

General Psychiatry



Roald Credo received undergraduate degrees in Biology and Chemistry from Texas Tech University. He then went on to obtain a master's degree and his medical degree from Texas Tech University Health Sciences Center. He has participated in the student run free clinic at Lubbock Impact since graduate school, providing medical care to uninsured populations. He also was active in student government - serving as both Vice President of his class and President of the Medical School Government - organizing school-wide fellowship events and working with the administration to effect change. "My investment in my patients' mental and physical well-being alongside their story is what drives me to pursue psychiatry."



Emma Easterling earned her bachelor's degree in biology before pursuing her medical degree at the University of Texas Medical Branch. She has worked as a nanny since college, served as Social Chair for the American Women's Medical Association chapter, and volunteered with several community non-profits, including the Humane Society of Galveston and Children's Miracle Network. She served as Education Director of the free clinic in Galveston and presented work at national meetings on expanding access to psychiatric care in free clinics. She has been recognized with selection for the Alpha Omega Alpha (AOA) and Gold Humanism Honor Societies. Emma looks forward to a career in psychiatry as "an advocate for all individuals living with mental health conditions."



After completing an undergraduate degree in Foreign Language at The University of Utah, Ty Forbes went on to pursue his medical degree from McGovern Medical School at the University of Texas Health Science Center. In medical school, he founded one organization to support medical students who were also parents, and another to help educate fellow medical students identify resources to support their medical education. As a Gold Humanism Honor Society Member, he was involved in community outreach to high school students and refugees settling in the Houston area. He feels that “the goal of a psychiatrist is to offer compassionate, unbiased care to foster healing and recovery in their patients.”



Viviana Gonzalez received her undergraduate degree in Biology from Baylor and an MBA from the University of North Texas. She will receive her medical degree from UT Southwestern. She served as an Outreach Coordinator for the City of Hope Shelter for Women and Children, creating an afterschool program for children displaced by domestic violence. She also worked with elementary school students via her volunteer work at the Momentous Institute. She served as a student volunteer at the free clinic, a community volunteer with NAMI, and student course liaison for a psychiatry enrichment elective. “As someone drawn to advocacy, deep discussions, wellness efforts, and the creation of safe spaces, psychiatry represents the confluence of interests.”



After completing a degree in Psychology from the University of Kentucky, Trinity Houston enrolled in the University of Alabama at Birmingham Marnix E. Heersink SOM, where she will earn a medical degree and a master's degree in public health. As an Albert Schweitzer Fellow, she taught mental health topics to 7th and 8th grade students at a local high school. Trinity worked as a teaching assistant in both her medical school and graduate school programs. She served in leadership roles in her Psychiatry Student Interest Group and in her local chapter of SNMA and was involved in mentoring minority medical students. For Trinity, "psychiatry represents a comprehensive approach to health care, addressing physical, mental, and social well-being."



Alexandra Koehler obtained a degree in Biology from the University of Kansas Main Campus. She then went on to the University of Kansas School of Medicine. As a member of both AOA and the Gold Humanism Honor Society, she volunteered in a shelter providing care for survivors of domestic violence, training in how to provide a trauma-informed approach to care. She also was part of her SOM's free clinic, beginning as a student volunteer, and rising to a team leader. She was a student ambassador, a peer mentor, and a member of the PsychSIGN Film Club. Alexandra recognizes "the importance of compassion, advocacy, and [having] a nuanced appreciation of each person's unique life context."



Sloan Long earned her bachelor's of science at Southern Methodist University and a master's in biomedical science at UNT Health Science Center in Fort Worth. As a medical student at Texas A&M Health Science Center, she founded a dermatology free clinic. Sloan also volunteered with Best Buddies, an organization dedicated to ending social isolation for people with intellectual and developmental disabilities, since college. Her dedication to service was recognized with selection for the Gold Humanism Honor Society. Sloan is drawn to many aspects of psychiatry, noting that "while the diagnostic challenges and evolving treatment modalities in psychiatry fuel my curiosity and desire for the field, psychiatry is about connecting with the individual on a deeper level."



