



Keara E. Valentine

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Department of Psychiatry**

401 Quarry Rd

Stanford, CA 94305

Tel (650) 498-9111

Fax (650) 724-9900

Bio

BIO

Keara E. Valentine, Psy.D., is a clinical assistant professor at Stanford University School of Medicine in the Psychosocial Treatment Clinic and OCD Clinic, where she specializes in the assessment and treatment of OCD and related disorders. Dr. Valentine utilizes behavioral-based therapies including Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP) with children, adolescents, and adults experiencing anxiety-related disorders.

Dr. Valentine completed an APA accredited pre-doctoral internship at Alexian Brothers Behavioral Health Hospital, where she complete a rotation in OCD and anxiety disorders and a rotation in Eating Disorders. Dr. Valentine has experience working with individuals with OCD, anxiety, and/or eating disorders at various levels of care including outpatient, partial hospitalization, residential, and inpatient.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Department of Psychiatry, School of Medicine, Stanford University Hospital (2021)
- Internship: Amita Alexian Brothers Behavioral Health Hospital (2020) IL
- PhD Training: University of Hartford Registrar (2020) CT

Publications

PUBLICATIONS

- **A PILOT RANDOMIZED CONTROLLED TRIAL OF NITROUS OXIDE INHALATION IN UNMEDICATED ADULTS WITH OCD: PROOF OF CONCEPT**

van Roessel, P., Guo, J., Gaeta, A., Gil-Hernandez, D., Valentine, K., Mukunda, P., Marzke, C., Ortiz, M., Booker, J., Filippou, M., Chen, C., Flood, P., Rodriguez, et al

SPRINGERNATURE.2026

- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults.** *Journal of psychiatric research*
Raila, H., Avanesyan, T., Valentine, K. E., Koo, B., Huang, C., Tsutsumi, Y., Andreeff, E., Qiu, T., Muñoz Rodríguez, P. A., Varias, A., Filippou-Frye, M., van Roessel, P., Bullock, et al
2023; 166: 25-31
- **Efficacy of Ketamine in Unmedicated Adults With OCD: A Randomized Controlled Trial**
Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., van Roessel, P., DeBattista, C., Wintermark, M., Lombardi, A., Pinto, A., Valentine, K., Filippou-Frye, et al
ELSEVIER SCIENCE INC.2023: S83
- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults** *Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults*
Raila, H.
2023
- **Efficacy of Ketamine in Unmedicated Adults With Obsessive-Compulsive Disorder: A Randomized Controlled Trial**
Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., Van Roessel, P., DeBattista, C., Flood, P., Ringold, A., Wintermark, M., Anderson, K., Linkovski, et al
SPRINGERNATURE.2022: 302-303