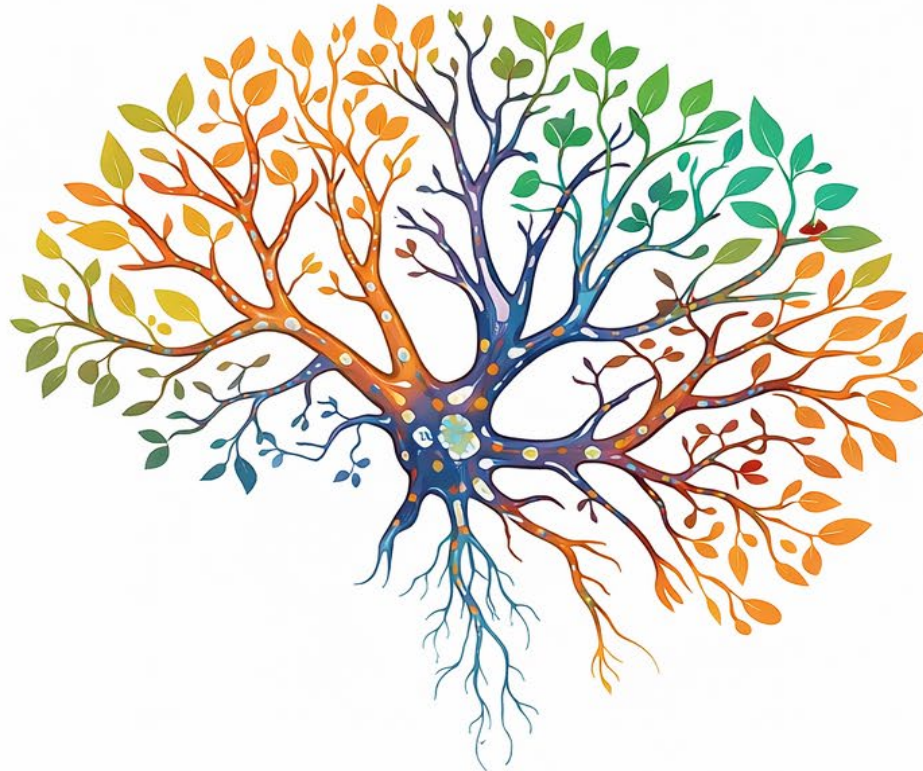

Translational Neuroscience of Resilience

From Molecular Pathways to Clinical Interventions



Wednesday, April 22, 2026

8:30 AM – 2:00 PM

MART Auditorium & Atrium

Stony Brook University



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Morning Session- MART Auditorium and Lobby		
Time	Title	Speaker(s)
8:30 AM - 9:15 AM	Registration & Light Breakfast	---
9:15 AM - 9:30 AM	Welcome & Opening	Dr. Anissa Abi-Dargham
9:30 AM – 10:30 AM	Keynote Speaker: Neuroscience and Genomics of Stress & Resilience: <i>From Molecular Pathways to Novel Interventions</i>	Dr. Kerry Ressler
10:30 AM – 10:45 AM	Mindfulness	Catherine Duffy
10:45 AM – 11:00 AM	Speaker A: Impacts of Chronic Trauma	Dr. Emily Hill
11:00 AM – 11:15 AM	Speaker B: Well-being Advocacy as Collective Resilience in Health Care	Dr. Josette Bianchi-Hayes
11:15 AM – 11:30 AM	Speaker C: Promoting Resident Physician Wellness	Dr. Lauren Spring
11:30 AM – 11:45 AM	Speaker D: Beyond Resilience: Supporting Flourishing in Healthcare and Learning Environments	Dr. Uchechi Oddiri
11:45 AM – 12:00 PM	Panel discussion	All speakers

Lunch Session- MART Lobby		
12:00 PM –12:45 PM	Networking Lunch	---

Afternoon Session- MART Auditorium		
12:45 AM – 2:00 PM	Speaker E: Compassion as a Tool for Resilience	Dr. Najate Ojeil

Conference Committee

Founder: Dr. Krishnareddy Gujavarty

Organizing Committee

Dr. Anissa Abi-Dargham, Distinguished Professor and Chair, Department of Psychiatry & Behavioral Health

