Stanford



Ethan Hoffmann, Ph.D.

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Ethan Hoffmann, Ph.D., is a clinical psychologist in the Couples and Family Therapy Clinic, WellConnect Program, and ADAPT Clinic within the Division of General Psychiatry and Psychology. His clinical specialties include couple and family therapy, health worker mental health, and sexual health. His clinical approach is grounded in evidence-based cognitive behavioral therapies including Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy for PTSD (CPT-PTSD), Exposure and Response Prevention for OCD (ExRP), Integrative Behavioral Couple Therapy (IBCT), and Cognitive Behavioral Couple Therapy (CBCT)--and also draws on structural family therapy, feminist therapy, and relational-cultural psychotherapies. Dr. Hoffmann is the program director for the WellConnect Couples Coaching Program, a short-term coaching program for Stanford School of Medicine faculty and their partners. He also leads team-based support groups for clinical programs in the School of Medicine experiencing periods of heightened stress or internal transition. He is a clinical supervisor in couple and family therapy for advanced graduate students in the Palo Alto University Stanford PsyD Consortium and lectures and leads workshops on couple and family therapy, psychological interventions for sexual health concerns, and relationship and team-based interventions for health care workers. His research interests include relational and systemic interventions for health care workers and theoretical issues in men's mental health research and practice. He is the co-author of the 2019 textbook The Psychology of Men in Context.

CLINICAL FOCUS

- Couple and Family Therapy
- Clinical Psychology
- Health Worker Mental Health
- Sexual Health
- Acceptance and Mindfulness-Based Cognitive Behavioral Therapy

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship, VA Palo Alto Health Care System (2022)
- Internship, VA Bedford Healthcare System (2021)
- Ph.D., Clark University (2021)
- M.A., Wesleyan University (2015)
- B.A., Wesleyan University (2014)

Publications

PUBLICATIONS

- **To Reconstruct or Deconstruct? A Fundamental Question for the Psychology of Men and Masculinities** *PSYCHOLOGY OF MEN & MASCULINITIES*
  Hoffmann, E., Addis, M. E. E.
  2023
- **The Psychology of Men in Context**
  Addis, M. E., Hoffman, E.
  Routledge.2019
- **Contexts of Concealment: Initial Validation of Three Disclosure Avoidance Process Measures** *JOURNAL OF PERSONALITY ASSESSMENT*
  Gazarian, D., Addis, M. E., Jampel, J. D., Hoffman, E.
  2022: 1-17
- **Dilemmas of Agency and Blame in Men's Talk About Depression** *PSYCHOLOGY OF MEN & MASCULINITIES*
  Hoffman, E., Addis, M. E.
  2021; 22 (4): 669-677
- **Traditional Masculinity Ideology and Diagnostic Aversion Predict Symptom Expression in a Community Sample of Distressed Men** *SEX ROLES*
  Jampel, J. D., Gazarian, D., Addis, M. E., Hoffman, E.
  2020; 82 (11-12): 704-715
- **Reconstructing and/or deconstructing masculinity: A commentary on the case of "Tommy"** *Pragmatic Case Studies in Psychotherapy*
  Hoffman, E., Addis, M. E.
  2020; 16 (3): 312-319
- **Men's depression and help-seeking through the lenses of gender.** *The psychology of men and masculinities*
  Addis, M. E., Hoffman, E.
  edited by Levant, R. F., Wong, Y.
  American Psychological Association.2017: 171–196
- **Acting otherwise: Resistance, agency, and subjectivities in Milgram's studies of obedience** *THEORY & PSYCHOLOGY*
  Hoffman, E., Myerberg, N., Morawski, J. G.
  2015; 25 (5): 670-689