

**Kurt J. Kastenholtz, M.D.**

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**Education**

McGaw Medical Center of Northwestern University (Chicago, IL) 6/2011- 6/2015  
*Postgraduate Training in Psychiatry*

University of Wisconsin-Madison (Madison, WI) 8/2007- 5/2011  
*Doctor of Medicine*

University of Wisconsin-Madison (Madison, WI) 8/2003-5/2007  
*Bachelor of Science - Psychology and History*  
• Graduated with Distinction

**Licensure**

Licensed IL Physician 2013-  
IL Controlled Substances Licensure 2013-  
DEA Licensure 2013-

**Certifications**

Board Certified in Psychiatry by the American Board of Psychiatry and Neurology  
2015-

**Work Experience**

Chicago Psychiatry Associates 3/2015-  
*Associate Psychiatrist*

Chicago Lakeshore Hospital, Chicago IL 1/2014-6/2015  
*On-Call Physician*

NorthShore University Health System, Evanston Hospital, Evanston IL 4/2014-6/2015  
*On-Call Physician*

**Professional Activities**

Residency

Chief Resident in Psychiatry, Northwestern University Feinberg School of Medicine  
Dept of Psychiatry 7/2014-6/2015

Emergency Dept and Consultation-Liaison Committee, Northwestern University  
Feinberg School of Medicine Dept of Psychiatry 7/2014-6/2015

Inpatient Psychiatry Committee, Northwestern University Feinberg School of Medicine  
Dept of Psychiatry 7/2014-6/2015

Elective Experience at Presence Impaired Professionals Program 4/2014-6/2014

Residency Training Committee, Northwestern University Feinberg School of Medicine  
Dept of Psychiatry 1/2012-6/2015

Residency Recruitment and Selection Committee, Northwestern University Feinberg  
School of Medicine Dept of Psychiatry 1/2014-6/2015

APA Chief Resident Leadership Conference, New York, NY 5/2014

Tri-Program Chief Resident Leadership Retreat, Lake Geneva, WI  
8/2014

#### Medical School

Bamforth House Leader, UW School of Medicine and Public Health  
8/2008-8/2009

Psychiatry Student Interest Group President, UW School of Medicine and Public Health  
8/2008-8/2009

Student Ethics Committee, UW School of Medicine and Public Health  
8/2007-8/2008

#### **Professional Memberships**

Illinois Psychiatric Society 2013-

Alpha Omega Alpha 2010

American Psychiatric Association 2008-

#### **Honors and Awards**

##### Residency

Laughlin Family Foundation Outstanding Psychiatric Resident Award  
6/2015

Virginia Tarlow Award in Psychiatry – Northwestern University 5/2015

Virginia Tarlow Award in Psychiatry – Northwestern University 5/2014

##### Medical School

Grace M. Parker Scholarship – University of WI 5/2011

Alpha Omega Alpha – University of WI 10/2010

American Society of Clinical Pathologists Award 5/2009

Marvin Watts Scholarship – University of WI	5/2009
<u>Undergraduate</u>	
Dean's List – 8/8 Semesters	2003-2007
Andrew Bergman Prize - University of WI Dept of History	5/2007
Phi Beta Kappa	5/2006
Phi Kappa Phi	5/2005
L.R. Ingersoll Award - University of WI Dept of Physics	5/2005

### **Research Experience**

Elective Research, Northwestern University	6/2014-9/2014
Qualitative analysis of medical students' reflections on attending an Alcoholics Anonymous meeting	
Supervisor: Gaurava Agarwal M.D.	

### **Publications**

Kastenholz KJ & Agarwal G. A qualitative analysis of medical students' reflections on attending an Alcoholics Anonymous meeting: insights for future addiction curricula. *Acad Psychiatry*. 2015 Jun 25.

Kastenholz KJ, Rosenthal LJ and Dinwiddie SH. Electroconvulsive therapy in a patient with catatonia and an intracranial arachnoid cyst. *J ECT* 2014; 30(4): e 53-54.

### **Presentations**

Northwestern University Dept of Psychiatry Grand Rounds – “Clinical Case Conference: A Patient with Treatment-Resistant Depression” Kastenholz K, Gottlieb J, Dokucu M, Meltzer H  
1/2014

Northwestern University Dept of Psychiatry Grand Rounds – “Cannabis: Ask Your Doctor if it's Right for You” Kastenholz K, Auffenberg C, Brown K, Chapman M, McGuire C, Ontrop N, Pirigyi M, Schultz B  
4/2014

### **Teaching Experience**

#### For Psychiatry Residents

Leader, Morning Report for PGY1 and PGY2 Psychiatry Residents at Northwestern University  
1/2015-6/2015

Course Co-Director, Crash Course in Psychiatry for PGY1 Psychiatry Residents at Northwestern University  
1/2015-2/2015

#### For Medical Students

Preceptor, M3 Clinical Preceptor Groups  
6/2015-

Lecturer, Psychopharmacology – Antidepressants and Mood Stabilizers for M3s at Northwestern University 4/2014-4/2015

Lecturer, M3 Class in Psychiatry Shelf Exam Preparation at Northwestern University 1/2013-6/2013

Tutor, USMLE Step 1 Prep Groups via University of WI Student Services 4/2011-6/2011

Tutor, for M1/M2 students via University of WI Student Services 8/2010-5/2011

Teaching Assistant, University of WI Medical School Gross Anatomy 8/2007-12/2007

For Undergraduates

Teaching Assistant, University of WI Undergraduate Physiology 6/2008-8/2008

For Doctoral Students in Psychology

Course Director, Introduction to Psychopharmacology at Northwestern University 4/2014-6/2014

Instructor, Introduction to Psychopharmacology at Northwestern University 4/2013-5/2013