

SARAH EL HALABI, M.D, M.S.
+1 (305) 497 3744 | s.elhalabi@yahoo.com

Education

Consultation Liaison and Women's Mental Health Fellowship	
• Yale University	07/2025-06/2026
Psychiatry Residency	
• Westchester Medical Center	07/2021-06/2025
Columbia University	
• Master of Science, Narrative Medicine	08/2019-12/2020
American University of Beirut	
• Doctor of Medicine	07/2014-06/2018
• Bachelor of Science in Biology	09/2011-06/2011

Certifications

NYU	
• Advanced Reproductive Ethics certificate	04/2025
Portland Institute of Loss and Transition Therapy training	
• Grief as Meaning Reconstruction	03/2024-present
• Family Focused Grief Therapy	08/2024-present
Association for Academic Psychiatry	
• Master Educator Certification	08/2022-05/2025

Psychiatry Residency Training & Continued Professional Development

Austin Riggs:	
• Psychodynamic seminar for residents	03/2024
McLean Hospital:	
• Attachment, Personality, and Psychotherapy	09/2023
Cornell University	
• Cultural Humility Training	09/2022
New York Medical College/Westchester Medical Center	07/2021-present
• MBT group therapy	01/2024-05/2024
• Psychodynamic psychotherapy group therapy	07/2023-12/2024
• Psychodynamic psychotherapy seminar	2021 – 2024

Awards and Honors

New York's Best Doctors	03/2024
Westchester Medical Center/New York Medical College	
• Teaching distinction award	2024-2025
• Teaching excellence award	2024-2025
• Education leadership award	2023-2024
• Resident teaching award	2022-2023
• Resident teaching award	2021-2022
Candidate for semi-final selection for CRAFT	07/2020
• For Peach, a story on chronic illness and suicide	
American University of Beirut	
• Best presentation award, department of OBGYN	12/2019

Administrative Experience

New York Medical College/Westchester Medical Center	
• Chief Resident	2023-2024
○ Scheduling Chief, responsible for making schedule and coordinating coverage issues	
○ Teaching duties, responsible for teaching	
○ Resident recruitment, reviewing applications and chief interviews for resident recruitment and ranking candidates	
• New Resident Recruitment	11/2022-12/2024
○ Resident recruitment, PGY1 and PGY2 interviews of residency candidates	
American Psychiatric Association	
• Membership Committee Member	05/2025-05/2028
• Resident-Fellow Member Trustee Elect	06/2023-06/2024
○ Non-voting member of the board of trustees	
• Resident-Fellow Member Trustee	07/2024-05/2025
○ Voting member of the board of trustees	
○ Resident representative of APA to AADPRT annual meeting	
○ RFM caucus co-founder	

Teaching and Educational Experiences

<i>New York Medical College/Westchester Medical Center</i>	
• Medical education committee	2021-present
○ Grand rounds and guest speaker recruitment	
○ Preparation of annual curriculum	
• Curriculum development and teaching	
○ Grief As Meaning Reconstruction	
▪ Creation and teaching of 4 series lecture on Grief (PGY3, PGY4)	
○ Reproductive Psychiatry	
▪ Co-creation and co-teaching of reproductive psychiatry curriculum (PGY3, PGY4)	

- Social determinants of health curriculum
 - Recruitment of speakers
- Narrative medicine workshops for Psychiatry residents
 - Facilitation of individual Narrative Medicine workshops
- Narrative Medicine Curricula for 4th year Medical Students
 - Creation and teaching of Narrative Medicine curriculum tailored to fourth year medical students
- Individual Classes
 - Antipsychotics and weight gain, a journal club article
 - Endophenotypes & Psychosis, a lecture from NNCI curriculum
 - Giving and receiving feedback, a moderated discussion
 - The resident as educator workshop, a moderated discussion
 - PRITE review
- Grand Rounds
 - No Woman, No Cry-Depression and Anxiety in Pregnancy
 - The Other Side of The Stethoscope
 - Self, Other and The Clinical Encounter
- Inter-departmental teaching
 - Grief Theory, a lecture for the chaplaincy department
 - Patient simulation and bedside skills assessment for medical students

