Stanford



Dolores Gallagher Thompson, PhD, ABPP

Professor (Research) of Psychiatry and Behavioral Science (Public Mental Health and Population Sciences), Emerita

Psychiatry and Behavioral Sciences

NIH Biosketch available Online Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Gero Psychiatry Clinic**

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Bio

BIO

Dr. GallagherThompson specializes in treatment of late-life depression and in working with persons with neurocognitive disorders (such dementia) and their family caregivers/ care partners. She provides individual psychotherapy, using a cognitive/behavioral framework (CBT) as part of the Geropsychiatry outpatient clinic at Stanford. She also leads psychoeducational workshops.as part of the Neuroscience Center's community educational programs..She is a board-certified specialist in Geropsychology (psychology of older adults) and is a licensed clinical psychologist who has been in practice for 25 years.

She received her degree in clinical psychology/adult development and aging from the University of Southern California and did her clinical training at UCLA. She has been an NIH funded researcher for the past 25 years and is most noted for her empirical studies on the efficacy of psychoeducational interventions to reduce stress and improve the psychological status of family caregivers of older adults with Alzheimer’s disease or other forms of dementia. She has culturally modified, translated, and tailored programs for Chinese-speaking, Spanish-speaking, and Farci-speaking caregivers. In addition she works with an international advisory group, led by WHO, that has created an on-line web-based program to provide education and skill training globally to dementia family caregivers. The third edition of the edited book, Ethnicity and the Dementias, was published in 2019. Additionally, she is a Fellow of the Academy of Cognitive Therapy and a recognized Trainer/ Consultant/ Supervisor in CBT. In collaboration with others she is completing 2nd edition of the clinician guide and client workbook in the Treatments that Work series (Oxford). These focus on effective use of CBT with older adults. In addition, she has worked with colleagues to create an edited "primer" on geropsychology. All three books will be published in 2021.

At present she is Emerita Professor of Research in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, and former Director of the Outreach, Recruitment and Education Core of the Stanford Alzheimer's Disease Research Center. The latter focused on recruiting Latino and American Indian persons with dementia and their family caregivers. She has authored over 200 papers in major journals in the field.

She is co-founder and current member of the Diversity & Inclusion Committee of the local northern CA chapter of the Alzheimer's Association. She is an associate editor of the journal Clinical Gerontologist: The Journal of Mental Health, Diversity, and Aging.

Current active projects include: consulting on development and implementation of an internet-based programs for rural US caregivers of persons with dementia, and for family caregivers of older adults with any form of dementia in Thailand. She is currently working with collaborators at UCSF on the CARE project which aims to establish a research registry specifically for Asian Americans/Pacific Islanders who have been traditionally very under-represented in health-related research. Finally, she is working with a local technology company to develop a suite of apps for mobile phones and tablets, aimed at family caregivers.

CLINICAL FOCUS

- Geropsychology
- Psychoeducational programs for family caregivers
- Health/ Behavioral Psychology
- Impact of Diversity on Mental Health
- Designing and Implementing Technology for mental health concerns
- Cognitive/Behavioral Therapy for Late Life Depression
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Professor Emeritus-Hourly, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Senior Fellow, Stanford Center for Innovation in Global Health, (2015- present)
- Director, Outreach, Recruitment and Education Core, Stanford Alzheimer's Disease Research Center, (2015-2017)
- Member, Education Leadership & Integration Committee, Dept. of Psychiatry & Behavioral Sciences, (2013-2017)
- Member, Departmental Community Engagement Advisory Committee, Dept. of Psychiatry & Behavioral Sciences, (2013-2017)
- Representative, Faculty Senate of the School of Medicine and Dept. of Psychiatry & Behavioral Sciences, (2013-2015)
- Director, Principal Investigator, Stanford Geriatric Education Center, (2010-2015)
- Affiliated Faculty, Global Health Initiative, Stanford University School of Medicine, (2009- present)
- Director, Stanford Geriatric Education Center, (2008-2015)
- CONA: Committee on Aging. Shapes APA policy as it relates to geriatric mental health, American Psychological Association, (2008-2010)
- Affiliated Faculty, Clayman Institute for Gender Research, (2004- present)
- Affiliated Faculty, Stanford Center on Longevity, (2004- present)
- Director, Education & Information Transfer Core, Alzheimer's Clinical Research Center of Stanford Univ/VA Palo Alto, (2002-2007)
- Director, Older Adult & Family Center, VA Palo Alto Health Care Center/Stanford Univ., (2000-2007)
- Core Faculty in Psychology, Stanford Geriatric Education Center, (1987-2006)

