Stanford

Kate Hardy

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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Bio

BIO

Kate Hardy is a California Licensed Psychologist who has specialized in working with individuals with psychosis for over 20 years in both research and clinical settings. Dr. Hardy received her doctorate in clinical psychology from the University of Liverpool, United Kingdom. She has worked in specialist early psychosis services in both the UK and the US, including UCSF's Prodrome Assessment Research and Treatment (PART) program, where she completed her post-doctoral fellowship, and as Clinical Director for the Prevention and Recovery from Early Psychosis (PREP) program. Dr. Hardy is the co-director for the INSPIRE clinic at the Department of Psychiatry and Behavioral Health, Stanford University and has significant experience in providing CBTp to individuals with early psychosis, and those at risk of developing psychosis, in both individual and group settings and integration of this clinical intervention to broader systems and staff teams. Dr. Hardy is also involved in the implementation of national strategies to increase dissemination of early psychosis models with the aim of bringing these cutting edge treatments to a broader population and is the co-editor of the book Intervening Early: A team approach.

Dr. Hardy is also the director of INSPIRE training and within this role has led multiple trainings and workshops in CBTp to a wide variety of audiences including community clinicians, psychiatrists, and families, and provides ongoing supervision and consultation in this approach. INSPIRE training offers training in evidence based interventions for psychosis to providers across diverse settings. In 2024 Dr. Hardy became president elect for IEPA: Intervening Early in Mental Health.

CLINICAL FOCUS

- Psychosis
- Schizophrenia Spectrum and Other Psychotic Disorders
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Fellowship in the Community Academic Research Training Alliance (CARTA), University of California, San Francisco (2009)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- President Elect, IEPA: Intervening Early in Mental Health (2024 - present)
- Vice President, North American CBTp Network (2022 - present)
- Vice President for North America, IEPA: Intervening Early in Mental Health (2022 - 2024)

PROFESSIONAL EDUCATION

- Professional Education: University of Liverpool (2007)
- Fellowship: University of California at San Francisco School of Medicine (2012) CA
- BSc, University of Manchester , Psychology (2001)

Research & Scholarship

CLINICAL TRIALS

- California Collaborative Network to Promote Data Driven Care and Improve Outcomes in Early Psychosis, Recruiting

Publications

PUBLICATIONS

- **Cultural adaptation and preliminary evaluation of the psychosis REACH family intervention in Pakistan.** *Global mental health (Cambridge, England)*
  Kopelovich, S. L., Rathod, S., Blank, J., Iqbal, R., Vaswani-Bye, A., Turkington, D., Hardy, K., Haider, I. I., Shepard, V., Phiri, P., Javed, A.
  2026; 13: e15

- **Recovery as play: theater improvisation as a promising adjunctive treatment in recovery-oriented psychosis care** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*
  Yalcinkaya, S. R., Chari, S., Hardy, K.
  2026

- **Evaluation of a hybrid asynchronous-synchronous delivery model for family intervention in psychosis: the psychosis REACH program.** *Frontiers in digital health*
  Kopelovich, S. L., Blank, J., Vaswani-Bye, A., Shepard, V., Buckland, H. T., Hardy, K., Turkington, D.
  2026; 8: 1662969

- **Characterizing the Availability and Quality of CBT for Psychosis in the United States and Canada: Results From a Survey of Early Intervention for Psychosis Programs.** *Early intervention in psychiatry*
  Eisen, K., Wood, H. J., Thompson, E., Kopelovich, S. L., Lecomte, T., Murphy, C., Reznik, S. J., Shapiro, D., Sivec, H., Hardy, K. V.
  2026; 20 (7): e70189

- **A Qualitative Study of Family Experiences of the Peer Supported Family Intervention, Psychosis Recovery by Enabling Adult Carers at Home (Psychosis REACH), in an Early Psychosis Clinic.** *Early intervention in psychiatry*
  Lean, M., Benitah, K. C., Wakeham, D. E., Virtheim, D., Kopelovich, S. L., Hardy, K.
  2026; 20 (7): e70210

- **Pathways to Mental Health Care: The Role of Religion and Spirituality in Help Seeking for Psychosis.** *Psychiatric services (Washington, D.C.)*
  Badran, L., Niendam, T., Shapiro, D. I., Burch, K. E., Hardy, K. V., Wright, S., Safdar, M., Bhatt, A., Giroux, C., Hotz, B., Adhikari, N., Salaheldin, K., Hayes, et al
  2026: appips20250629

- **A Pilot Study of the Peer Supported Family Intervention, Psychosis Recovery by Enabling Adult Carers at Home (Psychosis-REACH) in an Early Psychosis Clinic.** *Early intervention in psychiatry*
  Lean, M., Benitah, K. C., Wakeham, D. E., Chang, L., Virtheim, D., Runestad, S., Kopelovich, S. L., Hardy, K. V.

