Stanford



Aileen Whyte, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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Bio

BIO

Dr. Aileen Whyte, a licensed psychologist in California, brings over two decades of specialized expertise to the treatment of eating disorders in young people. Beyond her clinical practice, Dr. Whyte actively works on implementing strategies to expand the reach of evidence-based treatments for eating disorders, aiming to make these best-practice interventions more accessible to a wider population.

Dr Whyte serves as the Director of the Stanford Outpatient Child & Adolescent Eating Disorders Clinic, where she provides treatment to young people with eating disorders and provides supervision to psychology and psychiatry fellows. Dr Whyte is a certified practitioner and consultant in Family-Based Treatment (FBT) for eating disorders. She serves as a study therapist in NIMH-sponsored randomized clinical trials focused on examining FBT and related adaptations.

In addition to her clinical responsibilities, Dr. Whyte has led multiple seminars, workshops, and training sessions dedicated to the treatment of eating disorders. She provides ongoing training and consultation in FBT, reaching diverse audiences, including multidisciplinary clinicians, psychologists, and psychiatrists, within the US and internationally.

Dr. Whyte earned her PhD in Clinical Psychology from the New School for Social Research in New York. Her research and clinical interests converge on the implementation and dissemination of evidence-based treatments for eating disorders.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

PROFESSIONAL EDUCATION

- PhD Training: New School for Social Research (1999) NY
- Internship: Mount Sinai Beth Israel Medical Center Clinical Psychology (1997) NY

Publications

PUBLICATIONS

- **Family-Based Treatment for Avoidant/Restrictive Food Intake Disorder is About More Than Weight Gain.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Lock, J., Matheson, B., Jo, B., Bohon, C., Datta, N., Whyte, A., Boyce, H., Gurcan, H. Y., Cogburn, A. E., Kim, B.
  2026
- **Family vs Individual Treatment for Children With Avoidant/Restrictive Food Intake Disorder: A Randomized Clinical Trial.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Lock, J., Matheson, B., Jo, B., Bohon, C., Datta, N., Whyte, A., Boyce, H., Gurcan, H. Y., Cogburn, A. E., Kim, B.
  2026
- **Providers' perspectives on clinical case consultation following online training in family-based treatment for adolescent anorexia nervosa.** *Journal of eating disorders*
  Matheson, B., Cogburn, A., Whyte, A., Le Grange, D., Lock, J.
  2025
- **Enhancing Distress Tolerance Skills in Adolescents With Anorexia Nervosa Through the BALANCE Mobile App: Feasibility and Acceptability Study.** *JMIR formative research*
  Miranda, C., Matheson, B., Datta, N., Whyte, A., Yang, H. J., Schmiedmayer, P., Ravi, V., Aalami, O., Lock, J.
  2025; 9: e70278
- **Feasibility and acceptability of a pilot studying investigating multi-family parent-only guided self-help family-based treatment for adolescent anorexia nervosa.** *The International journal of eating disorders*
  Matheson, B. E., Van Wye, E., Whyte, A., Lock, J.
  2024
- **Family Based Treatment for Eating Disorders Piece by Piece. A Practical Guide for Parents**
  James, L., Aileen, W., Brittany, M., Nandini, D.
  Routledge.2024
- **Externalisation in family-based treatment of anorexia nervosa: The therapist's experience** *JOURNAL OF FAMILY THERAPY*
  Lonergan, K., Whyte, A., Ryan, C.
  2022; 44 (3): 351-369