HONORS AND AWARDS

- M Powell Lawton Award for Lifetime Distinguished Contributions to Applied Geropsychology, American Psychological Association, Division 20: Adult Development and Aging (2018)
- T J McCallum Inaugural Gerodiversity Award, American Psychological Association, Division 12, Section II: Geropsychology (2018)
- Honorary Professorship (3 year term), School of Psychology, University of Queensland, Australia (2017)

- Honorary Professorship (5 year term), Norwich Medical School, University of East Anglia, Norwich, England (2017)
- Diplomate in Geropsychology, American Board of Professional Psychology (2014)
- Honorary Doctorate, The Hong Kong Institute of Education (2014)
- M. Powell Lawton award for distinguished life-time contributions to the field of Psychology, The Annual Meeting of the American Psychological Association, San Francisco (2007)
- Volunteer Appreciation, Self-Help for the Elderly, a service program for Chinese families (2003)
- Volunteer Appreciation, Alzheimer's Association, Greater San Francisco Bay Area chapter (2000, 2002, 2004, 2017)
- Outstanding Mentorship Award, American Psychological Assn, Div. 20 (Adult Development & Aging) (2000)
- Founding Fellow, Academy of Cognitive Therapy (1999)
- Diplomate in Clinical Psychology, American Board of Professional Psychology (1997)
- Outstanding Teacher Award, Stanford Univ. School of Education (1992)
- Distinguished Alumni Award, UCLA Neuro-psychiatric Institute (1985)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, National Advisory Board, Institute for Healthcare Improvement, Rush University Medical Center (2020 - present)
- Associate Editor, Clinical Gerontologist (2018 - present)
- Board Member, Geropsychology Specialty Board of the American Board of Professional Psychology (2018 - present)
- Co-Editor-in-Chief, Clinical Gerontologist: The journal of aging and mental health (2006 - 2017)
- Founding Fellow, Academy of Cognitive Therapy (1999 - 1999)
- Editorial Board, Journal of Aging and Ethnicity (1994 - 1996)
- Editorial Board, Journal of Clinical Geropsychology (1993 - 1995)
- Editorial Board, Psychology and Aging (1988 - 1989)
- Editorial Board, The Gerontologist (1987 - 1989)
- Editorial Board, Journal of Gerontology (1984 - 1985)

PROGRAM AFFILIATIONS

- Center for Comparative Studies in Race and Ethnicity (CCSRE)

PROFESSIONAL EDUCATION

- Board Certification: Clinical Psychology, American Board of Professional Psychology (1997)
- PhD Training: University of Southern California Keck School of Medicine (1979) CA
- Board certification, American Board of Professional Psychology , Clinical Psychology (1997)
- Board Certification, American Board of Professional Psychology , Geropsychology (2014)
- Ph.D., University of Southern California , Clinical Psychology (1979)
- Certificate of completion, UCLA Neuropsychiatric Institute , pre-doctoral internship (1978)

COMMUNITY AND INTERNATIONAL WORK

- ACES: Active Caregiving Empowerment Skills, Stanford Neuroscience Center
- PRISM: Partnership in Implementation Science for Geriatric Mental Health, Thailand and Shanghai
- MIRELA: How a Latino Family Copes with Cognitive Loss, Bay Area current focus
- iSupport for Dementia Family Caregivers
- Interventions for Grandparents Caring for Problematic Grandchildren

