Stanford



# Sanno Zack

Clinical Professor, Psychiatry and Behavioral Sciences


### CLINICAL OFFICE (PRIMARY)

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

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## Bio

### CLINICAL FOCUS

- Dialectical Behavior Therapy
- Mindfulness
- Acceptance and Commitment Therapy
- Trauma
- Emotion Regulation
- Adolescents
- Personality Development
- Clinical Psychology

### ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

### ADMINISTRATIVE APPOINTMENTS

- Director, Stanford DBT, Stanford University Medical Center, (2011- present)
- Clinical Director, Early Life Stress and Pediatric Anxiety Program, Stanford Children's, (2012-2015)
- Assistant Clinical Director, Child Psychiatry Outpatient Services, Stanford Children's, (2013- present)

### PROFESSIONAL EDUCATION

- Fellowship: Stanford University Child Psychology Postdoctoral Fellowship (2010) CA
- PhD Training: Penn State College of Medicine (2008) PA
- Internship: Beth Israel Medical Center - New York (2008) NY

# Research & Scholarship

## CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Zack is involved with ongoing research related to the treatment of adolescent and adult trauma (Trauma Focused Cognitive Behavioral Therapy - TF-CBT; Prolonged Exposure - PE), and the effective provision of Dialectical Behavior Therapy (DBT) to adolescent girls and women with disorder of emotion regulation. She additionally studies Acceptance and Commitment Therapy (ACT) for adolescent girls with anxiety. More broadly she is interested in the impact of Evidenced Based Treatments on improving quality of life, and helping individuals find the right match for clinical care. Research is conducted through the Early Life Stress and Pediatric Anxiety Disorders Program at Stanford Children's Hospital and the Stanford Dialectical Behavior Therapy Program.

# Teaching

## GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Child Psychiatry (Fellowship Program)
- Psychiatry and Behavioral Science (Fellowship Program)

# Publications

## PUBLICATIONS

- **Effectiveness of DBT Skills Training in Outpatient Men: A Naturalistic Study** *PSYCHOLOGICAL SERVICES*
  Birt, J., Thacher, A., Steinberg, H., Weiler, R., Poplawski, R., Dobbs-Marsh, J., Robinson, A., Zack, S.
  2022

- **Changes in Brain Volume Associated with Trauma-Focused Cognitive Behavioral Therapy Among Youth with Posttraumatic Stress Disorder.** *Journal of traumatic stress*
  Garrett, A. S., Abazid, L., Cohen, J. A., van der Kooij, A., Carrion, V., Zhang, W., Jo, B., Franklin, C., Blader, J., Zack, S., Reiss, A. L., Agras, W. S.
  2021

- **Amygdala and Insula Connectivity Changes Following Psychotherapy for Posttraumatic Stress Disorder: A Randomized Clinical Trial.** *Biological psychiatry*
  Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M. E., Thompson, A. L., Zack, S. E., Lindley, S. E., Arnow, B. A., Jo, B., Rothbaum, et al
  2020

- **Longitudinal changes in brain function associated with symptom improvement in youth with PTSD** *JOURNAL OF PSYCHIATRIC RESEARCH*
  Garrett, A., Cohen, J. A., Zack, S., Carrion, V., Jo, B., Blader, J., Rodriguez, A., Vanasse, T. J., Reiss, A. L., Agras, W.
  2019; 114: 161–69

- **Intrinsic Brain Connectivity Moderators of Psychotherapy Response and Changes in PTSD: A Combined Connectomic, Network Level, and Seeded Connectivity Approach**
  Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Rothbaum, B., Etkin, A.
  ELSEVIER SCIENCE INC.2019: S111–S112

- **Longitudinal changes in brain function associated with symptom improvement in youth with PTSD.** *Journal of psychiatric research*
  Garrett, A., Cohen, J. A., Zack, S., Carrion, V., Jo, B., Blader, J., Rodriguez, A., Vanasse, T. J., Reiss, A. L., Agras, W. S.
  2019; 114: 161–69

- **Using fMRI connectivity to define a treatment-resistant form of post-traumatic stress disorder** *SCIENCE TRANSLATIONAL MEDICINE*
  Etkin, A., Maron-Katz, A., Wu, W., Fonzo, G. A., Huemer, J., Vertes, P. E., Patenaude, B., Richiardi, J., Goodkind, M. S., Keller, C. J., Ramos-Cejudo, J., Zaiko, Y., Peng, et al
  2019; 11 (486)

