

Stanford



Hilit Kletter

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

CLINICAL OFFICES

- **Stanford Children's Child and Adolescent Psychology Clinic**

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Bio

BIO

Dr. Hilit Kletter is a licensed child psychologist with specialization in childhood trauma and posttraumatic stress. She has extensive experience treating a wide range of traumas including physical and sexual abuse, neglect, community and domestic violence, medical trauma, sudden/violent death, and emotional abuse. Dr. Kletter helped develop and oversees the training program for Stanford Cue-Centered Therapy, a treatment for youth with chronic trauma. She has experience doing assessments as well as individual, group, and family psychotherapy utilizing evidence-based practices such as cognitive behavioral therapy, exposure, and behavioral management to treat anxiety disorders including posttraumatic stress disorder, generalized anxiety, obsessive-compulsive disorder, and phobias. She has worked in a variety of settings such as community mental health, day-treatment programs, schools, a domestic violence shelter, and outpatient clinics. She provides training and consultation to school staff and after school programs, community agencies, and youth organizations. In addition, Dr. Kletter supervises undergraduate and graduate students, post-doctoral fellows, and medical students. Dr. Kletter received her BA in anthropology from the University of Washington and was a Koret Foundation Fellow while completing her PhD studies at Pacific Graduate School of Psychology. She completed her pre-doctoral internship at the Child and Family Guidance Center in Northridge, CA and her post-doctoral fellowship at Kaiser Permanente Child Psychiatry in Milpitas, CA.

CLINICAL FOCUS

- Psychology
- Posttraumatic Stress Disorder
- Anxiety Disorders

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

PROFESSIONAL EDUCATION

- PhD Training: Pacific Graduate School of Psychology (2008) CA
- Fellowship: Kaiser Permanente (2009) CA

- Internship: Child and Family Guidance Center (2008) CA

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Risk and resiliency factors of childhood posttraumatic stress and development and improvement of treatment interventions.

Publications

PUBLICATIONS

- **Cue-Centered Treatment for Youth Exposed to Interpersonal Violence: A Randomized Controlled Trial** *JOURNAL OF TRAUMATIC STRESS*
Carrion, V. G., Kletter, H., Weems, C. F., Berry, R. R., Rettger, J. P.
2013; 26 (6): 654-662
- **A Prospective Study on the Association Between Caregiver Psychological Symptomatology and Symptom Clusters of Pediatric Posttraumatic Stress Disorder** *JOURNAL OF TRAUMATIC STRESS*
Wong, S. S., Kletter, H., Wong, Y., Carrion, V. G.
2013; 26 (3): 385-391
- **Working with youth exposed to war and violence: recommendations for future research and interventions** *Child & Youth Care Forum*
Kletter, H., Rialon, R. A., Laor, N., et al
2013; 42: 371-388
- **BRAIN ACTIVATION TO FACIAL EXPRESSIONS IN YOUTH WITH PTSD SYMPTOMS** *DEPRESSION AND ANXIETY*
Garrett, A. S., Carrion, V., Kletter, H., Karchemskiy, A., Weems, C. F., Reiss, A.
2012; 29 (5): 449-459
- **Treatment of Traumatic Stress Disorder in Children and Adolescents** *Psychiatric Times*
Carrion, V. G., Kletter, H.
2012; 29: 1-8

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