Stanford



Ryan Matlow

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Ryan Matlow, Ph.D., is a child clinical psychologist who serves as Director of Community Programs for Stanford's Early Life Stress and Resilience Program, and is a faculty member in Stanford's Human Rights and Trauma Mental Health Program. His clinical and research efforts focus on understanding and addressing the impact of stress, adversity, and trauma in children, families, and communities. In particular, Dr. Matlow seeks to apply current scientific knowledge of the neurobiological and developmental impact of stress, trauma, and adversity in shaping interventions and systems of care. Dr. Matlow is focused on engaging diverse populations and providing evidence-based individual, family, and systems interventions for posttraumatic stress following interpersonal trauma, with an emphasis on efforts in school, community, and integrated care settings. He is engaged in clinical service, program development, and interdisciplinary collaboration efforts that address childhood trauma exposure in communities that have been historically marginalized, under-resourced, and/or experienced human rights violations. He has worked extensively in providing trauma-focused psychological evaluation, treatment, and advocacy services with immigrant youth and families, with a focus on immigrants from Latin American countries. Dr. Matlow is involved in the training and dissemination of Stanford's Cue Centered Therapy (Carrion, 2015), a flexible, manualized intervention addressing childhood experiences of chronic trauma.

CLINICAL FOCUS

- Child trauma exposure
- Complex traumatic stress
- Immigration-related stress and adversity
- Clinical Child and Adolescent Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Program Co-Director, Immigrant Child Health Program, (2023- present)
- Director of Community Programs, Early Life Stress and Resilience Program, (2014- present)

- Clinical Psychologist, Ravenswood Family Health Network Integrated Behavioral Health Services, (2015- present)
- Program Co-Director, East Palo Alto Academy School Mental Health, (2019- present)
- Faculty Affiliate, Human Rights in Trauma Mental Health Program, (2014- present)

HONORS AND AWARDS

- Stanford University Community Partnership Award, Stanford Office of Community Engagement (2025)
- Global Health Seed Grant Program, Stanford Center for Innovation in Global Health (2024-2025)
- Community Engagement Impact Award, Stanford Office of Community Engagement (2024, 2025)
- Seed Partnerships Grant, Stanford Impact Labs (2023 - 2026)
- Stanford Spectrum Community Engagement Pilot Grant, Stanford Center for Clinical and Translational Research and Education (2022-2023)
- Impact Lab Design Fellowship, Stanford Impact Labs (2021-2022)
- Chairman's Award for Community Engagement and Commitment, Stanford Department of Psychiatry and Behavioral Sciences (2019)
- Community Investment Program Award, Stanford Medicine Children's Health (2018-2025)
- Implementing Evidence-Based Mental Health Care in East Palo Alto Schools, Stanford Spectrum Pilot Grant for Population Health Sciences (2017)
- Mental Health Initiative, Tipping Point Community (2015-2025)
- Maryon Stone Posdoctoral Fellowship, Pritzker Foundation (2013-2014)

PROGRAM AFFILIATIONS

- Center for Human Rights and International Justice

PROFESSIONAL EDUCATION

- Postdoctoral Fellowship, University of California San Francisco Multicultural Clinical Training Program, San Francisco General Hospital Child and Adolescent Services , Clinical Psychology (2014)
- Internship: UCSF/San Francisco Gen Hosp (2013) CA
- PhD, University of Denver , Child Clinical Psychology (2013)
- MA, San Francisco State University , Psychology (Psychological Research) (2008)
- BS, University of California, San Diego , Cognitive Science (2003)

COMMUNITY AND INTERNATIONAL WORK

- Ayudando Latinos a Soñar Colibrí Research Collective
- Immigrant Health Equity and Legal Partnership
- East Palo Alto Academy School Mental Health Team
- Ravenswood Wellness Partnership
- Ravenswood Family Health Network
- Tipping Point Community Mental Health Initiative

LINKS

- Immigrant Child Health Program: https://med.stanford.edu/immigrant-child-health.html
- Stanford Early Life Stress and Resilience Program: http://med.stanford.edu/elspap.html
- Human Rights in Trauma Mental Health Program: http://med.stanford.edu/psychiatry/research/HumanRightsinTraumaMH.html
- Immigrant Health Equity and Legal Partnerships: https://immhelp.org/

Publications

PUBLICATIONS

- **Preliminary Evidence of Changes in Diurnal Cortisol Following Exposure to a School-Based Curriculum Featuring Yoga and Mindfulness.** *Child psychiatry and human development*
  McCurdy, B. H., Weems, C. F., Bradley, T., Matlow, R., Carrión, V. G.
  2026

- **Evidence of Differential Prediction of Anxiety and Depression by Diurnal Alpha-Amylase and Cortisol in Development.** *Developmental psychobiology*
  McCurdy, B. H., Weems, C. F., Bradley, T., Matlow, R., Carrión, V. G.
  2024; 66 (7): e22549

- **Program evaluation of a school-based mental health and wellness curriculum featuring yoga and mindfulness.** *PloS one*
  McCurdy, B. H., Bradley, T., Matlow, R., Rettger, J. P., Espil, F. M., Weems, C. F., Carrion, V. G.
  2024; 19 (4): e0301028

- **Strengthening Academic Medicine's Response to Humanitarian Concerns.** *Academic medicine : journal of the Association of American Medical Colleges*
  Matlow, R. B., Roberts, L. W.
  2023; 98 (3): 291-293

