



Janie Hong, Ph.D.

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry Clinic**

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Bio

BIO

Dr. Hong is invested in developing evidence-based ways to individualize care and address diversity factors in therapy and in training fellows and residents in these approaches. She has published and presented widely on these and other topics in psychology.

In clinical practice, she specializes in providing cognitive behavior therapy (CBT) and other evidence based treatments. She is also committed to helping neurodiverse and culturally diverse individuals work with their differences, navigate prevailing social norms, and advocate for their needs as diverse individuals.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Section Chief, Psychosocial Treatment, Stanford University School of Medicine, (2025- present)
- Director, Anxiety and Depression Adult Psychological Treatment (ADAPT) Clinic, Stanford University School of Medicine, (2022- present)
- Associate Director, Clinical Psychology Postdoctoral Fellowship Program-Adult, Stanford University School of Medicine, (2021- present)

PROFESSIONAL EDUCATION

- Postdoctoral Fellowship-Research, Stanford University , Psychology (2007)
- PhD Training: University of British Columbia (2005) Canada

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Clinical Implications of the Sociocultural Influences on Social Anxiety Among Asian Diaspora in the West: When Is It a Problem?** *CLINICAL PSYCHOLOGY-SCIENCE AND PRACTICE*
Hong, J. J.
2025; 32 (3): 285-288
- **The Importance of Learning Style in Case Formulation-Driven Cognitive Behavioral Therapy: A Case Study** *CLINICAL CASE STUDIES*
Gasperetti, C. E., Hong, J. J.
2021
- **Reducing Mental Health Disparities by Increasing the Personal Relevance of Interventions** *AMERICAN PSYCHOLOGIST*
Hall, G., Berkman, E. T., Zane, N. W., Leong, F. T. L., Hwang, W., Nezu, A. M., Nezu, C., Hong, J. J., Chu, J. P., Huang, E. R.
2021; 76 (1): 91-103
- **Anxiety disorders in Asians and Asian Americans.** *Asian journal of psychiatry*
Hong, J. J.
2014; 7 (1): 74-6
- **Culturally-Competent Treatments for Asian Americans: The Relevance of Mindfulness and Acceptance-Based Psychotherapies.** *Clinical psychology : a publication of the Division of Clinical Psychology of the American Psychological Association*
Nagayama Hall, G. C., Hong, J. J., Zane, N. W., Meyer, O. L.
2011; 18 (3): 215-231
- **Cultural mediators of self-reported social anxiety** *BEHAVIOUR RESEARCH AND THERAPY*
Hong, J. J., Woody, S. R.
2007; 45 (8): 1779-1789
- **Benzodiazepine discontinuation difficulties in panic disorder: conceptual model and outcome for cognitive-behavior therapy.** *Current pharmaceutical design*
Otto, M. W., Hong, J. J., Safren, S. A.
2002; 8 (1): 75-80
- **Cognitive-behavior therapy for discontinuation of SSRI treatment of panic disorder: a case series.** *Behaviour research and therapy*
Whittal, M. L., Otto, M. W., Hong, J. J.
2001; 39 (8): 939-45