

EDUCATION

Residency: **Stanford University Department of Psychiatry**, Stanford, CA

Graduation: June 2020; Chief Resident of Psychotherapy Clinics and VA Outpatient Clinics (July 2019-June 2020)

Awards/Honors: Alpha Omega Alpha Honor Medical Society (2020); Marnell Award for Psychotherapy (2020); Austen Riggs Award for Excellence in Psychotherapy (2019); American Group Psychotherapy Association Conference Scholarship (March 2018 and February 2019); First place –Mindgames, American Psychiatric Association (One of three members of Stanford residency team that placed first out of 125 residency teams in North America)

Notable clinical rotations: addiction, bipolar disorder, telepsychiatry, neuropsychiatry, OCD, women's mental health, ECT, and serious mental illness clinics; psychotherapy training in cognitive behavioral therapy (CBT), virtual reality CBT, interpersonal therapy, couples therapy, long-term and time-limited psychodynamic therapy; obtained buprenorphine waiver

Board Certification: obtained December 2020

Medical: **University of Wisconsin School of Medicine & Public Health**, Madison, WI

Degree: MD, May 2016

Awards/Honors: Grace M. Parker Scholarship (2016), University League Endowed Scholarship (2016), Gold Humanism Honors Society (2015-2016), Shapiro Summer Research Fellowship (2013)

Undergraduate: **Yale University**, New Haven, CT

Degree: Bachelor of Science in Psychology (Behavioral Neuroscience Track), May 2011

Awards/Honors: Graduated *cum laude* (top 30% of graduating class), Psi Chi National Honor Society (2010), Richter Summer Research Fellowship (2009), Saybrook-Babcock Research Fellowship (2010), Mellon Undergraduate Research Fellowship (2010)

WORK AND LEADERSHIP EXPERIENCE

American Psychiatric Association (*April 2021-present*)

Member of Psychotherapy Caucus, Training Advancement Initiative, Diversity in Psychotherapy Workgroup

- ❖ Worked to bolster diversity, equity, and inclusion in psychotherapy training in psychiatry residency programs

American Group Psychotherapy Association (*April 2021-present*)

Group Training and Supervision Special Interest Group Co-chair

- ❖ Created educational content around group psychotherapy training and supervision

Stanford Department of Psychiatry and Behavioral Sciences, Stanford, CA (*August 2020-December 2022*)

Clinical Assistant Professor

- ❖ Provided psychotherapy and medication management to patients in the eating disorders subspecialty clinic, general psychiatry clinic, and WellConnect (physician wellness clinic)
- ❖ Co-created an anti-racism workgroup in the eating disorders clinic
- ❖ Established a recurring faculty conference for ongoing peer mentorship and case consultation in the general psychiatry clinic

Atrium Health, Charlotte, NC (*October 2021-August 2022*)

Per Diem Psychiatrist

- ❖ Provided psychiatric care to patients seen in the Atrium Health (the largest medical center in Charlotte) psychiatry consultation-liaison service

Momentum for Mental Health, Palo Alto, CA (*August 2020-June 2021*)

Adult Psychiatrist

- ❖ Provided outpatient psychiatric care to patients with severe mental illness in Santa Clara county

Santa Clara Valley Medical Center, San Jose, CA (*May 2019-June 2021*)

Extra-Help Psychiatrist

- ❖ Provided psychiatric care to patients seen in the Santa Clara county emergency psychiatric service and consultation-liaison service

Yale Rudd Center for Food Policy and Obesity, New Haven, CT (*Spring 2009-Fall 2010*)

Research Assistant & Coordinator

- ❖ Research topics: Eating disorders and depressive rumination, the impact of menu labeling, health claims on food products, food addiction; Principal Investigator: Kelly Brownell, Ph.D.

TEACHING AND MENTORSHIP

Psychiatry Resident Mentor, Stanford School of Medicine, (April 2021-June 2022)

Faculty Mentor

- ❖ Served as a mentor for psychiatry residents in developing a scholarly project around issues of culture and race in psychotherapy

Online T-Group for Psychiatry Residents, Virtual (March 2021-May 2021; September 2021-December 2021)

Co-Instructor, T-group leader

- ❖ Co-created an online course for psychiatry residents across the US to learn more about interpersonal and group dynamics

Psychotherapy Didactic Course Director, Stanford School of Medicine, CA (December 2020-December 2022)

- ❖ Served as faculty course director, co-designed, and co-taught a 12-week course for PGY-3 and PGY-4 psychiatry residents titled "Culture, Psychotherapy, and You" (Spring 2021, Winter 2022)
- ❖ Served as course director, designed, and taught a six-week elective course about group therapy for senior residents (Winter 2020 and 2021, expected Spring 2022)
- ❖ Served as course co-director for a 12-week course for PGY-3 and PGY-4 psychiatry residents titled "Seminal Articles in Psychiatry" (Summer 2021)

