



Ripal Shah

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

401 Quarry Rd Ste 2114

MC 5723

Stanford, CA 94305

Tel (650) 498-9111 Fax (650) 724-9900

Bio

BIO

Ripal Shah, M.D., M.P.H. is a Clinical Associate Professor at the Stanford University School of Medicine. Before her time at Stanford, she completed an M.P.H. at Harvard University in Health Care Management and Policy, an M.D. from the Mount Sinai School of Medicine in New York with tuition merit scholarship, and a B.S. from Duke University in Economics and Biochemistry. Dr. Shah is board certified in Adult Psychiatry, Addiction Medicine, Obesity Medicine, and Integrative Medicine, and is board-eligible in Longevity Medicine. She specializes clinically in the care of women, high performers, and those seeking non-pharmaceutical approaches to health.

Dr. Shah's clinical expertise are in reproductive psychiatry (pre-conception, pregnancy, postpartum, breastfeeding, fertility, pre-menstrual dysphoric disorder (PMDD), sexual health disorders, menopause), lifestyle and integrative approaches to health (vitamins, supplements, exercise, behavioral change, hypnosis, longevity), and in high performers such as physicians and CEOs. She leads the Longevity Medicine, Weight Management, and Integrative Mental Health programs in the Stanford Center for Integrative Medicine. Dr. Shah is regarded as one of the world's experts in PMDD, and one of very few specifically studying PMDD in women of color.

Her research areas of focus are on women's reproductive psychiatry, evidence-based longevity medicine, ethnicity-dependent variability in mental health access and treatment response, psychedelics, the role of Eastern religions on mental health in the U.S., and how psychological science can help us overcome the loneliness epidemic. Outside of consultations, she specializes in psychotherapy for those struggling with relationships or loss of a partnership; grief or loss of a parent, sibling, child, or spouse; issues related to identity (religious identification, racial/ethnic minority stress, racial trauma, professional transitions, changes in family structure or relational status, sexual orientation); as well as cognitive-behavioral therapy for ADHD and anxiety disorders. She has received specialized training in working with Black and South Asian populations.

While in training at Stanford, Dr. Shah served as Chief Resident and led community partnerships. She consistently ranked #1 in the Stanford residency (and top 1% in the nation) on the annual knowledge-based examination (PRITE). She is a Disaster Mental Health Responder both domestically and internationally, volunteering after wildfires, hurricanes, and earthquakes in over 20 countries. She founded the Diversity & Inclusion Advisory Council

(DIAC), now implemented at psychiatry programs across the country, and created the first known Diversity & Health Equity Grand Rounds series. She served as Chair of the Chief Residents' Council, representing over a thousand physicians to the Stanford Health Care leadership.

Dr. Shah pursued additional training in the fields of Emergency Medicine and Internal Medicine. She has been credentialed in TMS, ECT, hypnosis, and ketamine infusions. She completed a Certificate in Psychedelic-Assisted Therapies and Research, with training from the Multidisciplinary Association for Psychedelic Studies (MAPS), and also completed MAPS' program MDMA Assisted Therapy Researcher Training. She is on the MDMA Clinical/Monitoring Team for Stanford's Pilot Study of 3,4-Methylenedioxymethamphetamine (MDMA)-Assisted Cognitive Behavior Therapy for Obsessive Compulsive Disorder: (MDMA+CBT-4-OCD).

Dr. Shah serves as a clinical advisor for several start-ups and large companies, advises research teams on the clinical use of psychedelics in psychiatry, and often consults with media and tech companies as an industry expert. She has given talks all over the world, from physician-scientist audiences, to C-suite retreats. She has been seen in TIME, Forbes, and the Washington Post, and in 2020 was awarded one of the top 25 rising stars in medicine by Medscape.

CLINICAL FOCUS

- Integrative Medicine
- Longevity Medicine
- Premenstrual Dysphoric Disorder (PMDD)
- Pregnancy and Lactation Psychiatry
- Weight Management
- Physician Wellness
- Psychedelics
- Interpersonal Psychotherapy
- ADHD and Anxiety Disorders
- Hypnosis
- Racial Trauma
- Cognitive Behavioral Therapy
- Transcranial Magnetic Stimulation
- Diversity & Inclusion
- Infertility Mental Health
- Psychiatry
- Ketamine Infusions
- Preventive Psychiatry
- Obesity Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Chief Resident, Stanford University, Department of Psychiatry and Behavioral Sciences
- International Clinical Fellowship, Stanford Center for Global Health Innovation

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Diversity Leadership Fellow, American Psychiatric Association (2017 - 2019)
- Chair, Chief Residents' Council (2017 - 2018)
- Executive Board, Graduate Medical Education Diversity Committee (2017 - present)

PROFESSIONAL EDUCATION

- Fellowship: Academy of Integrative Health and Medicine AIHM (2021) CA
- Board Certification: Addiction Medicine, American Board of Preventive Medicine (2021)
- Board Certification: Obesity Medicine, American Board of Obesity Medicine (2021)
- Board Certification, American Board of Preventive Medicine , Addiction Medicine (2021)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2018)
- Medical Education: Icahn School of Medicine at Mount Sinai (2013) NY
- Residency: Stanford University Psychiatry and Behavioral Sciences (2018) CA
- M.P.H., Harvard University , Healthcare Management and Policy
- M.D., Mount Sinai School of Medicine , Medicine
- B.S., Duke University , Economics and Biochemistry

Publications

PUBLICATIONS

- **Community Mental Health Supervision Serving the Underserved** *SUPERVISION IN PSYCHIATRIC PRACTICE: PRACTICAL APPROACHES ACROSS VENUES AND PROVIDERS*
Shah, R., McGlynn, L. M.
edited by DeGolia, S. G., Corcoran, K. M.
2019: 227–32
- **Supervising Cross-Cultural Topics in a Clinical Setting** *SUPERVISION IN PSYCHIATRIC PRACTICE: PRACTICAL APPROACHES ACROSS VENUES AND PROVIDERS*
Shah, R.
edited by DeGolia, S. G., Corcoran, K. M.
2019: 337–43
- **Cultural Issues Within the Supervisory Relationship** *SUPERVISION IN PSYCHIATRIC PRACTICE: PRACTICAL APPROACHES ACROSS VENUES AND PROVIDERS*
Bandstra, B. S., Shah, R., Tan, M.
edited by DeGolia, S. G., Corcoran, K. M.
2019: 293–97
- **Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning Students** *STUDENT MENTAL HEALTH: A GUIDE FOR PSYCHIATRISTS, PSYCHOLOGISTS, AND LEADERS SERVING IN HIGHER EDUCATION*
Shah, R., Eshel, N., McGlynn, L.
edited by Roberts, L. W.
2018: 411–24
- **Intrinsic and Antipsychotic Drug-Induced Metabolic Dysfunction in Schizophrenia** *FRONTIERS IN NEUROSCIENCE*
Freyberg, Z., Aslanoglou, D., Shah, R., Ballon, J. S.
2017; 11: 432