Stanford

Lisa Post

Clinical Professor, Psychiatry and Behavioral Sciences

Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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Bio

BIO

Lisa Post is a Clinical Professor of Psychiatry at Stanford University where she has worked for over 30 years. She is the Director of The Sport Psychiatry and Psychology Clinic for Stanford University's Varsity Athletic program, which she founded in 2000. She was the Team Psychologist for the San Francisco 49ers for 13 years.

In addition to her sport related expertise, Dr. Post's practice focuses on psychological and psychosocial issues relevant to high performing individuals. She is the Psychology Liaison for Stanford's Department of Surgery and facilitates work-life balance support groups for the General Surgery and Vascular Resident programs. She conducts weekly wellness check-ins with Surgery Department Fellows. In addition, Dr. Post is the founding Director of WellConnect, a 24-hour psychological consultation and referral service for Stanford School of Medicine Residents and Faculty.

Dr. Post is a certified clinician in internationally recognized treatments for depression, anxiety, emotion regulation, tolerating distress and interpersonal effectiveness and substance abuse. She founded the Dialectical Behavior Therapy Clinic in 1992 and is a certified provider of Dialectical Behavior Therapy.

CLINICAL FOCUS

- Wellness Program
- Sports Medicine
- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Director, Interpersonal Problems Clinic, Psychiatry and Behavioral Sciences, (1996- present)
- Chief, Sports Medicine, Psychiatry and Behavioral Sciences, (2000- present)
- Director, Health Connect: Resident and Fellow Mental Health Program, Psychiatry and Behavioral Sciences, Stanford Hospital and Clinic, (2010- present)

PROFESSIONAL EDUCATION

- Internship: Stanford University School of Medicine (1994) CA
- PhD Training: CA School of Prof Psychology (1991) CA

Publications

PUBLICATIONS

- **Implementation, Feasibility, and Perception of Facilitated Process Groups in Surgical Residency.** *Journal of surgical education*
  Letica-Kriegel, A. S., Connolly, M. R., Westfal, M. L., Treadway, D., Post, L., Mullen, J. T., Qadan, M.
  2023
- **A Facilitated-Group Approach to Wellness in Surgical Residency** *JAMA SURGERY*
  Mueller, C. M., Buckle, M., Post, L.
  2018; 153 (11): 1043–44
- **Psychologist-Facilitated Group Sessions for Residents: A Worthwhile Investment?**
  Lin, D. T., Qiu, W., Lai, C., Post, L. I., Merrell, S., Lau, J. N., Salles, A., Mueller, C. M.
  ELSEVIER SCIENCE INC.2018: E53–E54
- **A Facilitated-Group Approach to Wellness in Surgical Residency.** *JAMA surgery*
  Mueller, C. M., Buckle, M., Post, L.
  2018
- **Student-Athlete Mental Health** *STUDENT MENTAL HEALTH: A GUIDE FOR PSYCHIATRISTS, PSYCHOLOGISTS, AND LEADERS SERVING IN HIGHER EDUCATION*
  Post, L., Kelly, M.
  edited by Roberts, L. W.
  2018: 439-448
- **Exercise restrictions trigger psychological difficulty in active and athletic adults with hypertrophic cardiomyopathy** *OPEN HEART*
  Luiten, R. C., Ormond, K., Post, L., Asif, I. M., Wheeler, M. T., Caleshu, C.
  2016; 3 (2)
- **Exercise restrictions trigger psychological difficulty in active and athletic adults with hypertrophic cardiomyopathy.** *Open heart*
  Luiten, R. C., Ormond, K., Post, L., Asif, I. M., Wheeler, M. T., Caleshu, C.
  2016; 3 (2)
- **AESTHETIC PREFERENCE AND DSM-IIIR PERSONALITY-DISORDERS** *PERSONALITY AND INDIVIDUAL DIFFERENCES*
  KING, R., VILLENEUVE, E., POST, L., FLOWERS, C., MOONSHINE, K.
  1995; 18 (6): 797-799