



Siddharth Ashvin Shah, M.D., M.P.H.
CEO

Siddharth is a physician, public health scientist, and educator who seeks to change the way we regard our society's helpers, healers, and protectors -- people and organizations who operate in demanding and traumatic environments. His early pursuit of improving systems of wellbeing and helping helpers led him to become one of the few physicians dedicated to serving the first responder and healthcare workforce. Clients experience his interdisciplinary thinking as he brings together the humanities, social sciences, common sense preventive medicine, cross-cultural resilience and spiritual practices, trauma-informed care, and cutting-edge neuroscientific thinking distilled for real-world applications.

Siddharth founded Greenleaf Integrative, and he proudly serves as CEO in order to bring exponential value to its clients, as well as prioritizing a mindful internal culture for its staff. The company grew out of his international consulting to governments, healthcare organizations, NGOs, and the private sector in the areas of chronic high stress, brain health, trauma resiliency, strategic communications, and leadership effectiveness.

Before Greenleaf Integrative, he conducted a private practice at the GW Center for Integrative Medicine in Washington, DC. Prior to coming to the DC metro area, Siddharth headed the Preventive Medicine Residency Program at Wyckoff Heights Medical Center in Brooklyn, along with a faculty appointment in the Department of Environmental and Occupational Medicine at Mount Sinai Hospital in Manhattan, NYC.

Dr. Shah's expertise and publications span integrative medicine, staff care, disaster-related traumatic stress, vicarious traumatization, resilience, implicit/unconscious bias, cross-cultural competence, and even laughter yoga. His recommendations are currently helping to change the way enterprises manage and lead personnel in otherwise debilitating circumstances. He continues to see a limited number of previously established patients.

Dr. Shah received his B.A. in Religious Studies from Rice University and completed his M.D. at Baylor College of Medicine. After one year of specialized training at the Karl Menninger School of Psychiatry, he went to the Icahn School of Medicine at Mount Sinai for advanced training in Preventive and Behavioral Medicine and a Masters in Public Health.