



American Association of Directors of Psychiatric Residency Training

Biosketch

Rashi Aggarwal

AADPRT Position: Program Chair



Rashi Aggarwal, MD, is a Vice Chair of Education and the residency program director, and a professor 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 her fellowship, in consultation liaison psychiatry, was at Mount Sinai Hospital in New York.

Dr. Aggarwal is an active educator in the areas of wellness, empathy, stigma, and addiction disorders in the consultation 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 resident wellbeing.

Dr. Aggarwal serves as a deputy editor for *Academic Psychiatry*. She is also the director of the Academic Psychiatry Trainee Editorial Fellowship which she helped launch in 2020. Dr. Aggarwal is the author of several peer reviewed articles and editorials.

Dr. Aggarwal has served in many leadership roles in national organizations. She has served on the ABPN MOC Pilot program. She has also been a member of APA's Ad hoc Taskforce on Psychiatrist Wellbeing where she led two subgroups. Her work led to the development of the survey used to assess psychiatrist burnout by the APA. She currently serves on the APA's Council on Medical Education and Lifelong Learning and is the program chair for AADPRT's annual meeting in 2024.