



Sepideh Bajestan, MD, PhD

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry Clinic**

401 Quarry Rd

Palo Alto, CA 94305

Tel (650) 498-9111

Fax (650) 724-9900

ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

Neuropsychiatry Clinic - Neuropsychiatry Clinic

Tel 650-723-8335

Bio

BIO

Dr. Bajestan serves as the Chief of Neuropsychiatry Services, Director of the Neuropsychiatry Fellowship, Co-Director of the Individual Psychotherapy Clinic, and Clinical Professor of Psychiatry and Behavioral Sciences at Stanford University. She is actively involved in clinical care, research, and the training of psychiatry residents and neuropsychiatry fellows.

Dr. Bajestan serves as a neuropsychiatric consultant for Stanford University's Inpatient Neurology Units, Epilepsy Monitoring Unit, and Outpatient Neurology Clinics. She also provides consultation and outpatient care—both medication management and psychotherapy—across several clinics within the Department of Psychiatry and Behavioral Sciences. She finds deep meaning in collaborating closely with her patients and their families, mentoring trainees, partnering with healthcare colleagues, and advancing her research projects.

She is the recipient of numerous national honors, including the American Psychiatric Association's Irma Bland Award for Excellence in Teaching, APA Leadership Award, American Association of Psychiatry Residency Directors' Brain Scholar Award, the Laughlin Fellowship from the American College of Psychiatrists, the American Neuropsychiatric Association's Young Investigator Award, and Stanford Psychiatry Department's Outstanding Resident Award. She has also received the Department of Psychiatry's Chair's Mission Award for Leadership and Professionalism.

Functional Neurological Disorder (FND)

Dr. Bajestan is an internationally recognized expert in Functional Neurological Disorders (FND). She serves on the Board of Directors for the FND Society, the leading international organization promoting research and clinical advancements in FND. She co-leads the FND section within the American Neuropsychiatric Association's (ANPA) Committee on Research and is also Chair of the ANPA's Awards Committee and.

She is an editor of the widely respected Concise Guide to Neuropsychiatry and Behavioral Neurology and is the lead editor of Treatment of FND, the first dedicated book on FND supported by the American Psychiatric Association, currently in development.

Neuroscience, Neuropsychiatry, and Psychopharmacology Expertise

Dr. Bajestan holds a PhD in Molecular and Cellular Neuroscience, with extensive training in the molecular genetics and biology of neurological and psychiatric disorders during her doctoral and postdoctoral work. She completed her psychiatry residency at Stanford University and is board-certified in General Psychiatry by the American Board of Psychiatry and Neurology.

She was Stanford's first Neuropsychiatry Fellow and co-established the fellowship with Dr. John Barry. She is also board-certified in Behavioral Neurology and Neuropsychiatry by the United Council for Neurological Subspecialties. An expert in complex neuropsychopharmacology, Dr. Bajestan is additionally trained in interventional neuropsychiatry, including Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS).

Psychotherapy Expertise

Dr. Bajestan has received training in a range of psychotherapeutic modalities, including Psychodynamic Psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Hypnosis, and Prolonged Exposure (PE). She is the Director of the Individual Psychotherapy Clinic at Stanford University and served on the board of the WellConnect Clinic, where she provided mental health care and burnout prevention coaching to residents and fellows at Stanford Hospital and Clinics.

<https://www.amazon.com/Concise-Neuropsychiatry-Behavioral-Neurology-Guides/dp/1615374094#averageCustomerReviewsAnchor>

CLINICAL FOCUS

- Neuropsychiatry, Psychotherapy, Functional Neurological Symptom Disorders, Impulse Control Disorders (Both medication management and Psychotherapy), Anxiety Disorders
- For Clinical Issues, Call the Clinic at 650-723-8335, Please Do Not Use Email (HIPPA regulation)
- Burnout Prevention
- Behavioral Neurology and Neuropsychiatry

