Stanford



Katie Fracalanza, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Stanford Medicine Psychiatry Clinic**

  401 Quarry Rd

  MC 5719

  Stanford, CA 94305

  Tel (650) 498-9111 **Fax** (650) 724-9900

Bio

BIO

Dr. Katie Fracalanza specializes in cognitive-behavioral therapy (CBT), exposure and response prevention (ERP), Acceptance and Commitment Therapy (ACT), and other empirically-supported treatments for adults with obsessive-compulsive disorder (OCD), anxiety disorders, or mood disorders. She is actively involved in research and teaching psychotherapy to graduate students, psychology fellows, and psychiatry residents.

CLINICAL FOCUS

- Obsessive Compulsive Disorder
- Anxiety Disorders
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Most Inspiring Mentor Award, PGY3 Residents, Department of Psychiatry & Behavioral Sciences, Stanford University (2023)
- Chairman's Award for Clinical Innovation and Service, Department of Psychiatry & Behavioral Sciences, Stanford University (2020)
- National Alliance for Research on Schizophrenia and Depression (NARSAD) Young Investigator Award, Brain & Behavior Research Foundation (2019-2022)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, GME Well-Being Committee - Improving Trainee Access to Mental Health Resources (2024 - present)

PROFESSIONAL EDUCATION

- PhD Training: Toronto Metropolitan University (2015) Canada
- Fellowship: Stanford University - Dept of Psychiatry (2016) CA
- Internship: Centre for Addiction and Mental Health (2015) Canada

LINKS

- Understanding Excessive Worry: Theory & Therapy Strategies: https://vimeo.com/1018435062

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Fracalanza is interested in factors underlying the development and maintenance of mood and anxiety disorders. She has conducted research on cognitive factors thought to maintain anxiety, such as intolerance of uncertainty and perfectionism. She is interested in the patient perspective, and conducting research from a qualitative lens to better understand this.

CLINICAL TRIALS

- Imaginal Exposure for Hoarding Disorder, Not Recruiting

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Written Imaginal Exposure for Hoarding Disorder: A Preliminary Pilot Study.** *The Journal of nervous and mental disease*
  Fracalanza, K., Raila, H., Avanesyan, T., Rodriguez, C. I.
  2024; 212 (5): 289-294

- **Now I Always have to Perform Well! Effects of CBT for Social Anxiety Disorder on Negative Interpretations of Positive Social Events** *COGNITIVE THERAPY AND RESEARCH*
  Nishikawa, Y., Fracalanza, K., Rector, N. A., Laposa, J. M.
  2022

- **Social anxiety and negative interpretations of positive social events: What role does intolerance of uncertainty play?** *Journal of clinical psychology*
  Nishikawa, Y., Fracalanza, K., Rector, N. A., Laposa, J. M.
  2022

- **Could written imaginal exposure be helpful for hoarding disorder? A case series** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
  Fracalanza, K., Raila, H., Rodriguez, C. I.
  2021; 29

- **Does intolerance of uncertainty mediate improvement in anger during group CBT for GAD? A preliminary investigation** *BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPY*
  Laposa, J. M., Fracalanza, K.
  2019; 47 (5): 585–93

- **Does intolerance of uncertainty mediate improvement in anger during group CBT for GAD? A preliminary investigation.** *Behavioural and cognitive psychotherapy*
  Laposa, J. M., Fracalanza, K.
  2019: 1–9

- **Treatment of generalized anxiety disorder** *Evidence-based psychotherapy: The state of the science and practice*
  McCabe-Bennett, H., Fracalanza, K., Antony, M. M.
  Wiley-Blackwell.2016

- **Reactivity to 35% carbon dioxide in bulimia nervosa and panic disorder** *PSYCHIATRY RESEARCH*

Woznica, A., Vickers, K., Koerner, N., Fracalanza, K.
2015; 228 (3): 571-575

- **Behavior therapy** *Encyclopedia of clinical psychology*
  Gee, B. A., Fracalanza, K.
  2015
- **Testing a procedural variant of written imaginal exposure for generalized anxiety disorder** *JOURNAL OF ANXIETY DISORDERS*
  Fracalanza, K., Koerner, N., Antony, M. M.
  2014; 28 (6): 559-569
- **The effect of comorbid major depressive disorder or bipolar disorder on cognitive behavioral therapy for social anxiety disorder** *JOURNAL OF AFFECTIVE DISORDERS*
  Fracalanza, K., McCabe, R. E., Taylor, V. H., Antony, M. M.
  2014; 162: 61-66
- **Intolerance of Uncertainty Mediates the Relation Between Generalized Anxiety Disorder Symptoms and Anger** *COGNITIVE BEHAVIOUR THERAPY*
  Fracalanza, K., Koerner, N., Deschenes, S. S., Dugas, M. J.
  2014; 43 (2): 122-132
- **The role of anxiety control strategies in imaginal exposure** *Exposure Therapy: Rethinking the Model – Refining the Method*
  Koerner, N., Fracalanza, K.
  2012
- **The role of anger in generalized anxiety disorder.** *Cognitive behaviour therapy*
  Deschênes, S. S., Dugas, M. J., Fracalanza, K., Koerner, N.
  2012; 41 (3): 261-271
- **Bipolar Disorder Comorbidity in Anxiety Disorders: Relationship to demographic profile, symptom severity, and functional impairment** *EUROPEAN JOURNAL OF PSYCHIATRY*
  Fracalanza, K. A., McCabe, R. E., Taylor, V. H., Antony, M. M.
  2011; 25 (4): 223-233