Stanford

Sarina Volari

Postdoctoral Scholar, Psychiatry

Bio

BIO

Dr. Volari is a clinical psychologist from the California Bay Area. She completed her undergraduate studies in sociology at Columbia University in New York City, and her senior thesis explored the rise of eastern spiritual practices in the western world. After college, Dr. Volari joined Teach for America and taught 6th grade English in San Jose's Alum Rock school district. She then transitioned into the field of psychology by volunteering at the San Francisco Suicide Prevention hotline and completing research in mood and anxiety disorders at Stanford University and UCSF. Dr. Volari received her doctorate in clinical psychology from the Wright Institute, and her dissertation contributed to the field of near-death experience research by analyzing the psychological impact of hypnotically induced afterlife consciousness. After completing her clinical internship through Harvard Medical School and its community teaching hospital, Cambridge Health Alliance, Dr. Volari joined Stanford Medicine as a postdoctoral scholar in the department of psychiatry.

PROFESSIONAL EDUCATION

- Bachelor of Arts, Columbia University (2014)
- Doctor of Psychology, Wright Institute (2023)
- Clinical Internship, Harvard Medical School , Cambridge Health Alliance (2023)
- PsyD, The Wright Institute , Clinical Psychology (2023)
- BA, Columbia University , Sociology (2014)

STANFORD ADVISORS

- Norah Simpson, Postdoctoral Faculty Sponsor

Research & Scholarship

RESEARCH INTERESTS

- Brain and Learning Sciences
- Leadership and Organization
- Poverty and Inequality
- Psychology
- Race and Ethnicity
- Sociology

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Researcher on hypnotically-induced near-death experiences

Publications

PUBLICATIONS

- **A Feasibility Study of a Remotely-Delivered Mindfulness-Based Training for Adolescents During the COVID-19 Pandemic** *FRONTIERS IN PSYCHIATRY*
  Tymofiyeva, O., Hu, M. Y., Sipes, B. S., Jakary, A., Glidden, D. V., Jariwala, N., Bhandari, S., Parks, K. C., Nguyen, C., Henje, E., Yang, T. T.
  2022; 13: 838694

- **Reduced anxiety and changes in amygdala network properties in adolescents with training for awareness, resilience, and action (TARA).** *NeuroImage. Clinical*
  Tymofiyeva, O., Henje, E., Yuan, J. P., Huang, C., Connolly, C. G., Ho, T. C., Bhandari, S., Parks, K. C., Sipes, B. S., Yang, T. T., Xu, D.
  2020; 29: 102521

- **CHILDHOOD TRAUMA AND AMYGDALA-ORBITOFRONTAL ANATOMICAL CONNECTIVITY IN ADOLESCENTS**
  Tymofiyeva, O., Huang, C., Bhandari, S., Lopez, E., Parks, K., Jariwala, N., Sipes, B., Yang, T. T.
  ELSEVIER SCIENCE INC.2020: S140

- **High levels of mitochondrial DNA are associated with adolescent brain structural hypoconnectivity and increased anxiety but not depression** *JOURNAL OF AFFECTIVE DISORDERS*
  Tymofiyeva, O., Blom, E., Ho, T. C., Connolly, C. G., Lindqvist, D., Wolkowitz, O. M., Lin, J., LeWinn, K. Z., Sacchet, M. D., Han, L. M., Yuan, J. P., Bhandari, S. P., Xu, et al
  2018; 232: 283–90