



Belinda Bandstra

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5795

Stanford, CA 94305

Tel (650) 498-4681

Fax (650) 723-9807

Bio

BIO

Belinda S. Bandstra, MD, MA, is Clinical Associate Professor, Assistant Director of Residency Training, and Chief of the General Resident Continuity Clinic in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. She supervises residents in the General Clinic, Evaluation Clinic, Individual Psychotherapy Clinic and Psychosocial Treatment Clinic, in addition to maintaining a small general clinical practice of her own. Dr. Bandstra has specific interests in issues of culture in psychiatry, transitional age mental health, and mental health and wellness in academia.

Dr. Bandstra also teaches extensively in the Adult Psychiatry Residency Training Program. She co-directs residency coursework in: Sociocultural Issues in Psychiatry; Leadership, Scholarship, and Career Development; and Essentials of Psychiatry. Dr. Bandstra is a member of the Association for Academic Psychiatry and the American Association of Directors of Psychiatric Residency Training.

CLINICAL FOCUS

- Psychiatry
- Cultural issues in psychiatry
- Transitional age and university mental health
- Collaborative psychopharmacology (medication management in collaboration with patient's psychotherapist)

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Assistant Director of Residency Training, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, (2011- present)
- Chief Resident, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, (2009-2010)

HONORS AND AWARDS

- Most Inspiring Mentor Award from the Graduating Residents, Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences (2019, 2018, 2014)
- Annual Chairman's Award for Outstanding Accomplishments in Educational Excellence, Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences (2016)
- Early Career Development Award, Association for Academic Psychiatry (2016)
- Outstanding Contributions to Education Award, Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences (2015)
- Fellowship in Public Psychiatry, American Psychiatric Association/Bristol-Myers-Squibb (2008-2010)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Faculty Development Committee, National Neuroscience Curriculum Initiative (2018 - present)
- Member, Steering Committee, Leadership Education in Advancing Diversity (LEAD), Stanford Medicine (2018 - present)
- Member, Neuroscience Education Committee, American Association of Directors of Psychiatric Residency Training (2017 - present)
- Member, Curriculum Committee, American Association of Directors of Psychiatric Residency Training (2012 - 2017)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2012)
- Residency: Stanford University School of Medicine (2010) CA
- Internship: Barnes-Jewish Hospital (2007) MO
- Medical Education: Washington University in St Louis Registrar (2006) MO

Teaching

COURSES

2016-17

- Leadership and Innovation in Mental Healthcare: PSYC 240 (Spr)

Publications

PUBLICATIONS

- **Supervision of Scholarship** *Supervision in Psychiatric Practice: Practical Approaches Across Venues and Providers*
Dandekar, F. N., Bandstra, B. S.
edited by De Golia, S. G., Corcoran, K. M.
2019: 259–262
- **Neuroscience in Clinical Supervision: Toward a Neurobiopsychosocial Approach** *Supervision in Psychiatric Practice: Practical Approaches Across Venues and Providers*
Raj, K. S., Kalinowski, A., Bandstra, B. S.
edited by De Golia, S. G., Corcoran, K. M.
2019: 353–358
- **Supervising Cross-Cultural Topics in a Clinical Setting** *Supervision in Psychiatric Practice: Practical Approaches Across Venues and Providers*
Shah, R., Tan, M., Bandstra, B. S.
edited by De Golia, S. G., Corcoran, K. M.
2019: 337–344
- **Cultural Issues Within the Supervisory Relationship** *Supervision in Psychiatric Practice: Practical Approaches Across Venues and Providers*
Bandstra, B. S., Shah, R., Tan, M.
edited by De Golia, S. G., Corcoran, K. M.

2019; 293–298

- **Early Outpatient Experience for Psychiatry Interns: The Evaluation Clinic.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Gold, J. A., Bandstra, B. S., DeGolia, S. G.
2016; 40 (6): 944–46
- **A Process-Oriented Approach to Teaching Religion and Spirituality in Psychiatry Residency Training.** *Academic psychiatry*
Awaad, R., Ali, S., Salvador, M., Bandstra, B.
2015; 39 (6): 654-660
- **Helping Psychiatry Residents Cope with Patient Suicide** *ACADEMIC PSYCHIATRY*
Prabhakar, D., Balon, R., Anzia, J. M., Gabbard, G. O., Lomax, J. W., Bandstra, B. S., Eisen, J., Figueroa, S., Theresa, G., Ruble, M., Seritan, A. L., Zisook, S.
2014; 38 (5): 593-597
- **A Curriculum to Address Issues and Challenges of the Professional Developmental Stage of Chief Residency** *ACADEMIC PSYCHIATRY*
Bandstra, B. S., Katz, M., Huang, R. W.
2013; 37 (1): 18-22
- **International Perspectives on Homelessness** *The International Handbook of Psychiatry: A Concise Guide for Medical Students, Residents, and Medical Practitioners*
Mascola, A., Bandstra, B., Reicherter, D.
World Scientific Publishing.2013
- **Addressing Stigma to Strengthen Psychiatric Education** *ACADEMIC PSYCHIATRY*
Roberts, L. W., Bandstra, B. S.
2012; 36 (5): 347-350