



Katherine Eisen

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **INSPIRE Clinic Dept of Psychiatry and Behavioral Sciences**

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Bio

BIO

Dr. Eisen is a Clinical Assistant Professor and CA Licensed Clinical Psychologist working with the INSPIRE Clinic at Stanford. Her research and clinical interest center on therapeutic interventions that support recovery for individuals living with serious mental illness, in particular for individuals with psychosis. Dr. Eisen received her bachelor's degree from Cornell University, and her PhD from the University of Connecticut, and completed postdoctoral training at Stanford University. Before coming to the INSPIRE Clinic, Dr. Eisen worked for over 10 years as a psychologist on the acute inpatient units at Stanford Health Care. Dr. Eisen is trained in CBT for psychosis (CBTp) and has worked with colleagues to train therapists, nursing and multidisciplinary staff, medical students, and residents to integrate CBTp informed, recovery-oriented approaches into their work with individuals with psychosis. She provides both individual and group-based cognitive behavioral therapy.

CLINICAL FOCUS

- Psychology
- Cognitive Behavioral Therapy for Psychosis
- Early Intervention for Psychosis

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Pain Management Fellowship (2006) CA
- PhD Training: University of Connecticut - Dept of Psychology (2005) CT
- Internship: Coler-Goldwater Special Hospital and Nursing Facility (2005) NY

Publications

PUBLICATIONS

- **CBT for Psychosis: Process-Oriented Therapies and the Third Wave (Book Review)** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*

Book Review Authored by: Eisen, K., Hardy, K.
2020; 59 (3): 446–48

- **Reading and Recovery Expectations: Implementing a Recovery-Oriented Bibliotherapy Program in an Acute Inpatient Psychiatric Setting** *PSYCHIATRIC REHABILITATION JOURNAL*
Eisen, K., Lawlor, C., Wu, C., Mason, D.
2018; 41 (3): 243–45
- **Stress management in the workplace: A comparison of a computer-based and an in-person stress-management intervention** *COMPUTERS IN HUMAN BEHAVIOR*
Eisen, K. P., Allen, G. J., Bollash, M., Pescatello, L. S.
2008; 24 (2): 486-496
- **BUILDING AN EFFECTIVE COGNITIVE BEHAVIORAL THERAPY GROUP IN AN ACUTE INPATIENT PSYCHIATRIC SETTING**
Eisen, K., Kharrazi, N.
SPRINGER.2017: S433–S434
- **PROVIDING BRIEF EVIDENCE-BASED INTERVENTIONS IN HOSPITAL AND MEDICAL SETTINGS**
Eisen, K., Kharrazi, N., Hoover, V.
SPRINGER.2017: S433
- **PROVIDING MEANINGFUL & EFFECTIVE BRIEF INDIVIDUAL PSYCHOLOGICAL INTERVENTIONS IN AN ACUTE INPATIENT SETTING**
Kharrazi, N., Eisen, K.
SPRINGER.2017: S434–S435