcoming Grand Rounds

September 21: “A Pilot Study of the Effects of Psilocybin on OCD Symptom Severity” with Dr. Moreno

September 28: “The U.S. Overdose Crisis and Psychiatry” with Dr. Compton from the NIH/NIDA

October 12: “Physician Safety” with Melissa Spanggaard, DO, FAPA

October 26: “Prevention of Depression in Low and Middle Income Countries: an NIMH-sponsored RCT in Goa, India” with Charles F. Reynolds III, MD

Visit Psychiatry.arizona.edu/events for streaming links and upcoming presentations. Email jlmanser@arizona.edu if you would like to join the Grand Rounds listserv.

Opportunities

The department has several faculty positions open. Visit Psychiatry.arizona.edu/about-us/available-positions to view what is currently available. VA Positions are at USAjobs.gov.

Interventional Psychiatry

If you have patients with treatment-resistant depression, and neurostimulation or novel mechanism antidepressant is indicated, we can provide ECT, rTMS, and intranasal esketamine (SPRAVATO®) at our Center for Interventional Psychiatry and Neurotherapeutics (CIPN). Call 520-874-7500 or Psychiatry.arizona.edu/patient-care/cipn

Community Engagement

The Mental Illness & Neuropsychiatric Disorders (MIND) Clinic, part of COM-T’s Commitment to Underserved People (CUP) clinics, needs more volunteer psychiatrists.

The MIND Clinic aids in filling the gap in our community’s accessibility to mental health care and provides a clinical psychiatry experience for medical students.

If you are interested in volunteering, please email Donna Sayegh (MS2) at dsayegh@email.arizona.edu or speak with Dr. Karp or Dr. Curry.