- Caregiving Interventions for Latino Family Caregivers of Older Cognitively Impaired Persons
- Caregiving for Persons with Dementia
- Cognitive Behavioral Therapy for Late Life Depression Among Stroke Patients
- Coping with Caregiving: A Group Program for Spanish Dementia Family Caregivers
- In Home Intervention versus Telephone Support to Reduce Stress of Dementia Caregivers
- Cognitive Behavioral Therapy for Late Life Depression, Shanghai, China
- Caring for the Caregiver in Japan & China, Tokyo, Beijing
- Skill Training for Family Caregivers

LINKS

- Stanford Geriatric Education Center: http://sgec.stanford.edu
- Stanford Alzheimer's Disease Research Center: http://med.stanford.edu/adrc.html

Research & Scholarship

RESEARCH INTERESTS

- Assessment, Testing and Measurement
- Motivation
- Parents and Family Issues
- Poverty and Inequality
- Psychology

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Currently I am researching how non-traditional methods to deliver information and to provide services to distressed persons and families can be used effectively, AND, how these non-traditional methods vary by culture and other dimensions of diversity.

Specifically, I have 5 current projects that embody these concepts:

1) PRISM: this project is an innovative collaboration among academic institutions (Harvard, Stanford, Univ. of South Carolina), government entities in Thailand and Shanghai, China, and health care providers in those countries. The goal is to develop culturally appropriate intervention programs for carers of persons with neurocognitive disorders and to implement them effectively. This 5 year project began Jan. 2018 and is currently enrolling participants.

2) CARE: Collaborative Approach for Asian Americans & Pacific Islanders Research & Education. This 3 year project will establish a research registry of AA/PI interested in dementia- related research by studying effective "messages" & outreach methods. Since less than 1% of AA/PI are currently represented in this kind of research this registry is sorely needed. CARE members include a host of community agencies representing various AA/PI sub-groups, as well as UCSF, UC Irvine, USC,& UC Davis.

3) iSupport: This recently completed project, funded by WHO and the Alzheimer's Assn, developed a web-based psychoeducational program for dementia family caregivers & conducted a pilot study in India. I am now working with a team based at NYU to develop a US version of iSupport.

4) Rural Dementia Care Project: This research provides an on-line caregiver psychoeducational workshop to rural caregivers in multiple states in the US. Its goal is to reach out to this underserved group & to evaluate how effective this kind of program is to reduce distress and improve quality of life. UCSF is the lead institution.

5) MIRELA is a recently completed project that developed and tested a webnovela, entirely in Spanish, that follows the trajectory of an elder Latina as she declines over time from Alzheimer's disease. It depicts (in novel soap opera format) what the challenges are and how this multi-generational family responds to them, The RCT clearly showed that MIRELA was superior to the control condition in reducing depression and improving coping skills in caregivers.

Finally: A revised and updated version of my original "Coping with Caregiving" evidence-based program for dementia family caregivers was completed. It emphasizes positive psychology by incorporation gratitude, forgiveness, & hope. ACES: Active Caregiving: Empowerment Skills is offered free of charge through Aging Adult Services and the Neuroscience Supportive Care Program at Stanford University School of Medicine. .

CLINICAL TRIALS

- Treatment-Resistant Depression Registry, Not Recruiting

PROJECTS

- iSupport web-based program for dementia family caregivers around the world - World Health Organization & Stanford Univ. School of Medicine faculty
- MIRELA: A webnovela for Hispanic/ Latino dementia family caregivers - Photozig, Inc, Mountain View; Stanford Univ. School of Medicine faculty; Alzheimer's Assn - multiple chapters throughout California and Nevada and several community-based organizations that serve Latino elders and their families
- CLASP - Stanford Alzheimer's Disease Research Center
- Our Family Journey - Stanford University

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Geriatric Psychiatry (Fellowship Program)
- Health Services Research (PhD Program)
- Prevention Research (Scholarly Concentration Application)
- Psychiatry and Behavioral Science (Fellowship Program)