

Nita Padavil, MD

25 E. Washington Street - Suite 1805, Chicago IL, 60602

Work Experience

Chicago Psychiatry Associates, Chicago IL 2020 - present

Education & Qualifications

McGaw Medical Center of Northwestern University, Chicago IL 2020

General Adult Psychiatry Residency

Physician and Surgeon License, Illinois 2018

Controlled Substance License, Illinois 2018

DEA License, 2018

Buprenorphine Waiver & Certification 2019

University of Chicago Pritzker School of Medicine, Chicago IL 2016

Doctor of Medicine

Rensselaer Polytechnic Institute, Troy, NY 2012

Bachelor of Science, Magna Cum Laude

Honors

Northwestern University Feinberg School of Medicine Exemplary Professionalism - *Nominee* 2018

Gold Humanism Honor Society - *Member* 2016

American Academy of Child & Adolescent Psychiatry Life Members Mentorship Grant - *Recipient* 2015

Professional Activities

Recovery from Early Psychosis Program at Northwestern Medicine 2019 - present

Participated in the design and launch of a cognitive remediation program within REPP, a clinical initiative focused on improving social, occupational, and academic functioning in young adults with acute or chronic psychotic symptoms.

The Holding Circle at South Shore Fine Arts Academy- Elective Experience 2019 - present

Provided weekly, longitudinal psychotherapy focused on improved distress tolerance, impulse control, and reflective capacity, to three children ranging from 9 to 12 years of age struggling with disruptive behavior in the classroom setting.

Chicago Institute for Psychoanalysis - Fundamentals of Psychoanalysis 2019 - present

Pursued a year long intensive study of the theory and practice of psychodynamic psychotherapy, for the purpose of cultivating a deeper understanding of the role of developmental processes in psychopathology and to improve competence in working with individuals with character pathology.

Positive Sobriety Institute - Elective Experience 2018

Participated in a month long educational clinical experience at a rehabilitation program specifically focused on professionals to further understanding of the psychosocial management of substance use disorders. Followed a cohort of patients as they participated in group based psychotherapy covering a range of modalities: ACT, CBT, DBT, and as they engaged in family therapy, including psychodrama. Participated in intake assessments and weekly interdisciplinary team meetings.

The Center for Circadian & Sleep Medicine at Northwestern Medicine- Elective Experience 2018

Participated in a month long educational clinical experience to build competence in the evaluation and management of sleep disorders, with a specific focus on bright light therapy, chronobiotics, and behavioral strategies for circadian rhythm phase shift, as well as CBT for insomnia.

Teaching & Mentorship

- Peer Mentorship - Northwestern General Adult Psychiatry Residency 2019
Recruited by residency program leadership to provide guidance to a PGY-2 resident on optimizing work flow and organizational skills while on call, without sacrificing quality of clinical work and one's personal sense of meaning and purpose.
- Medical Student Mentorship - Feinberg School of Medicine American Medical Women's Association 2019
Provided guidance to a first year student on the transition to medical school and its related academic and personal challenges, including the construction of a professional identity while preserving the important aspects of one's life outside of medicine, and the navigation of the unique challenges faced as a woman and minority.
- Interdisciplinary Education- Psychopharmacology - Northwestern Clinical Psychology Program 2019
Co-taught graduate level introduction to psychopharmacology course to first year psychology graduate students. Prepared lectures, created cases for problem based learning discussions, and developed new content for exams. Created a new module focused on psychopharmacology relevant to women's mental health and expanded the modules on child & adolescent psychiatry, and substance use disorders
- Medical Student Education - Feinberg School of Medicine Psychiatry Shelf Review 2017
Led medical student shelf exam review, building upon the didactics provided to students while working with them on the inpatient unit and while on call.
- Interdisciplinary Education- Northwestern Internal Medicine Intern Guide 2017
Recruited by senior co-residents to update Psychiatry section of the Northwestern Internal Medicine residency program's intern handbook for the management of commonly faced psychiatric issues. Updated and expanded content on evidence based evaluation and management of altered mental status, agitation in patients with and without psychiatric illness, and comprehensive assessment of suicide risk.
- Teaching Assistant - Human Physiology - Pritzker School of Medicine 2015
Selected to co-teach renal and pulmonary physiology modules to first year medical students. Created presentations and conducted review sessions, prepared examination questions, proctored exams, and provided individualized mentorship to second year medical students
- Teaching Assistant - Clinical Skills - Pritzker School of Medicine 2015
Selected to lead a group of first year medical students through the complete physical exam over the course of their first year. Provided individualized mentorship to students on building trust and rapport with patients in the context of challenging clinical situations.

