



Outstanding Young Alumnus

Amir Garakani, MD '02, DFAPA

Amir Garakani, MD '02, is chair of psychiatry and behavioral health at Greenwich Hospital in Greenwich, Connecticut, a role he has held since June 2021. Garakani also is assistant professor of clinical psychiatry at the Yale School of Medicine. During his short tenure, Dr. Garakani has helped lay the groundwork for the Interventional Psychiatry Service (IPS), which will tentatively begin in 2023. The IPS will provide evaluation and treatment for patients with treatment-resistant mood and anxiety disorders from the Fairfield County, CT, and Westchester County, NY, areas. IPS includes treatments such as electroconvulsive therapy (ECT), ketamine (intravenous and intranasal), and transcranial magnetic stimulation (TMS). The IPS at Greenwich Hospital will be a collaborative effort with Yale University and will offer opportunities for Greenwich to participate in academic and research initiatives. Other forthcoming programs include a Mood and Anxiety Disorders clinic and adult and adolescent Intensive Outpatient Programs (IOPs).

Prior to joining Greenwich Hospital, Garakani worked at Silver Hill Hospital in New Canaan, Connecticut, serving as director of education and assistant medical director and held an

BACHELOR'S IN CLASSICS
Cornell University

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RESIDENT IN PSYCHIATRY
Mount Sinai Medical Center

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FELLOWSHIP IN PSYCHIATRY
Mount Sinai Hospital

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FELLOWSHIP IN FORENSIC PSYCHIATRY
New York University School of Medicine

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appointment as assistant clinical professor at the Icahn School of Medicine at Mount Sinai since 2008.

Garakani received his B.A. in classics, cum laude, from Cornell University, and graduated with his MD from Upstate in 2002 after receiving the Marc Hollender Prize in Psychiatry, the Bruce Dearing Writing Award, and the American Medical Association Rock Sleyster Scholarship. He is grateful for the superb teaching he received from supervisors including Mantosh Dewan,

MD, C.V. Haldipur, MD, Thomas Schwartz, MD '95, and Prakash Masand, MD, HS, and credits his medical education for his success during residency and beyond. He also appreciated the late Bonnie St. Andrews, PhD, for encouraging him to continue writing creatively. His faculty adviser James Greenwald, MD '78 provided ongoing mentorship and support during his time in Syracuse.

During psychiatry residency at Mount Sinai Medical Center, Garakani began working under Jack Gorman, MD, an expert in the field of anxiety disorders, and served as co-author on several papers. He received several awards including the American Psychiatric Association (APA)/ Lilly Resident Research Award, APA GlaxoSmithKline Leadership Fellowship, the APA-NY County District Branch Resident Research Award and travel awards from the Anxiety Disorders Association of America and Society of Biological Psychiatry. He completed a fellowship in forensic psychiatry at New York University Medical Center and is triple-board-certified in psychiatry, forensic psychiatry, and addiction medicine.

Garakani began working at Silver Hill Hospital, a private psychiatric hospital, in 2008, serving in multiple settings, including

admissions, inpatient detoxification, and the Transitional Living Programs, prior to his leadership roles. He maintained a faculty appointment at Mount Sinai and taught classes to psychiatry residents on psychopharmacology, neuroscience, phenomenology, sleep-wake disorders, and forensic psychiatry.

Garakani is a member of the Society of Biological Psychiatry, the Group for Advancement of Psychiatry, and is a Distinguished Fellow of the American Psychiatric Association. In 2020, he was inducted into the American College of Psychiatrists.

Garakani has published more than 80 peer-reviewed papers and book chapters (including 66 articles on Pubmed). He serves as an associate editor for the Psychopharmacology Section of *Frontiers in Psychiatry* and as clinical case discussion editor for the *Journal of Psychiatric Practice*.

Garakani continues his clinical practice with special interest in treating anxiety disorders, mood and depressive disorders, trauma, and substance use disorders. Outside of work, he enjoys spending time with his three-year-old son, James Reza.



Dr. Garakani