



Matthew Gunther, MD, MA

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Medical Psychiatry
- Clinical Associate Professor (By courtesy), Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

401 Quarry Rd Ste 2114

MC 5723

Stanford, CA 94305

Tel (650) 725-5591 **Fax** (650) 725-3762

Bio

BIO

Matthew Gunther, MD, MA is a Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine and a member of the Division of Medical Psychiatry. He is board certified in General Psychiatry and Consultation-Liaison Psychiatry. Dr. Gunther serves as Assistant Program Director of the Consultation-Liaison Psychiatry Fellowship and as Director of Education for the Integrated Behavioral Health (IBH) Program, where he leads psychiatry education within internal medicine resident continuity clinics.

Dr. Gunther received his BA in Psychology from the University of Southern California and his MA in Clinical Psychology with an emphasis in Marriage and Family Therapy from Pepperdine University. He earned his MD from the University of California, Irvine, and completed residency training in general adult psychiatry at USC/LAC+USC Medical Center, where he served as Chief Resident of the inpatient service. He subsequently completed fellowship training in Consultation-Liaison Psychiatry at Stanford University, followed by additional training in community-based integrated care through the University of Washington.

Clinically, Dr. Gunther practices across integrated behavioral health in primary care, inpatient consultation-liaison psychiatry, and critical care psychiatry. A growing focus of his work is the development of psychiatry-forward, team-based care models that expand access to mental health care in medical settings, particularly through embedded teaching and consultation in the Stanford Internal Medicine resident continuity clinic. His broader clinical interests include the psychiatric care of medically complex patients, neuropsychiatry, delirium, catatonia, psychopharmacology in the medically ill, and the psychiatric sequelae of serious medical illness.

A central theme of his clinical, educational, and scholarly work is translating psychiatric, neuropsychiatric, and psychosomatic concepts into practical guidance for non-psychiatric clinicians. Dr. Gunther teaches medical students, residents, and fellows across undergraduate and graduate medical education, with particular emphasis on psychiatric interviewing, diagnostic reasoning, trauma-informed care, and patient-centered communication in medical settings.

His scholarly work includes peer-reviewed publications, systematic reviews, quality improvement projects, and educational innovations at the interface of psychiatry and medicine. He is actively involved in national service and editorial work within consultation-liaison psychiatry and medical education.

CLINICAL FOCUS

- Psychiatry
- Consultation-Liaison Psychiatry
- Integrated Behavioral Health
- Collaborative Care
- Medical Education
- Delirium
- Catatonia

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Medical Psychiatry
- Clinical Associate Professor (By courtesy), Medicine - Primary Care and Population Health
- Member, Wu Tsai Neurosciences Institute

ADMINISTRATIVE APPOINTMENTS

- Clerkship Director, Consultation-Liaison Psychiatry Service, Stanford School of Medicine, (2024- present)
- Assistant Program Director, Consultation-Liaison Psychiatry Fellowship, Stanford School of Medicine, (2024- present)
- Director of Education, Integrated Behavioral Health Program, (2023- present)

HONORS AND AWARDS

- Arthur L. Bloomfield Award in Recognition of Excellence in the Teaching of Clinical Medicine, Stanford University School of Medicine (2026)
- Innovations in Care Award, Stanford Health Care Medical Staff (2026)
- Best Poster Award, Second Place, Society of General Internal Medicine, Southwest Regional Meeting (2025)
- Chairman's Award, Polymath Award, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine (2025)
- Dorfman Journal Paper Award, Best Review Article, Academy of Consultation-Liaison Psychiatry (2025)
- Ten Most Influential Papers in Consultation-Liaison Psychiatry, Academy of Consultation-Liaison Psychiatry (2025)
- Dlin/Fischer Award Finalist, Co-Author, Academy of Consultation-Liaison Psychiatry (2024)
- Dlin/Fischer Award Finalist, Primary Author, Academy of Consultation-Liaison Psychiatry (2024)
- Dlin/Fischer Award, Recipient, Co-Author, Academy of Consultation-Liaison Psychiatry (2024)
- Best Poster Award, Third Place, Academy of Consultation-Liaison Psychiatry Annual Meeting (2023)
- Conference Award, European Association of Psychosomatic Medicine (2023)
- Innovator Grant/Award, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine (2023)
- William Webb Fellowship, Academy of Consultation-Liaison Psychiatry (2023)
- Resident of the Year / Excellence in Residency Award, University of Southern California / LAC+USC Psychiatry Residency (2019, 2020, 2021, 2022)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Junior Editorial Board, Journal of the Academy of Consultation-Liaison Psychiatry (2026 - present)
- Fellowship Director Representative, Advancing Program Excellence Subcommittee, Graduate Medical Education Committee, Stanford University School of Medicine (2025 - present)
- Member, Editorial Board, General Hospital Psychiatry (2025 - present)

