

# SARAH N. MOURRA, MD

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## **BOARD CERTIFICATIONS**

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**American Board of Psychiatry and Neurology – Geriatric Psychiatry**

**American Board of Psychiatry and Neurology – Psychiatry**

## **EDUCATION**

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**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**

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**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-current

Course instructor, The Healer's Art elective 2015- 2017

Problem Based Learning Course Instructor, January 2013

Medical Student Wellbeing Advisor, 2013-2015

**Voluntary Clinical Faculty Association, UCLA Department of Psychiatry**

Board Member, 2018-current

Clinical Faculty Mentor, 2019-current

Member, 2014-current

**Cedars Sinai Medical Center Psychiatric Consultation Liaison Service**

Staff psychiatrist, 2012-2019

**Professional Fiduciary Association of California Annual Meeting**

Presenter, "The Diet Coke Mystery or Let Her Eat Cake: How Collaborating with a Geriatric Psychiatrist and an Aging Life Care Manager Makes Sense for a Fiduciary Practice" - May 1, 2019

**Professional Fiduciary Association of California Southern Regional Meeting**

Presenter, "On the Front Lines: Understanding Signs of Major Neurocognitive Disorder in the Estate Planning Setting" – November 21, 2019

**San Gabriel Valley Estate Planning Council**

Presenter, "Unhappy in Its Own Way: Navigating Complex Family Dynamics in the Estate Planning Process" – February 22, 2021

**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 Annual Meeting, 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 Annual Meeting, San Francisco:**

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

**American Association of Geriatric Psychiatry Annual Meeting**

Symposium Presenter, "Forensics in Geriatric Psychiatry Fellowship: Evolution and Practice Value," March 15, 2021. Co-presenters: R. Espinoza, A. Kaufman, T. Varteresian.

**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, mentored by Dr. Howard Zonana, 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

**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.

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**PUBLICATIONS**

Anderson, E, Mohr D, Regenbogen I, Swamy L, Smith E, Mourra S, Rinne S. "Influence of Organizational Climate and Clinician Morale on Seclusion and Physical Restraint Use in Inpatient Psychiatric Units." *Journal of Patient Safety*, February 9, 2021.

Barkil-Oteo, A, Abdallah W, Mourra S, Jefee-Bahloul H. "Trauma and Resiliency: A Tale of a Syrian Refugee." *American Journal of Psychiatry*, 2018 : Jan; 175 (1):8-12.

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.psychiatrictimes.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**

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**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)

