

TEMPLE PSYCHIATRY

Spring Highlights 2026 Newsletter



Interview with the Interim Chair and Program Director: Dr. Ruby Barghini (2-4)

Resident Spotlight: Intern Class of 2025-2026 (5-10)

Welcome the Incoming Interns... Match Day 2026! (11)

New Faculty Spotlight: Dr. Manju Pillai (12-14)

New Faculty Spotlight: Dr. Kanan Barot (15)

Child & Adolescent Psychiatry Fellowship Match (16)

Newsletter Staff (17)

Interview with the Interim Chair and Program Director: Dr. Barghini



Introduction

Parker: I'm curious about the journey to where you are now. Starting off, where did you grow up?

Dr. Barghini: *I was born in New Haven, Connecticut, but I grew up in Savannah, Georgia.*

Parker: What was growing up in Savannah like?

Dr. Barghini: *It's an amazing place to grow up and an amazing place to visit. I actually just went back for my high school reunion. It's slower paced, historic, and just a fun place to be- I also got married there. I also like the fast pace of the Northeast as well as the different sorts of things that a larger city offers, including education, innovation, and culture.*

Parker: What eventually brought you to this area?

Dr. Barghini: *I came to New York for a post-baccalaureate program where I met my husband. We then decided to stay near the area but wanted to leave the NYC for various reasons. Philadelphia made sense geographically.*

Finding Psychiatry

Parker: What was your path to medicine and the psychiatry?

Dr. Barghini: *It was nontraditional. I started as a pre-med in undergrad but I lost interest. I shifted toward psychology and became very interested in behavioral health. After graduating, I pursued a master's in community counseling and started to build clinical experiences. I enjoyed doing therapy but I realized I wanted more tools around organic contributors to mental illness and the ability to offer medical treatment. So I completed a post-bacc, went to medical school, and trained in psychiatry. While I enjoyed my experience in several clerkship areas, psychiatry was an easy decision for residency given my longstanding interest in behavioral health.*

Choosing Temple

Parker: What brought you to Temple for residency and then to stay as an attending?

Dr. Barghini: *Temple was my first choice once I decided to train in the area. On interview day, I really connected with the people and felt I would receive excellent training given the amount of behavioral health services here and the emphasis on psychotherapy. After residency I looked at some other places, but I ultimately decided to stay due to the mentorship I received here and the opportunities I had in graduate medical education. There was an inpatient job opening, so I went from chief resident to both inpatient attending and associate program director.*

Parker: What drew you to inpatient psychiatry?

Dr. Barghini: *I enjoy the acuity and seeing the trajectory of improvement. In inpatient work, you can watch someone stabilize in a relatively short period of time. I also appreciated the combination of titrating medications, managing medical issues, and working closely with interdisciplinary teams.*

Interview with the Interim Chair and Program Director: Dr. Barghini



From Chief Resident to Interim Chair

Parker: So you started off your first year as both an attending and an associate PD. What was it like stepping into two roles with new levels of responsibilities?

Dr. Barghini: Temple prepared me very well for becoming an attending and dealing with an acute patient panel, but it's always nice to be able to curbside other attendings as a junior faculty member with complex patients. It was a bit of an adjustment to hearing your junior resident colleagues on June 30th suddenly refer to you as "Dr." on July 1, and similarly, then calling your faculty colleagues by their first names. Being a chief resident and having the support of our wonderful GME and the support to attend national conferences in academic psychiatry and AADPRT, helped ease the transition to my role as APD.

Parker: What has it been like stepping into the role of interim chair while continuing as program director?

Dr. Barghini: Overwhelming. I went from being responsible for 48 residents to another 20 something

faculty members and everything in between.

Unfortunately, I was not able to have the same gradual transition as I did with becoming a program director. It's a steep learning curve, especially on the financial and operational side. Just when I thought I was done with recruitment season [for residents], I entered into aggressively recruiting for multiple faculty positions. That said, I've had tremendous support. Danielle Bryan has been excellent in helping me to understand the financial and operational side of running a department. I have great support from the leaders at Episcopal, welcoming chairs from other departments, and [LOTS of] guidance from my new bosses on the TFP and LKSOM side. Drs. Serdenes and Musselman have stepped in to support me more on the residency side in their roles as APDs. It helps to already have great faculty and residents in the department.

