



Connor Adams

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5719

Stanford, CA 94305

Tel (650) 498-9111 **Fax** (650) 723-2269

Bio

BIO

Dr. Connor Adams (she/they) is a Clinical Assistant Professor who received her doctorate in psychology from the George Washington University and completed her internship training at Harvard Medical School/Cambridge Health Alliance. Her clinical and research interests center on therapeutic interventions that support recovery for individuals living with serious mental illness. Dr. Adams grounds her work in a psychodynamic perspective, assisting individuals in understanding why they think, feel, and behave the way they do, in order to increase agency and choice. Dr. Adams has specialized training in comprehensive Dialectical Behavior Therapy and provides treatment for individuals with emotion regulation difficulties. She also has specialized training in Cognitive Behavioral Therapy for Psychosis (CBTp). Additionally, Dr. Adams provides individual and group psychotherapy within the psychiatric inpatient treatment setting. She is broadly interested in increasing access to person-centered and recovery-oriented care.

CLINICAL FOCUS

- Psychology
- Dialectical Behavior Therapy
- Psychosis
- Psychodynamic Psychotherapy
- Trauma

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Adult Psychology Postdoctoral Fellowship (2022) CA
- Internship, Harvard Medical School, Cambridge Health Alliance (2021)
- Psy.D., George Washington University (2021)

Teaching

COURSES

2025-26

- Unlocking the Mind: An Overview of Modern Psychotherapy Approaches: PSYC 10Q (Aut)

2024-25

- Unlocking the Mind: An Overview of Modern Psychotherapy Approaches: PSYC 10, PSYC 10Q (Aut, Sum)