- **Pediatric Perspectives and Tools for Attorneys Representing Immigrant Children: Conducting Trauma-Informed Interviews of Children from Mexico and Central America** *LAWS*
  Matlow, R. B. B., Shapiro, A., Wang, N.
  2023; 12 (1)

- **Impact of anxiety and depression on academic achievement among underserved school children: evidence of suppressor effects** *CURRENT PSYCHOLOGY*
  McCurdy, B. H., Scozzafava, M. D., Bradley, T., Matlow, R., Weems, C. F., Carrion, V. G.
  2022: 1-9

- **A school-based health and mindfulness curriculum improves children's objectively measured sleep: a prospective observational cohort study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Chick, C. F., Singh, A., Anker, L. A., Buck, C., Kawai, M., Gould, C., Cotto, I., Schneider, L., Linkovski, O., Karna, R., Pirog, S., Parker-Fong, K., Nolan, et al
  2021

- **When Undoing Is Not Enough - Repairing Harms Inflicted on Immigrant Children.** *The New England journal of medicine*
  Wang, N. E., Matlow, R., Shapiro, A.
  2021

- **A SCHOOL-BASED HEALTH AND MINDFULNESS CURRICULUM IMPROVES CHILDREN'S OBJECTIVELY MEASURED SLEEP**
  Chick, C., Anker, L., Singh, A., Buck, C., Kawai, M., Gould, C., Cotto, I., Schneider, L., Linkovski, O., Matlow, R., Bradley, T., Carrion, V., O'Hara, et al
  OXFORD UNIV PRESS INC.2021: A251

- **Cue-Centered Therapy for Youth Experiencing Posttraumatic Symptoms.** *Current treatment options in psychiatry*
  Kletter, H., Matlow, R., Tanovic, S., Carrion, V.
  2021: 1–16

- **Equity, Inclusivity, and Innovative Digital Technologies to Improve Adolescent and Young Adult Health.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
  Israni, S. T., Matheny, M. E., Matlow, R. n., Whicher, D. n.
  2020; 67 (2S): S4–S6

- **Patient and community engagement for mental health disparities in Latinx immigrant populations.** *Community Mental Health Engagement with Racially Diverse Populations*
  edited by Breland-Noble, A.
  Academic Press.2020

- **Reducing Protections for Noncitizen Children - Exacerbating Harm and Trauma** *NEW ENGLAND JOURNAL OF MEDICINE*
  Matlow, R., Reicherter, D.
  2019; 380 (1): 5-7
- **General principles of psychotherapy for youth exposed to traumatic stress.** *Assessing and Treating Youth Exposed to Traumatic Stress*
  Matlow, R. B.
  edited by Carrion, V.
  American Psychiatric Association.2019
- **General Principles of Psychotherapy** *ASSESSING AND TREATING YOUTH EXPOSED TO TRAUMATIC STRESS*
  Matlow, R. B.
  edited by Carrion, V. G.
  2019: 111–28
- **Reducing Protections for Noncitizen Children - Exacerbating Harm and Trauma.** *The New England journal of medicine*
  Matlow, R., Reicherter, D.
  2018
- **Caring for students with mental health issues: Stress and trauma.** *University Student Mental Health: A Guide for Psychiatrists, Psychologists, and Leaders Serving Higher Education.*
  Matlow, R. B., Carrion, V. G.
  edited by Roberts, L.
  American Psychiatric Association.2018
- **Stress and Trauma** *STUDENT MENTAL HEALTH: A GUIDE FOR PSYCHIATRISTS, PSYCHOLOGISTS, AND LEADERS SERVING IN HIGHER EDUCATION*
  Matlow, R. B., Carrion, V. G.
  edited by Roberts, L. W.
  2018: 249–65
- **Creating lab reports on psychological outcomes of political violence in human rights criminal cases: The Human Rights in Trauma Mental Health Laboratory at Stanford University** *Cambodia's Hidden Scars: Trauma Psychology and the Extraordinary Chambers in the Courts of Cambodia*
  Reicherter, D., Reed, D., Williamson, R., Matlow, R.
  edited by van Schaack, B., Reicherter, D.
  Documentation Center of Cambodia.2016; 2: 268–276
- **Addressing trauma and attachment in Latino immigrant youth and their families**
  Matlow, R. B., Romero, M. B.
  International Society for Traumatic Stress Studies.
  2016 ; StressPoints: A Quarterly eNewsletter of the International Society for Traumatic Stress Studies
- **The Impact of Appraisals and Context on Readiness to Leave a Relationship Following Intimate Partner Abuse** *VIOLENCE AGAINST WOMEN*
  Matlow, R. B., DePrince, A. P.
  2015; 21 (9): 1043-1064
- **The Impact of Appraisals and Context on Readiness to Leave a Relationship Following Intimate Partner Abuse.** *Violence against women*
  Matlow, R. B., DePrince, A. P.
  2015; 21 (9): 1043-64
- **Tobacco Use and Its Treatment Among Young People in Mental Health Settings: A Qualitative Analysis** *NICOTINE & TOBACCO RESEARCH*
  Prochaska, J. J., Fromont, S. C., Wa, C., Matlow, R., Ramo, D. E., Hall, S. M.
  2013; 15 (8): 1427-1435
- **The Influence of Victimization History on PTSD Symptom Expression in Women Exposed to Intimate Partner Violence** *PSYCHOLOGICAL TRAUMA-THEORY RESEARCH PRACTICE AND POLICY*
  Matlow, R. B., DePrince, A. P.
  2013; 5 (3): 241-250