



Khalid Salaheldin, MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Stanford University Psychiatry and Behavioral Sciences Clinic**

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Bio

BIO

Khalid Salaheldin, MD serves as Clinical Assistant Professor and interventional psychiatrist in the Department of Psychiatry & Behavioral Sciences at Stanford University School of Medicine. Dr. Salaheldin specializes in the management of individuals presenting with first episode psychosis and early psychosis.

His current work at Stanford spans evaluating patients in the early psychosis INSPIRE clinic, inpatient psychiatric unit, and the interventional psychiatry services; alongside teaching, research, and continuing to learn from his patients & colleagues.

His treatment philosophy is a holistic and compassionate approach evaluating vital underlying factors alongside pharmacotherapy & neuromodulatory interventions including: sleep, exercise, nutrition, mindfulness, therapy integration, underlying medical issues, substance use, psychosocial history, and importantly patients' current relationships (including pets of course!). His approach focuses on meeting patients where they are at in their health journey, aligning treatment with their personal goals, and being actively present in their management.

Dr. Salaheldin's research interests include early psychosis interventions, underlying medical causes of psychiatric symptoms, neuromodulation, community/global mental health, spirituality and mental health, healthcare worker mental health, novel psychiatric therapeutics, and mental health parity & policy.

Prior coming to Stanford, Dr. Salaheldin's work as academic chief resident at Northwell Health focused on piloting a consult liaison service for first episode psychosis that compassionately assists patients and their families from once they enter the emergency room, through their inpatient admission and into the outpatient setting.

We kindly request that patients do their best to provide the clinic with their previous blood work, imaging reports and medical history paperwork prior to the appointment in order to have the most complete initial evaluation.

“True compassion means not only feeling another's pain, but also being moved to help relieve it.” —Daniel Goleman

CLINICAL FOCUS

- Psychiatry
- Early Psychosis Interventions
- Schizophrenia
- Interventional Psychiatry
- Preventative Psychiatry/Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Academic Chief Resident, Northwell Health (2020-2021)
- Biology Scholars Program, UC Berkeley (2008-2009)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2021)
- ABPN Dipolmate, Board Certification, American Board of Psychiatry and Neurology, Psychiatry (2021)
- Residency: Zucker School of Medicine at Hofstra Northwell GME Program (2021) NY
- Medical Education: St Georges University School of Medicine Grenada West Indies (2017) NY West Indies
- BA, University of California Berkeley , Public Health (2009)
- BA, University of California Santa Cruz (Transfer to UC Berkeley) (2007)
- HSDG, Lowell High School, San Francisco, CA (2005)

Research & Scholarship

CLINICAL TRIALS

- A Study to Assess the Effects of RO6889450 (Ralmataront) in Participants With Schizophrenia or Schizoaffective Disorder and Negative Symptoms, Recruiting
- Improving Cognition Via Exercise in Schizophrenia, Recruiting
- Study to Evaluate the Long-term Safety, Tolerability, and Durability of Treatment Effect of ALKS 3831, Recruiting

PROJECTS

- The Genomics of Electroconvulsive Therapy (ECT)

Publications

PUBLICATIONS

- **I THINK MY PATIENT MAY BE EXPERIENCING PSYCHOSIS - NOW WHAT? HOW PROVIDERS CAN SUPPORT EARLY IDENTIFICATION AND INTERVENTION.**
Eisen, K., Chari, S., Salaheldin, K., Zepp, C., Ballon, J., Hardy, K.
OXFORD UNIV PRESS INC.2022: S1
- **The relationship between prototype ratings of personality and self and interpersonal functioning with an adolescent inpatient sample** *CLINICAL PSYCHOLOGY & PSYCHOTHERAPY*
Haggerty, G., Esang, M., Salaheldin, K., Lima, A.
2021; 28 (2): 364-372
- **Phobias** *5MinuteConsult*
Farooq, U., Salaheldin, K.

Wolters Kluwer.2020

PRESENTATIONS

- Utility of a First Episode Psychosis Order Set for Inpatient Hospital Services - Northwell Health (5/1/2021)
- A Case Report of LSD Induced Psychosis in an Adolescent - Northwell Health (5/1/2021)
- Is it real or is it all in my head?: A case of auditory hallucinations in a patient with familial cerebral cavernous malformation syndrome - Academy of Consult Liaison Psychiatry Annual Conference (11/1/2021)
- A Case Study of Suspected Cannabis Withdrawal VS Sleep Deprivation Psychosis - APA 2020 (Cancelled due to COVID)
- Case Study- Clozapine Associated NMS - New York State Psychiatric Association (2018)
- Investigating the validity of the Readiness for Inpatient Psychotherapy Scale (RIPS): Comparisons with the Child Behavior Checklist and the Youth Self-Report with an adolescent inpatient sample - AACAP (October 2019)
- Prototype Matching Approach to Adolescent Axis I Diagnosis - AACAP (October 2019)