Stanford

Christine Bird

Postdoctoral Scholar, Psychiatry

Bio

BIO

Dr. Bird received her PhD in Clinical Psychology and Quantitative Statistics from UCLA and completed her clinical psychology internship at the West Los Angeles VA. She is currently an NIH T32 Postdoctoral Scholar in the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine, working directly with Shannon Wiltsey Stirman in the CREATE Alacrity Center. Prior to academia, Dr. Bird worked in industry and nonprofit settings as a tech entrepreneur and business executive.

Dr. Bird's research focuses on the development and implementation of AI-enabled tools for behavioral health interventions. She examines how AI technologies can support therapist workflows, enhance fidelity to evidence-based practices, and improve mental health care delivery for both clinicians and paraprofessional providers. Dr. Bird is particularly interested in identifying sustainable pathways for translating academic innovations in digital mental health into real-world practice, with the goal of increasing equity and access to care.

PROFESSIONAL EDUCATION

- Doctor of Philosophy, University of California Los Angeles (2025)
- PhD, University of California, Los Angeles , Clinical Psychology, Quantitative Minor (2025)
- MA, University at Buffalo , Psychology (2019)
- BA, University of Delaware , Art Conservation (2008)

STANFORD ADVISORS

- Debra Kaysen, Postdoctoral Research Mentor
- Shannon Wiltsey Stirman, Postdoctoral Faculty Sponsor