- Member, Teaching and Mentoring Academy, Stanford University School of Medicine (2025 - present)
- Member, Engagement Committee, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine (2024 - present)
- Member, Selection Advisory Committee, Stanford Adult Psychiatry Residency Program (2024 - present)
- Member, Oral Papers and Posters Subcommittee, Academy of Consultation-Liaison Psychiatry (2023 - present)
- Member, Medical Student Education Subcommittee, Academy of Consultation-Liaison Psychiatry (2022 - present)
- Member, Academy of Consultation-Liaison Psychiatry (2019 - present)

PROFESSIONAL EDUCATION

- Residency: LAC USC Psychiatry Residency (2022) CA
- Board Certification: Consultation-Liaison Psychiatry, American Board of Psychiatry and Neurology
- Medical Education: University of California at Irvine School of Medicine (2018) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2022)
- Fellowship, Stanford University , Consultation-Liaison Psychiatry (2023)
- Residency, University of Southern California/LAC+USC Medical Center (2022)
- MD, University of California, Irvine (2018)
- MA, Pepperdine University , Clinical Psychology with an Emphasis in Marriage and Family Therapy (2011)
- BA, University of Southern California , Psychology (2009)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Gunther's scholarly work focuses on improving psychiatric care for medically complex patients by strengthening collaboration between psychiatry and medicine. A major focus of his current work is integrated behavioral health in primary care, particularly the development of psychiatry-led educational and consultation models for internal medicine residents. This work examines how embedded psychiatric consultation, skills-based teaching, and direct observation can improve recognition and management of mental health conditions in primary care, expand access to psychiatric expertise, and support non-psychiatric clinicians in caring for complex patients.

His educational scholarship emphasizes psychiatric interviewing, trauma-informed communication, diagnostic reasoning, and patient-centered care in medical settings. Through the Stanford Internal Medicine resident continuity clinic, he develops and evaluates practical curricula that help medicine trainees identify and respond to mood, anxiety, trauma-related, somatic, neurocognitive, and neuropsychiatric presentations commonly encountered in primary care.

In parallel, Dr. Gunther's research addresses neuropsychiatric syndromes arising in the context of medical illness, including delirium, catatonia, psychopharmacology in the medically ill, and the psychiatric sequelae of critical illness. His work includes studies of delirium prediction and assessment tools, bedside diagnostic instruments, neurorecovery outcomes, medication-related neurotoxicity, and systematic reviews relevant to consultation-liaison and critical care psychiatry.

Across these domains, his scholarship emphasizes translational, clinically grounded approaches that equip non-psychiatric clinicians to recognize and manage psychiatric and neuropsychiatric presentations with greater confidence, precision, and compassion.