Leadership & Advocacy

- Events Chair- Psychiatry in the Arts 2017 - 2018
Organized screenings of films featuring neuropsychiatric and psychodynamic themes followed by discussions led by department of psychiatry faculty from both Northwestern and other Chicagoland institutions.
- Curator - University of Chicago Sex Week 2013 - 2014
Served as member of executive planning committee and curated programming for a week of lectures, discussions, and workshops dedicated to the exploration of human sexuality from the perspectives of art & literature, philosophy & religion, sociology & politics, health & safety. Booked artists, scholars, scientists, and clinicians from Chicago and abroad to lead events on the specific topics of the neurobiology of female orgasm, dyspareunia, and the role of mindfulness in satisfying sexual experiences.
- Education Coordinator, Clinic Manager- Maria Shelter Health Clinic 2012 - 2013
Provided primary care to displaced women at the Maria Shelter as part of a student run clinic comprised of attending physicians, first and fourth year medical students. Operated as clinic manager, coordinating medical students and attending physicians, managing patient flow, and performing administrative duties.
Selected to serve as board member and education coordinator through a competitive application and interview process. Developed educational content for shelter residents on a range of topics including basic sex education with a focus on contraceptive options, the benefits of breast feeding for mother and baby, healthy eating on a budget, mindfulness practices such as reflective journaling.

<p>Pritzker School of Medicine Women in Medicine Summer Intensive</p> <p>Selected to participate in an inaugural educational initiative through the Department of Medicine Women's Committee focused on the cultivation of professional skills identified as essential to advancement within academic medicine, including self promotion, eliciting and providing feedback, negotiation, assertiveness. Designed a workshop focused on gender inequality within medicine and the development of skills to address associated issues such as Imposter Syndrome.</p>	2013
<p>Co-Director & Events Chair - Medical Students for Choice</p> <p>Selected to serve as Co-Director and Events Chair. Developed a series of new events: a discussion panel featuring patients and clinician perspectives on elective termination of a pregnancy; the inaugural Clinical Reproductive Health Workshop, a two day series focused on preparing medical students of all years for clinical work related to sexual and reproductive health, featuring skill acquisition sessions, role play scenarios to develop competence in contraception counseling, and the discussion of sensitive topics such as pregnancy or sexually transmitted infection test results, sexual dysfunction.</p>	2012-2013
<p>Founder - VOX: Voices for Reproductive Health</p> <p>Directed the creation of a peer-led reproductive and sexual health education and advocacy group on the Rensselaer Polytechnic Institute campus. Provided resources and education to the university community via tabling, workshops, film screenings, and other event formats. Mobilized student support for state and national public policies promoting affordable and accessible reproductive and sexual health services. Employed graphic design skill set to create visually compelling educational materials.</p>	2011-2012
<p>Advocacy & Patient Services - Upper Hudson Planned Parenthood</p> <p>Advocated for the preservation of federal and state funding for Planned Parenthood's services via face to face interactions and written communications with legislators. Represented Planned Parenthood at community events to provide education to the public on reproductive health matters. Escorted patients into the Troy, NY clinic on days when protesters are present.</p>	2012-2013
<p>Patient Advocate, Hotline Operator - Sexual Assault & Crime Victims Assistance Program</p> <p>Served as an operator on a 24 hour hotline, answering calls from victims or concerned individuals regarding child and adult sexual assault, elder abuse, domestic violence, and stalking. Functioned as a patient advocate in the emergency department of Albany, NY area hospitals as patients underwent forensic exams and law enforcement interviews, offering support and resources to the clients and their families.</p>	2010-2012
<h2>Presentations</h2>	
<p>Civil Commitment: Historical Perspectives & Current Considerations</p> <p>Grand Rounds Presentation. Northwestern Department of Psychiatry and Behavioral Sciences. Abbott J, Amar C, Brogan K, Koscica K, Kruger J, Padavil N, Tarsha P.</p>	2019
<p>Alterations in Vaginal Pain Sensitivity in Women with Dyspareunia Independent of Psychological Factors</p> <p>Poster Presentation. The Sexual Medicine Society of North America - 20th Annual Fall Scientific Meeting. Padavil N, Tu F, Kane J, Hellman K.</p>	2014
<p>The Effect of an Illinois Medicaid Policy Change on IUD Access: A Qualitative Study</p> <p>Oral Presentation. Sexual Justice Beyond Reproduction Graduate Student Conference. The University of Chicago Center for the Study of Gender and Sexuality & The Center for Interdisciplinary Inquiry and Innovation in Sexual</p>	2013
<p>Preventing More Than Conception: The Effect of Contraceptives on Pelvic Pain in Healthy Subjects and Women with Chronic Bladder and Uterine Pain</p> <p>Oral Presentation. Pritzker School of Medicine Summer Research Forum. Padavil N, Tu F, Kane J, Hellman K.</p>	2013