Group Psychotherapy Didactic Committee, Stanford School of Medicine, CA (Fall 2018-Summer 2020)

Committee Member, Instructor

- ❖ Led a committee of faculty and residents to develop a group psychotherapy didactic curriculum for psychiatry residents at all training levels

Other teaching experiences, (Fall 2016-December 2022)

- ❖ Lecture: Conducting Time-Limited Interpersonal Group Therapy in a Training Program, American Group Psychotherapy Association Webinar (Online, December 2022).
- ❖ Lecture: Introduction to Liberation Psychology, PsyD Practicum Didactics (Stanford School of Medicine, CA, February 2022)
- ❖ Panelist on the topic of "Careers in Psychotherapy," hosted by the Psychotherapy Medical Student Interest Group of PsychSIGN (Stanford School of Medicine, CA, August 2021)
- ❖ Lecture: Principles of Organizational Group Dynamics: Application to Hospital Psychiatry (Stanford School of Medicine, CA, May 2020)
- ❖ Lecture: Relaxation Techniques in Psychological First Aid, Stanford Residency Didactics (Stanford School of Medicine, CA, March 2020)
- ❖ Lecture: Psychodynamics of Prescribing in Inpatient Psychiatry, Stanford Inpatient Didactic Series (Stanford School of Medicine, CA, February 2020)
- ❖ Lecture: Managing Personality Disorders on an Inpatient Psychiatric Unit (Stanford School of Medicine, CA, March 2018)
- ❖ Co-supervisor in group supervision of second year psychiatry residents in psychodynamic therapy (Stanford School of Medicine, CA, July 2019-June 2020)
- ❖ Guest lecturer for 7th and 8th grade students at Crittenden Middle School in a wellness course (Stanford School of Medicine, CA, Spring 2019)
- ❖ Instructor in a medical student review session for psychiatry SHELF exam preparation (Stanford School of Medicine, CA, Summer 2016-Fall 2017)

PUBLICATIONS

- ❖ Bhatt-Mackin, S., **Denduluri, M.** (2023). Recommendations for Implementing, Leading, and Participating in Process Groups During Training in Psychiatry. *Academic Psychiatry*, 1-5.
- ❖ Kharrazi, N. Moffett, L.A., **Denduluri, M.** (2022). Group psychotherapy. In Markey, C., & Firedman, H.S. (Eds.). *Encyclopedia of Mental Health (3rd)*. Elsevier. doi: [10.1016/B978-0-323-91497-0.00116-8](https://doi.org/10.1016/B978-0-323-91497-0.00116-8).
- ❖ Bhatt-Mackin, S., Farid, N., Martinez, A., Owen, A., Mantilla-Rivas, J., & **Denduluri, M.** Feasibility of a Novel Online Cross-Residency Group Dynamics Course with Didactics, Experiential T-Group, and Review. *Acad Psychiatry* (2022).
- ❖ Serrano, W.C., **Denduluri, M.S.**, Smith, K.M. (2020). Code Status Assessment and Documentation in Inpatient Psychiatry: A Call for Increased Training. *American Journal of Psychiatry Residents' Journal*. 16(2), 3-5.
- ❖ **Denduluri, M. S.**, Gold, J. A., Serrano, W. C., Spelber, D., Bentzley, J., Forte, C., & De Golia, S. G. (2020). Group Training for Psychiatric Residents: Support Group Facilitation and Supervision with Didactics. *Academic Psychiatry*, 1-6.
- ❖ Gold, J. A., Jia, L., Bentzley, J. P., Bonnet, K. A., Franciscus, A. M., **Denduluri, M. S.**, & Zappert, L. T. (2020). WISE: A Support Group for Graduate and Post-Graduate Women in STEM. *International Journal of Group Psychotherapy*, 1-35.
- ❖ Busch, A.C., **Denduluri, M.**, Glass, J.E., Hetzel, S., Gugnani, S.P., Gassman, M., Krahn, D., Deyo, B., & Brown RT. (2017). Pre-discharge injectable vs. oral naltrexone to improve post-discharge treatment engagement among hospitalized

veterans with alcohol use disorder: A randomized pilot proof-of-concept study. *Alcoholism: Clinical & Experimental Research*, 41(7), 1352-1360.

- ❖ Roberto, C.A., **Shivaram, M.**, Martinez, O., Boles, C., Harris, J.L., & Brownell, K. (2012). The Smart Choices front-of-package nutrition label: influence on perceptions and intake of cereal. *Appetite*, 58(2), 651-657.

