Stanford



Michele Berk, Ph.D.

Associate Professor of Psychiatry and Behavior Sciences (Child and Adolescent Psychiatry and Child Development)

Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

The focus of my career has been on research, teaching, and clinical service in the area of psychotherapy approaches for treating suicidal behavior in adolescents, with some additional work on suicidal adults. I have been dedicated to the “scientist-practitioner” model, in which my research and clinical work reciprocally inform and enhance each other. I have been fortunate to have obtained a significant amount of both research and clinical experience with suicidal behavior, an understudied area in which relatively few people receive specialized training. Despite the fact that suicide is the third leading cause of death among 10-14 year-olds and the second leading cause of death among 15-24 year-olds (CDC, 2015), there is surprisingly little research on effective psychosocial treatments for these youth. It is my mission to continue to contribute to the research literature in this area, as well as to provide high quality, empirically informed training in suicide assessment and treatment to therapists in training and to mental health professionals in the community. Treating suicidal behavior is one of the most difficult challenges faced by clinicians and the loss of a young person by suicide is a devastating outcome. My goals for my research, teaching, and clinical service are to: a) have a broad impact on the field in terms of developing empirically-supported interventions for adolescent suicide attempters, b) disseminate these interventions into the community, c) increase the quality of service provided to suicidal patients by the mental health professionals I have trained (and indirectly, as those I have trained go on to train others), and ultimately, d) prevent adolescent suicide and suicide attempts.

CLINICAL FOCUS

- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Suicidal and Self-Harm Behavior
- Adolescents
- Clinical Child and Adolescent Psychology

ACADEMIC APPOINTMENTS

- Associate Prof-Univ Med Line, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- PhD Training: New York University (2001) NY
- Ph.D., New York University , Clinical Psychology (2001)
- Fellowship: University of Pennsylvania, Psychopathology Research Center (2003) PA
- Fellowship: Mount Sinai St. Luke's/Roosevelt Hospital (2001) NY
- Internship: Mount Sinai St. Luke's/Roosevelt Hospital (2000) NY

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

The focus of my research is on adolescent suicidal and self-harm behavior. I am currently one of four Principal Investigators of a multisite NIMH-sponsored RCT of DBT for adolescents at high risk for suicide (NCT01528020: Collaborative Adolescent Research on Emotions and Suicide [CARES], PI: Linehan, McCauley, Berk, & Asarnow) aimed at evaluating the efficacy of DBT with adolescents compared to a combined individual and group supportive therapy control condition (IGST).

CLINICAL TRIALS

- Collaborative Adolescent Research on Emotions and Suicide, Not Recruiting
- Combined Dialectical Behavior Therapy and Digital Cognitive Behavioral Therapy for Insomnia for Adolescents at High Risk for Suicide, Not Recruiting
- DBT-Based Parenting Intervention for Parents of Youth at Risk for Suicide, Not Recruiting
- Parent Intervention for Psychiatrically-Hospitalized Youth, Not Recruiting

Publications

PUBLICATIONS

- **The Mirror Tracing Persistence Task: An indicator of future adolescent suicide risk?** *PSYCHIATRY RESEARCH COMMUNICATIONS*
  Jr., R., Ellis, A. J., Henson, V., Berk, M. S., McCauley, E., Asarnow, J. R.
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- **Covariation of symptomatic and mechanistic change during dialectical behavior therapy for suicidal self-harming youth.** *Journal of consulting and clinical psychology*
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  2026; 94 (2): 63-73
- **Implicit Identification with Death and Adolescent Self-Injurious Thoughts and Behaviors: Sleep Quality as a Moderator.** *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*
  López, R., Meza, J. I., Asarnow, L. D., Berk, M. S., McCauley, E., Asarnow, J. R.
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- **Suicidal thoughts and behaviors in adults with hoarding disorder.** *Comprehensive psychiatry*
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- **Remission, Recovery, Relapse, and Recurrence Rates for Suicide Attempts and Non-Suicidal Self-Injury for Suicidal Youth Treated With Dialectical Behavior Therapy or Supportive Therapy.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Berk, M. S., Gallop, R., Asarnow, J. R., Adrian, M. C., Hughes, J. L., McCauley, E.
  2024
- **DEVELOPMENT OF A COMPREHENSIVE DBT INTENSIVE OUTPATIENT PROGRAM: LESSONS LEARNED AND CRITICAL CONSIDERATIONS**
  Atasuntseva, A., Berk, M.

