



## Dolores Gallagher Thompson, PhD, ABPP

Professor (Research) of Psychiatry and Behavioral Science (Public Mental Health and Population Sciences), Emerita

Psychiatry and Behavioral Sciences

 NIH Biosketch available Online

### CLINICAL OFFICES

- **Gero Psychiatry Clinic**

401 Quarry RD MC 5723

Stanford, CA 94305

Tel (650) 724-7263

Fax (650) 498-4960

### Bio

---

#### BIO

Dr. GallagherThompson specializes in treatment of late-life depression and anxiety disorders and in working with persons with dementia and their family caregivers. She uses a cognitive/behavioral (CBT) approach and offers both individual and group therapy. She is a board-certified specialist in Geropsychology (psychology of older adults) and is a licensed clinical psychologist who has been in practice for 25 years.

She received her degree in clinical psychology/adult development and aging from the University of Southern California and did her clinical training at UCLA. She has been an NIH funded researcher for the past 25 years and is most noted for her empirical studies on the efficacy of psychoeducational interventions to reduce stress and improve the psychological status of family caregivers of older adults with Alzheimer's disease or other forms of dementia. She has culturally modified, translated, and tailored programs for Chinese-speaking, Spanish-speaking, and Farci-speaking caregivers. In addition she works with an international advisory group to create an on-line web-based program to provide education and skill training globally. She is also a Fellow of the Academy of Cognitive Therapy and a recognized Trainer/Consultant/ Supervisor in CBT. In collaboration with others she is completing 2nd edition of the book: Cognitive/ Behavior Therapy with Older Adults, to be published in 2017.

At present she is Professor of Research in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, and Director of the Outreach, Recruitment and Education Core of the Stanford Alzheimer's Disease Research Center which focuses on recruiting Latino and American Indian persons with dementia and their family caregivers. She has authored about 200 papers in major journals in the field and has co-edited the critically well-received second edition of "Ethnicity and the Dementias" (with Gwen Yeo, senior editor). She serves in several volunteer positions with the Alzheimer's Association Northern CA/ Northern NV chapter. She is very interested and enthusiastic to find ways to deliver effective mental health care through technology so that services will be available to more persons in need.

#### CLINICAL FOCUS

- Geropsychology

- Psychoeducational programs for family caregivers
- Health/ Behavioral Psychology
- Impact of Diversity on Mental Health
- Designing and Implementing Technology for mental health concerns
- Cognitive/Behavioral Therapy for Late Life Depression
- Psychology

## **ACADEMIC APPOINTMENTS**

- Professor Emeritus-Hourly, Psychiatry and Behavioral Sciences

## **ADMINISTRATIVE APPOINTMENTS**

- Senior Fellow, Stanford Center for Innovation in Global Health, (2015- present)
- Director, Outreach, Recruitment and Education Core, Stanford Alzheimer's Disease Research Center, (2015-2020)
- Member, Education Leadership & Integration Committee, Dept. of Psychiatry & Behavioral Sciences, (2013- present)
- Member, Departmental Community Engagement Advisory Committee, Dept. of Psychiatry & Behavioral Sciences, (2013- present)
- Representative, Faculty Senate of the School of Medicine and Dept. of Psychiatry & Behavioral Sciences, (2013-2015)
- Director, Principal Investigator, Stanford Geriatric Education Center, (2010-2015)
- Affiliated Faculty, Global Health Initiative, Stanford University School of Medicine, (2009- present)
- Director, Stanford Geriatric Education Center, (2008-2015)
- CONA: Committee on Aging. Shapes APA policy as it relates to geriatric mental health, American Psychological Association, (2008-2010)
- Affiliated Faculty, Clayman Institute for Gender Research, (2004- present)
- Affiliated Faculty, Stanford Center on Longevity, (2004- present)
- Director, Education & Information Transfer Core, Alzheimer's Clinical Research Center of Stanford Univ/VA Palo Alto, (2002-2007)
- Director, Older Adult & Family Center, VA Palo Alto Health Care Center/Stanford Univ., (2000-2007)
- Core Faculty in Psychology, Stanford Geriatric Education Center, (1987-2006)

## **HONORS AND AWARDS**

- Distinguished Alumni Award, UCLA Neuro-psychiatric Institute (1985)
- Founding Fellow, Academy of Cognitive Therapy (1999)
- Diplomate in Clinical Psychology, American Board of Professional Psychology (1997)
- Outstanding Teacher Award, Stanford Univ. School of Education (1992)
- Outstanding Mentorship Award, American Psychological Assn, Div. 20 (Adult Development & Aging) (2000)
- Volunteer Appreciation, Self-Help for the Elderly, a service program for Chinese families (2003)
- Volunteer Appreciation, Alzheimer's Association, Greater San Francisco Bay Area chapter (2000, 2002, 2004)
- M. Powell Lawton award for distinguished life-time contributions to the field of Psychology, The Annual Meeting of the American Psychological Association, San Francisco (August 2007)
- Senior Scholar Special Commendation of Honor, The American Association of University Women (AAUW) (2007)
- Honorable mention, Healthcare and Aging award, The American Society on Aging, San Francisco (2007)
- Honorary Doctorate, The Hong Kong Institute of Education (2014)

