

DR. ESTHER BILENKIS

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Esther.bilenkis@dc.gov

POST-GRADUATE TRAINING

- **Psychiatry Residency Program, St. Elizabeth's Hospital**

*Washington, DC
2017-Current*

St. Elizabeth's Hospital / DC VA Hospital/Sibley Memorial Hospital/ Children's Hospital
Psychiatric Institute of Washington / 35K Mental Health Clinic/Washington School of Psychiatry

Anticipated graduation June 2021

EDUCATION

- **Doctor of Osteopathic Medicine**

New York Institute of Technology College of Osteopathic Medicine

*Old Westbury, NY, USA
2013-2017*

- **Bachelors of Science, Biological Sciences**

Stony Brook University

*Stony Brook, NY, USA
2009-2013*

EDUCATIONAL ACTIVITIES

- **Washington Psychiatric Society, *Healing the Healers Event - Washington, DC USA*** 2019

Presented and facilitated a discussion on physician burnout, interventions, prevention, and specifically how to address it amongst the DC psychiatry residents community

- **American Psychiatric Association Conference –*San Francisco, CA USA*** 2019

Presented a poster presentation titled “Depression Due to Hormonal Contraceptives,” a review of literature discussing the occurrence of depression in women using hormonal contraceptives, including evaluation and treatment

- **Washington Psychiatric Society, *Healing the Healers Event - Washington, DC USA*** 2018

Presented a lecture on physician burnout and the research based strategies to address it

- **American Psychiatric Association Conference –*New York, NY USA*** 2018

Presented a poster presentation titled “Ketamine Assisted Trauma Specific Mindfulness Therapy (TIMBER) in Chronic PTSD,” a case report describing the presentation, treatment, and results of using mindfulness based graded exposure therapy in a patient diagnosed with chronic PTSD

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COMMITTEE APPOINTMENTS

Co-chair of Careers, Leadership and Mentorship Program

2019-present

Washington Psychiatric Society, Washington, DC:

- Organized PGY-1 Welcome Event which included a tour of the American Psychiatric Association headquarters followed by a reception at a DC Waterfront Restaurant
- Planned the Healing the Healers Event, a reception at a banquet hall dedicated to bringing awareness to physician burnout
- Arranged and co-hosted Mind Games, a jeopardy style event amongst the DC Psychiatry Residency Programs, testing their collective knowledge on Psychiatry, followed a Holiday Party and Reception

COMMUNITY SERVICE EXPERIENCE

• **Manco Capac Clinic**, *Maximo Nivel medical volunteer - Cusco, Peru*

2014

Performed and documented vital signs in adults and children living in an underserved community

Participated in community outreach by going to schools and promoting dental hygiene

• **Stony Brook Cancer Center** –*Stony Brook, NY USA*

2011

Provided play activities and arts and crafts projects to children in the waiting area

Assisted Child Life Specialist in maintaining playroom and equipment clean and safe

CERTIFICATIONS

Basic Life Support (BLS)

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OTHER ACTIVITIES

• **Buddy Program**, *St. Elizabeth's Hospital*, Washington DC *2019-present*

Served as a mentor to an incoming PGY-1 resident and led a messaging group to address transitioning to residency and discussed topics such as housing, orientation, and rotations

• **Resident's Day**, *St. Elizabeth's Hospital*, Washington DC *2019*

Helped plan a day for residents to unwind and connect by organizing a yoga class and various team building activities

• **AMSA Integrative Medicine Scholars Program**, *NYITCOM*, Old Westbury, NY *2016-2017*

Learned about different integrative modalities such as nutrition, Ayurveda, yoga, and acupuncture from experts and participated in discussions with those experts and amongst my peers

• **CHILL Internship Program**, *Stony Brook University*, Stony Brook, NY *2012-2013*

Participated in an award winning mental health and wellness peer education program by learning the skills to help link in-need students to campus resources supporting mental health and wellness and participating in a variety of campus events targeted for mental health and wellness promotion, prevention, and education,

PROFESSIONAL ORGANIZATIONS

- Washington Psychiatric Society
 - American Psychiatric Association
 - Integrative Psychiatry Caucus
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