



Katherine Eisen

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Eisen is a Clinical Associate Professor and CA Licensed Clinical Psychologist in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. She works with the INSPIRE clinic at Stanford and is the Inpatient Director of Psychological Services for the acute inpatient psychiatric units at Stanford Hospital. Her research and clinical interest center on therapeutic interventions that support recovery for individuals living with serious mental illness, in particular for individuals experiencing psychosis. Dr. Eisen received her bachelor's degree from Cornell University, and her PhD from the University of Connecticut, and completed postdoctoral training at Stanford University. She is trained in CBT for psychosis (CBTp) and provides training and consultation in CBTp and CBTp informed skills to community-based clinicians, graduate students, medical students and residents, to support the use of recovery-oriented psychosocial interventions with individuals experiencing psychosis.

CLINICAL FOCUS

- Cognitive Behavioral Therapy for Psychosis
- Early Intervention for Psychosis
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Pain Management Fellowship (2006) CA
- PhD Training: University of Connecticut - Dept of Psychology (2005) CT
- Internship: Coler-Goldwater Specialty Hospital and Nursing Facility (2005) NY

Publications

PUBLICATIONS

- **Long-term outcomes of single-dose psilocybin for U.S. military Veterans with severe treatment-resistant depression - 12-month data from an open-label pilot study.** *Journal of affective disorders*
Ellis, S., Bostian, C., Donnelly, A., Feng, W., Eisen, K., Lean, M., Conlan, E., Ostacher, M., Aaronson, S., Suppes, T.
2025: 119655
- **Confronting the dialectic between quality and access in early psychosis care in the United States: Finding the synthesis by leveraging psychological expertise.** *Psychological services*
Wood, H. J., Eisen, K., Hardy, K. V., Reznik, S. J., Shapiro, D. I., Thompson, E. C., Gaither, M. L., Kopelovich, S.
2023
- **An open label study of the safety and efficacy of psilocybin in veterans with severe treatment-resistant depression**
Ellis, S., Suppes, T., Fischer, E., Feng, W., Eisen, K., Lean, M., Conlan, B., Lyu, J., Ostacher, M., Aaronson, S.
WILEY.2023: 90
- **Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression.** *The New England journal of medicine*
Goodwin, G. M., Aaronson, S. T., Alvarez, O., Arden, P. C., Baker, A., Bennett, J. C., Bird, C., Blom, R. E., Brennan, C., Bruschi, D., Burke, L., Campbell-Coker, K., Carhart-Harris, et al
2022; 387 (18): 1637-1648
- **Training inpatient psychiatric nurses and staff to utilize CBTp informed skills in an acute inpatient psychiatric setting** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*
Eisen, K., Kharrazi, N., Simonson, A., Lean, M., Hardy, K.
2021
- **CBT for Psychosis: Process-Oriented Therapies and the Third Wave (Book Review)** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Book Review Authored by: Eisen, K., Hardy, K.
2020; 59 (3): 446–48
- **Reading and Recovery Expectations: Implementing a Recovery-Oriented Bibliotherapy Program in an Acute Inpatient Psychiatric Setting** *PSYCHIATRIC REHABILITATION JOURNAL*
Eisen, K., Lawlor, C., Wu, C., Mason, D.
2018; 41 (3): 243–45
- **Stress management in the workplace: A comparison of a computer-based and an in-person stress-management intervention** *COMPUTERS IN HUMAN BEHAVIOR*
Eisen, K. P., Allen, G. J., Bollash, M., Pescatello, L. S.
2008; 24 (2): 486-496
- **Promoting Positive Attitudes Toward Psychosis Through Multi-Stage Clinician Training in CBT for Early Psychosis**
Zhang, W., Eisen, K., Shapiro, D., Hardy, K.
WILEY.2025
- **From Foundations to Formulation: A Stepped-Training Model for Enhancing CBTp Training in Early Psychosis Care**
Eisen, K., Shapiro, D.
WILEY.2025
- **Session: Breaking Boundaries in Early Psychosis Care Through People, Processes, and Technology: Innovations From North America**
Eisen, K.
WILEY.2025
- **Bridging the Gap: Understanding Barriers and Facilitators to CBTp Implementation in Early Intervention for Psychosis Programs in the US and Canada**
Eisen, K., Wood, H., Kopelovich, S., Lecomte, T., Ohlmann, J., Shapiro, D., Hardy, K.
WILEY.2025

- **Single-dose psilocybin for U.S. military Veterans with severe treatment-resistant depression - A first-in-kind open-label pilot study.** *Journal of affective disorders*
Ellis, S., Bostian, C., Feng, W., Fischer, E., Schwartz, G., Eisen, K., Lean, M., Conlan, E., Ostacher, M., Aaronson, S., Suppes, T.
2024
- **Long-term outcomes of single-dose psilocybin in veterans with severe treatment-resistant depression: 12 month follow-up**
Donnelly, A., Ellis, S., Bostian, C., Fischer, E., Feng, W., Schwartz, G., Kelly, C. M., Eisen, K., Lean, M., Conlan, B., Lyu, J., Ostacher, M., Aaronson, et al
WILEY.2024: 62
- **Single-Dose psilocybin for veterans with severe treatment-resistant depression: Effects on anxiety, functioning, and quality of life**
Ellis, S., Kelly, C. M., Bostian, C., Donnelly, A., Fischer, E., Feng, W., Schwartz, G., Eisen, K., Lean, M., Conlan, B., Lyu, J., Ostacher, M., Aaronson, et al
WILEY.2024: 96
- **DEVELOPMENT OF A PROVIDER AND PATIENT-BASED SLEEP IMPROVEMENT RESOURCE FOR INPATIENT SETTING**
Claudatos, S., Simpson, N., Eisen, K., Ma, F., Manber, R.
OXFORD UNIV PRESS INC.2024
- **DEVELOPING A LIVED EXPERIENCE ADVISORY COUNCIL IN AN ACADEMIC EARLY INTERVENTION FOR PSYCHOSIS CLINIC.**
Eisen, K., Lean, M., Ballon, J., Zepp, C., Liliental, J., Hardy, K.
OXFORD UNIV PRESS INC.2021: S140
- **BUILDING AN EFFECTIVE COGNITIVE BEHAVIORAL THERAPY GROUP IN AN ACUTE INPATIENT PSYCHIATRIC SETTING**
Eisen, K., Kharrazi, N.
SPRINGER.2017: S433–S434
- **PROVIDING BRIEF EVIDENCE-BASED INTERVENTIONS IN HOSPITAL AND MEDICAL SETTINGS**
Eisen, K., Kharrazi, N., Hoover, V.
SPRINGER.2017: S433
- **PROVIDING MEANINGFUL & EFFECTIVE BRIEF INDIVIDUAL PSYCHOLOGICAL INTERVENTIONS IN AN ACUTE INPATIENT SETTING**
Kharrazi, N., Eisen, K.
SPRINGER.2017: S434–S435