Stanford

Helen Wilson

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Wilson is a licensed clinical psychologist with expertise in the areas of trauma and life stress, women's wellness and sexual dysfunction, and lifestyle psychiatry. She provides clinical services in these areas and is Co-Director of the Lifestyle Psychiatry Clinic focused on holistic interventions incorporating physical activity, nutrition, stress management, sleep, social connection, and avoidance of risk substances. She has is also a 500 hour certified yoga instructor as has developed a group therapy program that integrates principles of yoga to support management of mood and anxiety symptoms. Dr. Wilson has completed federally funded research focused on relationships between childhood trauma and health risk behavior in adolescence and adulthood and is currently engaged in clinical research. Dr. Wilson has authored or co-authored over thirty journal articles and book chapters related to these topics, and she regularly presents her work at local and national conferences. She is lead editor of the 2023 book Facing Campus Sexual Assault and Relationship Violence With Courage: A Guide for Institutions and Clinicians on Prevention, Support, and Healing. She is currently engaged in a collaboration with Stanford Recreation and Wellness to evaluate the benefits of physical wellness and outdoor education courses.

CLINICAL FOCUS

- trauma
- life stress
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Director, Stanford Confidential Support Team, (2016-2022)

PROFESSIONAL EDUCATION

- PhD Training: Northwestern University Feinberg School of Medicine (2005) IL
- Fellowship: Yale University Child Study Center (2006) CT

Publications

PUBLICATIONS

- **Perceived stress and spontaneous preterm birth in twin gestations**
  Blumenfeld, Y. J., Leonard, S. A., Wilson, H. W., Girsen, A., Datoc, I., Lyell, D. J.
  MOSBY-ELSEVIER.2021: S418–S419
- **Development of Sexual Risk in Minority Youth: Risk and Protective Factors in Early Adolescence** *JOURNAL OF EARLY ADOLESCENCE*
  Wilson, H. W.
  2018; 38 (1): 5–11
- **Victimization and traumatic stress: Pathways to depressive symptoms among low-income, African-American girls.** *Child abuse & neglect*
  Gershon, A. n., Hayward, L. n., Donenberg, G. R., Wilson, H. n.
  2018; 86: 223–34
- **Recognizing and Referring Children with Posttraumatic Stress Disorder: Guidelines for Pediatric Providers.** *Pediatrics in review*
  Wilson, H. W., Joshi, S. V.
  2018; 39 (2): 68–77
- **Trajectories of psychopathology and risky behaviors associated with childhood abuse and neglect in low-income urban African American girls** *CHILD ABUSE & NEGLECT*
  Wilson, H. W., Samuelson, S. L., Staudenmeyer, A. H., Widom, C. S.
  2015; 45: 108-121
- **Externalizing Symptoms Moderate Associations Among Interpersonal Skills, Parenting, and Depressive Symptoms in Adolescents Seeking Mental Health Treatment** *JOURNAL OF YOUTH AND ADOLESCENCE*
  Rodriguez, E. M., Donenberg, G. R., Emerson, E., Wilson, H. W., Javdani, S.
  2015; 44 (4): 952-963
- **From Violence Exposure to Development of Sexual Risk in Low-Income Urban Girls: The Role of Psychopathology** *CHILD PSYCHIATRY & HUMAN DEVELOPMENT*
  Wilson, H. W., Pettineo, L., Edmonds, A., Goodman, E. A., Emerson, E., Donenberg, G. R.
  2015; 46 (2): 270-280
- **Childhood violence exposure and the development of sexual risk in low-income African American girls** *JOURNAL OF BEHAVIORAL MEDICINE*
  Wilson, H. W., Donenberg, G. R., Emerson, E.
  2014; 37 (6): 1091-1101
- **Childhood violence exposure and the development of sexual risk in low-income African American girls.** *Journal of behavioral medicine*
  Wilson, H. W., Donenberg, G. R., Emerson, E.
  2014; 37 (6): 1091-1101
- **Family environment, coping, and mental health in adolescents attending therapeutic day schools** *JOURNAL OF ADOLESCENCE*
  Rodriguez, E. M., Donenberg, G. R., Emerson, E., Wilson, H. W., Brown, L. K., Houck, C.
  2014; 37 (7): 1133-1142
- **Family environment, coping, and mental health in adolescents attending therapeutic day schools.** *Journal of adolescence*
  Rodriguez, E. M., Donenberg, G. R., Emerson, E., Wilson, H. W., Brown, L. K., Houck, C.
  2014; 37 (7): 1133-42
- **The Relationship Between Substance Use and Sexual Health Among African-American Female Adolescents with a History of Seeking Mental Health Services** *WOMENS HEALTH ISSUES*
  Woods-Jaeger, B. A., Jaeger, J. A., Donenberg, G. R., Wilson, H. W.

2013; 23 (6): E365-E371

- **Dyadic Confirmatory Factor Analysis of the Inflammatory Bowel Disease Family Responsibility Questionnaire** *JOURNAL OF PEDIATRIC PSYCHOLOGY*
  Greenley, R. N., Reed-Knight, B., Blount, R. L., Wilson, H. W.
  2013; 38 (8): 871-882

- **History of Sexual Abuse and Development of Sexual Risk Behavior in Low-Income, Urban African American Girls Seeking Mental Health Treatment** *WOMEN & HEALTH*
  Wilson, H. W., Emerson, E., Donenberg, G. R., Pettineo, L.
  2013; 53 (4): 384-404