



Sepideh Bajestan

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry Clinic**

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ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

Neuropsychiatry Clinic - Neuropsychiatry Clinic

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Bio

BIO

Dr. Bajestan has received her PhD in Molecular and Cellular Neuroscience. She spent her training during her PhD and post-doctoral course in learning the molecular genetics and biology of neurological and psychiatric disorders. She later trained in Psychiatry at Stanford University and became a board certified General Psychiatrist by the American Board of Psychiatry and Neurology. Dr. Bajestan was the first neuropsychiatry fellow at Stanford University and established this fellowship with Dr. John Barry, her fellowship director. She is also board certified in Neuropsychiatry and Behavioral Neurology by the United Council of Neurological Subspecialties. She has undergone training in complex neuro-psychopharmacology, Interventional neuropsychiatry and different psychotherapy Orientations including Psychodynamic Psychotherapy, Cognitive and Behavioral Therapy (CBT), Psychodynamic Psychotherapy, Acceptance and Commitment Therapy (ACT), Hypnosis and Prolonged Exposure (PE).

Dr. Bajestan is the recipient of many national awards, such as American Psychiatric Association's Leadership Award, American Association of Psychiatry Residency Director's Brain Scholar Award, American College of Psychiatrists' Laughlin Fellowship, American Neuropsychiatric Association's Young Investigator's Award, and Stanford University Psychiatry Department's Outstanding Resident Award. She is also the recipient of department of psychiatry's Chair's Mission Award for Leadership and Professionalism.

Dr. Bajestan is currently the Neuropsychiatry Section Chief, the Associate Neuropsychiatry Fellowship Director and a Clinical Assistant Professor of Psychiatry and Behavioral Sciences at Stanford University. She is involved in clinical practice, research and training of the psychiatry residents and neuropsychiatry fellows. Dr. Bajestan is the neuropsychiatric consultant at Stanford University's Inpatient Neurology Units, Epilepsy Monitoring Unit, and Outpatient Neurology Clinics. She also works in different psychiatry clinics in department of Psychiatry and Behavioral Sciences, providing consultations (mainly) and outpatient care (both medication management and psycho therapy). She takes joy in working closely with her patients, their family members, other health care providers, teaching/mentoring trainees and also attending to her research projects.

CLINICAL FOCUS

- Psychiatry

- Neuropsychiatry, Psychotherapy, Functional Neurological Symptom Disorders, Impulse Control Disorders (Both medication management and Psychotherapy), Anxiety Disorders
- For Clinical Issues, Call the Clinic at 650-723-8335, Please Do Not Use My Email (HIPPA regulation)

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Neuropsychiatric Association (2012 - present)
- Member, American Psychiatric Association (2009 - present)
- Resident Councilor, Northern California Psychiatric Association (2013 - 2014)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Addiction Medicine Fellowship (2014) CA
- Board Certification: NeuroPsychiatry, United Council for Neurologic Subspecialties
- Board Certification, United Council of Neurological Subspecialties , Neuropsychiatry and Behavioral Neurology (2014)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2013)
- Neuropsychiatry Fellowship, Department of Psychiatry and Behavioral Sciences, Stanford University , Neuropsychiatry and Behavioral Neurology
- Post-Doctoral Training, University of California, San Diego , Neuroscience
- Residency: Department of Psychiatry, School of Medicine, Stanford University Hospital (2014)
- PhD in Neuroscience, Kagoshima University, Graduate School of Medical and Dental Sciences, Japan University College London, England (Visiting PhD Scholar) , Neuroscience (2004)
- Medical Education: Mashhad University of Medical Sciences (2001) Iran
- Undergraduate, National Organization for Development of Exceptional Talents (NODET)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Treatment Outcome and Predictive Psychological Factors in Group Psychotherapy for Patients with Psychogenic Non-Epileptic Seizures and Psychogenic Movement Disorders (groups are based on Psycho-dynamic Psychotherapy and Dialectical Behavioral Therapy) -recruiting. Contact Number: Dr. Ariela Karasov, MD.
650-723-8659

Publications

PUBLICATIONS

- **Psychiatric Presentations of C9orf72 Mutation: What Are the Diagnostic Implications for Clinicians?** *journal of neuropsychiatry and clinical neurosciences*
Ducharme, S., Bajestan, S., Dickerson, B. C., Voon, V.
2017: appineuropsych16090168-?
- **Bedtime misalignment and progression of breast cancer.** *Chronobiology international*
Hahm, B., Jo, B., Dhabhar, F. S., Palesh, O., Aldridge-Gerry, A., Bajestan, S. N., Neri, E., Nouriani, B., Spiegel, D., Zeitzer, J. M.
2014; 31 (2): 214-221
- **Association of AKT1 haplotype with the risk of schizophrenia in Iranian population** *AMERICAN JOURNAL OF MEDICAL GENETICS PART B-NEUROPSYCHIATRIC GENETICS*
Bajestan, S. N., Sabouri, A. H., Nakamura, M., Takashima, H., Keikhaee, M. R., Behdani, F., Fayyazi, M. R., Sargolzaee, M. R., Bajestan, M. N., Sabouri, Z., Khayami, E., Haghghi, S., Hashemi, et al
2006; 141B (4): 383-386

- **Desert hedgehog-patched 2 expression in peripheral nerves during Wallerian degeneration and regeneration** *JOURNAL OF NEUROBIOLOGY*
Bajestan, S. N., Umehara, F., Shirahama, Y., Itoh, K., Sharghi-Namini, S., Jessen, K. R., Mirsky, R., Osame, M.
2006; 66 (3): 243-255
- **Differences in viral and host genetic risk factors for development of human T-cell lymphotropic virus type 1 (HTLV-1)-associated myelopathy/tropical spastic paraparesis between Iranian and Japanese HTLV-1-infected individuals** *JOURNAL OF GENERAL VIROLOGY*
Sabouri, A. H., Saito, M., Usuku, K., Bajestan, S. N., Mahmoudi, M., Forughipour, M., Sabouri, Z., Abbaspour, Z., Goharjoo, M. E., Khayami, E., Hasani, A., Izumo, S., Arimura, et al
2005; 86: 773-781
- **High seroprotection rate induced by intradermal administration of a recombinant hepatitis B vaccine in young healthy adults: Comparison with standard intramuscular vaccination** *EUROPEAN JOURNAL OF EPIDEMIOLOGY*
Ghabouli, M. J., Sabouri, A. H., Shoeibi, N., Bajestan, S. N., Baradaran, H.
2004; 19 (9): 871-875