



Vanika Chawla

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

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Bio

BIO

Vanika Chawla (she/her), M.D., FRCPC is a Clinical Assistant Professor at Stanford. Dr. Chawla completed her medical school training at the University of Calgary and psychiatry residency at the University of Toronto. She completed a fellowship in Student Mental Health at Stanford University. Dr. Chawla works in a variety of clinics with a focus on student mental health, cultural psychiatry and lifestyle psychiatry. She utilizes a combination of integrative treatments including lifestyle changes (sleep, nutrition, exercise), medication management and psychotherapy (ACT, DBT, CBT, psychodynamic), and provides trauma-informed and culturally contextualized care. Her additional clinical and research interests include the integration of therapeutic yoga into mental health care. She is also interested in the use of digital health as a novel and innovative way to increase access to mental health care.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Psychiatry and Behavioral Sciences (2022) CA
- Board Certification: Psychiatry, Royal College of Physicians and Surgeons of Canada (2021)
- Residency: University of Toronto Psychiatry Residency (2021)
- Medical Education: University of Calgary Office of the Registrar (2016) Canada

Publications

PUBLICATIONS

- **The Future of Yoga for Mental Health Care.** *International journal of yoga*
Chawla, V., Brems, C., Freeman, H., Ravindran, A., Noordsy, D. L.
2023; 16 (1): 38-41

- **Inspire self report scale (ISRS): A feasibility study of a Novel self report scale for people with schizophrenia spectrum disorders.** *Journal of psychiatric research*
Chawla, V., Bansal, N., Spelber, D., Desai, A., Frehlich, L., Ballon, J. S., Kalinowski, A., Noordsy, D. L.
2023; 165: 248-253