



Douglas Rait

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Stanford Outpatient Psychiatry Clinic**

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

Tel (650) 723-5868

Bio

CLINICAL FOCUS

- Psychology
- Couples and family therapy, marital relationships, child and adolescent mental health, individual coping with stress and illness, influence of technology on family functioning, health technology innovation, team learning and design

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Director, Team Learning and Design, Stanford Byers Center for Biodesign, (2014- present)
- Chief, Couples and Family Therapy Clinic, Department of Psychiatry and Behavioral Sciences, (1993- present)
- Director, Stanford Advanced Psychotherapy Program, Department of Psychiatry and Behavioral Sciences, (2012-2013)
- Faculty, Stanford Center for Adolescence, (1997- present)
- Director, Family Therapy Program, VA Palo Alto Health Care System, (1992-2016)

HONORS AND AWARDS

- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2018)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2015)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2013)
- Most Inspiring Mentor Award, Department of Psychiatry and Behavioral Sciences, Stanford University (2012)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2012)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2011)
- Academic Faculty Teaching Award, Department of Psychiatry and Behavioral Sciences, Stanford University (2010)
- Outstanding Professor of the Year Award, PGSP-Stanford Psy.D. Consortium (2009)
- Award for Excellence in Clinical Teaching, Department of Psychiatry and Behavioral Sciences, Stanford University (1997)

- Award for Excellence in Clinical Teaching, Department of Psychiatry and Behavioral Sciences, Stanford University (1994)
- Joan Sadow Award for Excellence in Teaching, Department of Psychiatry, Beth Israel Medical Center (1991)

PROFESSIONAL EDUCATION

- Advanced Externship, Family Therapy Supervision - Salvador Minuchin/Family Studies , NY (1988)
- Externship, Ackerman Institute for Family Therapy , NY (1986)
- Fellowship, Memorial Sloan Kettering Cancer Center/Cornell Medical College , NY (1986)
- Fellowship, Children's Hospital-Judge Baker Guidance Center/Harvard Medical School , MA (1985)
- Ph.D., University of Colorado at Boulder , CO (1985)
- A.B., magna cum laude w/Honors, Brown University , RI (1979)

LINKS

- Courses: <http://explorecourses.stanford.edu/CourseSearch/instructor?sunet=rait>
- Stanford Byers Center for Biodesign: <http://biodesign.stanford.edu>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Rait's clinical and research interests include couples and family therapy, the family context of health and illness, family-systems training in medical education, work-couple-family balance, the influence of technology on family relationships, health technology innovation, multidisciplinary team performance, and digital applications in the behavioral sciences.

Teaching

COURSES

2018-19

- Understanding Relationships: A Couples and Family Therapy Perspective: PSYC 139, PSYC 239 (Spr)

2017-18

- Understanding Relationships: A Couples and Family Therapy Perspective: PSYC 139, PSYC 239 (Spr)

2015-16

- Understanding Relationships: A Couples and Family Therapy Perspective: PSYC 139, PSYC 239 (Spr)

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Couples and family therapy in clinical practice.** *5th edition.* London: Wiley/Blackwell.
Glick, I., Rait, D., Heru, A., Ascher, M.
2015
- **Live supervision: It's all right there** In S. DeGolia & K. Corcoran (Eds.), *Supervision in psychiatric practice: Practical approaches across venues and providers*
Rait, D. S.
APA Press.2019: 113–119

