**Lancer Naghdechi, MD**, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. He obtained a B.A. in psychology from UCLA, an M.S. in Biomedical Sciences at Rosalind Franklin University of Medical Sciences in Chicago, and studied medicine at Western University of Health Sciences in Pomona, California. Dr. Naghdechi plans to complete fellowships in child and adolescent psychiatry and forensic psychiatry.

**Robert Rymowicz, MD**, is Chief Resident at the Department of Psychiatry, Rutgers New Jersey Medical. Robert obtained an undergraduate degree in psychology and went on to study medicine at Western University of Health Sciences in Pomona, California. Robert was selected as a 2016 Ruth Fox Scholar by the American Society of Addiction Medicine, and as a 2019-2021 APA Leadership Fellow. After residency, Robert plans to return to California for fellowship training in addiction psychiatry.

**Diego Garces Grossa, MD**, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. Diego obtained his medical degree in Universidad Peruana Cayetano Heredia, in Lima, Peru. Diego worked in the Jungle of Peru helping underserved populations and became very interested in mental health related to sports, including eating disorders and body dysmorphia.

**Rafal Ciora, MD**, is a PGY III Psychiatry Resident at Rutgers New Jersey Medical School. He was born in Puerto Rico and grew up in New York City and bergen County New Jersey. He attended college at Mountbattt State University law school at Seton Hall University School of Law and Medical School at St. George’s University. He is the creator and co-host of “The Psychiatrists Guide” podcast. His research focuses on Equine Therapy.

**Donya Nazery, MD**, is a PGY I Psychiatry Resident at Rutgers New Jersey Medical School. Donya received her undergraduate degree from University of California Davis, where she took part in Autism research studying different brain areas using functional MRIs. She went onto study medicine at Touro College of Osteopathic Medicine in New York, where she was recognized for both herism and academic achievements. She is interested in consultation-liaison psychiatry.

**Lukmanaris Babjide, MD**, is a PGY III Psychiatry Resident at Rutgers New Jersey Medical School. Dr. Babajide went to Davidson College where he graduated with honors in Sociology. He was an officer of his institution’s Psychiatric interest group, President of his institution’s Student National Medical Association, and active in community activist groups such as the Dallas Coalition Against Bigotry and Mothers Against Police Brutality.

**Heather Wurtz, MD**, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. Heather obtained an undergraduate degree in psychology at Grinnell College. After graduation, she worked at a Duke University Medical Center study examining psychiatric issues in rural children. During medical school at Rutgers NJMS, Heather was an editor for a Psychiatry Clerkship review book and volunteered with the Student Family Health Care Center.

**Parham Khalili, MD**, is an Addiction Medicine fellow in the Rutgers Psychiatry department. He attended the University of Chicago for medical school and graduate school in public policy analysis. He previously completed an Internal Medicine residency at a major teaching hospital in the New York Area and a Geriatrics (IM) fellowship at Weill Cornell. He has provided primarily primary, geriatric and palliative care across a variety of settings, and his academic interests include substance use disorders among older adults and neurocognitive disorders.

**Faisal Kogekar, MD**, is a PGY I Psychiatry Resident at Rutgers New Jersey Medical School. He obtained his MD from Terna Medical College, Navi Mumbai. Prior to medical school, Faisal gained rich clinical experiences at Yale, Case Western Reserve University, St. Elizabeth’s and Kings County hospitals, and was a research scholar in Child and Adolescent psychiatry prior to beginning residency. His interests include Diagnostic Decision making in Psychiatry, Integrated care, Child and Adolescent and Forensic psychiatry.

**Muhammad Asadi, MD**, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. He graduated from FMM College of Medicine in Lahore, Pakistan. After graduation, he worked at an Addiction Treatment Center in Lahore. He is the recipient of Jay G. Hirsh Award for his review paper on mindfulness-based cognitive behavioral therapy. His future goals are to pursue a fellowship in either addiction or forensic psychiatry.
You are looking forward to seeing you on November 1st!

This activity is designed for physicians, nurses, psychologists, social workers, and addictions, from Internet gaming to cybersex to online shopping.

You will enjoy a delicious lunch and network with your colleagues.

You can earn Continuing Education credits.

You can receive a complete set of the conference handout materials.

You will participate in the Rutgers NJMS Psychiatry Residents Research Symposium.

You will earn Continuing Education credits.

The conference is for physicians, nurses, psychologists, social workers, counselors, researchers, students, and trainees who are interested in improving the mental health of our urban communities.

We are very excited to announce "Urban Mental Health 2019," the Seventh Annual Conference of Rutgers New Jersey Medical School Psychiatry. This year we are turning the focus on the technological addictions, which are emerging as major problems affecting the mental health of our urban communities.

A panel of experts will present updates on a wide range of technological addictions, from Internet gaming to cybersex to online shopping and "e-baying."

When you attend the Urban Mental Health conference, you will:

- Review the latest research on the assessment and treatment of various psychiatric disorders.
- Learn about various mindfulness techniques through interactive exercises.
- Develop practical skills that can be readily applied to your professional lives.
- Receive a complete set of the conference handout materials.
- Participate in the Rutgers NJMS Psychiatry Residents Research Symposium.
- Earn Continuing Education credits.
- Enjoy a delicious lunch and network with your colleagues.

This activity is designed for physicians, nurses, psychologists, social workers, counselors, researchers, students, and trainees who are interested in improving the mental health of our urban communities.

I am looking forward to seeing you on November 1st!

Best wishes,

Petros Lounious, MD, MA

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**LEARNING OBJECTIVES:**

At the conclusion of this program, participants should be able to:

1. List five forms of Technological Addictions as they appear in the scientific literature of 2019.
2. Describe the psychology and culture surrounding non-pathological use of technology.
3. Distinguish between normal use and addiction.
4. Discuss adverse consequences of the Technological Addictions on the mental health of vulnerable populations in urban communities.
5. Treat Technological Addictions with evidence-based pharmacological and psychosocial interventions.

**Conference Directors:**

Petros Lounious, MD, MA, is Professor and Chair of the Department of Psychiatry at Rutgers New Jersey Medical School, and Chief of Service at University Hospital. He is a Betty Ford Scholar, a recipient of a U.S. State Department Speaker and Specialist Award, and an honorary member of the World Psychiatric Association. Dr. Lounious has published fourteen books including the self-help paperback, "Sober Stillness: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself."

James Sherer, MD, is a PGY III Psychiatry Resident at Rutgers New Jersey Medical School and a graduate of Law and NYU where he graduated cum laude. During college, he worked for The Legal Aid Society of Manhattan and NYU Council. He attended Rutgers NJMS, where he received the Psychiatry Faculty Award for Outstanding Achievement and has presented posters at several annual meetings of the American Psychiatric Association.

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**Questions?**

If a participant or potential participant has a question or concern about their experience with this continuing education activity, they should email the UBHC Center for Continuing Education at cce@ubhc.rutgers.edu.

For additional program information or if you require special arrangements to attend this activity, please contact Diane Nieves at 973-972-9917.