

Ayame Takahashi, M.D.
5220 S. 6th Street Road, Suite 1200
Springfield, IL 62703

EDUCATION

Bachelor of Arts Linguistics 8/1984-5/1988	Cornell University, College of Liberal Arts and Sciences Ithaca, New York
Doctor of Medicine 8/1988-6/1990 7/1990-5/1992	University of Kansas School of Medicine Kansas City, Kansas Wichita, Kansas
Residency 6/1992-6/1996	Northwestern Memorial Hospital – McGaw Medical Center Chicago, IL-Adult Psychiatry
Fellowship 7/1996-6/1998	New York Presbyterian Hospital – Westchester Division Weill Medical College of Cornell University White Plains, NY-Child and Adolescent Psychiatry
9/1999-2007	Columbia University Center for Psychoanalytic Training and Research Candidate in Psychoanalytic Training, Adult and Child Psychoanalysis New York, New York

CERTIFICATION AND LICENSURE

5/1997, 3/2007 11/1999, 7/2009 12/2012 2012	American Board of Psychiatry and Neurology Specialty Certification in Child and Adolescent Psychiatry American Board of Addiction Medicine Certification Buprenorphine Waiver and Certification
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Licensure: Illinois

PROFESSIONAL WORK EXPERIENCE

9/05/06- Present	Southern Illinois University School of Medicine Assistant Professor of Clinical Psychiatry Director, Child and Adolescent Psychiatry Fellowship Training Founding training director for a new fellowship program-obtained initial accreditation through the ACGME in July 2007. First ACGME site visit in May 2010, reaccredited with commendation and no citations
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Maintained private outpatient child and adolescent psychiatry clinics through SIU Healthcare (formerly SIU Physicians and Surgeons)

Administrative Duties

Member of the Graduate Medical Education Committee (GMEC) as the Fellowship Director at Large Jan. 2012-June 2014

Member of Student Progress Committee (for the Medical School)

Member of Educational Policy Committee and Clinical Competency Committee (Adult and Child Psychiatry Residency Program)

Member of Psychotherapy Training Committee (Adult Psychiatry Residency)

- 10/1/06-present Gateway Foundation of Springfield- psychiatrist for residential clients in the intensive inpatient residential substance abuse program-Adult and Adolescent Program
- 7/1/10-6/30/11 Psychiatrist for Lincoln Prairie Behavioral Health Center MISA unit-acute unit for adolescents with both significant substance abuse/dependence and severe psychiatric illness.
- Weill Medical College of Cornell University*
- 7/01-8/2006 Assistant Professor in Psychiatry
- 7/98-6/2001 Instructor in Psychiatry
- 7/96-6/1998 Senior Clinical Associate
- New York Presbyterian Hospital-Westchester Division*
- 7/1998-8/2006 Clinical Affiliate
- 7/2005-8/2006 Assistant Director of Training for the combined Child and Adolescent Training Programs of Columbia and Cornell
- 1/2005-8/2006 Director of Training, Child and Adolescent Training Program-Cornell Westchester
- 7/2000-9/2005 Unit Chief-Child Inpatient Unit
- 7/1998-6/2000 Assistant Unit Chief-Child Inpatient Unit
- 7/1998-6/2003 Clinical Staff Child Outpatient Department
- New York Presbyterian Hospital*
- Teaching- 25 percent time*
- Supervision of psychology and child psychiatry trainees in Evaluation and Medication clinics
- Didactics for child and adolescent psychiatry trainees
- 9/1999-12/1999 Taught "Brain and Mind" course for 2nd year medical students
- 7/1998-6/1999 Supervision of medical student outpatient evaluations
- Clinical Care- 25 percent time*
- Direct care of outpatients in clinic

Administrative Duties 50 percent time

Assistant Training Director for combined child and adolescent
fellowship program of Columbia and Cornell
Training Director of Child and Adolescent Fellowship-Payne Whitney
Westchester
Member of Committee on Formulary and Therapeutics
Member of Child and Adolescent Division Administrative and Educational
Council
Member of Consumer Advocacy Committee