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Tacrolimus-Induced Parasomnia Posttransplantation.** *The primary care companion for CNS disorders*
Nolasco, D., House, C., Czuma, R., Janssen, B., Gunther, M., Jiang, S.
2026; 28 (2)
- **When Psychosis Follows Stroke: Diagnostic Challenges in a Pregnant Patient.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Nolasco, D., Ambler, M., Gunther, M.
2026
- **The Rationale for, and Use of, Benzodiazepines in Catatonia** *PSYCHIATRIC ANNALS*
Gunther, M., Tran, N., Jiang, S., Luccarelli, J., Stern, T. A.
2026; 56 (1): e4-e8
- **The Rationale for, and Use of, Benzodiazepines in Alcohol Withdrawal** *PSYCHIATRIC ANNALS*
Gunther, M., Adler, S., Stern, T. A.
2026; 56 (1): e9-e14
- **Semaglutide-Associated Depression After Remission: A Case Report**
Zhan, C., Gunther, M., Block, T.
ELSEVIER SCIENCE INC.2025
- **Antihistamines: Indications, Interactions, and Adverse Effects**
Tran, N., Valido, A., Gunther, M., Jiang, S., Stern, T.
ELSEVIER SCIENCE INC.2025
- **Enhancing Resident Education in Internal Medicine and Psychiatry Through an Integrated Behavioral Health Model**
Ong, S., Babu, C., Mui, D., Gunther, M., Zein, M., Chang, K.
ELSEVIER SCIENCE INC.2025
- **Delirium in Patients Taking Clozapine: Insights From a Systematic Review**
Zhan, C., Gunther, M.
ELSEVIER SCIENCE INC.2025
- **Tacrolimus-Induced Parasomnia Post-Transplantation: A Case Report**
Nathu, R., Jiang, S., Nolasco, D., Shah, R., House, C., Czuma, R., Janssen, B., Gunther, M.
ELSEVIER SCIENCE INC.2025
- **Guanfacine for Treatment of Anxiety and Panic-Induced Vasovagal Syncope in the Intensive Care Unit**
Nolasco, D., Janssen, B., Gunther, M., Jiang, S.
ELSEVIER SCIENCE INC.2025
- **Pharmacologic Therapies for Neurorecovery and Disorders of Consciousness in the Intensive Care Setting: A Systematic Review**
Gunther, M., Prothro, K., Tran, N., Jiang, S.
ELSEVIER SCIENCE INC.2025
- **Antihistamines: Indications, Interactions, and Adverse Effects.** *The primary care companion for CNS disorders*
Gunther, M., Valido, A., Jiang, S., Stern, T. A.
2025; 27 (5)
- **Stanford study of the validity of the pre-interventional preventive risk assessment (PIPRA) tool for at-risk elderly patients undergoing elective orthopedic surgery.** *Journal of psychosomatic research*

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- Gunther, M., Pipolo, D., Jiang, S., Zahrl, T., Sole, J., Cloughly, C., Maldonado, J. R.
2025; 195: 112196
- **Guanfacine for Treatment of Anxiety and Panic-Induced Vasovagal Syncope in the Intensive Care Unit.** *Cureus*
Jiang, S., Nolasco, D., Czuma, R., Janssen, B., Gunther, M.
2025; 17 (6): e86075
 - **Management of Psychotic Illnesses in Primary Care Settings.** *The primary care companion for CNS disorders*
Gunther, M. G., Oh, C., Zhan, C., Jiang, S., Stern, T. A.
2025; 27 (3)
 - **Catatonia: American Psychiatric Association Resource Document.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Wilson, J. E., Oldham, M. A., Francis, A., Perkey, D., Kramer, E., Jiang, S., Yoon, J., Beach, S., Fricchione, G., Gunther, M., Ha, J., Luccarelli, J., Rosen, et al
2025
 - **Mitigation of Anxiety, Agitation, and Pain in Critically Ill Patients.** *The primary care companion for CNS disorders*
Gunther, M. G., Bieber, E. D., Bui, M., deVries, J., Dragonetti, J. D., Ha, J., Rosen, J., Maldonado, J. R., Stern, T. A.
2025; 27 (2)
 - **Isoniazid-Associated Serotonin Toxicity in the Critical Care Setting: A Case Report.** *Cureus*
Gunther, M., Broadway, J., Maldonado, J. R.
2025; 17 (4): e82362
 - **First-Episode Psychosis and Cushing Syndrome.** *The primary care companion for CNS disorders*
Gunther, M., Jiang, S.
2025; 27 (2)
 - **Wishing That Your Patient Would Die: Reasons and Reactions.** *The primary care companion for CNS disorders*
Sher, Y., Hussain, F., Hoover, B. J., Gunther, M., Fishman, D. O., Zein, M., Maldonado, J. R., Stern, T. A.
2025; 27 (1)
 - **Revisiting the lorazepam challenge: An algorithm for clinical-decision making.** *General hospital psychiatry*
Gunther, M., Luccarelli, J., Beach, S.
2025; 93: 86-88
 - **A Critical Reappraisal of Haloperidol for Delirium Management in the Intensive Care Unit: Perspective from Psychiatry.** *Journal of clinical medicine*
Jiang, S., Gunther, M.
2025; 14 (2)
 - **Bromocriptine for Residual Catatonia Following Neuroleptic Malignant Syndrome: Illustrative Case Report and Systematic Review.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Sarmiento, B., Gunther, M., Cohen-Oram, A., Jiang, S.
2025
 - **Investigating Sepsis-Associated Delirium Through Optical Neuroimaging: A New Frontier in Critical Care Research** *CHEMOSENSORS*
Jiang, S., Gunther, M., Maldonado, J. R., Efron, P. A., Dekosky, S. T., Jiang, H.
2024; 12 (12)
 - **Pindolol Use for Treatment-Refractory Panic Disorder.** *The primary care companion for CNS disorders*
Vaz-Ayes, M., Sarmiento, B., Gunther, M., Jiang, S.
2024; 26 (6)
 - **Zolpidem for the Management of Catatonia: A Systematic Review.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Gunther, M., Tran, N., Jiang, S.
2024
 - **Steroid-Induced Musical Hallucinations.** *The primary care companion for CNS disorders*
Sole, J., Jiang, S., Gunther, M.
2024; 26 (4)

