



## Ripal Shah

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICES

- **Psychiatry**

401 Quarry Rd Ste 2114

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Stanford, CA 94305

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### Bio

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#### BIO

Ripal Shah, M.D., M.P.H. is a Clinical Assistant Professor in the Department of Psychiatry & Behavioral Sciences. She specializes clinically in reproductive psychiatry (the Women's Wellness Clinic - pregnancy, postpartum, breastfeeding, infertility, PMDD, sexual health disorders), lifestyle and integrative approaches to health (the Stanford Center for Integrative Medicine - vitamins, minerals, supplements, exercise, behavioral modifications), and in physician wellness (the WellConnect program - serving Stanford resident and fellow physicians).

Her research areas of focus are on women's reproductive psychiatry, integrative approaches to mental health, diversity & inclusion program development, the intersection of race and sexuality, ethnicity-dependent variability in mental health treatment response, and minority stress. Outside of consultations, she specializes in psychotherapy for LGBTQ and minority populations, particularly those struggling with issues related to identity (religious identification, racial/ethnic minority stress, racial trauma, professional transitions, changes in family structure or relational status), as well as cognitive-behavioral therapy for ADHD and anxiety disorders.

While in training at Stanford, she served as Chief Resident and led Community Partnerships and Diversity & Inclusion efforts. She consistently ranked #1 in the entire Stanford residency (and top 1% in the nation) on the annual knowledge-based examination (PRITE). She is a Disaster Mental Health Responder both domestically and internationally, most recently in California after the wildfires, in Florida after Hurricane Irma and Maria, and in Kathmandu following the Nepal earthquake. She founded and led the Diversity & Inclusion Advisory Council (DIAC) for psychiatry faculty and residents which is now a model organization for training programs across the country, built and then graduated from a Diversity & Health Equity track in the residency training program, and created the first known Diversity & Health Equity Grand Rounds series. She served as Chair of the Chief Residents' Council, representing over a thousand physicians to the Stanford Health Care leadership. Before her time at Stanford, she completed an M.P.H. at the Harvard School of Public Health in Health Care Management and Policy, an M.D. from the Mount Sinai School of Medicine in New York, and a B.S. from Duke University in Economics and Biochemistry. She is board certified in Adult Psychiatry and board eligible in Addiction Medicine. She pursued additional training in the fields of Emergency Medicine and Internal Medicine, which has informed her evidence-based approach to integrative medicine.

## **CLINICAL FOCUS**

- Diversity & Inclusion
- Racial Trauma
- LGBTQ Mental Health
- Cognitive Behavioral Therapy
- ADHD and Anxiety Disorders
- Pregnancy and Lactation Psychiatry
- Infertility Mental Health
- Premenstrual Dysphoric Disorder (PMDD)
- Integrative Medicine
- Psychiatry

## **ACADEMIC APPOINTMENTS**

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

## **HONORS AND AWARDS**

- Chief Resident, Stanford University, Department of Psychiatry and Behavioral Sciences
- International Clinical Fellowship, Stanford Center for Global Health Innovation

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- Diversity Leadership Fellow, American Psychiatric Association (2017 - 2019)
- Chair, Chief Residents' Council (2017 - 2018)
- Executive Board, Graduate Medical Education Diversity Committee (2017 - present)

## **PROFESSIONAL EDUCATION**

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2018)
- Medical Education: Icahn School of Medicine at Mount Sinai (2013) NY
- Residency: Stanford University Psychiatry and Behavioral Sciences (2018) CA
- M.P.H., Harvard University , Healthcare Management and Policy
- M.D., Mount Sinai School of Medicine , Medicine
- B.S., Duke University , Economics and Biochemistry