Siddarth Prasad earned his bachelor's degree in biology at Rice University prior to earning a master's degree in education from UT-Austin. His work as an Applied Behavioral Analysis (ABA) therapist inspired him to pursue medical training. In medical school he has been Student Ambassador at the Choosing Wisely STARS Initiative on values-based care. A member of both the Alpha Omega Alpha (AOA) and Gold Humanism Honor Societies at UT Health Science Center at San Antonio Long School of Medicine, he has been a volunteer and Clinic Coordinator at Alpha Home free clinic. Reflecting on his work with women in an addiction treatment program, he found "no greater joy in my life than seeing their progress on the road toward recovery."



Alison Schafer earned her bachelor's degree in civil engineering from Rice University and her medical degree at Louisiana State University in New Orleans. As a student in the LSU Honors Research Program, she explored the effect of screen time and social media on patients receiving outpatient psychiatric care. Her leadership roles included elected representative of her class throughout medical school and a member of the committee that prepared for the Liaison Committee on Medical Education (LCME) re-accreditation. She was selected for the Alpha Omega Alpha (AOA) Honors Society. In her work as an engineer Alison learned that "devising innovative solutions to complex problems requires exploring not only technical factors but also human factors".



A graduate of the University of Houston with a degree in nutrition, Jessica Tran did her medical training at the University of Texas Medical Branch John Sealy School of Medicine, where she was selected for both Alpha Omega Alpha and the Gold Humanism Honor Society. She has had an interest in issues related to emotional literacy in adolescents and using art as an important expressive means such as for burn patients. She led the Sunshine State of Mind, a social-emotional learning program for adolescents and as the President of UTMB's Art in Medicine organization doing activities for burn patients at Shriners Children's. She noted, "through my interdisciplinary lens, I hope to empower patients with the necessary tools to navigate life's uncertainties."



A graduate of Rice University with a degree in physiology, Ashley Tsang is completing her medical education at UT Southwestern. She was selected for the Gold Humanism Honor Society and served as Chair of the Clerkship Ethics Committee. Her work as Clinic Manager at Union Gospel Mission homeless shelter led to her roles as Founder and President of REACH where UT Southwestern students provided weekly mentorship for unhoused children. She has presented and published her research on informed consent and the publication of patient case reports. She noted she was drawn to psychiatry because “mental health treatment is not a one-time intervention but a longitudinal process requiring continuous empathy and patience.”



A graduate of University of Southern California with degrees in psychology and Spanish, Nausheen Wakhlu continued her medical education at Keck School of Medicine of the University of Southern California where she will graduate with Distinction in Research and was selected for the Gold Humanism Honor Society. She completed an education fellowship with the Gehr Institute where she studied health inequities and research on educating Native Americans about substance use disorder. She has been Co-President of the Psychiatry Interest Group, Co-President of the Substance Use Disorders Student Interest Group and volunteered at In the People's Corner. She wrote, “I look forward to building my own long-standing relationship with patients while exploring novel therapies to improve their psychiatric course.”

Psychiatry Research Track



Elif Ozan completed her undergraduate and medical training at Istanbul Universiti, Cerrahpasa Tıp Fakultesi. She completed her residency in adult psychiatry at the same institution, gained training in several modalities of psychotherapy, and cared for patients following Turkey's devastating 2023 earthquake. She then came to the United States as a research fellow under the supervision of Dr. Dost Ongur at McLean Hospital. She has published a first-author review on the use of the ketogenic diet in the treatment of mood disorders and has been engaged in work on social cognition in patients with schizophrenia. She described her research fellowship as "an eye-opening experience, providing me with a deeper understanding of how scientific inquiry can translate into real-world clinical achievements."