Parker: I'm curious about the specifics about being a chair and where your focus is right now.

Dr. Barghini: I have Dean Goldberg in my ear: "you will use your skills as PD to be chair" anytime I find myself feeling overwhelmed, and so far, it has rang true! Aside from recruiting for several anticipated vacancies, I have tried to spend my time supporting the faculty where I can and finding ways to engage them and bolster relationships and operations.

Mentorship, Growth, and Advice

Parker: You mentioned the importance of mentorship. Who has have your major professional influences?

Dr. Barghini: I have several! Many of whom are still in the department and health system. To name a few, Dr. Dubin, our former chair, was a very important mentor to me as both resident and faculty member, specifically as a psychiatric educator and leader. Dr. Kovach, as my former PD, helped me to envision a career in academia and understand my strengths as a leader. Dr. Miazzo, our former CMO and Inpatient Medical Director, helped me fine tune my approach to patients as a junior inpatient attending and working within a larger health system.

Interview with the Interim Chair and Program Director: Dr. Ruby Barghini



Leadership can take many different forms, from class representative as a PGY-1 to chief resident as a PGY-4 or a million things in between.

Life Outside the Hospital

Parker: With so many responsibilities, how do you recharge?

Dr. Barghini: I recently got back into a regular exercise routine at a local boxing gym. My husband and I used to train together in New York before we had kids. Despite the increased time demands of being in multiple roles right now, I find that getting back into a regular exercise routine has been important for both my physical and mental health.

Parker: Do you have any Philadelphia restaurant recommendations?

Dr. Barghini: I have too many; Philadelphia has wildly exceeded my expectations in the food department. Zeppoli in Collingswood is a favorite Italian BYO. I also love Vetri, Zahav, Double Knot, and taking the kids to Fette Sau for bbq and beer alfresco on a warm day.

A Final Reflection

Parker: Any final comments for the faculty or residents?

Dr. Barghini: I'm very proud of our residents and faculty. Our work isn't easy, but it makes a difference to come in every day and work alongside thoughtful, dedicated people. That's what makes it worthwhile.

Parker: You have stepped into many leadership roles since graduating residency. What advice would you give graduating residents or new attendings interested in leadership?

Dr. Barghini: Early on, say yes to a lot of things. That's how you figure out what truly interests you. Verbalize your interest and follow it but be willing to say yes to things you weren't expecting.

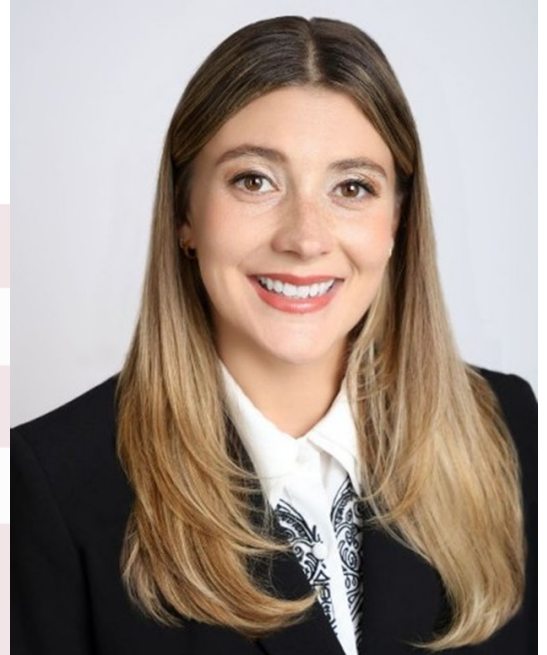
Once you know your direction, then you learn to say no and focus your energy. Also, be vocal about your goals. You may think you want one specific role, but you might discover fulfillment in a different path entirely.

Parker: What advice would you give to current residents?

Dr. Barghini: Take advantage of everything residency offers. Explore your academic and career interests, even the ones you're unsure about. Find mentors and work closely with them. Step into leadership roles. I often find that the residents who get the most out of training are the ones who put the most into it.