- **Supervision of couples and family therapy: Learning to work systemically** *In S. DeGolia & K. Corcoran (Eds.), Supervision in psychiatric practice: Practical approaches across venues and providers*
Rait, D. S.
APA Press.2019: 219–226
- **Friendships and romantic relationships of college students.** *L. Roberts (Ed.), Student mental health: A guide for psychiatrists, psychologists, and leaders serving in higher education. Washington: APA Press*
Rait, D. S.
Washington: APA Press.2018: 121–134
- **The Impact of Postgraduate Health Technology Innovation Training: Outcomes of the Stanford Biodesign Fellowship** *ANNALS OF BIOMEDICAL ENGINEERING*
Wall, J., Hellman, E., Denend, L., Rait, D., Venook, R., Lucian, L., Azagury, D., Yock, P. G., Brinton, T. J.
2017; 45 (5): 1163-1171
- **A family-centered approach to the patient with cancer.** *In J. Holland, W. Breitbart, P. Jacobson, M. Loscalzo, R. McCorkle, P. Butow (Eds.), Psycho-Oncology: Third Edition. New York: Oxford Press.*
Rait, D. S.
2015; 561-566
- **Primary Treatment Approaches in Child and Adolescent Psychiatry Training** *ACADEMIC PSYCHIATRY*
Rait, D. S.
2012; 36 (6): 487–89
- **Family therapy training in child and adolescent psychiatry fellowship programs.** *Academic Psychiatry*
Rait, D.
2012; 36: 448-451
- **Opening steps: A structural approach to working with couples.** *In A. Gurman (Ed.), Clinical casebook of couple therapy. New York: Guilford.*
Rait, D.
2010: 232-254
- **Schizophrenia: A family psychoeducational approach.** *In C. Taylor (Ed.), How to practice evidence-based psychiatry: Basic principles and case studies. Washington: American Psychiatric Press.*
Rait, D., Glick, I.
2010: 225-233
- **A model for reintegrating family therapy training in psychiatric residency programs.** *Academic Psychiatry*
Rait, D., Glick, I.
2008; 32: 81-86
- **Reintegrating family therapy training in psychiatric residency programs: Making the case.** *Academic Psychiatry*
Rait, D., Glick, I.
2008; 32: 76-80
- **Marital and family therapy: 4th Edition** *Marital and family therapy: 4th Edition. Washington: American Psychiatric Press.*
Glick, I., Berman, E., Clarkin, J., Rait, D.
2000
- **Perspectives on the therapeutic alliance in brief couples and family.** *In J Safran & JC Muran (Eds.), The therapeutic alliance in brief psychotherapy. Washington: Amer Psych Assn*
Rait D
1998: 171-191
- **Working with couples and families: A systemic approach.** *In M O'Connor (Ed.), Treating the psychological consequences of HIV*
Rait D, Ross J, Rao S
1997: 225-269
- **Solving family conflicts, Fears and phobias in children, Chronically ill children and adolescents, Family therapy** *The Parent Handbook: Microsoft Network. Redmond: Microsoft Corporation.*
Rait, D.

1996

- **AN INFERTILITY PRIMER FOR FAMILY THERAPISTS .1. MEDICAL, SOCIAL, AND PSYCHOLOGICAL DIMENSIONS** *FAMILY PROCESS*
Meyers, M., Diamond, R., KEZUR, D., Scharf, C., WEINSHEL, M., RAIT, D. S.
1995; 34 (2): 219-229
- **AN INFERTILITY PRIMER FOR FAMILY THERAPISTS .2. WORKING WITH COUPLES WHO STRUGGLE WITH INFERTILITY** *FAMILY PROCESS*
Meyers, M., WEINSHEL, M., Scharf, C., KEZUR, D., Diamond, R., RAIT, D. S.
1995; 34 (2): 231-240
- **The therapeutic alliance in couples and family therapy: Theory in practice** *IN SESSION-PSYCHOTHERAPY IN PRACTICE*
RAIT, D. S.
1995; 1 (1): 59-72
- **Dimensions of work-family interface.** *Community Psychologist*
Cramton C, Rait D
1994; 27: 45-48
- **LIVES IN A BALANCE - PERCEIVED FAMILY FUNCTIONING AND THE PSYCHOSOCIAL ADJUSTMENT OF ADOLESCENT CANCER SURVIVORS** *FAMILY PROCESS*
RAIT, D. S., Ostroff, J. S., Smith, K., Cella, D. F., Tan, C., Lesko, L. M.
1992; 31 (4): 383-397
- **Family assessment in oncology settings.** *Cancer Nursing*
Feldstein M, Rait D
1992; 15: 161-172
- **The family context of AIDS.** *Psychiatric medicine*
RAIT, D. S.
1991; 9 (3): 423-439
- **Informed consent in the electroconvulsive treatment of geriatric patients.** *The Bulletin of the American Academy of Psychiatry and the Law*
Levine, S. B., Blank, K., Schwartz, H. I., RAIT, D. S.
1991; 19 (4): 395-403
- **A FAMILY - SYSTEMS-APPROACH TO THE PATIENT WITH CANCER** *CANCER INVESTIGATION*
RAIT, D. S.
1989; 7 (1): 77-81
- **The family of the patient with cancer** *In Holland, J.C. & Rowland, J. (Eds.). Psychological Care of the Patient with Cancer: Handbook of Psycho-oncology. New York: Oxford Press.*
Rait, D., Lederberg, M.
1989: 585-597
- **CHARACTERISTICS OF PSYCHIATRIC CONSULTATIONS IN A PEDIATRIC CANCER CENTER** *AMERICAN JOURNAL OF PSYCHIATRY*
RAIT, D. S., Jacobsen, P. B., Lederberg, M. S., Holland, J. C.
1988; 145 (3): 363-364
- **Family therapy practice survey.** *Family Therapy Networker*
Rait D
1988; 1: 52-56
- **Stress reactions in adolescent cancer patients.** *Leukemia*
Rait D, Smith K, Cella D, Lesko L
1988; 2: 194
- **Pediatric cancer: Psychosocial issues and approaches.** *Mediguide to Oncology*
Rait DS, Holland JC
1986; 6: 1-5