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- Co-Editor-in-Chief, Clinical Gerontologist: The journal of aging and mental health (2006 - present)

- Founding Fellow, Academy of Cognitive Therapy (1999 - 1999)
- Editorial Board, Journal of Aging and Ethnicity (1994 - 1996)
- Editorial Board, Journal of Clinical Geropsychology (1993 - 1995)
- Editorial Board, Psychology and Aging (1988 - 1989)
- Editorial Board, The Gerontologist (1987 - 1989)
- Editorial Board, Journal of Gerontology (1984 - 1985)

## **PROFESSIONAL EDUCATION**

- University of Southern California Keck School of Medicine (1979) CA
- Board Certification: Psychology, American Board of Professional Psychology (1997)
- Ph.D., University of Southern California , Clinical Psychology (1979)
- Certificate of completion, UCLA Neuropsychiatric Institute , pre-doctoral internship (1978)

## **COMMUNITY AND INTERNATIONAL WORK**

- MIRELA: How a Latino Family Copes with Cognitive Loss, Bay Area current focus
- iSupport for Dementia Family Caregivers
- Interventions for Grandparents Caring for Problematic Grandchildren
- Caregiving Interventions for Latino Family Caregivers of Older Cognitively Impaired Persons
- Caregiving for Persons with Dementia
- Cognitive Behavioral Therapy for Late Life Depression Among Stroke Patients
- Coping with Caregiving: A Group Program for Spanish Dementia Family Caregivers
- In Home Intervention versus Telephone Support to Reduce Stress of Dementia Caregivers
- Cognitive Behavioral Therapy for Late Life Depression, Shanghai, China
- Caring for the Caregiver in Japan & China, Tokyo, Beijing
- Skill Training for Family Caregivers

## **LINKS**

- Stanford Geriatric Education Center: <http://sgec.stanford.edu>
- Stanford Alzheimer's Disease Research Center: <http://med.stanford.edu/adrc.html>

## **Research & Scholarship**

---

### **CURRENT RESEARCH AND SCHOLARLY INTERESTS**

Currently I am researching how non-traditional methods to deliver information and to provide services to distressed persons and families can be used effectively, AND, how these non-traditional methods vary by culture and other dimensions of diversity.

Specifically, I have 2 new projects that involve novel approaches:

1) a project entirely in Spanish called MIRELA which uses a webnovela or "soap opera" format to show how a typical Latino multi-generational family copes with learning that their eldest relative has progressive cognitive decline. This project is currently recruiting for a randomized trial. For details please contact me.

2) I am working with the World Health Organization to develop an on-line web based open source platform to teach about dementia and family coping skills. Content development will be done in 2015; the platform developed and pilot tested in 2016, and in 2017 a randomized trial will be conducted in Bangalore, India to assess the effectiveness of the program after it's culturally "tailored" to that population. For more information please contact me.

In terms of innovation that is not technology-related I have 2 new projects:

1) in collaboration with the Stanford Red Barn we have developed a brand new equine-assisted psychoeducational program for persons with early stage dementia and their care -partners. We are enrolling dyads for participation in a pilot study that will begin early in 2016. Please contact me for more information.

2) as director of the Outreach, Recruitment, and Education Core of the newly funded Alzheimer's Disease Research Center on campus, I will be studying caregivers' of persons with different types of dementia - such as dementia related to Parkinson's disease & fronto-temporal dementia, which pose different challenges for patients and families. Please contact me for more information.

Recently I have focused on the development and evaluation of a psychosocial program "coping with caregiving" that teaches a wide range of coping skills to distressed family caregivers of dementia victims. These programs have shown that the CWC is significantly better than telephone based control conditions in reducing distress & improving quality of life. Currently, materials are available in the Spanish & Chinese languages.

## **PROJECTS**

- iSupport web-based program for dementia family caregivers around the world - World Health Organization & Stanford Univ. School of Medicine faculty
- MIRELA: A webnovel for Hispanic/ Latino dementia family caregivers - Photozig, Inc, Mountain View; Stanford Univ. School of Medicine faculty; Alzheimer's Assn - multiple chapters throughout California and Nevada and several community-based organizations that serve Latino elders and their families
- CLASP - Stanford Alzheimer's Disease Research Center
- Our Family Journey - Stanford University

## **Teaching**

---

### **GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS**

- Psychiatry and Behavioral Science (Fellowship Program)