



Flint Espil

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Department of Psychiatry**

401 Quarry Road

Stanford, CA 94305

Tel (650) 723-2423

Fax (650) 723-2269

Bio

BIO

Dr. Flint Espil researches the etiology and treatment of tic disorders (including Tourette's), Obsessive-Compulsive Disorder, and body-focused repetitive behaviors. He is interested in how psychosocial factors, the environment, and underlying brain circuitry influence treatment outcomes among individuals seeking treatment. Dr. Espil is currently collaborating with the Center for Interdisciplinary Brain Sciences Research and the Brain Stimulation Lab to explore novel imaging techniques (e.g., functional near-infrared spectroscopy) and neuromodulation approaches (e.g., transcranial magnetic stimulation, deep brain stimulation) to improve our understanding of these disorders. He is also exploring ways to adapt and implement evidence-based mental health approaches in community settings. He is currently collaborating with community-based organizations in East Palo Alto to improve access to care for youth in school settings.

CLINICAL FOCUS

- Psychology
- Obsessive-Compulsive Disorder
- Tourette Syndrome
- Trichotillomania

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Trichotillomania Learning Center Early Career Award, TLC for Body-Focused Repetitive Behaviors (2019)
- Child Intervention and Prevention Services Research Fellowship, NIMH (2017)
- Clinical Research Loan Repayment Program, NIH (2016, 2018, 2020)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Society for Biological Psychiatry (2019 - present)
- Member, American Academy of Neurology (2016 - present)
- Member, Society of Clinical Child and Adolescent Psychology (2014 - present)

- Member, Association for Behavioral and Cognitive Therapies (2009 - present)

PROFESSIONAL EDUCATION

- Fellowship: UCSF Clinical Psychology Training Program (2016) CA
- Internship: University of Mississippi Medical Center Psychology Internship (2015) MS
- PhD Training: University of Wisconsin Milwaukee Registrar (2015) WI
- NIMH T32 Postdoctoral Fellow, University of California, San Francisco, Clinical Services Research (2016)
- Residency Training Program, University of Mississippi Medical Center, Clinical Psychology (2015)
- Ph.D., University of Wisconsin-Milwaukee, Clinical Psychology (2015)
- M.A., University of Colorado-Denver, Clinical Psychology (2010)

LINKS

- ResearchGate Profile: https://www.researchgate.net/profile/Flint_Espil
- GoogleScholar Profile: <https://scholar.google.com/citations?user=JsRGyZkAAAAJ&hl=en>

Publications

PUBLICATIONS

- **A randomized waitlist-controlled pilot trial of voice over Internet protocol-delivered behavior therapy for youth with chronic tic disorders** *JOURNAL OF TELEMEDICINE AND TELE CARE*
Ricketts, E. J., Goetz, A. R., Capriotti, M. R., Bauer, C. C., Brei, N. G., Himle, M. B., Espil, F. M., Snorrason, I., Ran, D., Woods, D. W.
2016; 22 (3): 153-162
- **Posttraumatic Stress Disorder and Depressive Symptoms among Inpatient Adolescents: The Underlying Role of Emotion Regulation** *Residential Treatment for Children & Youth*
Espil, F. M., Viana, A. G., Dixon, L. J.
2016
- **Posttraumatic Stress Disorder and Depressive Symptoms among Inpatient Adolescents: The Underlying Role of Emotion Regulation** *Psychological Trauma: Theory, Research, Practice, and Policy*
Viana, A. G., Dixon, L. J., Berenz, E. C., Espil, F. M.
2016
- **Comparing fixed-amount and progressive amount DRO schedules for tic suppression in youth with chronic tic disorders** *Journal of Applied Behavior Analysis*
Capriotti, M. R., Turkel, J. E., Johnson, R. A., Espil, F. M., Woods, D. W.
2016
- **Manualized and Modular Behavior Therapy for a Child With Tourette's Disorder, Inattention, and Disruptive Behavior: A Case Example** *Clinical Case Studies*
Espil, F. M., Elkin, T. D., Young, J.
2016
- **Associations Between Anxiety Symptoms and Child and Family Factors in Pediatric Obesity** *JOURNAL OF DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS*
Lim, C. S., Espil, F. M., Viana, A. G., Janicke, D. M.
2015; 36 (9): 664-672
- **Assessing Environmental Consequences of Ticcing in Youth With Chronic Tic Disorders: The Tic Accommodation and Reactions Scale** *CHILDRENS HEALTH CARE*
Capriotti, M. R., Piacentini, J. C., Himle, M. B., Ricketts, E. J., Espil, F. M., Lee, H. J., Turkel, J. E., Woods, D. W.
2015; 44 (3): 205-220
- **The Role of Parental Perceptions of Tic Frequency and Intensity in Predicting Tic-Related Functional Impairment in Youth with Chronic Tic Disorders** *CHILD PSYCHIATRY & HUMAN DEVELOPMENT*

Espil, F. M., Capriotti, M. R., Conelea, C. A., Woods, D. W.
2014; 45 (6): 657-665

- **Behavior Therapy for Stereotypic Movement Disorder in Typically Developing Children: A Clinical Case Series** *COGNITIVE AND BEHAVIORAL PRACTICE*
Ricketts, E. J., Bauer, C. C., van der Fluit, F., Capriotti, M. R., Espil, F. M., Snorrason, I., Ely, L. J., Walther, M. R., Woods, D. W.
2013; 20 (4): 544-555
- **Environmental factors as potential determinants of premonitory urge severity in youth with Tourette syndrome** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
Capriotti, M. R., Espil, F. M., Conelea, C. A., Woods, D. W.
2013; 2 (1): 37-42
- **Tourette Syndrome and Tic Disorders** *The Wiley Handbook of Cognitive Behavioral Therapy*
Capriotti, M. R., Espil, F. M., Woods, D. W.
John Wiley & Sons.2013
- **COMPARING THE EFFECTS OF DIFFERENTIAL REINFORCEMENT OF OTHER BEHAVIOR AND RESPONSE-COST CONTINGENCIES ON TICS IN YOUTH WITH TOURETTE SYNDROME** *JOURNAL OF APPLIED BEHAVIOR ANALYSIS*
Capriotti, M. R., Brandt, B. C., Ricketts, E. J., Espil, F. M., Woods, D. W.
2012; 45 (2): 251-263
- **Behavior Therapy** *A Family Guide to Tourette Syndrome*
Capriotti, M. R., Espil, F. M., Woods, D. W.
Tourette Syndrome Association.2012
- **Internet Use, Recreational Travel, and HIV Risk Behaviors in Men Who Have Sex With Men** *JOURNAL OF COMMUNITY HEALTH*
Benotsch, E. G., Martin, A. M., Espil, F. M., Nettles, C. D., Seal, D. W., Pinkerton, S. D.
2011; 36 (3): 398-405
- **Cognitive-Behavioral Therapy in Adults** *Trichotillomania, Skin-Picking, and other Stereotypic Disorders*
Woods, D. W., Snorrason, I., Espil, F. M.
American Psychiatric Publishing.2011