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- **Editorial: Suicide prevention in youth.** *Child and adolescent mental health*
  Berk, M. S.
  2022; 27 (4): 325-327
- **Improving Care Linkage for Racial-Ethnic Minority Youths Receiving Emergency Department Treatment for Suicidality: SAFETY-A.** *Psychiatric services (Washington, D.C.)*
  Kodish, T., Lau, A. S., Belin, T. R., Berk, M. S., Asarnow, J. R.
  2022: appips20220129
- **Pilot Test of a DBT-Based Parenting Intervention for Parents of Youth With Recent Self-Harm** *COGNITIVE AND BEHAVIORAL PRACTICE*
  Berk, M. S., Rathus, J., Kessler, M., Clarke, S., Chick, C., Shen, H., Llewellyn, T.
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- **The Incubator Treatment Development Model: The SAFETY Treatment for Suicidal/Self-Harming Youth** *COGNITIVE AND BEHAVIORAL PRACTICE*
  Asarnow, J. R., Hughes, J., Cohen, D., Berk, M., McGrath, E., Huey, S. J.
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- **Trajectories of Treatment Response and Non-Response in Youth at High Risk for Suicide.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Berk, M. S., Gallop, R., Asarnow, J. R., Adrian, M., Avina, C., Hughes, J. L., Korslund, K. E., McCauley, E.
  2022
- **Dialectical Behavior Therapy for Suicidal Self-Harming Youths: Emotion Regulation, Mechanisms, and Mediators.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Asarnow, J. R., Berk, M. n., Bedics, J. n., Adrian, M. n., Gallop, R. n., Cohen, J. n., Korslund, K. n., Hughes, J. n., Avina, C. n., Linehan, M. n., McCauley, E. n.
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- **Commentary: Dialectical behavior therapy with parents of youth at risk for suicide** *CLINICAL PSYCHOLOGY-SCIENCE AND PRACTICE*
  Berk, M. S.
  2020
- **EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE**
  Berk, M.
  ELSEVIER SCIENCE INC.2020: S81
- **Sleep in youth with repeated self-harm and high suicidality: Does sleep predict self-harm risk?** *Suicide & life-threatening behavior*
  Asarnow, J. R., Bai, S., Babeva, K. N., Adrian, M., Berk, M. S., Asarnow, L. D., Senturk, D., Linehan, M. M., McCauley, E.
  2020
- **Coronavirus Disease 2019 Takes Adolescent Suicide Prevention to Less Charted Territory.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
  Szlyk, H. S., Berk, M., Peralta, A. O., Miranda, R.
  2020
- **Adapted Dialectical Behavior Therapy for Adolescents with a High Risk of Suicide in a Community Clinic: A Pragmatic Randomized Controlled Trial.** *Suicide & life-threatening behavior*
  Santamarina-Perez, P. n., Mendez, I. n., Singh, M. K., Berk, M. n., Picado, M. n., Font, E. n., Moreno, E. n., Martínez, E. n., Morer, A. n., Borràs, R. n., Cosi, A. n., Romero, S. n.
  2020
- **Predictors and moderators of recurring self-harm in adolescents participating in a comparative treatment trial of psychological interventions.** *Journal of child psychology and psychiatry, and allied disciplines*
  Adrian, M., McCauley, E., Berk, M. S., Asarnow, J. R., Korslund, K., Avina, C., Gallop, R., Linehan, M. M.
  2019
- **Ethical Considerations in Research on Suicide Prediction: Necessity as the Mother of Invention.** *JAMA psychiatry*
  Roberts, L. W., Berk, M. S., Lane-McKinley, K.

2019

- **Evidence-Based Treatment Approaches for SUICIDAL ADOLESCENTS Translating Science Into Practice Introduction** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
  Berk, M.
  edited by Berk, M.
  2019: 1–18
- **Management of Suicidal Youth** *CLINICAL HANDBOOK FOR THE DIAGNOSIS AND TREATMENT OF PEDIATRIC MOOD DISORDERS*
  Clarke, S., Ragan, E., Berk, M.
  edited by Singh, M. K.
  2019: 391–422
- **Recent advances in understanding and managing self-harm in adolescents.** *F1000Research*
  Clarke, S., Allerhand, L. A., Berk, M. S.
  2019; 8
- **Dialectical Behavior Therapy for Suicidal Multiproblem Adolescents** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
  Miller, A. L., Rathus, J. H., Berk, M., Walker, A. S.
  edited by Berk, M.
  2019: 87–115
- **Safety Planning and Risk Management** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
  Berk, M., Clarke, S.
  edited by Berk, M.
  2019: 63–84
- **DBT**
  Berk, M.
  ELSEVIER SCIENCE INC.2018: S2
- **DBT FOR ADOLESCENTS AT HIGH RISK FOR SUICIDE**
  Berk, M., Avina, C.
  ELSEVIER SCIENCE INC.2018: S331
- **Parental Validation and Invalidation Predict Adolescent Self-Harm** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
  Adrian, M., Berk, M. S., Korslund, K., Whitlock, K., McCauley, E., Linehan, M.
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- **Parental Validation and Invalidation Predict Adolescent Self-Harm.** *Professional psychology, research and practice*
  Adrian, M., Berk, M. S., Korslund, K., Whitlock, K., McCauley, E., Linehan, M.
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  2018
- **The Suicidal Student** *STUDENT MENTAL HEALTH: A GUIDE FOR PSYCHIATRISTS, PSYCHOLOGISTS, AND LEADERS SERVING IN HIGHER EDUCATION*
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- **Implementation of Dialectical Behavior Therapy with Suicidal and Self-Harming Adolescents in a Community Clinic** *Archives of Suicide Research*
  Berk, M. S., Starace, N. K., Black, V. P., Avina, C.
  2018: 64–81