Dr. Lauren Marie Spring – Vice Chair of Education, Department of Psychiatry & Behavioral Health Program Director for Psychiatry Residency Program Training, Program Director for Child & Adolescent Psychiatry Fellowship

Dr. Emily Hill – Clinical Assistant Professor for Residents and Fellows, Department of Psychiatry & Behavioral Health

Dr. Susan Diana Walker – Clinical Associate Professor of Pediatrics, Division Chief, Primary Care Pediatrics; Co-Chair, Departmental Well-Being Committee

Dr. Josette Bianchi-Hayes – Associate Professor of Pediatrics, Department of Pediatrics

Dr. Najate Ojeil – Assistant Professor of Clinical Psychiatry, Vagelos College of Physicians and Surgeons, Columbia University



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Dr. Uchechi Oddiri –Clinical Associate Professor of Pediatrics, Pediatric Phase III Director, Renaissance School of Medicine at Stony Brook University, Director & Faculty, Pediatric Advancement Life Support Course, Department of Pediatric Critical Care Medicine
Cathrine Duffy – Director, *Healthier U* Employee Wellness Program
April Due – Executive Assistant to Department Chair and Vice Chair of Psychiatry Research; Conference Planning & Logistics, Department of Psychiatry & Behavioral Health

Keynote Bio & Abstract



Kerry J. Ressler, MD, PhD, is chief scientific officer and James and Patricia Poitras Chair in Psychiatry at McLean Hospital. He is also a professor in psychiatry at Harvard Medical School and past-president of both the Society for Biological Psychiatry and the American College of Neuropsychopharmacology. Dr. Ressler was previously an investigator of the Howard Hughes Medical Institute and is a member of the National Academy of Medicine.

Dr. Ressler's lab focuses on translational research bridging molecular neurobiology in animal models with human genetic research on emotion, particularly stress, fear and anxiety disorders. He is co-founder of the Grady Trauma Project, the Psychiatric

Genomics Consortia – PTSD working group, and the AURORA consortium for understanding the longitudinal biological and psychological effects of trauma exposure. He has published over 600 manuscripts ranging from basic molecular mechanisms of fear and threat processing to understanding how emotion and trauma are encoded in the amygdala region of the brain, in both animal models and human patients.

Abstract:

Posttraumatic stress disorder (PTSD) occurs in approximately 5-10% of the population following severe trauma, and it is a leading cause of disability, medical and psychiatric comorbidity, and suicide. Both resilience from trauma exposure as well as risk for debilitating symptoms in the aftermath of trauma are important to understand. PTSD is characterized by avoidance/numbing, intrusive symptoms and flashbacks, mood and cognitive disruptions, and hyperarousal/reactivity symptoms and feelings of pervasive fear. Despite its debilitating nature, due to the conservation of fear neural circuitry across evolution and great strides in large-scale genetics, there are tremendous opportunities to translate recent discoveries to novel interventions. Its core phenotypes can be modeled in animals using Pavlovian fear conditioning, allowing investigation of the underlying neurobiology of normative and pathological fear and threat responses. I



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will discuss recent evidence for genetic, neurobiological, and neural circuit mechanisms to understand PTSD, as well as resilience in the aftermath of trauma. I will also talk about increased risk of trauma and stress-related disorders in under-resourced communities, along with possible mechanisms for intergenerational transmission of trauma. Finally, translational approaches to developing novel intervention and prevention approaches to PTSD, from bench to bedside, will be explored.

Event Speakers



Anissa Abi-Dargham, MD
Distinguished Professor and Chair,
Department of Psychiatry and Behavioral Health
Stony Brook Medicine

Welcome & Opening

Dr. Abi-Dargham is a nationally and internationally recognized leader in translational neuroscience and psychiatric research. As Chair of the Department of Psychiatry & Behavioral Health at Stony Brook University, she leads a robust portfolio of clinical,

educational, and research initiatives focused on advancing understanding of neurobiological mechanisms underlying psychiatric disorders. Her work has been instrumental in bridging molecular neuroscience with clinical applications. She is a member of the National Academy of Medicine and has received many honors including the Lieber Prize for outstanding research in schizophrenia from the Brain and Behavior Research Foundation.

