

Seleena Shrestha, M.D.

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Current Position

Chief, Division of Child and Adolescent Psychiatry 2019 - current
Southern Illinois University- School of Medicine
Springfield, IL

Education

Child and Adolescent Psychiatry Fellowship 2012- 2014
Rush University Medical Center, Chicago, IL

Psychiatry Residency 2008- 2012
Southern Illinois University, Springfield, IL

Bachelor of Medicine and Bachelor of Surgery (M.B.B.S) 1998- 2004
College of Medical Sciences- Bharatpur
Kathmandu University, Chitwan, Nepal

Academic Appointments

Assistant Professor of Clinical Psychiatry 2014 - Present
Department of Psychiatry
Southern Illinois University
Springfield, IL

Professional Positions and Experience

Certification and Licensure

American Boards of Psychiatry/Neurology- Psychiatry 2014 - 2024
American Boards of Psychiatry/Neurology- Child and Adolescent Psychiatry 2015 - 2025
Illinois Medical License (active)

Professional Development

AAMC Early Career Women Faculty Leadership Development Seminar 2019
SIU Medicine Alliance for Women in Medicine and Science, Member 2018- present
Member, Rural Committee at American Academy of Child and Adolescent Psychiatry 2019- present

Professional Memberships and Activities

American Academy of Child and Adolescent Psychiatry	2012- present
Illinois council of Child and Adolescent Psychiatry	2012- present
American Psychiatric Association	2008- present
Illinois Psychiatric Association	2008- present
Nepal Medical Council	2004- present

Clinical/ Quality Improvement Activities

Established Anxiety Disorder Specialty Clinic at Southern Illinois University, Department of Psychiatry, Division of Child Psychiatry	2019 – present
Initiated Child Psychiatry Out-Patient Integrated Clinic at Southern Illinois University, Department of Pediatrics	2018 – present
HSHS St. John’s Hospital, Springfield, IL Child Psychiatry Consult Attending,	2016 – present
HSHS St. Mary’s Hospital. Springfield, IL Child Psychiatry Inpatient Attending,	2019 - present
Lincoln Prairie Behavioral Health Center, Springfield, IL Inpatient Attending	2016 – 2018

Other Professional Experiences

Southern Illinois University- School of Medicine; Researcher I	2007-2008
Patan Hospital, Lalitpur, Nepal; Emergency Room House Staff	2004-2007

Educational Activities

Psychiatry Residency Didactics:

Seminar Director, Child Psychopathology Seminar (PGY III)	2017- Present
Seminar Instructor, Psychopharmacology Seminar (PGY II)	2015- Present
Seminar Instructor, Emergency Psychiatry Seminar (PGY I)	2015- Present

Child and Adolescent Fellowship Didactics:

Seminar Instructor, Child and Adolescent Psychiatry Fellowship Seminar	2016- Present
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Medical Students Teaching:

Course Director of Child Psychiatry Out-Patient Elective for Y-4 Medical Students
Participation as Moderator in Clinical Competency Cases (CCC) for standardized patient program for Medical Students at SIU-SOM, 2017

Mentoring/ Clinical Training:

Started specialty clinic: “Anxiety Disorders Clinic” in Child and Adolescent Psychiatry Clinic. This clinic focuses on educating Child and Adolescent Psychiatry Fellows with focus on comprehensive assessment and treatment of Anxiety Disorders.
Initiated Child and Adolescent Psychiatry Consultation Clinic in Southern Illinois university Pediatrics department.
Provide mentorship and clinical training to several Medical Students, Psychiatric Residents and Child Psychiatric Fellows

Special Interest, Honors and Awards

American Academy of Medical Colleges
-Early Career Women Faculty Leadership Development Seminar 2019

Graduated with distinction in Pediatrics 2004
Special interest in Rural Psychiatry, Access to care, Anxiety Disorders

Oral Presentations

Local/Regional Meetings:

Synaptic properties of the anterior cortical nucleus of amygdala, Neuroscience Retreat 2008
(Seleena Shrestha, M.D. and Amy Arai, Ph.D. Arai Lab, Department of Pharmacology, SIU-SOM)

Psychiatric Grand Rounds:

Stress and Developing Brain 01-04-2019
Autism Spectrum Disorder *across the adult lifespan* 06-10-2018
Epigenetics in Psychiatry 06-11-2017

Other Scholarly Products

Book Chapters:

Book Chapters on Illness Anxiety Disorder, Sleep Disorder, Eating Disorder, Premenstrual Dysphoric Disorder and Alcohol Use Disorder. Debra L. Klamen. *Case Files Psychiatry*. McGraw Hill Professional, in press

Editorial Book reviews (Doody's):

Green's Child and Adolescent Clinical Psychopharmacology by William Klykylo, 2013
Stress and Developing Brain by Lisa Wright and Tara Perrot, 2013
Interventions for Autism Spectrum Disorders by Sam Goldstein, 2013
Clinical Manual of Child and Adolescent Psychopharmacology by Robert L. Findling, 2013
Clinical Child Psychiatry by William Klykylo, 2012

Professional Community Activities

Media Appearances and blogs

<https://newschannel20.com/news/local/warning-latest-viral-video-trends-among-teens-could-be-deadly>
<https://blog.siumed.org/blog/adhd> (8-21-2020)
<https://www.siumed.edu/mc/highlights/frights-and-delights-psychiatrists-guide-safe-halloween.html>

<http://newschannel20.com/news/local/latest-fad-includes-teens-eating-laundry-detergent-pods-01-13-2018>

<http://www.mystateline.com/news/illinois-creating-mental-health-exam-for-school-age-children/1081604933>

<http://newschannel20.com/news/local/experts-share-bullying-in-schools-is-preventable>