



American Association of Directors of Psychiatric Residency Training

Biosketch

Rashi Aggarwal

AADPRT Position: Workforce Task Force Chair



Rashi Aggarwal, MD, is an Associate Professor, Residency Program Director, and Consultation Liaison Psychiatrist in the Department of Psychiatry at Rutgers NJMS in Newark, New Jersey. Dr. Aggarwal's residency was at Maimonides Medical Center in Brooklyn, New York and fellowship at Psychosomatic Medicine at Mount Sinai Hospital in New York.

Dr. Aggarwal served on the American Psychiatric Association's Ad hoc Taskforce on Psychiatrist Wellbeing and its Council on Medical Education and Lifelong Learning. She currently serves on the APA's Wellness Committee. She is a Deputy Editor for *Academic Psychiatry*.

Dr. Aggarwal is an active researcher in the areas of wellness, empathy, stigma, and addiction disorders in the consult-liaison setting. She has dedicated her passion for teaching and advocacy to increasing awareness about physician wellbeing and has made wellness a core value of the NJMS Psychiatry residency program. Here, she has rolled out several low-investment organizational changes that promote physician wellbeing.