

## Shirshendu Sinha, MBBS, MD, a Psychiatrist with Mayo Clinic

Get to know Psychiatrist Dr. Shirshendu Sinha, who serves patients in Phoenix, Arizona.



**New York City, New York Aug 1, 2023 ([IssueWire.com](https://www.issuewire.com))** - Dr. Sinha is a general adult psychiatrist with specialty interest in addictions. He practices within the Department of Psychiatry and Psychology at Mayo Clinic, which is one of the largest psychiatric treatment groups in the United States.

His clinical focus includes expertise in management of addictive disorders such as alcohol use disorder; complex coordination of care and assessment of emotional, behavioral, and psychosocial aspects of organ transplantation; and comprehensive assessment of mental health and substance use disorders in patients with other complex medical conditions. Dr. Sinha also treats all types of disorders such as depression, bipolar disorder, and anxiety disorder.

His academic pursuits began at the North Bengal Medical College and Hospital, where he earned his Bachelor of Medicine, Bachelor of Surgery degree in 2004. Following this, he completed an internship at the same institution, further honing his medical expertise.

In 2009, Dr. Sinha embarked on a postdoctoral research fellowship at the prestigious Mayo Clinic College of Medicine and Science, immersing himself in advanced research and medical knowledge.

Continuing his pursuit of excellence, Dr. Sinha undertook a residency in general adult psychiatry at the esteemed University of Connecticut Health Center, where he took on the role of Chief Resident in academic/teaching and showcased outstanding leadership and teaching skills.

With a relentless dedication to his craft, Dr. Sinha pursued a fellowship in addiction psychiatry at the Mayo Clinic School of Graduate Medical Education in 2016. Here, he specialized in addiction-related issues, delving into the complexities of this field and acquiring valuable insights into effective treatment approaches.

From November, 2017 through May, 2021, Dr. Sinha served as Regional Chair, Psychiatry and Psychology, providing administrative & operational oversight across Mayo Clinic Health System, Southwest Minnesota (SWMN) region. Under Dr. Sinha's tenure, SWMN Psychiatry and Psychology department went through significant growth and expansion. New evidenced-based practice models have been established which has helped create efficiencies and improve the care of patients through a multidisciplinary team. These efforts have to lead to positive growth to the regional Psychiatry and Psychology practice. The department was able to expand services that are meaningful, specialized and critical to better serve the complex mental health needs of the SWMN region.

Effective July 2021, Dr. Sinha transitioned to Mayo Clinic Psychiatry and Psychology practice in Arizona.

He has received awards from Janssen Academic Research Mentorship Program, American Society of Clinical Psychopharmacology, Neuroscience Education Institute, American Psychiatric Association Research Colloquium and UCare foundation.

Since May of 2023, Dr. Sinha has been serving as an Associate Director of Psychiatry Clerkship at the Mayo Clinic Alix School of Medicine, Arizona campus.

Board-certified in psychiatry and addiction psychiatry, he is a Diplomate of the American Board of Psychiatry and Neurology (ABPN). The ABPN is a not-for-profit corporation dedicated to serving the professions of psychiatry and neurology.

Continuously advancing his efforts, Dr. Sinha is an active member of the American Society of ADHD and

Related Disorders, the Indo-American Psychiatric Association, the American Academy of Addiction Psychiatry, and the American Psychiatric Association (Fellow).

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

In his esteemed career, Dr. Sinha has authored numerous peer-reviewed journal articles and abstracts, showcasing his dedication to advancing medical knowledge. His expertise has been widely recognized, leading him to present his research at esteemed regional, national, and international meetings. Moreover, his professional standing is evident as he takes on the important role of reviewing submissions for prestigious medical journals.

On a more personal note, he is fluent in English, Bengali, and Hindi.

**Learn More about Dr. Shirshendu Sinha:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3275796-Shirshendu-Sinha-Psychiatrist> or through Mayo Clinic, <https://www.mayoclinic.org/biographies/sinha-shirshendu-m-b-b-s-m-d/bio-20528586>

Or through LinkedIn: <https://www.linkedin.com/in/shirshendu-sinha-md-fapa-09529233>

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