



American Association of Directors of Psychiatric Residency Training

Biosketch

Rashi Aggarwal, MD

AADPRT Position: President

Dr. Rashi Aggarwal MD is the Chair of Psychiatry and Behavioral Science at Northwell's Staten Island University Hospital (SIUH).



Before joining SIUH, Dr. Aggarwal was Professor of Psychiatry at Rutgers New Jersey Medical School where she has served in multiple capacities since 2009. Her roles have included Clerkship Director (2010-2014), Director of the Consultation-Liaison Psychiatry Division (2013-2023), Associate Program Director and Program Director of the Residency Training Program (2013-2024), and Vice Chair of Education (2022-2024). During her tenure at Rutgers, Dr. Aggarwal expanded the CL service, dramatically increasing the volume of patients served by training other departments to handle routine psychiatric cases and by tripling the number of CL faculty. In her work as Training Director, she established a culture of academic excellence that resulted in resident engagement in teaching, scholarly work productivity and leadership. Dr. Aggarwal designed and developed wellness programs for resident at the departmental and institutional level at Rutgers New Jersey Medical School that have been identified as national best practices and featured in numerous publications. In 2019, she received the Remarkable Achievement Award from the New Jersey Psychiatric Association.

Dr. Aggarwal's influence stretches beyond the region. She is a national leader in medical education, physician wellness, and consultation liaison psychiatry. As the Deputy Editor for Academic Psychiatry, she has helped to shape and advance scholarly discourse in our specialty. She conceptualized and then, in 2020, launched the Academic Psychiatry Trainee Editorial Fellowship, an innovation that has served the educational mission of the journal and established pathway for residents to serve as proficient peer reviewers and authors.

Over the past 11 years, she has been an active member and leader in the American Association of Directors of Psychiatry Training Programs (AADPRT). She is the Past Program Chair and current Secretary of AADPRT and will become the President in 2026. Among her many contributions, her publications and thought leadership has brought attention to the workforce shortage in behavioral health and has helped identify promising solutions, including innovations in care model and training pathways.

Earlier this year, she became the chair of the American Psychiatric Association (APA) Council on Medical Education and Lifelong Learning. In all three of these roles (Academic Psychiatry, AADPRT, and the APA), she has led national efforts to assess and address psychiatrist burnout. She has published extensively, helped the APA develop tool kits and training materials, and successfully advocated for investments in this space.

Dr. Aggarwal earned her medical degree from Government Medical College in Jammu India, and completed her residency at Maimonides Medical Center, followed by fellowship in Consultation-Liaison Psychiatry at Mt. Sinai Medical Center.