



## Olivia Altamirano, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **Department of Psychiatry**

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### Bio

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#### BIO

Dr. Altamirano is a Clinical Psychologist at Stanford University's INSPIRE Training Program, specializing in CBT for Psychosis (CBTp). She works in outpatient and inpatient settings and her primary clinical appointments are in the INSPIRE Clinic and La Clínica Latina, where she blends her expertise in psychotic-spectrum disorders and clinical presentations influenced by Latinx/a/o culture (she is a native Spanish-speaker). Her main research/clinical interests lie in cultural adaptations to psychosocial treatments for psychotic spectrum disorders (e.g., Culturally Informed Therapy For Schizophrenia: A Family-Focused, Cognitive Behavioral Approach). She is involved in EPI-CAL, an initiative aimed broadly at creating a network of early psychosis programs across the state of California. Dr. Altamirano additionally co-teaches the undergraduate "Destigmatizing Psychosis... I thought I heard my name" course, and advises graduate students in the PGSP-Stanford PsyD Consortium.

#### CLINICAL FOCUS

- Clinical Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

- Fellowship: Stanford University Adult Psychology Postdoctoral Fellowship (2023) CA
- Internship: Sacramento VA Medical Center Psychology Training Program (2022) CA
- PhD Training: University of Miami Office of the Registrar (2022) FL

### Research & Scholarship

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#### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Culturally Sensitive Therapy is a group psychotherapy for people with early psychosis and their families. Study aims are to understand if this treatment is compatible with this population, to assess improvements in family functioning and mental health symptoms, to assess mediating factors (e.g., increased usage of adaptive religious and other cultural beliefs/values), and to assess longevity of improvements. Last, we aim to qualitatively understand participants' experiences with this treatment.

## Teaching

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### COURSES

#### 2023-24

- I thought I heard my name... Destigmatizing psychosis: PSYC 11Q (Aut)

## Publications

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### PUBLICATIONS

- **A Pilot Study to Assess the Feasibility and Efficacy of a Transdiagnostic, Religiously/Spiritually-Integrated, Culturally Informed Therapy** *SPIRITUALITY IN CLINICAL PRACTICE*  
de Mamani, A., Lopez, D., McLaughlin, M. M., Ahmad, S., Altamirano, O.  
2023; 10 (3): 233-244
- **The association between perceived racial discrimination and subclinical symptoms of psychosis** *JOURNAL OF MENTAL HEALTH*  
Lopez, D., Altamirano, O., Weisman de Mamani, A.  
2022; 31 (1): 14-21
- **Risk and Resiliency Factors Related to Dementia Caregiver Mental Health** *PALABRAS CLAVE (sic)(sic)(sic) FAMILY PROCESS*  
Altamirano, O., Weisman de Mamani, A.  
2021; 60 (3): 904-919
- **Pediatric Posttraumatic Stress**  
Altamirano, O., Carrion, V. G., Noll, J. G., Shalev  
SPRINGER INTERNATIONAL PUBLISHING AG.2018: 71-88