Stanford

Stephanie Clarke

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICE (PRIMARY)

- **Child and Adolescent Psychiatry Clinic**

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Bio

BIO

Dr. Stephanie Clarke is a Licensed Clinical Psychologist and Clinical Assistant Professor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. Dr. Clarke is an expert in the treatment of suicidal and self-harming behavior in adolescents, with additional expertise in evidence-based treatment of trauma and restrictive eating disorders in adolescents. She is intensively trained in Dialectical Behavior Therapy (DBT), currently the only well-established treatment for self-harming adolescents at high risk for suicide. Dr. Clarke is an Attending Psychologist and supervisor in Stanford's Adolescent DBT Program, Eating Disorders Clinic, and Comprehensive Care Program (CCP, inpatient unit for medical issues related to disordered eating), where she specialized in seeing complex cases with multiple diagnoses (e.g., comorbid Anorexia Nervosa and suicidality/self-harm). She was the Stanford Psychologist in the DBT Intensive Outpatient Program, RISE, a collaboration between Stanford and Children's Health Council, where she was in charge of training and supervision of psychology trainees. Dr. Clarke also provides education and training to psychology and psychiatry trainees in DBT, Acceptance and Commitment Therapy (ACT), suicidality, self-harm, mood disorders, eating disorders, and trauma. Dr. Clarke has given numerous talks, trainings, and lectures and has co-authored several publications on the topics of adolescent suicide, self-harming behavior, and DBT.

In 2020, Dr. Clarke was the recipient of the Department of Psychiatry and Behavioral Science's Clinical Innovation and Service Award. Dr. Clarke was also awarded funding from the Professional Leadership Development Awards Program for the 20-21 academic year, which supports the career development of department faculty who exhibit particular promise in advancing into leadership roles in academic medicine. Dr. Clarke has been funded by a grant from the Department of Psychiatry and Behavioral Sciences and the Maternal and Child Health Research Institute to study the safety and feasibility of providing exposure-based trauma treatment to suicidal teens in stage I DBT.

Dr. Clarke also maintains a small private practice, where she provides consultation, parent coaching, and individual therapy for adolescents and adults using DBT, FBT, exposure and response prevention, ACT, compassion-focused, and other CBT and evidence-based approaches.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development
- Member, Maternal & Child Health Research Institute (MCHRI)

HONORS AND AWARDS

- Clinical Innovation and Service, Stanford University School of Medicine (2020)

PROFESSIONAL EDUCATION

- Post-Doctoral Fellowship, Stanford University , General Child/Mood Disorders (year 1) Dialectical Behavior Therapy/Eating Disorders (year 2) (2017)
- Ph.D., University of Minnesota, Twin Cities , Developmental Psychopathology and Clinical Science (2015)
- Internship, Cambridge Health Alliance/Harvard Medical School , MA (2015)
- Fellowship: Stanford University Child Psychology Postdoctoral Fellowship (2016) CA
- PhD Training: University of Minnesota Medical School Twin Cities (2015) MN
- B.A., Smith College , Psychology, Classics
- Fellowship: Stanford University Child and Adolescent Psychiatry Fellowship (2018) CA

Publications

PUBLICATIONS

- **Pilot Test of a DBT-Based Parenting Intervention for Parents of Youth With Recent Self-Harm** *COGNITIVE AND BEHAVIORAL PRACTICE*
  Berk, M. S., Rathus, J., Kessler, M., Clarke, S., Chick, C., Shen, H., Llewellyn, T.
  2022; 29 (2): 348-366
- **Self-Injurious Behavior** *Textbook of Suicide Risk Assessment and Management*
  Berk, M., Avina, C., Clarke, S.
  edited by Gold, L. H., Frierson, R. L.
  American Psychiatric Association Publishing.2020; 3rd: 305–317
- **Pilot test of a DBT-based parenting intervention for parents of youth with recent self-harm** *Cognitive and Behavioral Practice*
  Berk, M., Rathus, J., Kessler, M., Clarke, S., Chick, C., Shen, H., Llewellyn, T.
  2020; (in press)
- **Delivering an Adolescent Comprehensive DBT Intensive Outpatient Program During the Covid-19 Pandemic** *DBT Bulletin*
  Clarke, S., Atasuntseva, A., Berk, M.
  2020
- **Management of Suicidal Youth** *Clinical Handbook for the Diagnosis and Treatment of Pediatric Mood Disorders*
  Clarke, S., Ragan, E., Berk, M.
  edited by Singh, M.
  American Psychiatric Publishing.2019; 1: 391–422
- **Recent advances in understanding and managing self-harm in adolescents.** *F1000Research*
  Clarke, S., Allerhand, L. A., Berk, M. S.
  2019; 8
- **Safety Planning and Risk Management** *Evidence-Based Treatment Approaches for Suicidal Adolescents*
  Berk, M., Clarke, S.
  American Psychiatric Association Publishing.2019: 63–84
- **Other Treatments: Eye Movement Desensitization and Reprocessing (EMDR) and Dialectical Behavior Therapy (DBT)** *Assessing and Treating Youth Exposed to Traumatic Stress*
  Clarke, S., Zack, S.

American Psychiatric Publishing.2019

- **Borderline personality characteristics and treatment outcome in cognitive-behavioral treatments for PTSD in female rape victims** *BEHAVIOR THERAPY*
  Clarke, S. B., Rizvi, S. L., Resick, P. A.
  2008; 39 (1): 72–78

- **The Impact of Clergy-Perpetrated Sexual Abuse: The Role of Gender, Development, and Posttraumatic Stress** *JOURNAL OF CHILD SEXUAL ABUSE*
  Fogler, J. M., Shipherd, J. C., Clarke, S., Jensen, J., Rowe, E.
  2008; 17 (3-4): 329–58

- **A Theoretical Foundation for Understanding Clergy-Perpetrated Sexual Abuse** *JOURNAL OF CHILD SEXUAL ABUSE*
  Fogler, J. M., Shipherd, J. C., Rowe, E., Jensen, J., Clarke, S.
  2008; 17 (3-4): 301–28

- **Intimate partner psychological aggression and child behavior problems** *JOURNAL OF TRAUMATIC STRESS*
  Clarke, S. B., Koenen, K. C., Taft, C. T., Street, A. E., King, L. A., King, D. W.
  2007; 20 (1): 97–101

PRESENTATIONS

- Skills Training in Dialectical Behavior Therapy - Children's Health Council (January 10, 2020)