Stanford



Douglas Rait, Ph.D.

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Stanford Psychiatry Clinic**

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

  Tel (650) 723-5868

Bio

CLINICAL FOCUS

- Couples and family therapy, marital relationships, child and adolescent mental health, individual coping with stress and illness, influence of technology on family functioning, health technology innovation, team learning and design
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Director, Team Learning and Design, Stanford Mussallem Center for Biodesign, (2014- present)
- Chief, Couples and Family Therapy Clinic, Department of Psychiatry and Behavioral Sciences, (1993- present)
- Director, Stanford Advanced Psychotherapy Program, Department of Psychiatry and Behavioral Sciences, (2012-2013)
- Faculty, Stanford Center for Adolescence, (1997-2025)
- Director, Family Therapy Program, VA Palo Alto Health Care System, (1992-2016)

HONORS AND AWARDS

- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2025)
- Award for Excellence in Teaching, Department of Psychiatry and Behavioral Sciences, Stanford University (2020)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2018)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2015)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2013)
- Most Inspiring Mentor Award, Department of Psychiatry and Behavioral Sciences, Stanford University (2012)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2012)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2011)
- Academic Faculty Teaching Award, Department of Psychiatry and Behavioral Sciences, Stanford University (2010)

- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2009)
- Award for Excellence in Clinical Teaching, Department of Psychiatry and Behavioral Sciences, Stanford University (1997)
- Award for Excellence in Clinical Teaching, Department of Psychiatry and Behavioral Sciences, Stanford University (1994)
- Joan Sadow Award for Excellence in Teaching, Department of Psychiatry, Beth Israel Medical Center (1991)

PROFESSIONAL EDUCATION

- Advanced Externship, Family Therapy Supervision - Salvador Minuchin/Family Studies , NY (1988)
- Externship, Ackerman Institute for Family Therapy , NY (1986)
- Fellowship, Memorial Sloan Kettering Cancer Center/Cornell Medical College , NY (1986)
- Fellowship, Children's Hospital-Judge Baker Guidance Center/Harvard Medical School , Boston, MA (1985)
- Ph.D., University of Colorado at Boulder , CO (1985)
- A.B., magna cum laude w/Honors, Brown University , RI (1979)

LINKS

- Courses: http://explorecourses.stanford.edu/CourseSearch/instructor?sunet=rait
- Stanford Byers Center for Biodesign: http://biodesign.stanford.edu

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Rait's clinical and research interests include couples and family therapy, the family context of health and illness, family-systems training in medical education, work-couple-family balance, the influence of technology on family relationships, health technology innovation, multidisciplinary team performance, and digital applications in the behavioral sciences.

Teaching

COURSES

2025-26

- Understanding Relationships: A Couples and Family Therapy Perspective: PSYC 139, PSYC 239 (Win)

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **More Than a Modality: Repositioning Systemic Thinking as a Core Psychiatric Competency.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
  Montagne, A., Rait, D.
  2026
- **Implementing IVR for family therapy training: A prototype for first family therapy sessions.** *Frontiers in virtual reality*
  Everri, M., Queiroz, A., Heitmayer, M., Campbell, A., Balestra, F., Hanley, D., Fruggeri, L., Jacobson, J., Messena, M., Merrick, T., O'Brien, V., Rait, D., Roberts, et al
  2026; 7 (1743641)
- **Let's Stay Together: The Case for Keeping Couples and Family Therapy in the Training Curriculum.** *American journal of psychotherapy*
  Szykowny, N., Lippert, C., Louie, D., Jimenez, K., Rait, D.

2024: appipsychotherapy20230017

- **Including family members in caring for the patient with cancer: A family-centered approach** *Psycho-Oncology*
  Rait, D. S.
  Oxford Press.2021; 4th: 723–729
- **Intentional Teamwork** *Student Guide to Biodesign*
  Rait, D. S., Wall, J.
  Stanford University.2021
- **Need Statements in Healthcare Innovation.** *Annals of biomedical engineering*
  Mokarram, N., Denend, L., Lyon, J., Rait, D., Brinton, T., Makower, J., Yock, P.
  2021
- **Whatever Happened to Couples and Family Therapy in Psychiatry?** *American journal of psychotherapy*
  Rait, D., Heru, A., Glick, I. D.
  2019: appipsychotherapy20190014
- **Live supervision: It's all right there** *In S. DeGolia & K. Corcoran (Eds.), Supervision in psychiatric practice: Practical approaches across venues and providers*
  Rait, D. S.
  APA Press.2019: 113–119
- **Supervision of couples and family therapy: Learning to work systemically** *In S. DeGolia & K. Corcoran (Eds.), Supervision in psychiatric practice: Practical approaches across venues and providers*
  Rait, D. S.
  APA Press.2019: 219–226
- **Friendships and romantic relationships of college students.** *L. Roberts (Ed.), Student mental health: A guide for psychiatrists, psychologists, and leaders serving in higher education. Washington: APA Press*
  Rait, D. S.
  Washington: APA Press.2018: 121–134
- **The Impact of Postgraduate Health Technology Innovation Training: Outcomes of the Stanford Biodesign Fellowship** *ANNALS OF BIOMEDICAL ENGINEERING*
  Wall, J., Hellman, E., Denend, L., Rait, D., Venook, R., Lucian, L., Azagury, D., Yock, P. G., Brinton, T. J.
  2017; 45 (5): 1163-1171
- **A family-centered approach to the patient with cancer.** *In J. Holland, W. Breitbart, P. Jacobson, M. Loscalzo, R. McCorkle , P. Butow (Eds.), Psycho-Oncology: Third Edition. New York: Oxford Press.*
  Rait, D. S.
  2015; 561-566
- **Couples and family therapy in clinical practice.** *5th edition. London: Wiley/Blackwell.*
  Glick, I., Rait, D., Heru, A., Ascher, M.
  2015
- **Primary Treatment Approaches in Child and Adolescent Psychiatry Training** *ACADEMIC PSYCHIATRY*
  Rait, D. S.
  2012; 36 (6): 487–89
- **Family therapy training in child and adolescent psychiatry fellowship programs.** *Academic Psychiatry*
  Rait, D.
  2012; 36: 448-451
- **Opening steps: A structural approach to working with couples.** *In A. Gurman (Ed.), Clinical casebook of couple therapy. New York: Guilford.*
  Rait, D.
  2010: 232-254
- **Schizophrenia: A family psychoeducational approach.** *In C. Taylor (Ed.), How to practice evidence-based psychiatry: Basic principles and case studies. Washington: American Psychiatric Press.*

