

SARAH N. MOURRA M.D.

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BOARD CERTIFICATIONS

American Board of Psychiatry and Neurology – Geriatric Psychiatry

American Board of Psychiatry and Neurology – Psychiatry

EDUCATION

UCLA Bureau of Health Professions Fellow in Geriatrics, Department of Health and Human Services Grant:

2013-2014

UCLA Department of Psychiatry

Geriatric Psychiatry Fellow, 2012-2013

Yale University Department of Psychiatry

Resident Physician 2009-2012

UC Irvine School of Medicine

Doctor of Medicine, June 2008

University of California at Berkeley

Bachelor of Arts, English Literature, Spring 2003

EXPERIENCES

UCLA David Geffen School of Medicine, Department of Psychiatry

Assistant Clinical Professor, 2016- current

Clinical instructor, Geriatric Evaluation Clinic 2014-2016

Course instructor, Geriatric Forensic Psychiatry Curriculum, 2013-2014

Course instructor, The Healer's Art elective 2015- current

Problem Based Learning Course Instructor, January 2013

Medical Student Wellbeing Advisor, 2013-2015

Voluntary Faculty Association, UCLA Department of Psychiatry

Member, 2014-current

Cedars Sinai Medical Center Psychiatric Consultation Liaison Service

Staff psychiatrist, 2012-current

Donald W. Reynolds FD-AGE Mini-Fellowship Program in Geriatrics

Conference Faculty Lecturer: "Late Life Depression"- Spring 2014 and 2015

Los Angeles County Department of Mental Health- OACT MD Training

Behavioral Manifestations of Medical Illness in Older Adults- May 5, 2015

West Los Angeles VA Psychiatry Grand Rounds

Invited Speaker, "Hostility Towards the Self: The Neurobiology of Xenomelia and Related

Disorders,” February 6, 2014

UCLA Geriatric Medicine Lecture Series

Presenter: “Semper Pugna: Military and Veteran Culture,” January 20, 2014, March 17, 2016

American Psychiatric Association, New York City:

Symposium Chair and presenter, “Goldmine or Minefield: Navigating the Spectrum of Sexual Feelings and Behaviors in Older Adults,” lecture: “Understanding and Managing Erotic Transference in Older Adults” May 3, 2013

American Psychiatric Association, San Francisco:

Workshop presenter, “On the Search for People in the Clinic: Creative Approaches to Reclaiming Subjective Data in Psychiatry,” May 21, 2013

Yale Department of Psychiatry Program Wide Chief Resident:

Co-Chief, 2011-2012

Facilitate contact between residents and department administration; other duties include recruitment of candidates, organization of call schedule, orientation training for incoming residents and serving on Graduate Education Committee.

Yale Department of Psychiatry Chief Resident for Education:

Chief, 2011-2012

Responsible for organizing Resident Grand Rounds series, which includes speakers on various topics in humanities and sciences in relation to psychiatry. Participated in the development and execution of the weekly curriculum for PGY1 residents, utilizing adult learning principles to teach classes, while serving as a junior attending on VA adult inpatient unit.

Yale-New Haven Hospital Refugee Clinic

Volunteer psychiatrist, 2010-2012

Conducted mental health screenings of refugees from Iraq, Afghanistan and other countries who had suffered significant trauma. Provided treatment and management of a diverse range of psychiatric conditions.

Yale University Department of Mental Health and Counseling

Resident Fellow, 2010-2012

Selected to spend third and fourth year treating graduate students, undergraduates and professional school students with brief psychotherapy and medication management. Included leading groups, training peer counselors and staffing sexual assault resource center.

Yale Law and Psychiatry Forensic Mock Trial

Participant expert witness, 2010-11

Women’s Perinatal Mental Health Task Force

Co-Coordinator, March-August 2010

Received grant funding from American Psychiatric Association to conduct outreach and on-site education on the treatment of depression and anxiety during pregnancy at various private Obstetrics and Gynecology practices in Connecticut.

Yale Department of Internal Medicine Writers Workshop

Participant 2009-10, with publication in *Capsules*, the Writer's Workshop Journal

Co-Designer of *Capsules* 2009-10 front cover art

Fairhaven Community Clinic

Mental Health consultant and co-leader of Hispanic Women's Support Group, 2009

Plexus: Journal of the Arts and Humanities in Medicine, U.C. Irvine

Editor in Chief: 2005-2006

Senior Writing Editor: 2004-2006
Contributor, Art and Poetry: 2004-2008

Medical Students for Reproductive Education, U.C. Irvine

Co-President: 2005-2006

Organized numerous events and speakers regarding medical abortion, women's issues, sexuality and sexual diversity, as well as training on how to counsel patients seeking abortions.