Columbia University

- Event Facilitation
 - Volvox, creative art event on social justice, *Facilitator* 11/2019
 - The Witnessing Space, *Founder and Facilitator* 02/2019- 05/2019

American University of Beirut

- Curriculum development and teaching
 - Workshop facilitator, Professionalism in the Medical Setting 01/2019
 - Ethics Matters Lecture on Decision Making Capacity 03/2019
 - Co-instructor, 4th year medical students 09/2018-06/2019
 - Teaching and facilitation of a class on social determinants of health and medicine
 - TEPDAD 12/2017-04/2018
 - Volunteer medical student and member of the task force committee at the American University of Beirut with focus on Psychiatry and Behavioral Health's preclinical module

Professional Activity

Non-institutional activities

- Lebanese Physicians Podcast, Preparing for The Match 06/2021

Columbia University

- Faculty Associate, Narrative Medicine 01/2021-05/2021

American University of Beirut

- Postdoctoral Research fellow, Clinical Ethics & Professionalism 09/2018-06/2019

- Educator, Clinical ethics and Professionalism 09/2018-06/2019

Institutional Membership

American Academy of Consultation-Liaison Psychiatry (ACLP) 03/2024-present

- Psycho-oncology and Palliative Care SIG
 - Bibliography group
- Reproductive Psychiatry SIG
 - Submission planning to ACLP and MONA
 - Bibliography group
- Psychological considerations SIG
- Abstract revision

American Psychiatric Association

- Resident-Fellow Member Trustee & Trustee Elect 06/2023-present
 - Participating member of the board of trustees
 - Resident Liaison to AADPRT
 - Co-Founding member of the RFM caucus

Society for Study of Culture and Psychiatry 05/2020-present

- Board member
- Program committee, 43rd conference on Narrative and Psychiatry planning
- Reviewer, Abstract and poster reviewer for 43rd and 44th conference

World Network of Early Career Psychiatrists 12/2019-present

- Researcher, Global mental health disparities and Cultural Psychiatry
- Facilitator, Narrative Medicine workshops for diverse groups of Psychiatrists
- Event organizer and facilitator
 - Climate change forum
 - Lebanese mental health forum
 - Mothers in Psychiatry forum

Lebanese Medical Student Association 08/2014-05/2019

- Coordinator and facilitator, Mental Health Stigma Campaign
- Lebanese Medical Student National Board 2015-2016
 - Elected Local Coordinator on Behalf of the American University of Beirut
- Peer Educator and trainer, Sexual and Reproductive Health

Presentations

USCF:

- El Halabi. S and Harakawa, H. Narratives of Identity and Aging. (July 2024)

ACLP:

- Prom. M, Corominas. S, Sundararaj. D, Hernandez. P, El Halabi.S. Addressing Mental Health Inequities Through Cultural Humility: Integrating Culturally Informed Practice Across the Lifespan. Sponsored by ACLP's Global and Cultural SIG (2023)

Columbia Narrative Medicine Alumni Annual Conference.

- El Halabi.S and Chou.J. Narrative Medicine and Psychiatry Interest group findings (2022).

SSPC:

- Sanchez V, El Halabi S, Virani S, Mdawar B, Jarvis E. Our identities as psychiatrists: subspecialty and role diversity in cultural contexts (2022)

Euro-Net:

- Illness Narratives & COVID-19: How Stories Shape Our Vision of Health & Social (2021)

Columbia University:

- El Halabi.S, Danbdy.M, Shejpaul.D, Tijani.L. (December, 2019). Spirituality and Hospice Care Oral Presentation presented at: NMED PS5300: Qualitative Methods and Research; New York, NY, USA.