- **Using fMRI connectivity to define a treatment-resistant form of post-traumatic stress disorder.** *Science translational medicine*

Etkin, A., Maron-Katz, A., Wu, W., Fonzo, G. A., Huemer, J., Vertes, P. E., Patenaude, B., Richiardi, J., Goodkind, M. S., Keller, C. J., Ramos-Cejudo, J., Zaiko, Y. V., Peng, et al

2019; 11 (486)

- **Eye Movement Desensitization and Reprocessing and Dialectical Behavior Therapy** *ASSESSING AND TREATING YOUTH EXPOSED TO TRAUMATIC STRESS*

  Clarke, S., Zack, S. E.

  edited by Carrion, V. G.

  2019: 239–69

- **PTSD Psychotherapy Outcome Predicted by Brain Activation During Emotional Reactivity and Regulation** *AMERICAN JOURNAL OF PSYCHIATRY*

  Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M., Thompson, A. L., Zack, S. E., Lindley, S. E., Arnow, B. A., Jo, B., Gross, et al

  2017; 174 (12): 1163–74

- **Selective Effects of Psychotherapy on Frontopolar Cortical Function in PTSD.** *The American journal of psychiatry*

  Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M. E., Thompson, A. L., Zack, S. E., Mills-Finnerty, C. E., Rosenberg, B. M., Edelstein, R., Wright, et al

  2017; 174 (12): 1175-1184

- **PTSD Psychotherapy Outcome Predicted by Brain Activation During Emotional Reactivity and Regulation.** *The American journal of psychiatry*

  Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M. E., Thompson, A. L., Zack, S. E., Lindley, S. E., Arnow, B. A., Jo, B., Gross, et al

  2017; 174 (12): 1163-1174

- **Selective Effects of Psychotherapy on Frontopolar Cortical Function in PTSD** *AMERICAN JOURNAL OF PSYCHIATRY*

  Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M., Thompson, A. L., Zack, S. E., Mills-Finnerty, C. E., Rosenberg, B. M., Edelstein, R., Wright, et al

  2017; 174 (12): 1175–84

- **Reorganization of Resting Connectivity Patterns Following Psychotherapy for Posttraumatic Stress Disorder**

  Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Mills-Finnerty, C., Rosenberg, B., Edelstein, R., Wright, et al

  NATURE PUBLISHING GROUP.2017: S122–S123

- **The Effects of Psychotherapy on Amygdalar Subregional Functional Connectivity in PTSD**

  Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Mills-Finnerty, C., Rosenberg, B., Edelstein, R., Wright, et al

  ELSEVIER SCIENCE INC.2017: S236–S237

- **Brain Mechanisms and Predictors of Response to Prolonged Exposure Therapy in PTSD**

  Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Mills-Finnerty, C., Thompson, A., Zack, S., Lindley, S., Arnow, B., Jo, et al

  NATURE PUBLISHING GROUP.2016: S291–S292

- **Neural Mechanisms of Psychotherapy for PTSD: Emotional Reactivity and Regulation**

  Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Arnow, B., Rothbaum, B., Etkin, A.

  NATURE PUBLISHING GROUP.2015: S278–S279

- **Attachment History as a Moderator of the Alliance Outcome Relationship in Adolescents** *PSYCHOTHERAPY*

  Zack, S. E., Castonguay, L. G., Boswell, J. F., Mcaleavey, A. A., Adelman, R., Kraus, D. R., Pate, G. A.

  2015; 52 (2): 258-267

- **Mindfulness Based Interventions for Youth** *JOURNAL OF RATIONAL-EMOTIVE AND COGNITIVE-BEHAVIOR THERAPY*

  Zack, S., Saekow, J., Kelly, M., Radke, A.

  2014; 32 (1): 44-56

- **HELPFUL AND HINDERING EVENTS IN PSYCHOTHERAPY: A PRACTICE RESEARCH NETWORK STUDY** *PSYCHOTHERAPY*

  Castonguay, L. G., Boswell, J. F., Zack, S. E., Baker, S., Boutselis, M. A., Chiswick, N. R., Damer, D. D., Hemmelstein, N. A., Jackson, J. S., Morford, M., Ragusea, S. A., Roper, J. G., Spayd, et al

2010; 47 (3): 327-344