



Spotlight On Sudhakar Shenoy, MD, Chicago, IL

Dr. Shenoy is the Medical Director of Downtown Psychiatry Chicago and a member of the Board of Trustees of the American Psychiatric Association.

What is your specialty (and, if applicable, subspecialty or other more focused area) expertise?

I am Board Certified in Psychiatry and in Child and Adolescent Psychiatry, with clinical expertise spanning the lifespan. My work focuses on the evaluation and treatment of mood and anxiety disorders, ADHD and neurodevelopmental conditions, trauma-related disorders, and substance use disorders across outpatient settings.

In adult psychiatry, I have a particular interest in working with high-functioning and high-performing individuals, including physicians, attorneys, CEOs, engineers, trainees, and professionals.

In child/adolescent psychiatry, my interests span across ADHD and neurodevelopmental disorders including autism and adolescents navigating academic and performance pressures.



What is your current or, in your career, most predominant clinical practice setting?

My predominant clinical practice has been in outpatient psychiatry, where I currently practice in downtown Chicago, right across from the “The Bean.” My practice focuses on providing longitudinal, patient-centered psychiatric care across the lifespan.

In addition to my clinical work, I remain actively involved in medical education. I serve as a Clinical Assistant Professor at the University of Illinois at Chicago (UIC) and regularly lecture medical students, residents, and fellows at Loyola University, the University of Illinois College of Medicine at Peoria, and the University of Nebraska Medical Center.

What else can you tell us about your current or significant past roles in your field?

I have been deeply engaged in organized psychiatry and professional leadership. I currently serve as the Early Career Psychiatrist Trustee-at-Large on the Board of Trustees of the American Psychiatric Association, representing early-career psychiatrists at the national level.

I am also active within state and specialty organizations, including leadership roles within the Illinois State Medical Society (ISMS) and American Academy of Child and Adolescent Psychiatry (AACAP).

Academically, I have contributed to peer-reviewed literature and educational efforts, and I remain committed to mentorship, particularly for international medical graduates (IMGs) and underrepresented physicians navigating complex professional pathways.

Please tell us your thoughts about the role and importance of ABPN board certification.

ABPN board certification represents more than a credential - it is a *public commitment to excellence, accountability, and lifelong learning*. For patients, it signals trust and rigor. For colleagues and institutions, it establishes a shared standard that supports quality and professionalism across the field.

What have your experiences been like in your interactions with the ABPN as a candidate or as a diplomate?

My interactions with the ABPN have been consistently professional, structured, and transparent. As a candidate and diplomate, I appreciated the clarity of expectations and the emphasis on fairness and standardization throughout the certification process. I have also found the ABPN staff to be highly responsive, knowledgeable, and efficient.

Do you have any other perspectives you'd like to share with us?

My path to medicine began with a deeply personal story. As a child in India, I survived a life-threatening accident and underwent multiple surgeries. At a time when resources were limited, the compassion and skill of the physicians who treated me left a lasting impression. Their care inspired me to become a doctor! Not just to heal, but to help people feel truly seen and supported on their mental health journey.

That early experience continues to guide how I connect with patients today. I am deeply grateful to the mentors, educators, colleagues, and professional organizations that supported my journey, from medical training to Board Certification and leadership.

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