

Stanford



Alan Atkins

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

CLINICAL OFFICE (PRIMARY)

- **Child and Adolescent Psychiatry Clinic**

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Stanford, CA 94305

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Bio

BIO

Dr. Al Atkins is a psychiatrist providing talk therapy and medical management in English and Spanish.

Dr. Atkins grew up in California and started his mental health career facilitating therapy at a prison in Buenos Aires. He teamed up with his patients and colleagues to build a climbing wall inside the prison, allowing patients to challenge themselves physically and mentally. After medical school at Brown University, Dr. Atkins completed psychiatry residency and founded a research team dedicated to investigating the healing power of walking in nature. After residency, Dr. Atkins traveled to Colorado to complete a two year fellowship in Child and Adolescent Psychiatry. There, he served as Chief Fellow and pursued specialized therapy training. Dr. Atkins has been awarded the Kimberly Kelsay Curiosity Award for his enthusiasm for learning from his patients and the Catcher in the Rye award for "going the extra mile" for his Spanish-speaking Unaccompanied Refugee Minor (URM) patients. Some career highlights have included teaching meditation neuroscience to doctors in Cambodia and getting to learn from doctors and patients in Kumasi, Ghana.

Contemplative practice, psychotherapy, humor and nature time permeate both Dr. Atkins' clinical and personal interests. His clinical style involves a slow-moving dynamic emphasizing trust, understanding, and diagnostic humility. He takes an integrative and minimalist approach; often prescribing things like morning walks or returning to a favorite hobby before resorting to medications.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

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

HONORS AND AWARDS

- Catcher in the Rye Award - "recognizes an exemplary advocate for children and families", University of Colorado
- Dr. Kim Kelsay Curiosity Award - "for infectious enthusiasm inspiring an environment of learning", University of Colorado Department of Psychiatry
- Hospitality Award - "for making our families feel welcome", Hathaway Sycamores Child and Family Services

- AACAP Life Members' Mentorship Grant, American Academy of Child and Adolescent Psychiatry
- Top 5 Recommended Podcast (Let's Get Psyched), APA PsychSIGN Newsletter

PROFESSIONAL EDUCATION

- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2024)
- MD, Brown University
- Fellowship: University of Colorado Child and Adolescent Psychiatry Fellowship (2024) CO
- Psychiatry Residency, KP Southern California Psychiatry Residency Program , Psychiatry
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2023)
- Child and Adolescent Fellowship, University of Colorado , Child and Adolescent Psychiatry
- Residency: Kaiser Permanente Psychiatry Residency Program (2022) CA
- Board Certification, American Board of Psychiatry and Neurology , Adult Psychiatry
- Medical Education: Brown University Alpert Medical School (2019) RI
- Board Certification, American Board of Psychiatry and Neurology , Child and Adolescent Psychiatry

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

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