Arnold P. Gold Humanism Honors Society

Co-President and Member: 2007-2008

Organized hospital beautification project and grants for various other projects

Clinica Carino

Coordinator for U.C. Irvine School of Medicine Mental Health Clinic (Depression Screening): 2005

Mental Health Association of Orange County

Volunteer, Fall 2006

Aided in improving the quality of life of Orange County residents impacted by mental illness through direct service, advocacy, education and information dissemination.

The Healer's Art Workshop by Rachel Naomi Remen

Participant 2006

Berkeley Free Clinic:

Volunteer peer counselor: 2001- 2004

Member of clinic counseling collective. Responsible for weekly sessions with drop-in and long term clients. Trained in various mental health and social issues including homelessness, domestic abuse, sexual assault, substance abuse.

PUBLICATIONS

Mourra, SN, Davidson, L, Sledge, W, Lawless, M, Sells, D. "Pushing, Patience, and Persistence: Peer Providers' Perspectives on Supportive Relationships." *American Journal of Psychiatric Rehabilitation*, December 13, 2014.

Mourra, S. Expert Q&A: "Sexuality in Older Adults: Addressing the Elephant in the Room"
May 1, 2014: <http://www.psychiatristimes.com/apa2014/sexuality-older-adults-addressing-elephant-room>

Mourra, S. "Lost in Medication" *The Atlantic Monthly* online edition, May 10, 2013:
<http://www.theatlantic.com/health/archive/2013/05/lost-in-medication/275612/>

Mourra, SN, Espinoza, R. "The Use of Flumazenil in the Benzodiazepine-Free Older Patient to Augment Seizure Efficiency in ECT: Description of a Novel Method, Outcomes and Literature Review" Poster Presentation March 16 2013 at American Association for Geriatric Psychiatry Annual Conference, Los Angeles CA.

Zimbrea, P, Mourra S, Barkil-Oteo A, Annamalai A. "Mental and physical health of refugees recently arrived to a New England city." (poster -2011 World Congress on Psychiatry, Argentina)

Shapiro J, Mourra S. "Doctor Doggerel: Do poems make for better doctors?" *British Medical Journal Careers*, Dec 2010

Shapiro J, Nguyen VP, Mourra S, Leonard R, Ross M. "The Use of Creative Projects in a Gross Anatomy Class" J. Shapiro, V. Nguyen, S. Mourra, R. Leonard, M. Ross. *Journal for Learning through the Arts* (1932-7528) 2006: 2:1

Shapiro J, Nguyen VP, Mourra S, Leonard R, Ross M. "Relationship of creative projects in anatomy to medical student professionalism, test performance and stress: an exploratory study" *BMC Med Educ* 2009: Nov; 3(9): 65

Mourra S, Hanft, A. Book Review: "Boys of Few Words: Teaching Our Sons How to Communicate and Connect." *Journal of the American Association of Child and Adolescent Psychiatry* 2007: Sept; 46(9): 1228-1229

AWARDS AND HONORS

Dr. Henry P. and M. Page Durkee Laughlin Foundation Award: Recipient (2012)

The Laughlin Fellow award is presented yearly by the Yale School of Medicine in recognition of a resident who has exhibited professional achievement, dedication and scholarship.

Yale Department of Psychiatry Ira Levine Award: Recipient (2010)

The Ira Levine Award recognizes an outstanding PGY-2 psychiatry resident who best embodies the qualities of clinical excellence, breadth of learning, and devotion to the care of severe psychiatric illness exemplified by Dr. Ira Levine, a Yale faculty member.

Yale School of Medicine Power Day Award: Recipient (2010)

Awarded by medical students to one resident in each department who exhibits an understanding and appropriate use of power in the interaction with students, peers and attendings.

Yale Department of Psychiatry Grand Rounds: Presenter, (April 2011)

"The John Strauss Writing Group: Physicians as People Writing About Patients as People"

Gold Humanism Medical Honor Society: Selected Member (2007)

UC Irvine Leonard Tow Humanism in Medicine Award: Recipient (2008)

UC Irvine Graduation With Distinction in Humanities: Recipient (2008)