

# Minyang Mao, M.D.

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## EDUCATION

- 2005-2009 Northwestern University - McGaw Medical Center, Chicago, Illinois
  - Residency Program in Psychiatry
- 2001-2005 Northwestern University - Feinberg School of Medicine, Chicago, Illinois
  - Doctor of Medicine
- 1998-2001 Northwestern University - Weinberg College of Arts and Sciences, Evanston, Illinois
  - Cum Laude, Bachelor of Arts in Biological Sciences

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## LICENSURE AND BOARD CERTIFICATION

- California Physician License
- Diplomate of the American Board of Psychiatry and Neurology

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## HONORS

- 2008 American Academy of Psychiatry and the Law Rappeport Fellowship Nominee
- 1998-2005 Northwestern University Honors Program in Medical Education
- 1998 National Merit Scholarship
- 1998 Judge J. Skelly Wright Award for Outstanding Constitutional Law Advocacy

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## EXPERIENCE

- 2009-current Founder, sole proprietor, and psychiatrist at Minyang Mao, M.D. - An outpatient solo private practice providing caring, confidential, and comprehensive care through medication management and psychotherapy to patients in the San Francisco Bay Area. Specialties include depression, anxiety disorders, adult ADHD, Asian-American mental health, and spirituality and mental health.
- 2007-2009 Outpatient psychiatry – Thirty month experience in outpatient psychiatry treating patients struggling with various psychiatric disorders at the Outpatient Treatment Center at Northwestern Memorial Hospital under the supervision of psychiatrists and psychologists specializing in psychopharmacology and various psychotherapies, including psychoanalysis, cognitive behavioral therapy, couples therapy, and group therapy.
- 2009 Cognitive behavioral therapy – Six month experience in treating patients using advanced cognitive behavioral therapy techniques at the Outpatient Treatment Center at Northwestern Memorial Hospital under the supervision of Peter Kane, Ph.D.
- 2009 Administrative psychiatry – Three month senior elective in administrative psychiatry carrying out chart review, case assignment, treatment plan review, and supervision of intakes at the Outpatient Treatment Center at Northwestern Memorial Hospital under the supervision of Medical Director Aaron Reichlin, M.D.
- 2009 Forensic psychiatry – Three month senior elective in forensic psychiatry focused on psychiatric expert witness testimony under the supervision of Joel Silberberg, M.D., Director of the Division of Forensic Psychiatry at Northwestern Memorial Hospital.

- 2008 Spirituality and psychiatry - Three month senior elective in spirituality and psychiatry at the Meier Clinics Day Treatment and Outpatient Clinic in Wheaton, Illinois. Co-facilitated insight-oriented group therapy and helped manage day treatment and outpatient medication management patients under the supervision of Steve Lee, M.D. and Gary Cassacio, M.D.
- 2008 Sleep medicine - Three month sleep medicine senior elective in sleep disorders and polysomnography at the Sleep Disorders Clinic at Northwestern Memorial Hospital. Assessed and managed patients with sleep disorders under supervision of Phyllis Zee, M.D. and Ramadevi Gourineni, M.D.

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#### ARTICLES AND PRESENTATIONS

- 2012 "Depression and Medications"
  - Workshop for Stephen Ministry Training Group at Menlo Park Presbyterian Church
- 2010 "Psychiatric Medications Refresher for Primary Care Physicians"
  - Workshop for Menlo Clinic Primary Care Physicians
- 2010 "Depression and Medications"
  - Workshop for Menlo Park Presbyterian Church Mental Health Conference
- 2009 "Addressing Spiritual Issues in Psychiatric Treatment"
  - Review article written as part of senior research project

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#### ACTIVITIES

- 2009-2010 Committee on Asian-American Issues - Northern California Psychiatric Society
  - Bimonthly discussions about Asian American issues in psychiatry
- 2002 Whole Person Care Preceptorship - Medical Strategic Network
  - Hands-on supervised training in whole person healthcare using the bio-psycho-social model with special focus on addressing patients' spiritual issues