

Throughout my training and career, I have been committed to advancing population-based health initiatives and exploring innovative strategies to disseminate mental health resources effectively to diverse communities. My formal research career began during my training in the University of Vermont MD/PhD program, where I investigated immune-neural interactions in the pathophysiology of multiple sclerosis.

During residency, my focus shifted toward clinical and population-based care, culminating in a publication in the Journal of ECT that examined predictors of electroconvulsive therapy utilization. I have also contributed to research on novel applications of evidence-based treatments for depression, including assessing the safety and feasibility of transcranial magnetic stimulation (TMS) in patients with focal epilepsy.

As a collaborative care psychiatrist, I provide consultation and supervision to enhance mental health interventions within primary care settings. I am honored to deliver high-quality care through a population-based model, reaching patients who might otherwise never encounter mental health providers. Additionally, as an interventional psychiatrist, I offer innovative and effective treatments for treatment-resistant depression and other challenging psychiatric disorders.