Cathrine Duffy
Director, HealthierU Employee Wellness Program
Stony Brook Medicine

Mindfulness

Catherine Duffy is Director of the Healthier U Employee Wellness Program, where she leads initiatives aimed at improving employee health, engagement, and well-being. She specializes in mindfulness, stress management, and workplace wellness programming. Her work supports individuals and organizations in building sustainable practices that enhance resilience and overall quality of life.



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Susan D. Walker, MD, MS
Clinical Associate Professor of Pediatrics
Division Chief, Pediatric Primary Care
Stony Brook Medicine

Moderator and Planner

Dr. Walker is Division Chief of Primary Care Pediatrics and Co-Chair of the Departmental Well-Being Committee. She is a leader in integrating well-being practices into clinical care and departmental culture. Her work focuses on supporting the health care workforce through system-level interventions that

promote resilience, reduce burnout, and enhance patient-centered care.

Emily Hill, MD
Clinical Assistant Professor of Psychiatry
Stony Brook Medicine

Impacts of Chronic Trauma

Dr. Hill serves as the in-house psychiatrist dedicated to supporting the mental health and well-being of residents and fellows. Her clinical work focuses on creating sustainable systems that support emotional resilience and psychological safety for doctors in training. Her research examines occupational stress, burnout syndromes, and stigma toward help-seeking within the medical community. Through both clinical and administrative roles, she works to embed wellbeing strategies into residency training structures.



Josette Bianchi-Hayes, MD, FAAP
Associate Professor of Pediatrics
Stony Brook Medicine

Well-Being Advocacy as Collective Resilience in Healthcare

Dr. Josette Bianchi-Hayes, MD is a physician Clinical Associate Professor and Physician who specializes in pediatric medicine at Stony Brook Medicine, where she also serves as a Clinical Associate Professor of Pediatrics. Her work focuses on inpatient pediatric care, physician well-being, and mentoring medical trainees.





Lauren Spring, MD
Vice Chair of Education, Department of Psychiatry & Behavioral Health
Stony Brook Medicine

Promoting Resident Physician Wellness

Dr. Spring is Vice Chair of Education in the Department of Psychiatry & Behavioral Health, where she oversees residency and fellowship training programs. Her work emphasizes physician well-being, professional development, and innovative approaches to psychiatric education. She is deeply committed to supporting trainees through evidence-based wellness initiatives and cultivating resilient, compassionate clinicians.



Uchechi Oddiri, MD, MEd, FAAP
Pediatric Phase III Director, RSOM
Director & Faculty, Pediatric Advancement Life Support Course
Clinical Associate Professor of Pediatrics
Stony Brook Medicine

Beyond Resilience: Supporting Flourishing in Healthcare and Learning Environments

Dr. Uchechi Ifeoma Oddiri is a Pediatric Physician specializing in pediatric critical care medicine. Based at Stony Brook Medicine, she serves as a Clinical Associate Professor of Pediatrics and plays a leading role in pediatric intensive care and medical education initiatives. She is committed to shaping inclusive learning environments and advancing equitable care. Her work highlights the intersection of resilience, diversity, and clinical excellence. Her work also integrates clinical leadership, quality improvement, and educational innovation.



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Najate Ojeil, PhD, MPH, LMHC
Assistant Professor of Clinical Psychiatry
Columbia University



Compassion as a Tool for Resilience

Najate Ojeil is a licensed mental health counselor and research psychologist affiliated with the Columbia University and the New York State Psychiatric Institute in New York. She is recognized for combining clinical practice with research on psychiatric disorders, particularly schizophrenia.

She also has expertise in resilience, mindfulness, and behavioral health interventions. She specializes in developing and facilitating experiential workshops that promote emotional regulation, stress reduction, and personal growth. Her work integrates clinical psychology with practical tools to enhance well-being in both healthcare professionals and broader populations.

Thank you for participating in the Translational Neuroscience of Resilience: From Molecular Pathways to Clinical Interventions Conference.

Contact

April.Due@stonybrookmedicine.edu | [Conference Website](#)



Scan the QR Code to register for this event



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Continuing Medical Education Credits:

The School of Medicine, State University of New York at Stony Brook, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The School of Medicine, State University of New York at Stony Brook designates this live activity for a maximum of *3.50 AMA PRA Category 1 Credit(s)*™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

If you are interested in earning 3.5 CEUs, a fee of \$55 applies. Please contact Jennifer.D.Davidson@stonybrook.edu to register for CEUs for this event.



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