2026; 20 (4): e70169

- **Cultural adaptation and preliminary evaluation of the psychosis REACH family intervention in Pakistan** *CAMBRIDGE PRISMS-GLOBAL MENTAL HEALTH*
  Kopelovich, S. L., Rathod, S., Blank, J., Iqbal, R., Vaswani-Bye, A., Turkington, D., Hardy, K., Haider, I. I., Shepard, V., Phiri, P., Javed, A.
  2025; 13

- **From Theory to Therapy: The Evolution and Future of Cognitive-Behavioral Therapy for Psychosis in U.S. Mental Health Care.** *Focus (American Psychiatric Publishing)*
  Kopelovich, S. L., Brown, P., Hardy, K.
  2025; 23 (4): 429-438

- **Bridging the Gap: Understanding Barriers and Facilitators to CBTp Implementation in Early Intervention for Psychosis Programs in the US and Canada**
  Eisen, K., Wood, H., Kopelovich, S., Lecomte, T., Ohlmann, J., Shapiro, D., Hardy, K.
  WILEY.2025

- **Promoting Positive Attitudes Toward Psychosis Through Multi-Stage Clinician Training in CBT for Early Psychosis**
  Zhang, W., Eisen, K., Shapiro, D., Hardy, K.
  WILEY.2025

- **Peer Family Ambassador Perspectives on the Delivery of Psychosis REACH in an Early Psychosis Setting **
  Lean, M., Benitah, K., Hardy, K.
  WILEY.2025

- **YOUNG MINDS AND EARLY PSYCHOSIS: ASSESSING ACCESS TO EARLY PSYCHOSIS PROGRAMS FOR PEDIATRIC POPULATIONS**
  Reyes, M. P., Bhatt, A., Hardy, K., Dauberman, J., Adelsheim, S. N.
  ELSEVIER SCIENCE INC.2024: S280

- **Learning from therapists about the challenges and opportunities of training in cognitive behavioral therapy for psychosis: qualitative findings from a US-based service evaluation** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*
  Wood, H. J., Babusci, C., Hardy, K. V., Maikranz, K., Sarpal, D. K., Gannon, J. M.
  2024

- **Confronting the dialectic between quality and access in early psychosis care in the United States: Finding the synthesis by leveraging psychological expertise.** *Psychological services*
  Wood, H. J., Eisen, K., Hardy, K. V., Reznik, S. J., Shapiro, D. I., Thompson, E. C., Gaither, M. L., Kopelovich, S.
  2023

- **Reductions in synaptic marker SV2A in early-course Schizophrenia.** *Journal of psychiatric research*
  Yoon, J. H., Zhang, Z., Mormino, E., Davidzon, G., Minzenberg, M. J., Ballon, J., Kalinowski, A., Hardy, K., Naganawa, M., Carson, R. E., Khalighi, M., Park, J. H., Levinson, et al
  2023; 161: 213-217

- **I THINK MY PATIENT MAY BE EXPERIENCING PSYCHOSIS - NOW WHAT? HOW PROVIDERS CAN SUPPORT EARLY IDENTIFICATION AND INTERVENTION.**
  Eisen, K., Chari, S., Salaheldin, K., Zepp, C., Ballon, J., Hardy, K.
  OXFORD UNIV PRESS INC.2022: S1

- **Training inpatient psychiatric nurses and staff to utilize CBTp informed skills in an acute inpatient psychiatric setting** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*
  Eisen, K., Kharrazi, N., Simonson, A., Lean, M., Hardy, K.
  2021

- **Psychosis REACH: Effects of a Brief CBT-Informed Training for Family and Caregivers of Individuals With Psychosis.** *Psychiatric services (Washington, D.C.)*
  Kopelovich, S. L., Stiles, B., Monroe-DeVita, M., Hardy, K., Hallgren, K., Turkington, D.
  2021: appips202000740

- **Brief Report Describing the Integration of Two Psychotherapy Evidence-Based Practices Within Coordinated Specialty Care Services for Early Psychosis** *PSYCHOLOGICAL SERVICES*
  Hardy, K., Meyer-Kalos, P., Adams, C., Elliott-Remes, R., Gingerich, S.

2021; 18 (2): 164-169

- **Pilot study of a group worry intervention for recent onset psychosis** *COGNITIVE BEHAVIOUR THERAPIST*
  Mackintosh, T., Lean, M., Hardy, K.
  2021; 14

- **DEVELOPING A LIVED EXPERIENCE ADVISORY COUNCIL IN AN ACADEMIC EARLY INTERVENTION FOR PSYCHOSIS CLINIC.**
  Eisen, K., Lean, M., Ballon, J., Zepp, C., Liliental, J., Hardy, K.
  OXFORD UNIV PRESS INC.2021: S140

- **Training early psychosis community clinicians in CBT for psychosis: Implementation and feasibility.** *Early intervention in psychiatry*
  Hardy, K. V., Espil, F. M., Smith, C. L., Furuzawa, A., Lean, M., Zhao, Z., Godzikovskaya, J., Gilbert, A., Loewy, R. L.
  2020