RESIDENT SPOTLIGHT: Intern Class of 2025-2026

Amber Alberici, MD (she/her) grew up in Glen Mills in Delaware County, PA. She attended Penn State for her undergraduate degree in psychology and earned her medical degree at the Lewis Katz School of Medicine at Temple University. She chose to stay at Temple for residency because of the opportunity to advocate for Philadelphia's marginalized populations, the sense of community, and strong addiction training. She plans to pursue a fellowship in child and adolescent psychiatry. Her favorite part of residency so far has been the people. Outside of work, she enjoys working out, reading, going to live music shows, and snowboarding. Her favorite Philadelphia memory from this past year was attending the Super Bowl parade, and her favorite restaurant is Suraya. Her advice for incoming interns is to invest in your relationships with your co-interns and protect time for the people and things that keep you grounded.



Dania Dallal, MD (she/her) is originally from Dayton, OH. She got both her undergraduate and medical degrees at Ohio State University in Columbus, OH (go Bucks!). She loves Temple for the people, camaraderie, and complex psychopathology. She is interested in geriatric psychiatry, though has also been surprised by how much she has enjoyed working in the crisis response center (CRC) – the CRC day shift was her favorite rotation thus far (nights are a different story...). During her intern year, she has loved attending Alicia's yoga sessions and spending time with her co-residents via playing GeoGessr, attending potlucks, and eating Faith's baked goods. Outside of work, she also likes to crochet, raise plant babies, go thrifting, and bake. Since moving to Philadelphia, some of her favorite spots have been the art museum, Tria Cafe, and Ace Outpost. Her biggest piece of advice for incoming interns is to prioritize your sleep, nurture your hobbies, and solidify a few easy, reliable dishes to meal prep!

RESIDENT SPOTLIGHT: Intern Class of 2025-2026



Jack Donlon, MD (he/him) is originally from Chester, NJ. He completed an undergraduate degree in biomedical engineering at the University of Rochester in Rochester, NY and attended medical school at Cooper Medical School of Rowan New Jersey in Camden, NJ. He loves Temple for the opportunity to care for high-acuity patients on the inpatient units and in the crisis response center. He is grateful to have the opportunity to serve the city that has become his home over the past four-plus years. He has an open mind regarding career aspirations but is eager to gain more experience with consultation-liaison psychiatry, addictions, and psychotherapy. His favorite part of residency so far has been helping patients and their support systems navigate through crisis.

Outside of work, he can be found playing basketball and pickleball at local parks, reading, exploring Philadelphia with his fiancée, and spending time in Jersey with family and friends. Top restaurant recommendations are Federal Donuts & Chicken, Giorgio on Pine, and Square Pie. His biggest advice for incoming interns would be to continuously ask questions, identify resources that will help you to improve and solve problems independently, and find time to reflect on your clinical decisions.

Mitchell Fruchtmann (he/him) is from Scottsdale, AZ. He attended undergrad at University of Michigan and medical school at Sidney Kimmel Medical College. He chose Temple because he wanted to work with an underserved population where he could become proficient in treating severe mental illness and substance use disorders and when he interviewed, he felt like all the residents and faculty were incredibly down to earth and felt like people he could be friends with/want to learn from. His career aspirations are addiction? Consults? Outpatient? Who knows? His favorite part of residency so far has been Resident Retreat and bonding with my coresidents over our time in the CRC <3 Outside of work, he enjoys funky music, board games with friends, and sci-fi/fantasy novels. His top restaurant rec in Philly is Mawn. His advice for incoming interns is to trust your intuition, you've worked hard to get where you are and know more than you think.



RESIDENT SPOTLIGHT: Intern Class of 2025-2026

Aaliyah Joseph (she/her) is originally from Long Beach, CA and Woodbridge, VA. She went to College at NYU where she was a math major. She did a medical master's program and medical school at Eastern Virginia Medical School. She was drawn to Temple due to its mission, patient population, and the ample exposure to emergency psychiatry. Additionally, she felt the residents and staff she met during the open house, interview day, and the second look were so genuine and welcoming. She knew she would be well supported as a resident here. She plans to become a child and adolescent psychiatrist, and is also passionate about global mental health and hopes to incorporate that into her practice. Her favorite part of residency so far has been hanging out with her fellow residents! They truly brighten her day and are such a joy to be around. Outside of residency, she likes kickboxing, painting, hanging out with her family, friends, and fur babies (2 dogs and 2 cats). Her top restaurants in Philadelphia right now are Osteria Ama Philly, LMNO, and House of Thai. Her advice for incoming interns is to always make time every day to pour into yourself and do something you enjoy. You can't take care of others unless you are taking care of yourself first!