Child and Adult Psychiatry Track



A graduate of the University of Texas at Austin with a degree in neuroscience, Carrie Chen did her medical training at the University of Texas Medical Branch John Sealy School of Medicine. Her interest in children and Asian American mental health led to her involvement and leadership as Executive Publicity Director with Connect, the largest community service organization at UTMB and her role as Co-Service Chair for Child and Adolescent Psychiatry Plus. Her research interest has included neural correlate in substance abuse treatment and currently project lead on the Asian American Mental Health Outcomes Project. She noted "through psychiatry, I hope to address cultural perspectives in all minorities and foster a community where seeking mental health treatment is destigmatized."



Kelsey Endari earned her degree in biochemistry before pursuing medical training at the University of Texas Rio Grande Valley School of Medicine, driven by a commitment to addressing gaps in mental health care through healing and advocacy. As an active member of the AMA, she developed two resolutions that were nationally adopted into AMA policy, improving support for individuals with disabilities. She also served as chair of her school's Wellness Committee for the Student Government, fostering dialogue around mental health and spearheading initiatives to expand counseling services for medical students. She reflects that "psychiatry promises a chance not just to treat but also to advocate, educate, and perhaps most importantly, to prevent crisis in the lives of others."



Rachel Grushan earned her undergraduate degree in developmental psychology from the University of Minnesota Twin Cities before pursuing her medical training at the University of Minnesota Medical School with a clear passion for psychiatry. Psychologically minded from a young age, she was actively involved in suicide awareness efforts and later gained hands-on experience working as a clinical program assistant in a day treatment program for young children diagnosed with autism. Drawing from these experiences, she contributed to her medical school curriculum by developing and delivering lectures on eating disorders and intellectual disability. She aspires to "practice psychiatry that is compassionate and evidence-based" and carries "a long-term commitment to working with children and young adults."

Rural and Public Mental Health Track



Andrew Contreras earned his undergraduate degree in Biology and Sociology from California State University, Fresno, and is completing his medical degree at the University of California, San Francisco. With a deep commitment to rural health, he focused his research on improving diabetes outcomes in underserved communities. Andrew is passionate about mentorship and founded PRIME TIME and the San Joaquin Education Initiative, connecting over 1,300 high school students in rural areas to activities in healthcare related fields. Andrew brings the lessons learned from his experiences as a "...reminder of the strength found in community and the healing power of connection..." where he hopes to blend "...cultural traditions with modern psychiatric practices, so no one feels alone in navigating their mental health."



Arianna (Michelle) Price earned her undergraduate degree in Public Policy from Duke University, a Master of Public Health from the University of Arizona, and is completing her medical degree at The Warren Alpert Medical School of Brown University. A dedicated advocate for public health, she was awarded the Brown Sexual Health Advocacy and Policy Education (SHAPE) Grant to research transgender advocacy curricula. She has worked to expand healthcare access as a certified health insurance application counselor, and cared for patients with substance use disorders at the Rhode Island Department of Corrections. Arianna strives to create lasting, equitable change in healthcare for underserved populations and working "...to understand their conditions and support them in working towards a maximized quality of life."

Psychiatry and Internal Medicine Combined



Ifeoma Ikedionwu is a graduate of Baylor University and pursued her medical education at the University of Chicago Pritzker School of Medicine, where she was recognized with the Margaret's Village Community Service Award for her dedication to outreach and advocacy. She was awarded multiple grants in medical school, including the Alpha Omega Alpha Medical Student Leadership Grant to develop medical community engagement initiatives and the American Psychiatric Association Helping Hand Grant to establish a psychiatry student-run free clinic. With combined training in psychiatry and medicine, she strives to "provide care where psychiatric concerns are treated with the same urgency and care as physical symptoms," while also working to expand access and strengthen patient advocacy.



Chynna Moore attended the University of Georgia, where she earned her undergraduate degree in psychology and gained work experience as a therapeutic aid caring for adolescents. Entering medical school at Mercer University School of Medicine with a clear passion for psychiatry, she received the Distinction in Service to Community Recognition for her demonstrated commitment to service, including leadership in SNMA and the Medical Explorer Program, and roles as Student Ambassador and member of the Admissions Committee. She is drawn to a combined training program with the recognition that, "Dually trained physicians have a unique opportunity to offer a holistic assessment of patients, as they recognize the vital interplay between body and spirit."