- **The impact of COVID-19 on coordinated specialty care (CSC) for people with first episode psychosis (FEP): Preliminary observations, and recommendations, from the United States, Israel and China** *COUNSELLING PSYCHOLOGY QUARTERLY*
  Meyer-Kalos, P. S., Roe, D., Gingerich, S., Hardy, K., Bello, I., Hrouda, D., Shapiro, D., Hayden-Lewis, K., Cao, L., Hao, X., Liang, Y., Zhong, S., Mueser, et al
  2020

- **Lived experience perspectives on reducing the duration of untreated psychosis: the impact of stigma on accessing treatment** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*
  Hardy, K. V., Dickens, C. E., Roach, E. L., Harrison, V., Desai, A., Flynn, L., Noordsy, D. L., Dauberman, J., Adelsheim, S.
  2020

- **CBT for Psychosis: Process-Oriented Therapies and the Third Wave (Book Review)** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
  Book Review Authored by: Eisen, K., Hardy, K.
  2020; 59 (3): 446–48

- **Growth of Early Intervention in Psychosis in the United States** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*
  Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.
  edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.
  2019: 11–22

- **Psychotherapeutic Interventions for Early Psychosis** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*
  Hardy, K. V., Landa, Y., Meyer-Kalos, P., Mueser, K. T.
  edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.
  2019: 211–39

- **Special Populations: College and University Students** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*
  Hardy, K. V., Ballon, J. S., Chopra, M., Noordsy, D. L.
  edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.
  2019: 403–15

- **Consumer and Family Perspectives on Reducing the Duration of Untreated Psychosis**
  Hardy, K., Dickens, C., Mackintosh, T., Roach, E., Harrison, V., Noordsy, D., Adelsheim, S.
  WILEY.2018: 62

- **Pilot Study of Group Worry Intervention for First Episode Psychosis**
  Mackintosh, T., Olson, N., Lee, A., Weiler, R., Hardy, K.
  WILEY.2018: 135

- **Therapeutic Potential of Physical Exercise in Early Psychosis.** *The American journal of psychiatry*
  Noordsy, D. L., Burgess, J. D., Hardy, K. V., Yudofsky, L. M., Ballon, J. S.
  2018; 175 (3): 209–14

- **Impact of age of onset of psychosis and engagement in higher education on duration of untreated psychosis** *JOURNAL OF MENTAL HEALTH*
  Hardy, K. V., Noordsy, D. L., Ballon, J. S., McGovern, M. P., Salomon, C., Stirman, S.

2018; 27 (3): 257–62

- **Editorial: Trauma, Psychosis and Posttraumatic Stress Disorder** *FRONTIERS IN PSYCHIATRY*
  Hardy, K. V., Mueser, K. T.
  2017; 8: 220
- **Genetic Correlation Profile of Schizophrenia Mirrors Epidemiological Results and Suggests Link Between Polygenic and Rare Variant (22q11.2) Cases of Schizophrenia.** *Schizophrenia bulletin*
  Duncan, L. E., Shen, H. n., Ballon, J. S., Hardy, K. V., Noordsy, D. L., Levinson, D. F.
  2017
- **Cognitive Interventions Targeting Brain Plasticity in the Prodromal and Early Phases of Schizophrenia** *ANNUAL REVIEW OF CLINICAL PSYCHOLOGY, VOL 9*
  Fisher, M., Loewy, R., Hardy, K., Schlosser, D., Vinogradov, S.
  2013; 9: 435-463
- **Psychosocial interventions for adolescents at clinical high risk for psychosis: cognitive behavioral therapy** *Adolescent Psychiatry*
  Hardy, K. V., Loewy, R.
  2012; 2: 172-181
- **Filling the implementation gap: a community-academic partnership approach to early intervention in psychosis** *EARLY INTERVENTION IN PSYCHIATRY*
  Hardy, K. V., Moore, M., Rose, D., Bennett, R., Jackson-Lane, C., Gause, M., Jackson, A., Loewy, R.
  2011; 5 (4): 366-374
- **At risk of developing psychosis: the research perspective** *Experiencing psychosis: personal and professional perspectives*
  Hardy , K.
  Routledge.2011
- **Re-envisioning psychosis: a new language for clinical practice** *Current Psychiatry*
  Rose, D., Stuart, B., Hardy, K., Loewy, R.
  2010; 9: 23-28
- **THE SUBJECTIVE EXPERIENCE OF PEOPLE AT A HIGH RISK OF DEVELOPING PSYCHOSIS JOURNEYING INTO AND THROUGH AN EARLY DETECTION FOR PSYCHOSIS SERVICE** *12th International Congress on Schizophrenia Research*
  Hardy, K. V., Dickson, J. M., Morrison, A. P.
  OXFORD UNIV PRESS.2009: 309–310