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Dr. Poorman is a general internist and addiction medicine fellow at the University of Washington. She completed medical school at Emory University in Atlanta, and residency at Cambridge Health Alliance, where she practiced as a primary care physician before coming to Seattle. In addition to her duties as a internist, she is an accomplished writer and speaker. She has written about her own experiences with mental health treatment in medical training and has published numerous academic and lay press articles on depression and suicide risk as an occupational hazard of medical practice. She has also published dozens of widely read articles on how to provide ethical care in a deeply dysfunctional health care system. She has spoken at residencies, medical schools, and hospital systems across the country on the importance of mental health access for physicians.