Sagar Mehta (he/him) is from San Ramon, CA. He attended undergraduate at UC San Diego and medical school at Sidney Kimmel Medical College. He is interested in addictions and Child & Adolescent Psychiatry. His favorite part of residency so far has been exposure to addiction psychiatry, working with high acuity patients, and learning the foundations of inpatient psychiatry. His interests and hobbies outside of work include tennis, basketball, film, and spending time with his girlfriend and 2 cats! His favorite thing that he's done in residency so far has been going to a Phillies game at Citizens Bank Park. Restaurant recs include Pho 75 in South Philly and Blue Corn in Italian market. His advice for incoming interns is to prioritize work/life balance as much as you can, especially as you transition to residency. Trust in your abilities, you made it this far.

RESIDENT SPOTLIGHT: Intern Class of 2025-2026



Barika Mirza (she/her) was born right outside of Philly in Camden County, NJ, but grew up in Roanoke, Virginia. She completed a BS/MD program at Virginia Commonwealth University in Richmond, VA. She loves being part of Temple Psychiatry for the supportive culture, the broad range and acuity of patient presentations, and the unique opportunity of T-group in intern year! She is interested in consult liaison psychiatry for both adults and children, but is open to exploring other career opportunities. Her favorite part of residency has been seeing patients improve with treatment and sharing reflections with her coresidents. Outside of work, she likes spending her time with her family/friends, trying new restaurants, watching Kdramas, and going to the movies as an AMC A-List member 😊. Her favorite thing in Philly so far has been going to the Rodin Museum, and she highly recommends Melograno, Cilantro, and Tacobees for food (so far). Her advice to incoming residents is to remember to be gracious towards yourselves, don't be hesitant to ask for help, and don't forget to take your lunch breaks!! Healthy minds need sustenance 😊

Thuy-Vi Nguyen (she/her) is originally from Fairfax, VA. She got her undergraduate degree from Duke University in Durham, NC and attended medical school at the University of Miami in Miami, FL. She was drawn to Temple for its diverse patient population, exposure to substance use, and collegial environment. She is considering pursuing a career in outpatient psychiatry and is interested in addiction psychiatry and psychotherapy. Her favorite part about residency has been getting to know her co-interns, whether in T-group or outside the hospital. Outside of the hospital, she enjoys practicing yoga, crocheting, and spending time with her two cats. She loves spending time at the Philadelphia Museum of Art and trying new restaurants—some specific recommendations include Tu Rinconcito, Cafe Viet Kitchen, and Ici Macarons. Her advice to oncoming interns would be to enjoy the process, trust themselves, and to celebrate small milestones.



RESIDENT SPOTLIGHT: Intern Class of 2025-2026

Aoife O'Reardon (she/her) is from Cherry Hill, NJ. She completed her undergraduate education at University of South Florida in Tampa, FL and medical school at Florida International University Herbert Wertheim College of Medicine in Miami, FL. She chose Temple because she felt genuinely welcomed by both faculty and residents. The supportive culture and strong sense of community stood out to her, and she was especially drawn to the opportunity to work with a diverse and dynamic patient population. She is particularly interested in consultation-liaison psychiatry, neuromodulation, and general adult psychiatry. Her favorite part of residency so far has been her co-residents! Academically, her time on the inpatient service has improved her clinical skills in terms of diagnosis and medication management. Her hobbies include reading, traveling, playing pickleball, practicing yoga, spending quality time with her cat, and exploring new restaurants- she's definitely a foodie. So far in Philadelphia, she most enjoyed the South Asian Food Festival and is looking forward to the upcoming Philadelphia Flower Show. Her advice for incoming interns would be to lean on your co-residents and make time for your hobbies. The class has definitely made an effort to spend time together outside of work, which has fostered a strong sense of unity. Residency can be busy, but self-care is important. Also, try to use your time with attendings to really strengthen your clinical skills in medication management- this is the time to ask questions and learn as much as you can.