- **Emergency Department Youth Patients With Suicidal Ideation or Attempts: Predicting Suicide Attempts Through 18 Months of Follow-Up.** *Suicide and life-threatening behavior*
  Rosenbaum Asarnow, J., Berk, M., Zhang, L., Wang, P., Tang, L.
  2016

- **MEASURING THE EFFECTIVENESS OF DIALECTICAL BEHAVIOR THERAPY WITH ADOLESCENTS IN A COMMUNITY MENTAL HEALTH SETTING**
  Berk, M.
  ELSEVIER SCIENCE INC.2016: S335-S336

- **Cognitive Behavioral Approaches for Treating Suicidal Behavior in Adolescents** *CURRENT PSYCHIATRY REVIEWS*
  Berk, M. S., Hughes, J.
  2016; 12 (1): 4-13

- **Assessment of suicidal youth in the emergency department.** *Suicide and life-threatening behavior*
  Berk, M. S., Asarnow, J. R.
  2015; 45 (3): 345-359

- **The SAFETY Program: a treatment-development trial of a cognitive-behavioral family treatment for adolescent suicide attempters.** *Journal of clinical child and adolescent psychology*
  Asarnow, J. R., Berk, M., Hughes, J. L., Anderson, N. L.
  2015; 44 (1): 194-203

- **Conducting Research on Adolescent Suicide Attempters: Dilemmas and Decisions.** *The Behavior therapist / AABT*
  Berk, M., Adrian, M., McCauley, E., Asarnow, J., Avina, C., Linehan, M.
  2014; 37 (3): 65-69

- **Differential susceptibility in longitudinal models of gene-environment interaction for adolescent depression** *DEVELOPMENT AND PSYCHOPATHOLOGY*
  Li, J. J., Berk, M. S., Lee, S. S.
  2013; 25 (4): 991-1003

- **Dialectical Behavior Therapy and Suicidal Behavior in Adolescence: Linking Developmental Theory and Practice** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
  Neece, C. L., Berk, M. S., Combs-Ronto, L. A.
  2013; 44 (4): 257-265

- **Suicide Attempt Risk in Youths: Utility of the Harkavy-Asnis Suicide Scale for Monitoring Risk Levels** *SUICIDE AND LIFE-THREATENING BEHAVIOR*
  Asarnow, J., McArthur, D., Hughes, J., Barbery, V., Berk, M.
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- **An Emergency Department Intervention for Linking Pediatric Suicidal Patients to Follow-Up Mental Health Treatment** *PSYCHIATRIC SERVICES*
  Asarnow, J. R., Baraff, L. J., Berk, M., Grob, C. S., Devich-Navarro, M., Suddath, R., Piacentini, J. C., Rotheram-Borus, M. J., Cohen, D., Tang, L.
  2011; 62 (11): 1303-1309

- **Suicide Attempts and Nonsuicidal Self-Injury in the Treatment of Resistant Depression in Adolescents: Findings from the TORDIA Study** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
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  2008; 7 (4): 393-412
- **Pediatric emergency department suicidal patients: Two-site evaluation of suicide ideators, single attempters, and repeat attempters** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
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- **Characteristics of recent suicide attempters with and without Borderline Personality Disorder.** *Archives of suicide research*
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- **A cognitive therapy intervention for suicide attempters: An overview of the treatment and case examples** *COGNITIVE AND BEHAVIORAL PRACTICE*
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  2004; 11 (3): 265-277
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  Forman, E. M., Berk, M. S., Henriques, G. R., Brown, G. K., Beck, A. T.
  2004; 161 (3): 437-443
- **The impact of past relationships on interpersonal behavior: Behavioral confirmation in the social-cognitive process of transference** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
  Berk, M. S., Andersen, S. M.
  2000; 79 (4): 546-562