

# Stanford

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## Janie Hong, Ph.D.

Clinical Associate Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry Clinic**

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### Bio

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#### BIO

Dr. Hong is invested in developing evidence-based ways to individualize care and address diversity factors in therapy and in training fellows and residents in these approaches. She has published and presented widely on these and other topics in psychology.

In clinical practice, she specializes in providing cognitive behavior therapy (CBT) and other evidence based treatments. She is also committed to helping neurodiverse and culturally diverse individuals work with their differences, navigate prevailing social norms, and advocate for their needs as diverse individuals.

#### CLINICAL FOCUS

- Clinical Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

#### ADMINISTRATIVE APPOINTMENTS

- Director, Anxiety and Depression Adult Psychological Treatment (ADAPT) Clinic, Stanford University School of Medicine, (2022- present)
- Associate Director, Clinical Psychology Postdoctoral Fellowship Program-Adult, Stanford University School of Medicine, (2021- present)

#### PROFESSIONAL EDUCATION

- Postdoctoral Fellowship-Research, Stanford University , Psychology (2007)
- Internship: University of Illinois at Chicago Psychiatry Residency (2005) IL
- PhD Training: University of British Columbia (2005) Canada

### Teaching

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#### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

## Publications

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### PUBLICATIONS

- **The Importance of Learning Style in Case Formulation-Driven Cognitive Behavioral Therapy: A Case Study** *CLINICAL CASE STUDIES*  
Gasperetti, C. E., Hong, J. J.  
2021
- **Reducing Mental Health Disparities by Increasing the Personal Relevance of Interventions** *AMERICAN PSYCHOLOGIST*  
Hall, G., Berkman, E. T., Zane, N. W., Leong, F. L., Hwang, W., Nezu, A. M., Nezu, C., Hong, J. J., Chu, J. P., Huang, E. R.  
2021; 76 (1): 91-103
- **Cultural mediators of self-reported social anxiety** *BEHAVIOUR RESEARCH AND THERAPY*  
Hong, J. J., Woody, S. R.  
2007; 45 (8): 1779-1789