8/2000-8/2006

Private Practice through the Physician's Practice Organization

TEACHING EXPERIENCE

Southern Illinois University School of Medicine

- Developed curriculum for a new Child and Adolescent Psychiatry Training Program
- Taught Play Therapy, Adolescent Psychodynamic Psychotherapy, Reading Seminar (Textbook Course) for child and adolescent psychiatry fellows
- Provided individual supervision for child psychiatry fellows in evaluation clinics and medication clinic, and Gateway Substance Abuse residential
- Inpatient supervisor on MISA unit at Lincoln Prairie for first year child fellows and PGY-2 and 3 residents doing inpatient rotation.
- Taught Sociocultural Psychiatry course to general psychiatry residents
- Taught Psychodynamic Psychotherapy course to general psychiatry residents
- Developed new substance abuse course for general psychiatry residents
- Provided clinical supervision for general psychiatry residents in PGY 3 outpatient child clinic
- Provided individual psychotherapy supervision for general psychiatry residents and child and adolescent psychiatry fellows
- Taught courses for Family Practice residents on cultural competence.
- Provided an educational "shadowing" experience for Pediatrics and Family Practice residents at Gateway.
- Taught the "Personality Disorders Resource Session" to SIU medical students rotating through psychiatry
- Taught the "Substance Abuse Resource Session" to SIU medical students on psychiatry
- Provided a rotational experience for 3rd year medical students at Gateway, provided elective experience for 4th year medical students at Gateway.

Weill Medical College of Cornell University

- Inpatient supervisor for child psychiatry fellows on child inpatient unit- supervised fellows from North Shore-Long Island Jewish training program, fellows from Payne Whitney Manhattan training program and fellows from Payne Whitney Westchester training program
- Inpatient supervisor for child psychiatry elective for 4th year Weill Cornell medical students.
- Supervised second year child fellows in outpatient evaluation clinics.
- Taught Adolescent Interviewing course for child fellows.
- Taught "Brain and Mind" course for second year Weill Cornell medical students.

PRESENTATIONS

American Association for the Directors of Residency Training March 2017 Annual Meeting, San Francisco, California “Teaching Cultural Awareness: An Experiential Method” **Presenters:** Zsuzsa Szombathyne Meszaros, MD, PhD, Mario Fahed, MD., Nanette M. Dowling, D.O., M.H.P.A., Ayame Takahashi, M.D.

American Association for the Directors of Psychiatry Residency Training March 2016 Annual Meeting, Austin, Texas “Fundamentals of Child and Adolescent Psychotherapy: Common Factors and Utilizing the "CAP MAP" (Child and Adolescent Psychiatry Milestone Assessment of Psychotherapy)” **Presenters:** Craigan Usher, MD, Lisa Cobourn, MD, Ayame Takahashi, MD

American Academy of Addiction Psychiatry Poster Presentation 2014, Fort Lauderdale, FL
“Physicians’ Beliefs, Attitudes and Knowledge Towards Medical Marijuana Use”
Aman Mahajan, M.D. Ayame Takahashi, M.D.

American Public Health Association meeting 2014, New Orleans, La “School Shootings and Mental Illness, A study of Offender Characteristics” Ayame Takahashi ,M.D. and Jan Hill-Jordan, PhD.

American Association for the Directors of Psychiatry Residency Training March 2013 Annual Meeting, Fort Lauderdale Florida: “The Teaching and Mentoring of International Medical Graduates, Challenges and Potential Solutions” Takahashi, A. Salman, A. Basnet, P. Jain, S.

Grand Rounds Presentation, Southern Illinois University School of Medicine :”Mass Violence in Schools looking back and Looking Forward” January 25, 2013, presented also at Pediatrics Grand Rounds May 2013 Southern Illinois University School of Medicine.

American Association for the Directors of Psychiatry Residency Training March 2012 Annual Meeting, San Diego, California Workshop Presentation: “Challenging Transitions in Residency Programs: Opening, Expanding and Closing Programs, and Making the Process Work” co-chair with Matthew Glover, M.D.

Presentation at the Southern Illinois University School of Medicine Departmental Grand Rounds: “The Immigrant Song and the Battle Hymn of the Tiger Mother, the Vicissitudes of Immigration and Child Rearing in America” June 17, 2011

Presentation on Eating Disorders at the Pleasant Plains High School, Pleasant Plains, Illinois April 2, 2011

Presentation on ADHD at the first annual Disabilities Workshop in Athens, Illinois March 26, 2011

Presentation at the Southern Illinois University School of Medicine Psychiatry Departmental Grand Rounds: “ADHD, Learning Disabilities and Psychoanalysis” May, 2009 Springfield, Illinois

American Academy of Child and Adolescent Psychiatry 55th Annual Conference, Workshop, Soltys S, Decker D, Dobbins M, Takahashi A, Punwani M. – “Starting New Clinical Services: Organizational and System Dynamics,” October 30, 2008, Chicago, IL

American Academy of Child and Adolescent Psychiatry 55th Annual Conference, Clinical Consultation Breakfast. - “Treating Psychiatric Disorders in Children with Significant Neurological/Medical Conditions”. October 2008.

American Academy of Child and Adolescent Psychiatry 54th Annual Conference, Clinical Consultation Breakfast; Decker D, Dobbins M, Takahashi A. – “Treating Psychiatric Disorders in Children with Significant Neurological/Medical Conditions”, October 26, 2007.