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Irma Bland Award for Excellence in Teaching, American Psychiatric Association (2023)
- Alpha Omega Alpha Honor Society's membership, Stanford University (2022)
- Chair's Mission Award for Leadership and Professionalism, Department of Psychiatry and Behavioral Sciences, Stanford University (2019)
- Laughlin Fellowship, American College of Psychiatrists (2013)
- Outstanding Resident Award, Department of Psychiatry and Behavioral Sciences, Stanford University (2013)
- Resident Recognition Award, American Psychiatric Association (2013)
- Young Investigator Award, American Neuropsychiatric Association (2013)
- Brain Scholar Award, American Association of Directors of Psychiatric Residency Training (2012)
- Leadership Fellowship Award, American Psychiatric Association (2011-2013)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chair, Awards Oversight Board, American Neuropsychiatric Association (2023 - present)
- Chair, Career Development Award, American Neuropsychiatric Association (2023 - present)
- Vice chair, Career Development Award, American Neuropsychiatric Association (2018 - 2023)
- Member, American Neuropsychiatric Association (2012 - present)
- Member, American Psychiatric Association (2009 - present)
- Resident Councilor, Northern California Psychiatric Association (2013 - 2014)

PROFESSIONAL EDUCATION

- Residency: Stanford University Psychiatry Residency (2014) CA

- Fellowship: Stanford University Psychiatry and Behavioral Sciences (2014) CA
- Board Certification: Behavioral Neurology and Neuropsychiatry, United Council for Neurologic Subspecialties (2014)
- Board Certification, United Council of Neurological Subspecialties , Neuropsychiatry and Behavioral Neurology (2014)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2013)
- Neuropsychiatry Fellowship, Department of Psychiatry and Behavioral Sciences, Stanford University , Neuropsychiatry and Behavioral Neurology
- Post-Doctoral Training, University of California, San Diego , Neuroscience
- PhD in Neuroscience, Kagoshima University, Graduate School of Medical and Dental Sciences, Japan University College London, England (Visiting PhD Scholar) , Neuroscience (2004)
- Medical Education: Mashhad University of Medical Sciences (2001) Iran
- Undergraduate, National Organization for Development of Exceptional Talents (NODET)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Treatment Outcome and Predictive Psychological Factors in Group Psychotherapy for Patients with Psychogenic Non-Epileptic Seizures and Psychogenic Movement Disorders (groups are based on Psycho-dynamic Psychotherapy and Dialectical Behavioral Therapy) -recruiting. Contact Number: Dr. Ariela Karasov, MD. 650-723-8659

Publications

PUBLICATIONS

- **Investigating the Use of Virtual Reality Technology for Psychiatric Neuroimaging Education.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Folmsbee, S. S., Medina, M., Tran, H., Nguyen, P., Bajestan, S.
2024
- **A Web-Based Educational Module Using Clinical Neuroscience to Deliver the Diagnosis of Functional Neurological Disorder.** *The Journal of neuropsychiatry and clinical neurosciences*
Fusunyan, M., Medina, M., Giambarberi, L., Bajestan, S.
2024: appineuropsych20230060
- **Concise Guide to Neuropsychiatry and Behavioral Neurology (Concise Guides) 3rd Edition, John J. Barry (Editor), Sepideh Bajestan (Editor), Jeffrey L. Cummings (Editor), Michael R. Trimble (Editor)**
edited by Bajestan, S.
APA publishing.2023
- **The Neuropsychiatric Approach to the Assessment of Patients in Neurology.** *Seminars in neurology*
Trapp, N. T., Martyna, M. R., Siddiqi, S. H., Bajestan, S. N.
2022
- **Concise Guide to Neuropsychiatry and Behavioral Neurology**
Barry, J., Bajestan, S., Cummings, J., Trimble, M.
American Psychiatric Publishing.2022
- **Using Patient-Centered Clinical Neuroscience to Deliver the Diagnosis of Functional Neurological Disorder (FND): Results from an Innovative Educational Workshop.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Medina, M., Giambarberi, L., Lazarow, S. S., Lockman, J., Faridi, N., Hooshmad, F., Karasov, A., Bajestan, S. N.
2020
- **Evidence-Based Practice for the Clinical Assessment of Psychogenic Nonepileptic Seizures: A Report From the American Neuropsychiatric Association Committee on Research.** *The Journal of neuropsychiatry and clinical neurosciences*

