



Lisa Post

Clinical Professor, Psychiatry and Behavioral Sciences

 Curriculum Vitae available Online

CLINICAL OFFICES

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5795

Stanford, CA 94305

Tel (650) 498-9111

Fax (650) 724-9900

Bio

BIO

Dr. Lisa Post, Ph.D. is a licensed clinical psychologist specializing in the treatment of anxiety, depression and adjustment disorders in adults. She has been a practicing clinician at Stanford Hospital and Clinics since 1993. Since 2000, she has been Director of a clinical program for Stanford Varsity Athletes and for nine years has been the Team Clinician for the San Francisco 49ers. Her primary interest are in the treatment of high performing individuals and in stress management.

CLINICAL FOCUS

- Wellness Program
- Sports Medicine
- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Director, Interpersonal Problems Clinic, Psychiatry and Behavioral Sciences, (1996- present)
- Chief, Sports Medicine, Psychiatry and Behavioral Sciences, (2000- present)
- Director, Health Connect: Resident and Fellow Mental Health Program, Psychiatry and Behavioral Sciences, Stanford Hospital and Clinic, (2010- present)

PROFESSIONAL EDUCATION

- Internship: Stanford University School of Medicine (1994) CA
- PhD Training: CA School of Prof Psychology (1991) CA

Publications

PUBLICATIONS

- **A Facilitated-Group Approach to Wellness in Surgical Residency.** *JAMA surgery*
Mueller, C. M., Buckle, M., Post, L.
2018
- **Exercise restrictions trigger psychological difficulty in active and athletic adults with hypertrophic cardiomyopathy.** *Open heart*
Luiten, R. C., Ormond, K., Post, L., Asif, I. M., Wheeler, M. T., Caleshu, C.
2016; 3 (2)
- **Psychologist-Facilitated Group Sessions for Residents: A Worthwhile Investment?**
Lin, D. T., Qiu, W., Lai, C., Post, L. I., Merrell, S., Lau, J. N., Salles, A., Mueller, C. M.
ELSEVIER SCIENCE INC.2018: E53–E54