Stanford



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Bio

BIO

Dr. Kamis completed her residency at the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. She has been published in multiple scientific journals working on studies of schizophrenia and sports psychiatry. Dr. Kamis co-edited the first book of its kind on a Manual of Sports Psychiatry after excelling in the sport of fencing at the University of Pennsylvania where she was a four-time NCAA championship qualifier, All American, Academic-All Ivy honoree, as well as captain of Penn's fencing team. In addition, she has worked extensively with Dr. David Burns and his team in his extremely effective Cognitive Behavioral Therapy model and has worked with many noted Stanford Sleep Medicine physicians including Dr. Emmanual Mignot focusing on optimization of sleep. She has also concentrated her focus on women's wellness as well as studied the practice of medical hypnosis. Dr. Kamis is fluent in Spanish and continues her passion of academic research in psychiatric investigations of Argentina as well as taught mindfulness and meditation courses in other countries.

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