



Anne L Benham

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

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Child and Adolescent Psychiatry Clinic**

401 Quarry Rd

MC 5719

Stanford, CA 94305

Tel (650) 723-5511

Fax (650) 724-7389

Bio

BIO

I specialize in the assessment and treatment of young children and their families from ages 1-7 years. I focus on understanding of their problems and symptoms from a developmentally informed, family centered, biological and experiential lens that takes into account the child's emotional, behavioral, sociocultural, biological and relationship history. I use attachment theory to understand the psychosocial aspects of the child and his/her history. I provide therapy to children individually and in family dyads or groups as appropriate and always include work with the parents as my collaborators and clients. I have had this focus to my clinical work and teaching of clinicians in training for my career over the past 40 years. I am interested in integrating multiple perspectives to understand and treat families. I use my medical training to work with children who are experiencing medical disorders, trauma, and conditions in the child or in other family members as it impacts the child's sense of self, safety, anxiety and body. I use play to connect with children and to help them communicate their fears, wishes and experiences to augment verbal communication and to process frightening experiences.

CLINICAL FOCUS

- Child and Adolescent Psychiatry
- Infant and Young Child Assessment and Treatment
- Play Therapy
- Children with Medical Illness and Medical PTSD
- Children Experiencing Death of a Parent
- Adoption
- Trauma to young children

ACADEMIC APPOINTMENTS

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

HONORS AND AWARDS

- Award for Excellence in Teaching, Graduating Fellows, Stanford University School of Medicine, Child & Adolescent Psychiatry (June 21, 2014)

- Distinguished Fellow, American Academy of Child and Adolescent Psychiatry

PROFESSIONAL EDUCATION

- Residency: Bronx Municipal Hospital Ctr (1977) NY
- Internship: Bronx Municipal Hospital Ctr (1975) NY
- Internship: Montefiore Medical Center - Albert Einstein College of Medicine (1973) NY
- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (1983)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (1980)
- Medical Education: Columbia University (1972) NY

Publications

PUBLICATIONS

- **The Need for Infant Mental Health Training for All Child and Adolescent Psychiatrists.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Benham, A. L., Leikauf, J. E., Romanowicz, M. n.
2017
- **Videotaping as a therapeutic tool in psychodynamic infant-parent therapy** *INFANT MENTAL HEALTH JOURNAL*
Zelenko, M., Benham, A.
2000; 21 (3): 192-203