



American Association of Directors of Psychiatric Residency Training

Biosketch

Saira Kalia, MD

AADPRT Position: Chair, Information Management Committee



Dr. Saira Kalia is a highly accomplished perinatal psychiatrist and educator with a wealth of experience in both clinical care and administrative leadership. She has held various roles at Banner University Medical Center, including serving as Medical Director for Outpatient Psychiatry and Associate Program Director for the Adult Psychiatry Residency Program. Her contributions to the field of perinatal psychiatry include launching the Psychiatry Department's Perinatal Psychiatry Training Track and Clinical Service, and working to expand the department's services in this area. Additionally, Dr. Kalia provides national trainings for the Perinatal Psychiatry International (PSI) organization and has made significant contributions to the National Curriculum of Reproductive Psychiatry and the American Psychiatric Association's first Textbook of Women's Reproductive Mental Health. She is a well-regarded educator having won multiple teaching awards including the Arizona Psychiatric Society's Howard E. Wuslin Excellence in Education Award in 2020 along with several residency awards. Known for her patient-centered care and dedication to education, Dr. Kalia is well-regarded in the Tucson community and has received numerous accolades for her clinical and administrative work.