Stanford



Lénie Torregrossa, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Department of Psychiatry and Behavioral Sciences**

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Bio

BIO

Dr. Lénie Torregrossa is a clinical psychologist and Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. At Stanford, she works on the inpatient psychiatric units and in the INSPIRE clinic.

Dr. Torregrossa specializes in schizophrenia spectrum disorders, psychosis, and serious mental illness. Her approach to treatment is person-centered and recovery-focused, grounded in cognitive behavioral therapy (CBT) and informed by acceptance and commitment therapy (ACT). She is a CBT for Psychosis (CBTp) trainer and a member of the early psychosis coordinated specialty care team (INSPIRE360) at INSPIRE. Dr. Torregrossa's research focuses on risk and protective factors for schizophrenia spectrum disorders, self-disturbances in schizophrenia, and improving treatments for psychosis. She serves on the steering committee of the North America CBT for Psychosis Network (NACBTpN) and is a member of the Schizophrenia International Research Society, the Society of Biological Psychiatry, and the American Psychological Association.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Graduate School Travel Awards, Vanderbilt University, VU
- Graduate Student Council Travel Grant, VU
- Jum C. Nunnally Dissertation Award, VU
- Lisa M. Quesenberry Scholarship Fund, Community Foundation of Louisville
- Poster Award Finalist, Schizophrenia International Research Society
- Psychology Scholarship Awards, VU
- Russell G. Hamilton Graduate Leadership Institute Travel Award, VU

- Special Contribution Award, Northern California Institute for Research and Education
- ThinkSwiss Research Scholarship, Research Scholarship, Embassy of Switzerland
- Travel Awards, Vanderbilt Kennedy Center

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Schizophrenia International Research Society (2016 - present)
- Member, Society of Biological Psychiatry (2016 - present)

PROFESSIONAL EDUCATION

- Fellowship: Vanderbilt University Medical Center Psychiatry Dept (2023) TN
- Internship: Sharp Mesa Vista Hospital Psychology Training (2022) CA
- PhD Training: Vanderbilt University Office of the Registrar (2022) TN

Publications

PUBLICATIONS

- **Longitudinal relationships among dissociation, paranoia, and anxiety in a clinical sample of individuals with schizophrenia-spectrum conditions.** *Psychiatry research*
  Lebovitz, J. G., Kittleson, A. R., Sloan, A. F., Torregrossa, L. J., Park, S., Sheffield, J. M.
  2026; 362: 117174

- **Effects of Cognitive Behavioral Therapy for Worry Versus Befriending Therapy in Individuals with Persecutory Delusions: A Randomized Trial.** *Schizophrenia bulletin open*
  Sheffield, J. M., Sloan, A., Liu, J., Beals, K., Hall, L. M., Gautier, T., Moussa-Tooks, A., Torregrossa, L. J., Achee, M., Armstrong, K., Isham, L., Diamond, R., Heckers, et al
  2026; 7 (1): sgag026

- **Prior Expectations of Volatility Following Psychotherapy for Delusions: A Randomized Clinical Trial.** *JAMA network open*
  Sheffield, J. M., Sloan, A. F., Corlett, P. R., Rogers, B. P., Vandekar, S., Liu, J., Beals, K. M., Hall, L. M., Gautier, T., Moussa-Tooks, A. B., Torregrossa, L. J., Achee, M., Armstrong, et al
  2025; 8 (6): e2517132

- **Belief Updating, Childhood Maltreatment, and Paranoia in Schizophrenia-Spectrum Disorders.** *Schizophrenia bulletin*
  Sloan, A. F., Kittleson, A. R., Torregrossa, L. J., Feola, B., Rossi-Goldthorpe, R., Corlett, P. R., Sheffield, J. M.
  2025; 51 (3): 646-657

- **Prior expectations of volatility following psychotherapy: a randomized clinical trial**
  Sheffield, J., Sloan, A., Corlett, P., Rogers, B., Vandekar, S., Liu, J., Beals, K., Hall, L., Gautier, T., Moussa-Tooks, A., Torregrossa, L., Achee, M., Armstrong, et al
  JAMA Network Open.
  2025

- **Interplay between childhood trauma, bodily self-disturbances, and clinical phenomena in schizophrenia spectrum disorders: A network analysis.** *Schizophrenia research*
  Torregrossa, L. J., Liu, J., Armstrong, K., Heckers, S., Sheffield, J. M.
  2024; 266: 107-115

- **Network Structure of Childhood Trauma, Bodily Disturbances, and Schizotypy in Schizophrenia and Nonclinical Controls.** *Schizophrenia bulletin open*
  Torregrossa, L. J., Liu, J., Armstrong, K., Heckers, S., Sheffield, J. M.
  2024; 5 (1): sgae006

- **Multidimensional schizotypy and embodied emotions.** *Frontiers in psychology*
  Torregrossa, L. J., Blain, S. D., Snodgress, M. A., Park, S.
  2023; 14: 1141799

- **Impaired emotional awareness is associated with childhood maltreatment exposure and positive symptoms in schizophrenia.** *Frontiers in psychiatry*
  Beals, K., Torregrossa, L. J., Smith, R., Lane, R. D., Sheffield, J. M.
  2023; 14: 1325617

- **Interoceptive functioning in schizophrenia and schizotypy.** *Schizophrenia research*
  Torregrossa, L. J., Amedy, A., Roig, J., Prada, A., Park, S.
  2022; 239: 151-159

- **Embodiment of emotion in schizophrenia in the context of culture** *Psychiatry Research Communications*
  Lee, H., Torregrossa, L. J., Shenoy, S., Park, S.
  2022; 2 (4)

- **Body ownership across schizotypy dimensions: A rubber hand illusion experiment** *Psychiatry Research Communications*
  Torregrossa, L. J., Park, S.
  2022; 2 (3)

- **Exploring multimodal hallucinations and disturbances in the basic and bodily self: A cross-sectional study in a non-clinical sample.** *Journal of psychiatric research*
  Thomas, L., Torregrossa, L., Reniers, R., Humpston, C.
  2021; 143: 144-154

- **Improving treatments for psychotic disorders: beyond cognitive behaviour therapy for psychosis.** *Psychosis*
  Nelson, B., Torregrossa, L., Thompson, A., Sass, L. A., Park, S., Hartmann, J. A., McGorry, P. D., Alvarez-Jimenez, M.
  2021; 13 (1): 78-84

- **Anomalous Bodily Maps of Emotions in Schizophrenia.** *Schizophrenia bulletin*
  Torregrossa, L. J., Snodgress, M. A., Hong, S. J., Nichols, H. S., Glerean, E., Nummenmaa, L., Park, S.
  2019; 45 (5): 1060-1067

- **Decoupling of spontaneous facial mimicry from emotion recognition in schizophrenia.** *Psychiatry research*
  Torregrossa, L. J., Bian, D., Wade, J., Adery, L. H., Ichinose, M., Nichols, H., Bekele, E., Sarkar, N., Park, S.
  2019; 275: 169-176

- **The acceptability and feasibility of a novel virtual reality based social skills training game for schizophrenia: Preliminary findings.** *Psychiatry research*
  Adery, L. H., Ichinose, M., Torregrossa, L. J., Wade, J., Nichols, H., Bekele, E., Bian, D., Gizdic, A., Granholm, E., Sarkar, N., Park, S.
  2018; 270: 496-502