



## Hilit Kletter, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

### CLINICAL OFFICE (PRIMARY)

- **Stanford Children's Child and Adolescent Psychology Clinic**

401 Quarry Rd

MC 5719

Stanford, CA 94305

**Tel** (650) 723-5511

**Fax** (650) 724-7389

### Bio

---

#### BIO

Dr. Hilit Kletter directs the clinical arm of the Early Life Stress and Resilience Program. She is head of the Stress and Resilience clinic which provides assessment, consultation, and treatment for youth with a wide range of traumas including physical and sexual abuse, neglect, community and domestic violence, medical trauma, sudden/violent death, and emotional abuse. She is leading the trauma training rotation within the clinic which provides supervision to medical fellows and residents as well as psychology graduate students. She was part of the development team for Cue-Centered Therapy (CCT), an intervention for youth exposed to chronic trauma, and is the director of the CCT training and dissemination program. She has experience doing assessments as well as individual, group, and family psychotherapy utilizing evidence-based practices such as cognitive behavioral therapy, exposure, and behavioral management to treat anxiety disorders including posttraumatic stress disorder, generalized anxiety, obsessive-compulsive disorder, and phobias. She has worked in a variety of settings such as community mental health, day-treatment programs, schools, a domestic violence shelter, and outpatient clinics. She provides teaching and training both within Stanford and to the community, nationally and internationally. Dr. Kletter received her BA in anthropology from the University of Washington and was a Koret Foundation Fellow while completing her PhD studies at Pacific Graduate School of Psychology. She completed her pre-doctoral internship at the Child and Family Guidance Center in Northridge, CA and her post-doctoral fellowship at Kaiser Permanente Child Psychiatry in Milpitas, CA.

#### CLINICAL FOCUS

- Posttraumatic Stress Disorder
- Anxiety Disorders
- Clinical Child and Adolescent Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

#### PROFESSIONAL EDUCATION

- PhD Training: Pacific Graduate School of Psychology (2008) CA
- Fellowship: Kaiser Permanente (2009) CA

- Internship: Child and Family Guidance Center (2008) CA

## Research & Scholarship

---

### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Risk and resiliency factors of childhood posttraumatic stress and development and improvement of treatment interventions.

## Publications

---

### PUBLICATIONS

- **Cortical activation predicts posttraumatic improvement in youth treated with TF-CBT or CCT.** *Journal of psychiatric research*  
Espil, F. M., Balters, S., Li, R., McCurdy, B. H., Kletter, H., Piccirilli, A., Cohen, J. A., Weems, C. F., Reiss, A. L., Carrion, V. G.  
2022; 156: 25-35
- **Cue-Centered Therapy for Youth Experiencing Posttraumatic Symptoms.** *Current treatment options in psychiatry*  
Kletter, H., Matlow, R., Tanovic, S., Carrion, V.  
2021: 1–16
- **Cue-Centered Therapy ASSESSING AND TREATING YOUTH EXPOSED TO TRAUMATIC STRESS**  
Kletter, H., Carrion, V. G.  
2019: 207–21
- **Cue-Centered Treatment for Youth Exposed to Interpersonal Violence: A Randomized Controlled Trial** *JOURNAL OF TRAUMATIC STRESS*  
Carrion, V. G., Kletter, H., Weems, C. F., Berry, R. R., Rettger, J. P.  
2013; 26 (6): 654-662
- **A Prospective Study on the Association Between Caregiver Psychological Symptomatology and Symptom Clusters of Pediatric Posttraumatic Stress Disorder** *JOURNAL OF TRAUMATIC STRESS*  
Wong, S. S., Kletter, H., Wong, Y., Carrion, V. G.  
2013; 26 (3): 385-391
- **Working with youth exposed to war and violence: recommendations for future research and interventions** *Child & Youth Care Forum*  
Kletter, H., Rialon, R. A., Laor, N., et al  
2013; 42: 371-388
- **Posttraumatic Stress Disorder Shifting Toward a Developmental Framework** *CHILD AND ADOLESCENT PSYCHIATRIC CLINICS OF NORTH AMERICA*  
Carrion, V. G., Kleffer, H.  
2012; 21 (3): 573-?
- **BRAIN ACTIVATION TO FACIAL EXPRESSIONS IN YOUTH WITH PTSD SYMPTOMS** *DEPRESSION AND ANXIETY*  
Garrett, A. S., Carrion, V., Kletter, H., Karchemskiy, A., Weems, C. F., Reiss, A.  
2012; 29 (5): 449-459
- **Treatment of Traumatic Stress Disorder in Children and Adolescents** *Psychiatric Times*  
Carrion, V. G., Kletter, H.  
2012; 29: 1-8
- **Posttraumatic stress disorder: shifting towards a developmental framework** *Child and Adolescent Psychiatric Clinics of North America*  
Carrion, V. G., Kletter, H.  
2012; 21: 573-591
- **Update on neuroimaging in maltreatment-related pediatric ptsd: treatment implications** *Journal of Family Violence*  
Carrion, V. G., Wong, S. S., Kletter, H.  
2012; 28: 53-61
- **Guilt and posttraumatic stress symptoms in child victims of interpersonal violence.** *Clinical child psychology and psychiatry*  
Kletter, H., Weems, C. F., Carrion, V. G.  
2009; 14 (1): 71-83

- **Dissociation in PTSD** *Dissociation and the Dissociative Disorders: DSM-V and Beyond*  
Waelde, L. C., Silvern, L., Fairbank, J., Carlson, E., Kletter, H.  
Rutledge.2008: 447–453