Faith Robinson (she/her) is from Poolesville, MD. She completed her undergraduate education at the University of Maryland, College Park, and medical school at the University of Vermont in Burlington, VT. She chose Temple because of the sense of support and community she felt from the residents and faculty during her interview, and her interest in working with a diverse and underserved patient population. Her psychiatry interests include inpatient psychiatry, forensic psychiatry, and reproductive psychiatry. Her favorite part of residency has been all the amazing co-residents, especially her co-interns, who have all been a huge support. Her hobbies include reading- 140 books last year, many of which were read during the first half of intern year, so work-life balance is definitely possible as an intern! She also enjoys sewing, embroidery, visiting museums, and travel. Her favorite thing she has done in Philadelphia has been attending a weekly fiber arts group at the Parkway branch of the Free Library of Philadelphia, and all the friends and connections she has made there. Her advice for incoming interns is to lean on your co-residents for support, both your co-interns and senior residents, and accept that you will make mistakes! Intern year is all about learning, and every mistake is an opportunity for growth. Also, work on fostering relationships with non-physician staff in the hospital; the nurses, mental health technicians, social workers, therapists, certified recovery specialists, and other support staff (like janitorial and maintenance staff) are all hugely important to quality patient care. Investing in these relationships is so important, and the sooner you start, the better!

RESIDENT SPOTLIGHT: Intern Class of 2025-2026



Jocelyn Watts (she/her) is from South Philly. She went to Temple University for undergrad and continued on to Sidney Kimmel Medical College. She chose Temple because she's always believed that if she can make it here, she can make it anywhere. She is pursuing a career in Addiction Psychiatry and, so far, her favorite part of residency has been growing through the challenges and learning from her patients. Outside of work, she loves playing video games, reading, and painting. One of her favorite things she's done in Philly this past year was visiting Longwood Gardens- it's absolutely beautiful if you enjoy nature. Her advice for incoming interns is to make sure you have everything you need for your own wellness at home, whether that's paint supplies, face masks, or crochet gear, because you'll definitely use them.

Anthony Zhang, MD (he/him) is originally from Pittsburgh, PA. He completed his undergraduate degree at the University of Texas at Austin and medical school at UT Southwestern Medical Center in Dallas, TX. He chose Temple for its strong clinical training in emergency psychiatry, the opportunity to live in a great northeastern city, and to come home to Pennsylvania. He is not fully committed to a specific career path, but loves the crisis response center setting. His favorite part of residency so far is having the best cohort of co-interns he could have hoped for. Outside of work, Anthony is a car enthusiast and enjoys road tripping with his passenger princess around the country or spotting rare and exotic cars and license plates. He also enjoys talking about public transit, trying new cuisines, and studying the minutiae of American elections. His favorite experience since coming to Philadelphia is seeing the most beautiful autumn colors in Bucks County. Top restaurant recommendation would have to be the halal cart outside Temple Main. To incoming interns- you will have moments of doubting yourself and feeling unsure in a new, fast-paced clinical environment, but so did all of us, and we have your backs.



WELCOME THE INCOMING INTERNS...

Match Day 2026!



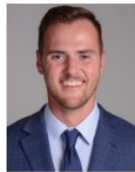
Department of Psychiatry and Behavioral Sciences Incoming House Staff – 2026-2027



Kian Abolhoda, MD
Drexel University College of Medicine
Clinical Campus: Drexel University Kaiser
Permanente - Bay Area



Leah Bernacki, MD
Jacobs School of Medicine and Biomedical Sciences
at the University at Buffalo



Taylor Camelo, MD, RN, BSN
Jacobs School of Medicine and Biomedical Sciences
at the University at Buffalo



Raahi Chapla, MD
Cooper Medical School of Rowan University



Raziel Frasier, MD, PhD
Indiana University School of Medicine



Farah Hasan, MD
Virginia Commonwealth University School of
Medicine



Jonathan Henry, MD
Cooper Medical School of Rowan University



Hannah Kim, MD
University of Maryland School of Medicine



Diana McMahon, MD
Wayne State University School of Medicine



Neha Pareddy, MD, MSc
Robert Wood Johnson Medical School



Vikram Singh, MD
Lewis Katz School of Medicine at Temple University



Anushka Sukhrmani, DO, MSEd
Lake Erie College of Osteopathic Medicine

NEW FACULTY SPOTLIGHT: DR. MANJU PILLAI



Introduction

Parker: Let's start at the beginning. Where did you grow up?

