

SIDDHARTH ASHVIN SHAH, M.D., M.P.H.

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PROFESSIONAL PROFILE:

Siddharth Ashvin Shah, MD, MPH is a physician blending a knowledge of humanitarian aid work, integrative medicine, East-West health systems, medical hypnosis, group psychology, trauma recovery and stress management research. He spends half his time as medical director of [Greenleaf Integrative Strategies, LLC](http://greenleaf-is.com) [http://greenleaf-is.com] and the other half of his time freelancing as a public health psychosocial consultant. A common thread to all of Dr. Shah's work is demonstrating how people can meet trauma and related psychosocial difficulties with resiliency and positive strategies.

Content of Programs Offered

- Trauma recovery expertise involving standard Western psychotherapies, Eastern therapies and mind-body strategies;
- Public mental health needs assessments and interventions incorporating cross-cultural diversity and ethno-medical competence;
- *Integrative Psychosocial Resilience* (aka Mental Armoring) that involves self-care, staff-care and leadership strategies to mitigate burnout, vicarious (secondary) traumatization, and compassion fatigue.

With experience in Ethiopia, Brazil, India, Pakistan, Sri Lanka and USA, Dr. Shah teaches psychosocial resilience strategies to diverse groups who work around trauma. In addition to having several best-selling wellness albums on iTunes and Amazon, he is a speaker, educator and author on the subjects of psychosocial first aid, disaster mental health, mind-body techniques for anxiety, cross-cultural adaptation, vicarious (secondary) trauma, international and national staff self-care.

*Greenleaf Integrative Strategies offers cutting-edge, empirically-sound strategies to health care organizations, community-service workers, journalists, law enforcement and emergency responders. GIS programs are designed to reduce vicarious trauma and bolster resilience so that people in emotionally traumatic work can respond with the focus, energy, and balance they need to make their greatest contributions. [<http://greenleaf-is.com>]