Presentation at the Southern Illinois University School of Medicine Psychiatry Departmental Grand Rounds: “Obsessive Compulsive Disorder, Diagnostic Difficulties and Treatment Strategies” February 16, 2007 Springfield, Illinois

Grand Rounds Presentation at New York Presbyterian Hospital – Westchester Division: “Adolescent Mood Disorders, Diagnosis and Treatment”, September 25, 2007, White Plains, NY.

Presentation at the Orange-Ulster County BOCES and Orange County Department of Mental Health Sponsored Conference for Children’s Mental Health Week: May 10, 2006 “Trends in Medication, It’s Use and Management” Monroe, New York

Presentation to the Katonah, NY School District-New York Presbyterian Hospital-Payne Whitney Westchester Division: February 22, 2006 “Medication Use in Childhood Mental Health Disorders” White Plains, NY

Interviewed by Rev. Charles Calcagni, PhD, for the White Plains Cable TV program entitled “View from the Pews” July 18, 2005 “Children’s Mental Health Issues” White Plains, NY

Interviewed by Rob Morrison for “Saturday Today in New York” WNBC News, New York for a segment entitled “Back to School”, August 23, 2003. NY, NY

AWARDS/HONORS

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| 7/2008 | Attended AAMC Early Career Women Faculty Development Seminar in Washington, D.C. |
| 10/2004 | “Champions of Children” Award- selected by families attending groups at Family Ties of Westchester |
| 5/2003 | Teacher of the Year Award-Awarded by Child Psychiatry Fellows of New York Presbyterian Hospital-Westchester Division |
| 5/1998 | Paul V. Trad M.D. Memorial Award- Second Prize for the paper “The Mother-daughter Group: A developmentally focused treatment approach for adolescent girls and mothers in conflict |

PUBLICATIONS

Khan, Mehnaz, A., Jain, Gaurav, Soltys, Stephen M., Takahashi, Ayame, “ A Case Report of Excessive Weight Gain with Guanfacine Extended Release: 9.53 kg in 4 Weeks” in the Journal of Child and Adolescent Psychopharmacology, Vol 22, Number 3, 2012

Pierce, M, Takahashi, A; Book Chapter “Neuropsychological Testing and Psychoanalysis” in Neuropsychological Testing and Clinical Practice, Springer Publications 2010

Takahashi, A; Book Chapter, “Interviewing the Adolescent” in The Approach to the Psychiatric Patient, John Barnhill, M.D., Editor, APPI Press, 2009

Takahashi, A.; Franklin (1996), Alcohol Abuse. Pediatrics in Review 17:39-45.

RESEARCH

SIU School of Medicine

IRB Approved Studies:

- 2014 "Characteristics of Children under 5 years of age being brought for mental health evaluation" Principal Investigators-Pravesh Basnet, M.D , Ayame Takahashi, M.D.
- 2013 “School Shootings and Mental Illness, A study of Offender Characteristics” Co-Principal Investigators-Ayame Takahashi ,M.D. and Jan Hill-Jordan, PhD.
- “Transitioning Between Child and Adult Psychiatric Services” Principal Investigators- Jennifer Hardwick, M.D. Ayame Takahashi, M.D.
- “Mental Health Co-morbidities in Adolescents in Substance Abuse Rehabilitation” Principal Investigators-Kamna Handa, M.D. Ayame Takahashi, M.D.
- “Physicians’ Beliefs, Attitudes and Knowledge Towards Medical Marijuana Use” Principal Investigators-Aman Mahajan, M.D. Ayame Takahashi, M.D.

Grants:

- 2013 Subinvestigator for Phase II, Randomized, Placebo Controlled Trial of Safety and Tolerability of Mycophenolate in Children with Juvenile Neuronal Ceroid Lipofuscinosis. IND Number 104194. Principal Investigator-Frederick Marshall, M.D. University of Rochester Batten Center (URBC)

KUMC

5/1989-8/1989 Summer Research Training Program- KUMC Dept. of Aging. Topic:
“Prevalence and Physician Recognition of Depression and Dementia among
Nursing Home Residents”

5/1990 Results presented at KUMC Research Forum

Cornell

8/1986-5/1987 Research Assistant in Language Acquisition Study
Cornell University Dept of Linguistics
Supervised by Barbara Lust, Ph.D.

NATIONAL COMMITTEES

2015-current American Association for Directors of Residency Training Psychotherapy
Committee

2016-current American Academy of Child and Adolescent Psychiatry Psychotherapy
Committee

PROFESSIONAL AFFILIATIONS

American Psychoanalytic Association	1996-2007
American Academy of Child and Adolescent Psychiatry	1998-current
American Psychiatric Association	1994-current
American Association of Directors of Psychiatry Residency Training	2006-current
Illinois State Psychiatric Association	2007-current
American Academy of Addiction Psychiatry	2011-current