



## Kathryn Stephens

- Affiliate, Dean's Office Operations - Dean Other
- Resident in Psychiatry and Behavioral Sciences

### Bio

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#### BIO

Kathryn C. Stephens, MD, is currently a resident in the Department of Psychiatry and Behavioral Sciences. She completed a BA in anthropology at Harvard University, an MD at the University of Arkansas for Medical Sciences, and an internship year in Obstetrics & Gynecology residency at the Texas Tech Health Science Center in El Paso.

During her time at Harvard, she conducted research with the Institute for Healthcare Improvement (IHI in Boston) on the role of mobile clinics' in providing primary care and preventative screenings to medically underserved areas. She continued her interest in providing care in resource-limited settings after college as she worked for one year in a women's crisis center in Bangalore, India. During medical school, she held leadership roles in the Global Health Interest Group and continued her work in free clinics both locally and abroad in Panama, Honduras, and Guatemala. She conducted research on obstetric emergencies such as placenta accreta, which informed her understanding of birth trauma and its impact on women's mental health. During her time in Ob/Gyn residency, she was awarded for the top score on the annual knowledge exam in her program as a first-year resident. Prior to beginning her training at Stanford, she had the privilege of contributing to several projects in the Department of Psychiatry and Behavioral Sciences' Race and Mental Health Lab as the lab's Research Coordinator. One such project included writing a curriculum for active bystander intervention of workplace discrimination (i.e. "Upstander Bias Training"), which has been taught to several departments within the Stanford School of Medicine.

Her areas of clinical and research interest include women's reproductive psychiatry, the intersection of race, culture and mental health, integrative approaches to wellness and community psychiatry.

#### PROFESSIONAL EDUCATION

- Internship, Texas Tech University Health Science Center - El Paso , Ob/Gyn (2020)
- MD, University of Arkansas for Medical Sciences (2019)
- BA, Harvard College , Anthropology; Global Health (2013)