



Melanie Hom

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Outpatient Psychiatry Clinic**

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Bio

BIO

Dr. Melanie Hom is a Clinical Associate Professor and attending psychologist in the Anxiety and Depression Adult Psychological Treatment (ADAPT) Clinic, Dialectical Behavior Therapy (DBT) Clinic, and Stanford Mental Health for Asians Research and Treatment (SMHART) Clinic. She utilizes evidence-based therapies, including acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and DBT. Dr. Hom also strives to provide culturally informed psychotherapy in her work with individuals, couples, and families. Her research interests include (1) enhancing help-seeking and treatment engagement among individuals at elevated suicide risk and (2) improving mental health care services for Asians and Asian Americans.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship, McLean Hospital/Harvard Medical School
- PhD, Florida State University , Clinical Psychology
- Internship, McLean Hospital/Harvard Medical School
- BA, Stanford University , Human Biology