Reviewer Experience

Frontiers Psychiatry

- EMDR for perinatal loss 04/2025

General Psychiatry

- Safe Housing for people with Serious Mental Illness after discharge 05/2024

BMC Health Services

- Hierarchy in interdisciplinary teams during COVID-19 01/2023

BMC education

- Quality of life in COVID-19 12/2022

BMC Education

- Anxiety and COVID-19 12/2022

Tendon, The John Hopkins Creative Medical Humanities Journal

06/2022 - present

- Fiction Editor, Non-fiction reader, Poetry Reader
- Content creator, drafted call for submissions for 6th edition

Indian Journal of Psychology

03/2022

- Panic Buying and COVID-19

BMC Education

03/2021

- Medical Education

European Journal of Neurology and Psychiatry

12/2020

- Philosophy and Psychiatry

Publications

Book Chapters

El Halabi. S., Deniz I., Vahdani..B, Zadeh.,O.,Virani S. Stimulants and Neurodegenerative Disorders, formatted per the publisher's requirements for our book, Neurodegenerative Disorders and Addiction: Unraveling the Nexus. (in press)

El Halabi, S. and Fiskin. Anna. Somatization in North America: Etiology, Presentation and Treatment. (2024). *Somatization Across Cultures*. Oxford University Press.

El Halabi S., Founouni Z.N., Arawi T. (2019) Social Construction of Arab Masculinity and Its Effects on Mental Health. In: Laher I. (eds) Handbook of Healthcare in the Arab World. Springer, Cham https://doi.org/10.1007/978-3-319-74365-3_175-1

Peer Reviewed Publications

El Halabi, S., Fish, E., Boroon, M., de Filippis, R., El Hayek, S., Larnaout, A., Ori, D., Pinto da Costa, M., Ramalho, R., Ransing, R., Raza, F., & Shalbafan, M. (2024). The role of arts in moderating mental health-related stigma: views of early career psychiatrists and trainees from different parts of the world. *Frontiers in psychiatry*, 15, 1293142

de Filippis, R., Kamalzadeh, L., Adiukwu, F. N., Aroui, C., Ramalho, R., El Halabi, S., El Hayek, S., Gashi Bytyçi, D., Larnaout, A., Orsolini, L., Ransing, R., Pinto da Costa, M., & Shalbafan, M. (2023). Mental health-related stigma in movies: A call for action to the cinema industry. *The International journal of social psychiatry*, 69(5), 1296–1298.

Shoib, S., Amanda, T. W., Menon, V., Ransing, R., Kar, S. K., Ojeahere, M. I., Halabi, S. E., & Saleem, S. M. (2022). Is Maslow's Hierarchy of Needs Applicable During the COVID-19 Pandemic?. *Indian journal of psychological medicine*, 44(1), 98–100.
<https://doi.org/10.1177/025371762111060435>

El Halabi, S., Abbas, Z., Adesokun, F., Adiukwu, F., Ashrafi, A., de Filippis, R., Handuleh, J., Jaguga, F., Karaliuniene, R., Kilic, O., Nagendrappa, S., Ojeahere, M., Ogunnubi, O. P., Ori, D., Orsolini, L., Pereira-Sanchez, V., Pinto da Costa, M., Ransing, R., Shoib, S., Ullah, I., ... Ramalho, R. (2021). How to overcome barriers to publication in low- and middle-income countries: Recommendations from early career psychiatrists and researchers from around the world. *Asia-Pacific psychiatry : official journal of the Pacific Rim College of Psychiatrists*, 13(4), e12495. <https://doi.org/10.1111/appy.12495>

Alkasaby, M. A., Philip, S., Agrawal, A., Jakhar, J., Ojeahere, M. I., Ori, D., Ransing, R., Saeed, F., Mohammadreza, S., Shoib, S., El Halabi, S., Solerdelcoll, M., Pereira-Sanchez, V., & Pinto da Costa, M. (2021). Early career psychiatrists advocate reorientation not redeployment for COVID-19 care. *International Journal of Social Psychiatry*.
<https://doi.org/10.1177/002076402111057734>

