

# Stanford

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## Connor Adams

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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### Bio

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#### BIO

Dr. Connor Adams (she/they) is a Clinical Assistant Professor who received her doctorate in psychology from the George Washington University and completed her internship training at Harvard Medical School/Cambridge Health Alliance. Her clinical and research interests center on therapeutic interventions that support recovery for individuals living with serious mental illness. Dr. Adams grounds her work in a psychodynamic perspective, assisting individuals in understanding why they think, feel, and behave the way they do, in order to increase agency and choice. Dr. Adams has specialized training in comprehensive Dialectical Behavior Therapy and provides treatment for individuals with emotion regulation difficulties. She also has specialized training in Cognitive Behavioral Therapy for Psychosis (CBTp). Additionally, Dr. Adams provides individual and group psychotherapy within the psychiatric inpatient treatment setting. She is broadly interested in increasing access to person-centered and recovery-oriented care.

#### CLINICAL FOCUS

- Psychology
- Dialectical Behavior Therapy
- Psychosis
- Psychodynamic Psychotherapy
- Trauma

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

- Fellowship: Stanford University Adult Psychology Postdoctoral Fellowship (2022) CA
- Internship, Harvard Medical School, Cambridge Health Alliance (2021)
- Psy.D., George Washington University (2021)