Stanford



Rachel Lawton, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICE (PRIMARY)

- **Stanford Medicine Psychiatry Clinic**

  401 Quarry Rd

  MC 5719

  Stanford, CA 94305

  Tel (650) 724-9900 **Fax** (650) 498-9111

Bio

CLINICAL FOCUS

- Child Psychology
- Childhood Anxiety Disorders
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder
- Medical Trauma
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Lead, Child Trauma Clinical Team, Pediatric Anxiety and Traumatic Stress Clinic, Division of Child and Adolescent Psychiatry, Stanford University School of Medicine, (2025- present)

HONORS AND AWARDS

- 2024 Innovator Grant Award, Department of Psychiatry & Behavioral Sciences - Stanford University School of Medicine (2025 - 2026)
- Collaboration Award - Behavioral Medicine and Clinical Psychology, Cincinnati Children's Hospital Medical Center (2021)
- Hidden Gem Award, Cincinnati Children's Hospital Medical Center (2020)
- Walter F. Burke Award for Excellence in Clinical Psychology, Northwestern University Feinberg School of Medicine (2015)
- Graduate Writing Fellowship, The Graduate School - Northwestern University (2014 - 2015)
- Honoree and Award for Service, Crohn's and Colitis Foundation (2014)
- STUNT Scholarship for Research Abroad, Universiteit van Amsterdam (2010 - 2011)
- National Board Member, National Council of College Leaders - Crohn's and Colitis Foundation (2008 - 2010)

- Honor's Program in Psychology, Cornell University (2007 - 2008)

PROFESSIONAL EDUCATION

- Fellowship: Yale Child Study Center Psychology Fellowship (2017) CT
- Internship: Yale Child Study Center Psychology Fellowship (2016) CT
- PhD Training: Northwestern University Office of the Registrar (2016) IL
- MSc, University of Amsterdam , Medical Anthropology (2011)
- BA, Cornell University , Psychology (2008)

LINKS

- "How to Have Hard and (at times) Deeply Uncomfortable Conversations with Kids" - Stanford Parenting Center Webinar Series: https://www.youtube.com/watch?v=BJbLzKcl3Wo

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Child Psychiatry (Fellowship Program)
- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Regulating the System: Development and Early Implementation of a Behavioral Escalation Response Team in Pediatric Primary Care** *CLINICAL PRACTICE IN PEDIATRIC PSYCHOLOGY*
  Lawton, R. C., Herbst, R. B., Ryan, P. M., Fiat, A. E., Austin, J. E., Meister, K., Jordan, P.
  2024
- **A Locally-Focused Structural Racism Curriculum for Pediatric Primary Care Residents.** *Academic pediatrics*
  Sahai, A., Corley, A. M., Lipps, L., Lawton, R., DeBlasio, D., Klein, M.
  2023; 23 (8): 1510-1512
- **"The Tough Get Going": Understanding the Role of Resilience and a Multidimensional Conceptualization of Mental Health Among Patients With Inflammatory Bowel Disease** *INFLAMMATORY BOWEL DISEASES*
  Lawton, R. C.
  2022; 28 (6): 977-979
- **Mental Health Costs of Inflammatory Bowel Diseases** *INFLAMMATORY BOWEL DISEASES*
  Szigethy, E., Murphy, S. M., Ehrlich, O. G., Engel-Nitz, N. M., Heller, C. A., Henrichsen, K., Lawton, R., Meadows, P., Allen, J.
  2021; 27 (1): 40-48
- **Medical-Legal-Psychology Partnerships - Innovation in Addressing Social Determinants of Health in Pediatric Primary Care** *ACADEMIC PEDIATRICS*
  Lawton, R., Whitehead, M., Henize, A., Fink, E., Salamon, M., Kahn, R., Beck, A. F., Klein, M.
  2020; 20 (7): 902-904
- **The Cost of Inflammatory Bowel Disease: An Initiative From the Crohn's & Colitis Foundation.** *Inflammatory bowel diseases*
  Park, K. T., Ehrlich, O. G., Allen, J. I., Meadows, P. n., Szigethy, E. M., Henrichsen, K. n., Kim, S. C., Lawton, R. C., Murphy, S. M., Regueiro, M. n., Rubin, D. T., Engel-Nitz, N. M., Heller, et al
  2019
- **Methotrexate for the Treatment of Pediatric Crohn's Disease: A Systematic Review and Meta-analysis** *INFLAMMATORY BOWEL DISEASES*
  Colman, R. J., Lawton, R. C., Dubinsky, M. C., Rubin, D. T.
  2018; 24 (10): 2135-2141

- **Maintenance of Optimal Vitamin D Status in Children and Adolescents With Inflammatory Bowel Disease: A Randomized Clinical Trial Comparing Two Regimens** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*

  Pappa, H. M., Mitchell, P. D., Jiang, H., Kassiff, S., Filip-Dhima, R., DiFabio, D., Quinn, N., Lawton, R. C., Bronzwaer, M. S., Koenen, M., Gordon, C. M.

  2014; 99 (9): 3408-3417

- **Treatment of Vitamin D Insufficiency in Children and Adolescents with Inflammatory Bowel Disease: A Randomized Clinical Trial Comparing Three Regimens** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*

  Pappa, H. M., Mitchell, P. D., Jiang, H., Kassiff, S., Filip-Dhima, R., DiFabio, D., Quinn, N., Lawton, R. C., Varvaris, M., Van Straaten, S., Gordon, C. M.

  2012; 97 (6): 2134-2142