Baslet, G., Bajestan, S. N., Aybek, S., Modirrousta, M., D Clin Psy, J. P., Cavanna, A., Perez, D. L., Lazarow, S. S., Raynor, G., Voon, V., Ducharme, S., LaFrance, W. C.

2020: appineuropsych19120354

- **Hypnosis for Psychogenic Nonepileptic Seizures and Psychogenic Movement Disorders** *GATES AND ROWAN'S NONEPILEPTIC SEIZURES, 4TH EDITION*
Bajestan, S. N., Spiegel, D., Barry, J. J.
edited by LaFrance, W. C., Schachter, S. C.
2018: 90-98
- **Psychiatric Presentations of C9orf72 Mutation: What Are the Diagnostic Implications for Clinicians?** *journal of neuropsychiatry and clinical neurosciences*
Ducharme, S., Bajestan, S., Dickerson, B. C., Voon, V.
2017: appineuropsych16090168-?
- **Clinical Approaches to Psychogenic Nonepileptic Seizures.** *Focus (American Psychiatric Publishing)*
Bajestan, S. N., LaFrance, W. C.
2016; 14 (4): 422-431
- **Ethical Considerations in Neuropsychiatric Disorders.** *Focus (American Psychiatric Publishing)*
Bajestan, S. n., Lockman, J. n., Dunn, L. B.
2016; 14 (4): 477-81
- **Bedtime misalignment and progression of breast cancer.** *Chronobiology international*
Hahm, B., Jo, B., Dhabhar, F. S., Palesh, O., Aldridge-Gerry, A., Bajestan, S. N., Neri, E., Nouriani, B., Spiegel, D., Zeitzer, J. M.
2014; 31 (2): 214-221
- **Association of AKT1 haplotype with the risk of schizophrenia in Iranian population** *AMERICAN JOURNAL OF MEDICAL GENETICS PART B-NEUROPSYCHIATRIC GENETICS*
Bajestan, S. N., Sabouri, A. H., Nakamura, M., Takashima, H., Keikhaee, M. R., Behdani, F., Fayyazi, M. R., Sargolzaee, M. R., Bajestan, M. N., Sabouri, Z., Khayami, E., Haghghi, S., Hashemi, et al
2006; 141B (4): 383-386
- **Desert hedgehog-patched 2 expression in peripheral nerves during Wallerian degeneration and regeneration** *JOURNAL OF NEUROBIOLOGY*
Bajestan, S. N., Umehara, F., Shirahama, Y., Itoh, K., Sharghi-Namini, S., Jessen, K. R., Mirsky, R., Osame, M.
2006; 66 (3): 243-255
- **Differences in viral and host genetic risk factors for development of human T-cell lymphotropic virus type 1 (HTLV-1)-associated myelopathy/tropical spastic paraparesis between Iranian and Japanese HTLV-1-infected individuals** *JOURNAL OF GENERAL VIROLOGY*
Sabouri, A. H., Saito, M., Usuku, K., Bajestan, S. N., Mahmoudi, M., Forughipour, M., Sabouri, Z., Abbaspour, Z., Goharjoo, M. E., Khayami, E., Hasani, A., Izumo, S., Arimura, et al
2005; 86: 773-781
- **High seroprotection rate induced by intradermal administration of a recombinant hepatitis B vaccine in young healthy adults: Comparison with standard intramuscular vaccination** *EUROPEAN JOURNAL OF EPIDEMIOLOGY*
Ghabouli, M. J., Sabouri, A. H., Shoeibi, N., Bajestan, S. N., Baradaran, H.
2004; 19 (9): 871-875