Rait, D., Glick, I.
2010: 225-233

- **A model for reintegrating family therapy training in psychiatric residency programs.** *Academic Psychiatry*
  Rait, D., Glick, I.
  2008; 32: 81-86
- **Reintegrating family therapy training in psychiatric residency programs: Making the case.** *Academic Psychiatry*
  Rait, D., Glick, I
  2008; 32: 76-80
- **Marital and family therapy: 4th Edition** *Marital and family therapy: 4th Edition. Washington: American Psychiatric Press.*
  Glick, I., Berman, E., Clarkin, J., Rait, D.
  2000
- **Perspectives on the therapeutic alliance in brief couples and family.** *In J Safran & JC Muran (Eds.), The therapeutic alliance in brief psychotherapy. Washington: Amer Psych Assn*
  Rait D
  1998: 171-191
- **Working with couples and families: A systemic aproach.** *In M O?Connor (Ed.), Treating the psychological consequences of HIV*
  Rait D, Ross J, Rao S
  1997: 225-269
- **Solving family conflicts, Fears and phobias in children, Chronically ill children and adolescents, Family therapy** *The Parent Handbook: Microsoft Network. Redmond: Microsoft Corporation.*
  Rait, D.
  1996
- **AN INFERTILITY PRIMER FOR FAMILY THERAPISTS .1. MEDICAL, SOCIAL, AND PSYCHOLOGICAL DIMENSIONS** *FAMILY PROCESS*
  Meyers, M., Diamond, R., KEZUR, D., Scharf, C., WEINSHEL, M., RAIT, D. S.
  1995; 34 (2): 219-229
- **AN INFERTILITY PRIMER FOR FAMILY THERAPISTS .2. WORKING WITH COUPLES WHO STRUGGLE WITH INFERTILITY** *FAMILY PROCESS*
  Meyers, M., WEINSHEL, M., Scharf, C., KEZUR, D., Diamond, R., RAIT, D. S.
  1995; 34 (2): 231-240
- **The therapeutic alliance in couples and family therapy: Theory in practice** *IN SESSION-PSYCHOTHERAPY IN PRACTICE*
  RAIT, D. S.
  1995; 1 (1): 59-72
- **Dimensions of work-family interface.** *Community Psychologist*
  Cramton C, Rait D
  1994; 27: 45-48
- **LIVES IN A BALANCE - PERCEIVED FAMILY FUNCTIONING AND THE PSYCHOSOCIAL ADJUSTMENT OF ADOLESCENT CANCER SURVIVORS** *FAMILY PROCESS*
  RAIT, D. S., Ostroff, J. S., Smith, K., Cella, D. F., Tan, C., Lesko, L. M.
  1992; 31 (4): 383-397
- **Family assessment in oncology settings.** *Cancer Nursing*
  Feldstein M, Rait D
  1992; 15: 161-172
- **The family context of AIDS.** *Psychiatric medicine*
  RAIT, D. S.
  1991; 9 (3): 423-439
- **Informed consent in the electroconvulsive treatment of geriatric patients.** *The Bulletin of the American Academy of Psychiatry and the Law*
  Levine, S. B., Blank, K., Schwartz, H. I., RAIT, D. S.

1991; 19 (4): 395-403

- **A FAMILY - SYSTEMS-APPROACH TO THE PATIENT WITH CANCER** *CANCER INVESTIGATION*
  RAIT, D. S.
  1989; 7 (1): 77-81

- **The family of the patient with cancer** *In Holland, J.C. & Rowland, J. (Eds.). Psychological Care of the Patient with Cancer: Handbook of Psycho-oncology. New York: Oxford Press.*
  Rait, D., Lederberg, M.
  1989: 585-597

- **CHARACTERISTICS OF PSYCHIATRIC CONSULTATIONS IN A PEDIATRIC CANCER CENTER** *AMERICAN JOURNAL OF PSYCHIATRY*
  RAIT, D. S., Jacobsen, P. B., Lederberg, M. S., Holland, J. C.
  1988; 145 (3): 363-364

- **Family therapy practice survey.** *Family Therapy Networker*
  Rait D
  1988; 1: 52-56

- **Stress reactions in adolescent cancer patients.** *Leukemia*
  Rait D, Smith K, Cella D, Lesko L
  1988; 2: 194

- **Pediatric cancer: Psychosocial issues and approaches.** *Mediguide to Oncology*
  Rait DS, Holland JC
  1986; 6: 1-5