- **Pimavanserin for Delirium Management in the Setting of Parkinson's Disease: A Case Report.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Gunther, M., Jiang, S., Maldonado, J. R.
2024
- **Comparison of delirium assessment tools in critically-ill patients: The CAM-ICU versus the Stanford Proxy Test for Delirium (S-PTD). Which one performed best?**
Maldonado, J., Pipolo, D., Sher, Y., Hoover, B., Gunther, M., Sarvagya, V.
PERGAMON-ELSEVIER SCIENCE LTD.2024
- **Dextroamphetamine as Adjunctive Pharmacotherapy for Aggression Secondary to Korsakoff Syndrome: A Case Report.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Gunther, M., Jiang, S., Maldonado, J. R.
2024
- **Nortriptyline-Induced Room Tilt Illusion** *CUREUS JOURNAL OF MEDICAL SCIENCE*
Sarmiento, B. A., Varghese, R., Vijayvargia, R., Gunther, M., Fusick, A., Jiang, S.
2024; 16 (1)
- **Herba Epimedii and Increased Opioid Cravings While on Buprenorphine: A Case Report.** *Cureus*
Burke, H., Sarmiento, B. A., Gunther, M., Czuma, R., Klippel, C., Jiang, S.
2024; 16 (1): e51886
- **Nortriptyline-Induced Room Tilt Illusion.** *Cureus*
Sarmiento, B. A., Varghese, R., Vijayvargia, R., Gunther, M., Fusick, A., Jiang, S.
2024; 16 (1): e52101
- **Irreversible Lithium Neurotoxicity: A Review and Case of Toxicity Leading to Bilateral Globus Pallidus Injury**
Gunther, M., Jiang, S., Maldonado, J.
ELSEVIER SCIENCE INC.2023: S129
- **Delayed-Onset Psychosis After Lung Transplant Secondary to Tacrolimus Neurotoxicity**
Gunther, M., Sher, Y., Jiang, S.
ELSEVIER SCIENCE INC.2023: S99
- **Delayed-Onset Psychosis Secondary to Tacrolimus Neurotoxicity After Lung Transplant: A Case Report and Systematic Review.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Gunther, M., Jiang, S., Banga, A., Sher, Y.
2023
- **Bilateral Globus Pallidus Injury in the Setting of Lithium Toxicity: A Case Report** *JOURNAL OF THE ACADEMY OF CONSULTATION-LIAISON PSYCHIATRY*
Gunther, M., Jiang, S., Maldonado, J. R.
2023; 64 (5): 484-485
- **Accelerated-Onset Diabetes Insipidus Secondary to Lithium Use.** *The primary care companion for CNS disorders*
Gopisetty, D. D., Gunther, M., Jiang, S.
2023; 25 (3)
- **Bilateral Globus Pallidus Injury in the Setting of Lithium Toxicity: A Case Report.** *Journal of the Academy of Consultation-Liaison Psychiatry*
Gunther, M., Jiang, S., Maldonado, J. R.
2023; 64 (5): 484-485
- **Management of Neuropsychiatric Manifestations of Susac Syndrome Using Valproic Acid** *JOURNAL OF THE ACADEMY OF CONSULTATION-LIAISON PSYCHIATRY*
Gunther, M., Cho, S.
2023; 64 (1): 92-93
- **Antipsychotic Safety in Liver Disease: A Narrative Review and Practical Guide for the Clinician** *JOURNAL OF THE ACADEMY OF CONSULTATION-LIAISON PSYCHIATRY*
Gunther, M., Dopheide, J. A.

