



Christophe Gimmler, MD, MFT

Casual - Non-Exempt, Multispecialty Anesthesiology

Bio

BIO

Christophe Gimmler, MD, MFT, Assistant Clinical Professor of Medicine (Affiliated) at Stanford School of Medicine;
Staff Physician, Medical Service, VA Palo Alto Health Care System;
Licensed Marriage and Family Therapist.
Associated Psychology Faculty, Palo Alto University
Clinical Monitor, Carhart-Harris Lab; Weill Institute for Neurosciences, UCSF
Study Physician, Open Mind Collective

After establishing and building the hospitalist and consult/liaison medicine service at the VA, Christophe now practices and teaches medical students and house staff in the primary care clinics there. He concurrently practices as a community psychotherapist and specializes in medical professionals. His central interest is the intersection of medicine and psychotherapy and, in particular, the application of psychological frameworks and skills to the practice of medicine, in addition to resiliency and burnout prevention. He developed the Medical Student Resiliency Skills Training program (MedReST) for the Stanford School of Medicine as well as the Resiliency Curriculum Series for the internal medicine residency program. He received an undergraduate degree in biology and psychology and an MD from the University of Virginia, completed his internal medicine residency at Stanford.

Christophe received a Master's in Counseling Psychology from Sofia University. He has a private practice psychotherapy practice in Los Altos seeing adults and couples specializing in health care professionals (www.openpaththerapy.one). After completing a certificate in psychedelic-assisted psychotherapy at the Berkeley Center for the Science of Psychedelics, Christophe works as a Clinical Monitor at the Carhart-Harris Lab at UCSF and the Stanford Anesthesia Dream Project with the Heifets Lab, as well as a study physician at Open Mind Collective in San Francisco.

Publications:

Foster Well-being Throughout the Career Trajectory: A Developmental Model of Physician Resilience Training:
Mayo Clinic Proceedings
Cordova MJ, Gimmler CE, Osterberg LG
2020; 95 (12):

Developing institutional infrastructure for physician wellness: qualitative Insights from VA physicians.

BMC Health Services Research

Schwartz, R., Shanafelt, T. D., Gimmler, C., Osterberg, L.

2020; 20 (1): 7

Career-Long Skills for Personal and Professional Wellness: A Staged Developmental Model of Veterinarian Resilience Training.

J Vet Med Education

Cordova MJ, Gimmler C, Dibbern A, Duesterdieck-Zellmer KF.

2025 Apr 16