

Stanford



Sanno Zack

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

CLINICAL OFFICES

- **Stanford Children's Child and Adolescent Psychology Clinic**

401 Quarry Rd

MC 5719

Stanford, CA 94305

Tel (650) 723-5511

Fax (650) 724-7389

Bio

CLINICAL FOCUS

- Dialectical Behavior Therapy
- Mindfulness
- Acceptance and Commitment Therapy
- Trauma
- Emotion Regulation
- Adolescents
- Personality Development
- Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

ADMINISTRATIVE APPOINTMENTS

- Director, Stanford DBT, Stanford University Medical Center, (2011- present)
- Clinical Director, Early Life Stress and Pediatric Anxiety Program, Stanford Children's, (2012-2015)
- Assistant Clinical Director, Child Psychiatry Outpatient Services, Stanford Children's, (2013- present)

PROFESSIONAL EDUCATION

- PhD Training: Penn State College of Medicine (2008) PA
- Fellowship: Stanford University School of Medicine (2010) CA
- Internship: Beth Israel Medical Center - New York (2008) NY

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Zack is involved with ongoing research related to the treatment of adolescent and adult trauma (Trauma Focused Cognitive Behavioral Therapy - TF-CBT; Prolonged Exposure - PE), and the effective provision of Dialectical Behavior Therapy (DBT) to adolescent girls and women with disorder of emotion regulation. She additionally studies Acceptance and Commitment Therapy (ACT) for adolescent girls with anxiety. More broadly she is interested in the impact of Evidenced Based Treatments on improving quality of life, and helping individuals find the right match for clinical care. Research is conducted through the Early Life Stress and Pediatric Anxiety Disorders Program at Stanford Children's Hospital and the Stanford Dialectical Behavior Therapy Program.

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Child Psychiatry (Fellowship Program)
- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Longitudinal changes in brain function associated with symptom improvement in youth with PTSD** *JOURNAL OF PSYCHIATRIC RESEARCH*
Garrett, A., Cohen, J. A., Zack, S., Carrion, V., Jo, B., Blader, J., Rodriguez, A., Vanasse, T. J., Reiss, A. L., Agras, W.
2019; 114: 161–69
- **Intrinsic Brain Connectivity Moderators of Psychotherapy Response and Changes in PTSD: A Combined Connectomic, Network Level, and Seeded Connectivity Approach**
Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Rothbaum, B., Etkin, A.
ELSEVIER SCIENCE INC.2019: S111–S112
- **Using fMRI connectivity to define a treatment-resistant form of post-traumatic stress disorder** *SCIENCE TRANSLATIONAL MEDICINE*
Etkin, A., Maron-Katz, A., Wu, W., Fonzo, G. A., Huemer, J., Vertes, P. E., Patenaude, B., Richiardi, J., Goodkind, M. S., Keller, C. J., Ramos-Cejudo, J., Zaiko, Y., Peng, et al
2019; 11 (486)
- **Using fMRI connectivity to define a treatment-resistant form of post-traumatic stress disorder.** *Science translational medicine*
Etkin, A., Maron-Katz, A., Wu, W., Fonzo, G. A., Huemer, J., Vertes, P. E., Patenaude, B., Richiardi, J., Goodkind, M. S., Keller, C. J., Ramos-Cejudo, J., Zaiko, Y. V., Peng, et al
2019; 11 (486)
- **PTSD Psychotherapy Outcome Predicted by Brain Activation During Emotional Reactivity and Regulation** *AMERICAN JOURNAL OF PSYCHIATRY*
Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M., Thompson, A. L., Zack, S. E., Lindley, S. E., Arnow, B. A., Jo, B., Gross, et al
2017; 174 (12): 1163–74
- **Selective Effects of Psychotherapy on Frontopolar Cortical Function in PTSD** *AMERICAN JOURNAL OF PSYCHIATRY*
Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M., Thompson, A. L., Zack, S. E., Mills-Finnerty, C. E., Rosenberg, B. M., Edelstein, R., Wright, et al
2017; 174 (12): 1175–84
- **Reorganization of Resting Connectivity Patterns Following Psychotherapy for Posttraumatic Stress Disorder**
Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Mills-Finnerty, C., Rosenberg, B., Edelstein, R., Wright, et al
NATURE PUBLISHING GROUP.2017: S122–S123
- **The Effects of Psychotherapy on Amygdalar Subregional Functional Connectivity in PTSD**
Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Thompson, A., Zack, S., Mills-Finnerty, C., Rosenberg, B., Edelstein, R., Wright, et al

ELSEVIER SCIENCE INC.2017: S236–S237

- **PTSD Psychotherapy Outcome Predicted by Brain Activation During Emotional Reactivity and Regulation.** *The American journal of psychiatry*
Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M. E., Thompson, A. L., Zack, S. E., Lindley, S. E., Arnow, B. A., Jo, B., Gross, et al
2017; 174 (12): 1163–74
- **Selective Effects of Psychotherapy on Frontopolar Cortical Function in PTSD.** *The American journal of psychiatry*
Fonzo, G. A., Goodkind, M. S., Oathes, D. J., Zaiko, Y. V., Harvey, M., Peng, K. K., Weiss, M. E., Thompson, A. L., Zack, S. E., Mills-Finnerty, C. E., Rosenberg, B. M., Edelstein, R., Wright, et al
2017; 174 (12): 1175–84
- **Brain Mechanisms and Predictors of Response to Prolonged Exposure Therapy in PTSD**
Fonzo, G., Goodkind, M., Oathes, D., Zaiko, Y., Harvey, M., Peng, K., Weiss, E., Mills-Finnerty, C., Thompson, A., Zack, S., Lindley, S., Arnow, B., Jo, et al
NATURE PUBLISHING GROUP.2016: S291–S292
- **Attachment History as a Moderator of the Alliance Outcome Relationship in Adolescents** *PSYCHOTHERAPY*
Zack, S. E., Castonguay, L. G., Boswell, J. F., Mcleavey, A. A., Adelman, R., Kraus, D. R., Pate, G. A.
2015; 52 (2): 258-267
- **Mindfulness Based Interventions for Youth** *JOURNAL OF RATIONAL-EMOTIVE AND COGNITIVE-BEHAVIOR THERAPY*
Zack, S., Saekow, J., Kelly, M., Radke, A.
2014; 32 (1): 44-56
- **HELPFUL AND HINDERING EVENTS IN PSYCHOTHERAPY: A PRACTICE RESEARCH NETWORK STUDY** *PSYCHOTHERAPY*
Castonguay, L. G., Boswell, J. F., Zack, S. E., Baker, S., Boutselis, M. A., Chiswick, N. R., Damer, D. D., Hemmelstein, N. A., Jackson, J. S., Morford, M., Ragusea, S. A., Roper, J. G., Spayd, et al
2010; 47 (3): 327-344