



Salena Schapp

Adjunct Clinical Assistant Professor, Psychiatry and Behavioral Sciences

Bio

BIO

Dr. Salena Schapp is a licensed psychologist (PSY29619) and Co-Founder of Beyond Measure. She has experience treating patients across the lifespan, and a particular specialty working with children, adolescents, and families. In her work with children and families, Dr. Schapp is collaborative, compassionate, and playful. She provides a range of psychological services, specializing in treatment of eating disorders, anxiety, behavioral challenges, and trauma. Dr. Schapp is passionate about helping families create a supportive and strong parent-child relationship. She uses evidenced-based approaches to therapy, while individualizing treatment to match each patient's needs, including cognitive behavioral therapy, family-based therapy, parent management training, parent-child interaction therapy, acceptance and commitment therapy, and dialectical behavioral therapy. She practices from a weight-inclusive, Health at Every Size (HAES)® approach, to help individuals improve their relationship to food and their bodies. Dr. Schapp also has extensive experience with group therapy, and enjoys creating a supportive, safe, and helpful group environment. She is an Adjunct Clinical Assistant Professor for the Department of Psychiatry & Behavioral Sciences at Stanford University School of Medicine, where she runs a support group for psychiatry residents.

Dr. Schapp completed her graduate training in clinical psychology at the PGSP-Stanford PsyD Consortium, where she focused her studies on children and families. She finished her predoctoral internship training at University of Texas Austin/Dell Children's Medical Center and her postdoctoral residency at Kaiser Permanente in Redwood City. Dr. Schapp enjoys giving back to the psychological community, and currently serves as the President of the SF Bay Area Chapter of the International Association for Eating Disorder Professionals. She has a strong interest in teaching and supervision, and has provided training opportunities and supervision for trainees at Kaiser Permanente and Beyond Measure. She also enjoys consulting with and teaching other professionals and the community at large through trainings and presentations.