PRESENTATIONS

- ❖ Forrester, A., Nagy, G., **Denduluri, M.S.**, and Bhatt-Mackin, S. (April 2022, Virtual). Presentation. What you're talking about there and then, it's happening right here and now: Managing Group Dynamics in the Multicultural Clinical Education Classroom. Society for the Study of Psychiatry and Culture Annual Meeting.
- ❖ **Denduluri, M.S.**, Kasper, L.B. (February 2021, Virtual). Presentation. Conducting Time-limited Interpersonal Group Therapy in a Training Program. American Group Psychotherapy Association Annual Meeting.
- ❖ Bhatt-Mackin, S., **Denduluri, M.S.**, Wise, J., Rahmani, M., Wu, B. (February 2021 and February 2022, Virtual). Presentation. Plentiful, Enough and None at All: Case Examples of Resource Allocation to Group Psychotherapy Training in Psychiatry Residency. American Group Psychotherapy Association Annual Meeting.
- ❖ **Denduluri, M.**, Gold, J, Cidre Serrano, W, Bentzley, J, DeGolia, S. (February 2020, Dallas, TX). Poster presentation. Group Training for Psychiatric Residents: Support Group Facilitation and Supervision with Didactics. American Association of Directors of Psychiatric Residency Training Annual Meeting.
- ❖ Smith, K., **Denduluri, M.**, Cidre Serrano, W. (May, 2019, Stanford School of Medicine, CA). Poster Presentation. Assessing and Documenting Code Status among Psychiatric Inpatients: Addressing the Gap. Resident/Fellow Quality Improvement/Patient Safety Symposium.
- ❖ **Shivaram, M.**, Busch, A.C., Glass, J.E., Hetzel, S., Gassman, M., Krahn, D., & Brown RT. (October 2015, Marina Del Rey, CA). Poster presentation. Effects of Oral and Injectable Naltrexone on Compulsive Rewarding Behaviors Among Alcohol-Dependent Veterans After Hospital Discharge. Addiction Health Services Research Conference.

GROUP FACILITATION

LGBTQ+ Body Liberation Group, Stanford Health Care, CA (*February 2022-June 2022*)

Group Co-leader and Supervisor

- ❖ Established a new time-limited therapy group for LGBTQ+-identified patients with body image concerns, incorporating mindfulness, self-compassion, and anti-oppression work. Supervised and co-facilitated with a senior resident.

Interpersonal Growth Group, Stanford Health Care, CA (*July 2019-September 2022*)

Group Leader and Supervisor

- ❖ Established a new transdiagnostic time-limited therapy group focusing on relationship and interpersonal problems; created a new clinical elective for psychiatry trainees in group therapy

Psychiatry Residency Process Group, Stanford School of Medicine, CA (*July 2020-September 2020*)

Group Co-leader

- ❖ Facilitated a support/process group for first year psychiatry residents

Partners in AIDS Care and Education (PACE) Clinic LGBTQ Support Group, San Jose, CA (*Winter 2019-Summer 2019*)

Group leader

- ❖ Created and facilitated an LGBTQ-focused support group for patients at the PACE Psychiatry Clinic in the Santa Clara County mental health system

Medical Student Reflection Group, Stanford, CA (*Spring 2017-Summer 2019*)

Group Co-facilitator, Supervision Coordinator

- ❖ Facilitated an all-women second year medical student support group and a co-ed third year medical student support group
- ❖ Co-created training and supervision curriculum, co-taught intensive training sessions around group facilitation

Women In Science and Engineering Support Group, Stanford University, CA (*Fall 2017-Spring 2019*)

Group leader

- ❖ Facilitated an all-women post-doctoral student support group

OTHER EXPERIENCES

Culture and Psychotherapy Reading Group, Virtual (*May 2021-present*)

- ❖ Engaged in self-directed reading and bi-monthly discussion meetings with colleagues from the Stanford Psychiatry Department

Advisor for Mandala (*July 2021-September 2022*)

- ❖ Served as an advisor for Mandala, a peer-facilitated community geared toward supporting emotional wellbeing for people of color through group work

International Journal of Group Psychotherapy (*July 2021-present*)

- ❖ Served as a manuscript reviewer for the journal

Center for Group Studies Training Program, Virtual (based in New York, NY) (*October 2020-December 2021*)

- ❖ Received advanced training in Modern Analytic Group Therapy (via reading discussion groups, supervision groups, and experiential learning in process groups)

Palo Alto Psychoanalytic Psychotherapy Training Program, Stanford, CA (*Fall 2018-Spring 2019*)

Fellow

- ❖ Participated in psychoanalytic psychotherapy teaching course

T.E.A.M. CBT Training, Stanford, CA (*Fall 2016-Spring 2019*)

Member

- ❖ Participated in ongoing cognitive behavioral therapy training with supervision led by Dr. David Burns

SKILLS & INTERESTS

- ❖ Fluent in Kannada, a South Indian language (reading, writing, speaking)
- ❖ Limited working proficiency in Spanish
- ❖ Indian vocal music – won national Hindustani (North Indian classical) music competition in May 2011, released solo album in March 2013, Top 3 winner for Bhavataare (an international Kannada language light classical music competition) in July 2021
- ❖ Running, swimming, hiking, cooking, reading