



Richa Bhatia, MD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5795

Stanford, CA 94305

Tel (650) 723-2194 Fax (650) 724-9900

Bio

BIO

Dr. Bhatia is a Distinguished Fellow of the American Psychiatric Association and Clinical Associate Professor in the Department of Psychiatry at Stanford University School of Medicine. She is a dual Board-certified child, adolescent and adult psychiatrist with nearly two decades of clinical experience caring for patients with various psychiatric conditions. She leads the adult anxiety clinic at Stanford. Her work has been cited in Time magazine, Scientific American, and the Atlantic, and her professional opinions have been quoted in media such as CNBC, The Guardian, U.S. News and World Report, The Wall Street Journal, and others. Dr. Bhatia served as President-Elect of Northern California Psychiatric Society and is Immediate Past President of the Association of Women Psychiatrists. She is the co-author of the chapter on Obsessive Compulsive and Related Disorders in the recent Study Guide to DSM-5 TR, a companion volume to DSM-5 TR. She is a public mental health educator and for her work in this arena, she was honored with the 2021 Jerilyn Ross Clinician Advocate Award by the Anxiety and Depression Association of America. She has also been a recipient of the Marian Butterfield award. Her other roles include serving as Section Editor for Current Opinion in Psychiatry, a Wolters Kluwer journal, for the last 8 years. She also served as Associate Editor of Current Psychiatry for 6 years. She is often invited to give talks at national, regional and local conferences and organizations.

She takes a whole-person approach, utilizing active, empathic listening and aimed at understanding the biological, psychological, social, and other factors affecting an individual's mental health. She integrates judicious medication management with psychotherapy. Her psychotherapy approach is informed by various evidence-based psychotherapies such as psychodynamic therapy, cognitive behavioral therapy, and mindfulness-based, self-compassion-focused interventions. Dr. Bhatia's other professional interests include ruling out medical conditions mimicking anxiety and other psychiatric disorders, the intersection of technology and mental health, bullying prevention, and compassion and empathy cultivation- she has also authored publications on these topics.

CLINICAL FOCUS

- Psychiatry
- Anxiety Disorders
- Depression

- Integration of Psychotherapy with Psychopharmacology
- Psychotherapy
- Child and Adolescent Psychiatry
- Compassion cultivation
- mindfulness

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Neurosciences Institute

HONORS AND AWARDS

- Distinguished Fellow, American Psychiatric Association (2022)
- Fellow, American Psychiatric Association (2015)
- Jerilyn Ross Clinician Advocate Award, Anxiety and Depression Association of America (2021)
- Marian Butterfield Award, Association of Women Psychiatrists (2018)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- President-Elect, Northern California Psychiatric Society (2024 - 2025)
- President Elect, Association of Women Psychiatrists (2023 - 2025)
- Councilor at Large, Northern California Psychiatric Society (2022 - present)
- Member, Council on Communications, American Psychiatric Association (2022 - present)
- Secretary, Association of Women Psychiatrists (2021 - present)
- Newsletter Editor, Secretary-Elect, Association of Women Psychiatrists (2019 - 2021)
- Associate Editor, Current Psychiatry (2018 - present)
- Executive Council Member, Association of Women Psychiatrists (2018 - present)
- Section Editor, Current Opinion in Psychiatry (2018 - present)
- Executive committee member, Global Mental Health caucus, American Psychiatric Association (2018 - 2019)

PROFESSIONAL EDUCATION

- Residency: Saint Louis University School of Medicine (2010) MO
- Board ReCertification, American Board of Psychiatry and Neurology , Psychiatry (2022)
- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2013)
- Fellowship: Children's National Child and Adolescent Psychiatry Fellowship (2012) DC
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2011)
- Chief Resident, Saint Louis University School of Medicine (2009)
- Residency, Saint Louis University School of Medicine , Psychiatry (2010)

Publications

PUBLICATIONS

- **American Psychiatric Association Lifestyle Psychiatry Presidential Workgroup Report** *American Journal of Psychiatry*
Merlo, G., Stransky, K. P.
2025

- **The impact of bullying in childhood and adolescence.** *Current opinion in psychiatry*
Bhatia, R.
2023
- **Family Leave and Maternal Mortality in the US** *JAMA*
Bhatia, R.
2023; 330 (14)
- **Editorial: Impact of the COVID-19 pandemic on mental health of children and adolescents: updates from the last 2 years** *CURRENT OPINION IN PSYCHIATRY*
Bhatia, R.
2022; 35 (6): 390-394
- **Autism spectrum disorder in children and adolescents:Treatment options** *Current Psychiatry*
Bhatia, R.
2022; 21 (4): 13-39, 38
- **Autism Spectrum Disorder: Keys to Early Detection and Accurate Diagnosis** *Current Psychiatry*
Bhatia, R.
2022; 21 (3): 10-13, 19-21
- **Editorial: Child and Adolescent Psychiatry** *CURRENT OPINION IN PSYCHIATRY*
Bhatia, R.
2021; 34 (6): 584-585
- **Editorial: Effects of the COVID-19 pandemic on child and adolescent mental health** *CURRENT OPINION IN PSYCHIATRY*
Bhatia, R.
2020; 33 (6): 568-570
- **Micronutrient deficiency in childhood and ADHD** *ASIAN JOURNAL OF PSYCHIATRY*
Bhatia, R.
2020; 49: 101959
- **Editorial: prevention in child and adolescent psychiatry** *CURRENT OPINION IN PSYCHIATRY*
Bhatia, R.
2019; 32 (6): 525-527
- **Agitation in children and adolescents: Diagnostic and treatment Considerations** *Current Psychiatry*
Bhatia, R.
2019; 18 (6): 19-24,26,32
- **Editorial** *CURRENT OPINION IN PSYCHIATRY*
Bhatia, R.
2018; 31 (6): 471-473
- **Why We Need Compassion Training for Children in Schools: The Case for Compassion.** *World Child & Adolescent Psychiatry.*
Bhatia, R.
2018
- **Providing Psychotherapy? Keep these principles in mind** *Current Psychiatry*
Bhatia, R.
2017; 16 (11): 35-36
- **Dozing off: Examining excessive daytime sleepiness in psychiatric patients** *Current Psychiatry*
Bhatia, R.
2017; 16 (7): 26-32
- **Rule out these Causes of Inattention before diagnosing ADHD** *Current Psychiatry*
Bhatia, R.
2016 ; 15 (10): 32-C3

- **The Impact of Paid Maternity Leave on the Mental and Physical Health of Mothers and Children: A Review of the Literature and Policy Implications.** *Harvard review of psychiatry*
Van Niel, M. S., Bhatia, R. n., Riano, N. S., de Faria, L. n., Catapano-Friedman, L. n., Ravven, S. n., Weissman, B. n., Nzodom, C. n., Alexander, A. n., Budde, K. n., Mangurian, C. n.
; 28 (2): 113–26