



Sepideh Bajestan, MD, PhD

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry Clinic**

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ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

Neuropsychiatry Clinic - Neuropsychiatry Clinic

Tel 650-723-8335

Bio

BIO

Dr. Bajestan serves as Neuropsychiatry Section Chief, Associate Neuropsychiatry Fellowship Director, Co-director of Individual Psychotherapy Clinic and Clinical 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 psychotherapy). 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.

Dr. Bajestan is the recipient of many national awards, such as American Psychiatric Association's Irma Bland Award for Excellence in Teaching, 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.

Neuroscience, Neuropsychiatry and Psychopharmacology Expertise:

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. She is also board certified in Neuropsychiatry and Behavioral Neurology by United Council of Neurological Subspecialties. Dr. Bajestan is an expert in complex neuro-psychopharmacology. She is also trained in interventional neuropsychiatry such as ECT and TMS.

Dr. Bajestan is a nationally known expert in Functional Neurological Disorders (FND). She co-leads the FND section of Committee of Research in American Neuropsychiatric Association.

Psychotherapy Expertise:

Dr. Bajestan has undergone training in different psychotherapy orientations including Psychodynamic Psychotherapy, Cognitive and Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Hypnosis and Prolonged Exposure (PE). Dr. Bajestan is the director of Individual Psychotherapy Clinic at Stanford University. She also serves on the board of WellConnect Clinic where she provides mental health treatment and burnout prevention coaching to resident and fellows of Stanford Hospital and Clinics.

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 Email (HIPPA regulation)
- Burnout Prevention

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Irma Bland Award for Excellence in Teaching, American Psychiatric Association (2023)
- Alpha Omega Alpha Honor Society's membership, Stanford University (2022)
- Chair's Mission Award for Leadership and Professionalism, Department of Psychiatry and Behavioral Sciences, Stanford University (2019)
- Laughlin Fellowship, American College of Psychiatrists (2013)
- Outstanding Resident Award, Department of Psychiatry and Behavioral Sciences, Stanford University (2013)
- Resident Recognition Award, American Psychiatric Association (2013)
- Young Investigator Award, American Neuropsychiatric Association (2013)
- Brain Scholar Award, American Association of Directors of Psychiatric Residency Training (2012)
- Leadership Fellowship Award, American Psychiatric Association (2011-2013)

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

- Board Certification: Behavioral Neurology and Neuropsychiatry, United Council for Neurologic Subspecialties (2014)
- Fellowship: Stanford University Addiction Medicine Fellowship (2014) CA
- 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

- **The Neuropsychiatric Approach to the Assessment of Patients in Neurology.** *Seminars in neurology*
Trapp, N. T., Martyna, M. R., Siddiqi, S. H., Bajestan, S. N.
2022
- **Concise Guide to Neuropsychiatry and Behavioral Neurology**
Barry, J., Bajestan, S., Cummings, J., Trimble, M.
American Psychiatric Publishing.2022
- **Using Patient-Centered Clinical Neuroscience to Deliver the Diagnosis of Functional Neurological Disorder (FND): Results from an Innovative Educational Workshop.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Medina, M., Giambarberi, L., Lazarow, S. S., Lockman, J., Faridi, N., Hooshmad, F., Karasov, A., Bajestan, S. N.
2020
- **Evidence-Based Practice for the Clinical Assessment of Psychogenic Nonepileptic Seizures: A Report From the American Neuropsychiatric Association Committee on Research.** *The Journal of neuropsychiatry and clinical neurosciences*
Baslet, G., Bajestan, S. N., Aybek, S., Modirrousta, M., D Clin Psy, J. P., Cavanna, A., Perez, D. L., Lazarow, S. S., Raynor, G., Voon, V., Ducharme, S., LaFrance, W. C.
2020: appineuropsych19120354
- **Hypnosis for Psychogenic Nonepileptic Seizures and Psychogenic Movement Disorders** *GATES AND ROWAN'S NONEPILEPTIC SEIZURES, 4TH EDITION*
Bajestan, S. N., Spiegel, D., Barry, J. J., LaFrance, W. C., Schachter, S. C.
2018: 90-98
- **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-?
- **Clinical Approaches to Psychogenic Nonepileptic Seizures.** *Focus (American Psychiatric Publishing)*
Bajestan, S. N., LaFrance, W. C.
2016; 14 (4): 422-431
- **Ethical Considerations in Neuropsychiatric Disorders.** *Focus (American Psychiatric Publishing)*
Bajestan, S. n., Lockman, J. n., Dunn, L. B.
2016; 14 (4): 477-81
- **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., Shoebibi, N., Bajestan, S. N., Baradaran, H.
2004; 19 (9): 871-875