Dr. Pillai: I was actually born at Temple and spent most of my early years in the greater Philadelphia area. I came back to the city for college at Temple.

Parker: Where did you train before coming to Temple?

Dr. Pillai: I attended Touro College of Osteopathic Medicine in Middletown, New York. I did my intern year at Geisinger in Danville, Pennsylvania. Unfortunately, the residency program closed near the end of my intern year, and we had to transfer.

Parker: What was navigating that unexpected change like?

Dr. Pillai: Stressful. There was a delay between when we learned the program was closing and when accreditation was formally withdrawn, so we couldn't start looking for new positions right away. Once we could, I interviewed at several places—including Temple.

Initially, I was hesitant. I'd heard a lot about Episcopal and wasn't sure what to expect. But after interviewing and meeting the residents, Temple felt the most stable. The culture stood out. It ended up being the right decision.

Parker: Well, how did coming here compare to your expectations?

Dr. Pillai: The concerns I'd heard didn't really translate to my experience as a resident. The biggest adjustment was the crisis center—Geisinger didn't have a dedicated psych ED. Temple eased the transition by bringing me over early and starting me on day shifts, which helped a lot.

Finding Sleep Medicine

Parker: You went on to complete a sleep medicine fellowship at U Penn. What drew you to that subspecialty?

Dr. Pillai: Sleep had been on my radar since dealing with my own history of night terrors and my family's history of sleepwalking. During my PGY-3 year, I had a patient with depression that seemed treatment-resistant. After months of discussion, she finally restarted CPAP for her sleep apnea. The change was night and day. We were even able to lower her antidepressant dose. That made it clear: sleep disorders directly impact psychiatric outcomes, and I wasn't "leaving psychiatry" for sleep- I saw it as deeply integrated.

NEW FACULTY SPOTLIGHT: DR. MANJU PILLAI



Building Something New

Parker: What brought you back to Temple after fellowship?

Dr. Pillai: *Many jobs required choosing: 100% psychiatry or 100% sleep. Temple was one of the first places that said, “You can build something here.” I could start with inpatient psychiatry and develop a sleep psychiatry clinic over time. Since there’s already a pulmonary-based sleep department, I wouldn’t have to build a lab from scratch.*

Starting this July, I plan to launch a half-day sleep psychiatry clinic.

Parker: What do you see as the future of the clinic?

Dr. Pillai: *If demand grows, we’ll expand. The goal is integration—sleep consultation within psychiatry and psychiatric consultation for the sleep department.*

Long-term, I’d also love to expand CBT-I access. It’s first-line treatment for insomnia, but there simply aren’t enough providers offering it.

The Power of Inpatient Psychiatry

Lee: You returned to Temple as an Inpatient Doc. What do you value most about inpatient work?

Dr. Pillai: *The acuity can be intense—but you also see dramatic improvement. In outpatient care, progress unfolds over months. In inpatient psychiatry, change can happen in weeks.*

I remember a patient with schizophrenia who arrived disorganized and living on the streets, convinced he had nowhere to go. As he stabilized, he remembered he had an apartment. He’d been unintentionally homeless for four months because of psychosis. Watching that clarity return was powerful.

Parker: People often talk about seeing the same cases over and over, but we sometimes forget about those patients who really do leave inpatient and stay stable. Has your perspective on this changed?

Dr. Pillai: *As a resident, I thought it was “the same patients rotating through.” As an attending, I’ve realized that’s not entirely true. Some patients come back, but many go months or years. That perspective shift matters.*

NEW FACULTY SPOTLIGHT: DR. MANJU PILLAI



From Resident to Attending

Parker: What advice would you give current residents?