T., Essam, L., Orsolini, L., Ramalho, L., El Halabi, S., Nguyen, V. S., ... & Fedotov, I. A. (2021). COVID-19-induced psychosis: new challenges for early career psychiatrists. *Российский медико-биологический вестник имени академика ИП Павлова*, 29(2), 325-332

Ransing, R., Vadivel, R., Halabi, S. E., Jatchavala, C., Shalhafan, M., Noël, C., Noor, I. M., Yee, A., Gürcan, A., & Ramalho, R. (2021). Language as Multi-Level Barrier in Health Research and the Way Forward. *Indian Journal of Psychological Medicine*. <https://doi.org/10.1177/02537176211052071>

Ullah, I., Jaguga, F., Ransing, R., Pereira-Sanchez, V., Orsolini, L., Ori, D., de Filippis, R., Pakpour, A. H., Adiukwu, F., Kilic, O., Hayatudeen, N., Shoib, S., Ojeahere, M. I., Nagendrappa, S., Handuleh, J., Dashi, E., Musami, U. B., Vahdani, B., Ashrafi, A., Jatchavala, C., ... Ramalho, R. (2021). Fear During COVID-19 pandemic: Fear of COVID-19 Scale Measurement Properties. *International journal of mental health and addiction*, 1–10. Advance online publication. <https://doi.org/10.1007/s11469-021-00528-9>

Vadivel, R., Shoib, S., El Halabi, S., El Hayek, S., Essam, L., Gashi Bytyçi, D., Karaliuniene, R., Schuh Teixeira, A. L., Nagendrappa, S., Ramalho, R., Ransing, R., Pereira-Sanchez, V., Jatchavala, C., Adiukwu, F. N., & Kudva Kundadak, G. (2021). Mental health in the post-COVID-19 era: challenges and the way forward. *General psychiatry*, 34(1), e100424. <https://doi.org/10.1136/gpsych-2020-100424>

Kahil, K., Cheaito, M. A., El Hayek, R., Nofal, M., El Halabi, S., Kudva, K. G., Pereira-Sanchez, V., & El Hayek, S. (2021). Suicide during COVID-19 and other major international respiratory outbreaks: A systematic review. *Asian journal of psychiatry*, 56, 102509. <https://doi.org/10.1016/j.ajp.2020.102509>

El Halabi, S., El Hayek, R., Kahil, K., Nofal, M., & El Hayek, S. (2020). Characteristics of Attempted Suicide in the Middle East and North Africa Region: The Mediating Role of Arab Culture and Religion. *Mediterranean Journal of Emergency Medicine & Acute Care*, 1(3). Retrieved from <https://escholarship.org/uc/item/65t9v795>

Psych News(non-peer reviewed publications)

El Halabi, Hawa, R, Hawkins, M. The Role of Education in CL Psychiatry on behalf of the CL council of the APA, in press

Velez, German & El Halabi, Sarah, A Call for Change: Reshaping the Reality for Doctors in Training. Published Online:25 Sep 2023<https://doi.org/10.1176/appi.pn.2023.10.10.14>

Medical Student–Run Clinic Supports Those Seeking Asylum Katie O’Connor. Published Online:18 Jan 2024<https://doi.org/10.1176/appi.pn.2024.02.2.8>

Medical Humanities

Teta and The Biscuit, Sarah El Halabi. A poem published in Tendon a medical humanities creative journal. <https://hopkinsmedicalhumanities.org/breath/teta-and-the-biscuit-by-sarah-el-halabi/>

Pandemic, Sarah El Halabi, A short story published in Tendon a medical humanities creative journal. <https://hopkinsmedicalhumanities.org/tendon-magazine/issue-3-disaster/pandemic-by-sarah-el-halabi/>

Languages

English, native/fluent

Arabic, native/fluent

French, conversational