

VCU School of Medicine

WISDM Professional Achievement Award

Aradhana Bela A. Sood, M.D., M.S.H.A.



Three year president of WISDM. One of the YWCA's 2006 Outstanding Women. The first woman Chair of Child and Adolescent Psychiatry at VCU. One of the Best Doctors in America. Medical Director of the Virginia Treatment Center for Children (VTCC) and Director of MCVH's Mood Disorders and Attention Deficit Disorders Clinics. A voice of experience sharing her knowledge with audiences ranging from 60 Minutes and NPR to CMEs.

Compassionate. Tenacious. A champion of a woman and a champion of women. Bela Sood, M.D., M.S.H.A.

Listening to those who nominated Dr. Sood for the WISDM Professional Achievement Award, it is difficult to imagine a better role model for women in medicine. "She never relies on what she has already accomplished but continually strives to do it better," wrote the Nurse Manager of VTCC, Nancy Doyle, RN. "She constantly encourages faculty to become better at what they do. She has set up departmental faculty meetings to assist us with research and achieving tenure. She brings in speakers continually to help us with each step in promoting our practice to a higher level. She is not only a great role model for the development of professional women, but everyone she supervises."

While her female colleagues and mentees feel a special kinship with Dr. Sood, given her advocacy efforts on behalf of women, her leadership is highly respected by all. "She is a role model, mentor and promoter of the professional development of all through words and deeds," Isaac K "Ike" Wood, Director, Undergraduate Medical Education for Psychiatry.

"Bela has invested her efforts to help advocate among the faculty, educate the administrators and change the culture to bring excellence and diversity to the highest levels of leadership at VCU SOM and the VCU Health System," said Carol Hampton, Associate Dean for Faculty and Instructional Development.

"Dr. Sood possesses the unique capacity to provide exceptional learning opportunities while engaging with her patients and their families in a manner that is productive, compassionate and pragmatic," added Normal J. Geller, Ph.D. "It is not uncommon for her to allow a medical student to engage in the interview process and, in the next breath, engage in lengthy conversation with the young patient about Pokeman, Tales of Narnia or some sports figure in order to develop a common bond."

"I have observed her work to calm the fears, referee the angers, and solve the problems of others; she does it all with the same poise, equanimity and grace," added Brian L. Meyer, Ph.D., Executive Director, Virginia Treatment Center for Children. "She has the capacity to bring together a group of talented people and to pull, push, and cajole them into producing excellent products."

"She is sensitive about issues women in medicine face, is proactive about it, and serves as a great role model," concluded Radhika Sriram. "I feel grateful to have trained under her superb guidance." That same sense of gratitude is shared by colleagues, patients, staff and families who benefit every day from the commitment and care provided by Dr. Bela Sood.