Dr. Pillai: *Tailor your final year to where you want to be. I did several administrative months in inpatient psychiatry, essentially functioning as the attending—running rounds, leading treatment teams, making decisions. That autonomy made the transition smoother. Also, get comfortable with a broad range of medications. It's easy to default to favorites, but patients don't always respond to them. I'm grateful I trained extensively with clozapine; that confidence matters now. And one more thing: be comfortable asking for help. Even as an attending, I consult colleagues often. Textbooks and pharmaceutical guidelines are helpful but clinical reality can differ. Collaboration is invaluable.*

Parker: Were there surprises stepping into the new role?

Dr. Pillai: *Temple does a great job of giving residents increasing levels of responsibility, but the weight of final responsibility as an attending is still there even with preparation. No one is double-checking you anymore. Approaching things systematically is helpful for adjusting.*

Parker: Do you have any major professional influences?

Dr. Pillai: *My advisor from fellowship was a sleep psychiatrist at the VA and he has a similar hybrid model to what I want to build here. Dr. Combs has also been a major influence in my approach to CBT-I, balancing evidence-based structure with flexibility for real-world patients. My inpatient approach is a blend of all of the pieces I took from all of our inpatient attendings here.*

Off the Ward and Into the City

Parker: As we wrap up let's not ignore the great city we live and work in. What in Philly brings you joy outside of work?

Dr. Pillai: *Live music is my biggest stress reliever. Punk, metal, alt-indie— I rotate through venues across the city.*

Parker: Are there any fun facts about you that people wouldn't expect?

Dr. Pillai: *I love to collect tarot cards of all different kinds. Sometimes I use them as structured reflection—pulling a “card of the day” and reflecting on its meaning.*

Parker: Finally, Philly restaurant recommendations?

Dr. Pillai: *Apricot Stone on Girard—fantastic Armenian food. I still think about their grape leaves. And there's an all-you-can-eat hot pot spot in Chinatown. I forget the name but just look for a sign that just says “All You Can Eat” with a second-floor entrance. It's amazing and a great price.*

NEW FACULTY SPOTLIGHT: DR. KANAN BAROT



interest in clinical trials. Her biggest influence during her career so far has been her PGY3 outpatient supervisor, whose support and guidance made her more confident in her skills as a psychiatrist. Her greatest professional accomplishment is matching into a psychiatry residency program as an IMG. Not only is matching into US-programs already challenging for IMGs, but psychiatry is a more competitive specialty, and she lacked many mentors in psychiatry as a medical student. Her advice for current residents is to make the most of every opportunity- residency goes by so fast! Also, enjoy spending time with your co-residents. You will miss them when you graduate from residency! Something people might not know about her is that she has a Bernedoodle named Eeevee (yes, like the Pokémon!) who is the center of her life. Outside of work, she enjoys tending to her plants, reading fantasy novels, and biking when the weather permits. Her top restaurant/activity recommendation in Philadelphia is Flight Club, a cocktail club/darts bar that is great for groups!

Kanan Barot is an inpatient attending psychiatrist. She was born in India, but immigrated to New Jersey when she was 4 years old. She returned to India as a 16-year-old. She came back to the United States in 2020 as an International Medical Graduate (IMG) in 2020 to attend psychiatry residency at Tower Health Phoenixville, right outside Philadelphia. She chose to join the faculty at Temple due to the collaborate, supportive, inpatient environment. She enjoys the interdisciplinary nature of inpatient psychiatry, and appreciates working on a team with nurses, social workers, residents, and medical students. It certainly makes the day go by faster! During residency, she considered pursuing a non-ACGME accredited fellowship in reproductive psychiatry, but ultimately decided to go the standard inpatient route. Her goals for the next few years, including at Episcopal, are to get more involved in research at Temple; she has a special

2026 Child and Adolescent Psychiatry Fellowship Matches



Dr. Tamzin Kaiser MD
University of North Carolina



Dr. Allison Zuckerberg MD
University of Rochester



Dr. Gabrielle Karlovich MD
Montefiore



Dr. Joan Oh MD
Montefiore

Newsletter Staff: Spring 2026

Co-Editors:

Parker Lee, M.D.

Molly Nealon, M.D.

Allison Zuckerberg, M.D.

Faculty Advisor:

Shaun Plotnick, M.D.