



Andres Eduardo Fuenmayor Mago

Fellow in Psychiatry and Behavioral Sciences

CONTACT INFORMATION

- **Contact**

Andres Fuenmayor - Mago - Sports and Performance
Psychiatry

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Bio

BIO

Andres Fuenmayor Mago, MD, is a psychiatrist and the inaugural Sports and Performance Psychiatry Fellow at Stanford University. He cares for adults and young adults, including collegiate athletes and individuals navigating demanding careers and performance environments. His work integrates psychiatric care, psychotherapy, and performance-focused interventions to support mental health, personal well-being, and sustainable performance. He provides care in English and Spanish.

Dr. Fuenmayor earned his medical degree from the Central University of Venezuela, graduating with research honors. He subsequently conducted global mental health research at Columbia University and the New York State Psychiatric Institute, working with Drs. Milton Wainberg and Annika Sweetland on expanding access to culturally responsive mental health care. He completed his psychiatry residency at Duke University, where he pursued the psychotherapy track, before joining Stanford for fellowship training in sports and performance psychiatry.

His clinical interests include anxiety, depression, trauma-related conditions, attention-deficit/hyperactivity disorder (ADHD), eating disorders and body image concerns, substance use and co-occurring psychiatric conditions, and sleep difficulties. He also has focused interests in concussion and traumatic brain injury, cognitive concerns, gastrointestinal psychiatry, and lifestyle psychiatry. His broader training includes consultation-liaison and transplant psychiatry, pain and headache care, neuropsychiatry, and interventional treatments, including electroconvulsive therapy and transcranial magnetic stimulation.

In his work with athletes, including Division I student-athletes, Dr. Fuenmayor addresses performance anxiety, injury recovery, return to competition, identity, and transitions within and beyond sport. He incorporates mental skills training and helps patients navigate the relationships among emotional health, physical recovery, and performance demands. His additional training includes the International Society for Sports Psychiatry Certificate and coursework in sport psychology for athlete development through the FC Barcelona Innovation Hub.

Dr. Fuenmayor takes a collaborative approach to care, considering each patient's goals, values, cultural background, relationships, and life circumstances. His psychotherapy training includes cognitive behavioral therapy, acceptance and commitment therapy, dialectical behavior therapy,

psychodynamic psychotherapy, and supportive psychotherapy. He integrates these approaches with medication management when appropriate and lifestyle interventions addressing sleep, physical activity, nutrition, and stress.

His research interests span athlete mental health, global mental health, psychotherapy education, and health equity. At Stanford, his work includes the Sport Psychiatry Exit Examination, a modified Delphi consensus study aimed at standardizing mental health assessment during athletic career transition. His previous scholarly work has addressed scalable mental health interventions, psychotherapy education, and cultural adaptations of psychotherapy in Latin America.

Dr. Fuenmayor is committed to improving access to care for Spanish-speaking and underserved communities. His community work has included care at El Futuro, mental health advocacy and services for North Carolina farmworkers, and Spanish-language mental health education. He founded Humanamente, an international initiative connecting people affected by disasters in Latin America with volunteer mental health professionals.

His honors include Duke's James H. Carter Sr. Community Service Award, the American Psychiatric Association Foundation Diversity Leadership Fellowship, a World Psychiatric Association Fellowship, and the International Federation for Psychotherapy Young Investigator Award.

CLINICAL FOCUS

- Fellow

PROFESSIONAL EDUCATION

- Psychiatry, Duke University (2026)
- Research Associate, Columbia University - Global Mental Health Department (2020)
- Medical Doctor, Central University of Venezuela (Universidad Central de Venezuela) (2018)