

Stanford

Dona Tversky

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

Bio

BIO

Dona A. Tversky, MD, MPH is a psychiatrist and clinical educator whose work focuses on the intersection of psychodynamic psychotherapy and community-based preventive mental health. Her mission centers on the creation of psychologically healthy environments—at both the individual and systemic levels—to foster resilience and expand the scope of preventive psychiatric care. At Stanford, Dr. Tversky focuses on the training of future clinicians and the dissemination of psychiatric literacy. She serves as a clinical supervisor for residents in psychodynamic psychotherapy and teaches "How to Think Like a Shrink" for both Stanford undergraduates and the Stanford Continuing Studies program.

In her community-based work, Dr. Tversky serves as an educator and psychiatric consultant for the integrated behavioral health team at Ravenswood Family Health Center in East Palo Alto. Her current initiatives bridge clinical care with environmental design to promote wellness; these include a collaborative project to connect the Ravenswood clinic to the Baylands Bay Trail and a partnership with the Stanford d.school, Peninsula Healthcare Connection, and Palo Alto Medical Foundation to develop a psychology-informed clinic for unhoused individuals near the Stanford campus.

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Psychiatric Consultant, Ravenswood Family Health Center, (2019- present)

PROFESSIONAL EDUCATION

- BA, Yale College (1998)
- MPH, University of the Western Cape (2001)
- MD, Stanford Medical School (2008)
- Residency, UCSF Department of Psychiatry & Behavioral Sciences (2011) Stanford Department of Psychiatry & Behavioral Sciences (2013) (2013)

Teaching

COURSES

2025-26

- How to Think Like a Shrink: PSYC 230, PSYCH 131A (Spr)

2024-25

- How to Think Like a Shrink: PSYC 230, PSYCH 131A (Spr)

2023-24

- How to Think Like a Shrink: PSYC 230, PSYCH 131A (Spr)

2022-23

- How to Think Like a Shrink: PSYC 230, PSYCH 131A (Spr)