Psychiatry and Neurology Combined



Bilal Haque attended the University of Texas at Austin for undergraduate studies in neuroscience before enrolling in medical school at UT Southwestern. As a student, he spearheaded research and advocacy work in functional neurological disorders, including writing monthly newsletters for FND Hope, an international organization. Bilal received the 2025 North Texas Society of Psychiatric Physicians (NTSPP) Award for Outstanding Medical Student in Psychiatry. He also served as a Southwest Student Advisor counseling prospective students from around the country and as a climate ambassador for Physicians for Social Responsibility. He joins our program with a “commitment to pursuing both neurology and psychiatry, bridging the gap between these fields to provide more holistic patient care.”



Alex Woznicki attended Wayne State University for undergraduate studies in psychology, followed by medical school at Oakland University William Beaumont School of Medicine, where he is a member of the AOA. As a student, he volunteered with Street Medicine Oakland and with the Oakland County Harm Reduction Alliance. He also worked as an anatomy tutor and a medical illustrator, as well as conducting neuroimaging research on traumatic brain injury. He cites the writings of Oliver Sacks as a source of inspiration, writing, “The elegant explanations of how changes to the brain impacted people's lives, the undercurrent of the joy of discovery, and, best of all, the continued sense of mystery captivated me.”

Pediatrics/Psychiatry/Child and Adolescent Triple Board



Lauren Apodaca received her Bachelor of Science degree and master's degree in public health at George Washington University before beginning medical school at George Washington University School of Medicine and Health Sciences. At the National Institutes of Health, she enrolled patients with comorbid substance use disorders and viral hepatitis in studies identifying how social determinants and clinical markers influence treatment outcomes. Her work as a free clinic director helped her to develop a voice to advocate for her patients. She is seeking training in the Triple Board program to increase access to mental health through a medical lens. Her "experiences as an advocate and clinical researcher cemented her interest in a field that echoes her commitment to advocacy and accessibility."



Sydney Collis received her Bachelor of Science in biomedical science and graduated from Texas A &M University before pursuing her medical degree at Texas A&M Health Science Center College of Medicine. She served as Director of the Agape Clinic where she spearheaded programs to provide patients with continuous glucose monitors, IUD contraceptives, and organized a community health fair. She was a class of 2025 student representative and served as a liaison between the class and the leadership administration. She believes the diverse training experiences of the Triple Board will prepare her to address the mental impact of childhood trauma by "building therapeutic relationships" and "providing quality care that empowers patients to reclaim their sense of self-worth."



After attaining her Bachelor of Science in Biochemistry at The University of Texas at Dallas, Abigail Lewis matriculated at UT Southwestern where she served as a JAMP mentor and was inducted into the Gold Humanism Honor Society. She volunteered in college at Camp Kesem, a weeklong camp that helps children through a parent's battle with cancer and continued as an advisory board member for the camp during medical school and earned the Presidential Volunteer Service Gold Award Community/Service Recognition for 500+ hours of service and civil participation. She aspires to work in pediatric palliative care with Triple Board training allowing her "to provide both her patients and their guardians with guidance, comfort, and dignity."



Anna Pfeiffer studied English and Psychology at East Tennessee State University for her Bachelor of Arts degree, before beginning medical school at the University of Texas Medical Branch John Sealy School of Medicine where she volunteered at St. Vincent's student-run clinic and advanced to Chair of Referrals and Community Engagement. During medical school, she designed and implemented a quality improvement project focused on promoting pediatric autonomy by addressing the needs of families navigating the transition to puberty. Triple Board Residency offers the perfect path to becoming a complex care physician, integrating medical and psychiatric care for children with chronic illnesses. She hopes to "grow her skills in advocacy, compassion, and trauma-informed care while relieving the burden on medically complex families."