Stanford



Grace A Cheney

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

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Bio

BIO

Grace Cheney, M.D. specializes in the assessment and treatment of ADHD across the lifespan. She serves as Director of the Adult ADHD Assessment Clinic at Stanford, which provides structured, developmentally informed evaluations for adults with attention and executive function challenges. Rooted in a neurodiversity-affirming framework, the clinic focuses on diagnostic clarity to support tailored, evidence-based care. As part of this model, the clinic incorporates the California ADHD Symptom Tracking (CAST) initiative, a semi-structured symptom-tracking method that fosters patient insight, supports individualized treatment planning, and promotes adherence.

With subspecialty training in both child and adolescent psychiatry and forensic psychiatry, Dr. Cheney's diagnostic lens emphasizes precision and developmental context. She has particular expertise in the assessment of ADHD in women, transitional-age youth, and high-functioning professionals. Her treatment approach is comprehensive, and emphasizes establishing foundational non-pharmacological strategies in addition to pharmacological interventions.

Dr. Cheney lectures in the Forensic Psychiatry Fellowship on civil and child forensic topics, and she also supervises psychiatry residents and fellows in adult ADHD assessment. Her emerging areas of interest include the ethical use of AI to maintain therapeutic momentum and accelerate growth between visits, while enriching clinical decision-making with dynamic data that supports more personalized, precise, and adaptive therapy.

CLINICAL FOCUS

- Attention Deficit Hyperactivity Disorder
- Forensic Psychiatry
- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Director, Adult ADHD Assessment Clinic, (2025- present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Forensic Psychiatry Fellowship (2023) CA
- Fellowship: University of Colorado Child and Adolescent Psychiatry Fellowship (2022) CO
- Residency: University of South Florida Dept of Psychiatry and Behavioral Neurosciences FL
- Medical Education: University of Texas at San Antonio (2017) TX
- Board Certification, American Board of Psychiatry and Neurology , Forensic Psychiatry (2023)
- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2022)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2021)

LINKS

- California ADHD Symptom Tracking (CAST) Training: https://www.castadhd.org/about-cast-adhd