



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 Emerita Professor of Research in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, and former 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, Departmental Community Engagement Advisory Committee, Dept. of Psychiatry & Behavioral Sciences, (2013- present)
- Member, Education Leadership & Integration 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

- Associate Editor, Clinical Gerontologist (2018 - present)

- 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

- PhD Training: University of Southern California Keck School of Medicine (1979) CA
- Board certification, American Board of Professional Psychology , Clinical Psychology (1997)
- Board Certification, American Board of Professional Psychology , Geropsychology (2014)
- Ph.D., University of Southern California , Clinical Psychology (1979)
- Certificate of completion, UCLA Neuropsychiatric Institute , pre-doctoral internship (1978)

COMMUNITY AND INTERNATIONAL WORK

- PRISM: Partnership in Implementation Science for Geriatric Mental Health, Thailand and Shanghai
- Caregiving in China: Group Workshops and Self-Care Mobile Apps to Improve Coping Skills and mental Health among Dementia Carers in China, mainland China
- 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 4 new projects that involve novel approaches:

1) PRISM: this project is an innovative collaboration among academic institutions (Harvard, Stanford, Univ. of South Carolina), government entities in Thailand and Shanghai, China, and health care providers in those countries. The goal is to develop culturally appropriate intervention programs for carers of persons with neurocognitive disorders in those countries. This 5 year project began Jan. 2018. It is expected that both in-person workshops and technology-driven approaches will be developed and researched.

2) In collaboration with researchers from University College, London, we are working in several provinces in mainland China to develop technology-delivered mental health interventions to carers of persons with neurocognitive disorders in those areas. We work with government groups to ensure safety and fidelity. This project will officially begin July 2018.

3) MIRELA is a recently completed project that developed and tested a webnovela, entirely in Spanish, that follows the trajectory of an elder Latina as she declines over time from Alzheimer's disease. It depicts (in novel soap opera format) what the challenges are and how this multi-generational family responds to them - compared to a comparison condition. The RCT clearly showed that MIRELA was superior to the control condition in reducing depression and improving coping skills in caregivers.

4) I am working with the World Health Organization to test an on-line web based open source platform to teach about dementia and family coping skills to caregivers. The pilot study is in progress in Bangalore, India and is expected to be completed later in 2018. An international team of content experts developed the web based material which is set up in modules for ease of access and learning. So far we have experienced enrollment challenges as the program is entirely web-based, including informed consent, completion of questionnaires, etc. The latter appear to pose problems for carers to overcome before they can access the program. This will be addressed in future iterations of this program.

Finally, I have substantially revised my "Coping with Caregiving" evidence-based program for dementia family caregivers to include an emphasis on positive psychology by incorporation gratitude, forgiveness, and hope in the intervention program. The new program is called ACES: Active Caregiving: Empowerment Skills. This new workshop is offered free of charge through Aging Adult Services and the Neuroscience Supportive Care Program at Stanford University School of Medicine.

PROJECTS

- iSupport web-based program for dementia family caregivers around the world - World Health Organization & Stanford Univ. School of Medicine faculty
- MIRELA: A webnovela 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)