



Amy Alexander

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry Clinic**

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Bio

BIO

Dr. Amy Alexander works in the General Psychiatry Clinic in the Department of Psychiatry. She provides combination treatment that includes medication management and weekly short-term psychotherapy for a range of disorders, including depression, anxiety, and panic disorder. Therapy modalities include Psychodynamic Psychotherapy, Cognitive-Behavioral Therapy (CBT), Behavioral Therapies, and Existential Therapy. She uses a multi-faceted approach, which encourages collaboration with medical providers and family members to support patients, and also works with patients individually on improving their nutrition, exercise, sleep, and relationships with other people to help support recovery from mental illness and to help in long-term maintenance of the progress made in treatment. She has an interest in working with college students, including medical and graduate students. She also has experience in Geriatric Psychiatry. She greatly enjoys working with patients and helping them improve their lives, mental health, and well-being.

Dr. Alexander's main field of interest is in College Mental Health. She is currently the Training Director for the Student Mental Health Fellowship at Stanford. Nationally, she is involved in several collaborations in College Mental Health. She serves as the Co-Chair of the APA (American Psychiatric Association) College Mental Health Caucus. She is also the APA's representative to HEMHA (Higher Education Mental Health Alliance), an alliance of child psychiatrists, psychologists, counseling directors, counselors, and other stakeholders who provide college mental health care. She is also the President and a founding member of the Association for College Psychiatry (AFCP). Other interests include advocating for women's mental health issues. She is currently the Treasurer for the Association for Women Psychiatrists (AWP), and is also working on a national collaboration with the APA Women's Caucus advocating for universal paid parental leave.

Her hobbies include kayaking, swimming, and learning to cook.

CLINICAL FOCUS

- Psychiatry
- Psychopharmacology
- Short-Term Psychotherapy
- College Mental Health

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Training Director, Student Mental Health Fellowship, Stanford University, Dept of Psychiatry, (2017- present)

HONORS AND AWARDS

- William Weber Award, (2nd Year Resident who Best Exemplifies Compassionate Psychiatric Care), Stanford University, Dept of Psychiatry
- Louis & Rachel Rudin Scholarship, Memorial Sloan-Kettering Cancer Center (2002)
- Regents Scholarship, University of California (1994-1998)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Co-Chair, APA College Mental Health Caucus, APA (American Psychiatric Association) (2015 - present)
- President & Founding Member, Association for College Psychiatry (AFCP), AFCP (Association for College Psychiatry) (2017 - present)
- Treasurer, Association of Women Psychiatrists, AWP (Association of Women Psychiatrists) (2016 - present)
- APA Representative, Higher Education Mental Health Alliance (HEMHA), HEMHA (Higher Education Mental Health Alliance) (2016 - present)

PROFESSIONAL EDUCATION

- Medical Education: University of California at San Francisco School of Medicine (2003) CA
- Residency: Stanford Hospital and Clinics (2007) CA
- Chief Residency, Stanford University, Dept of Psychiatry (2007)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2013)

COMMUNITY AND INTERNATIONAL WORK

- National Alliance on Mental Illness (NAMI)
- Volunteer, Ronald McDonald House at Stanford
- Stanford CHIPAO (Communication Health Interactive for Parents of Adolescents and Others)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Current projects:

(1) College mental health:

--Telemental health on college campuses

--Emotional support animals & service animals on college campuses

(2) Women's Health advocacy:

--Advocacy for universal paid parental leave

(3) Mental health & well-being in veterinarians

Publications

PUBLICATIONS

- **Psychiatric complications of treatment with corticosteroids: Review with case report** *PSYCHIATRY AND CLINICAL NEUROSCIENCES*
Kenna, H. A., Poon, A. W., de los Angeles, C. P., Koran, L. M.
2011; 65 (6): 549-560

- **Cultural competence: Serving Latino patients** *JOURNAL OF PEDIATRIC ORTHOPAEDICS*
Poon, A. W., Gray, K. V., Franco, G. C., Cerruti, D. M., Schreck, M. A., Delgado, E. D.
2003; 23 (4): 546-549

PRESENTATIONS

- Working With Special Populations in College Psychiatry: Understanding the Needs and Recommendations for Working With Specific Groups of Students - 2018 APA (American Psychiatric Association) Annual Meeting
- When Addiction Hits Home: Addiction in Our Own Families, Stigma in Addiction, and the Use of AA in One Family's Recovery - 2018 APA (American Psychiatric Association) Annual Meeting
- Is it Helicopter Parenting? Collaborating with Parents in College Mental Health according to the Law, Best Practices, and a Personal Story - 2017 APA (American Psychiatric Association) Annual Meeting
- Theatrical Vignettes as an Educational Tool to Improve Communication in Asian-American Families - 2017 APA (American Psychiatric Association) Annual Meeting
- College Mental Health Practice: Adjusting for Seasonality, Setting, and Scope of Practice - 2016 APA (American Psychiatric Association) Annual Meeting
- The Role of the Psychiatrist in Treating College Students: Historical Perspectives, Challenges, and Current Innovations - 2015 APA (American Psychiatric Association) Annual Meeting
- Making the Most of Your Chief Year: Chief Residents' Forum - 2007 & 2008 APA (American Psychiatric Association) Annual Meeting
- Risk Factors for Needlestick Injuries among Health Care Workers in Emergency Departments - 2003 American Academy of Emergency Medicine (AAEM), Scientific Assembly Meeting
- Incidence of Developmental Hip Dysplasia in Children with Foot Abnormalities - 2002 American Academy of Pediatrics (AAP), Annual Meeting
- A Model for Cultural Competence: Serving Latino Patients in California - 2002 American Academy of Pediatrics (AAP), Annual Meeting