



Christophe Gimmler, MD, MFT

Clinical Assistant Professor (Affiliated) [Vapahcs], Primary Care and Population Health

Bio

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Christophe Gimmler, MD, MFT, Assistant Clinical Professor of Medicine (Affiliated) at Stanford School of Medicine;
Staff Physician, Medical Service, VA Palo Alto Health Care System;
Licensed Marriage and Family Therapist.

After establishing and building the hospitalist and consult/liaison medicine service at the VA, Christophe now practices and teaches medical students and house staff in the primary care clinics there. He concurrently practices as a community psychotherapist and specializes in medical professionals. His central interest is the intersection of medicine and psychotherapy and, in particular, the application of psychological frameworks and skills to the practice of medicine, in addition to resiliency and burnout prevention. He developed the Medical Student Resiliency Skills Training program (MedReST) for the Stanford School of Medicine as well as the Resiliency Curriculum Series for the internal medicine residency program. He received an undergraduate degree in biology and psychology and an MD from the University of Virginia, completed his internal medicine residency at Stanford, and received a Master's in Counseling Psychology from Sofia University.

Publications:

Foster Well-being Throughout the Career Trajectory: A Developmental Model of Physician Resilience Training:

Mayo Clinic Proceedings

Cordova MJ, Gimmler CE, Osterberg LG

2020; 95 (12):

Developing institutional infrastructure for physician wellness: qualitative Insights from VA physicians.

BMC Health Services Research

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