

LISA ANN IMBROGULIO POST, Ph.D.

Curriculum Vitae

September 2025

Clinical Professor

Department of Psychiatry and Behavioral Sciences

Stanford University School of Medicine

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PROFILE

I founded and directed three major clinical programs in the Department of Psychiatry and Behavioral Sciences, Stanford School of Medicine.

- *The Dialectical Behavior Therapy Clinic (previously called The Interpersonal Problems Clinic) which provides empirically validated mental health services to patients diagnosed with difficult to treat Axis II psychiatric disorders.*
- *The Sports Medicine, Psychiatry Clinic which has provided mental health services for Stanford University's 900 Varsity athletes since 1999, and through which I provided mental health services and developed a mental wellness program for NFL athletes and served as Team Clinician for the San Francisco 49ers.*
- *WellConnect, the 24-hour consultation and referral service for Stanford Hospital Housestaff which has recently been expanded to serve all School of Medicine Faculty.*

In my role as Wellness consultant to the Stanford Department of Surgery Residency Program, I developed a group therapy intervention to improve the mental resilience of Surgery residents. The group format I developed is now the protocol for the Clinical Psychologist intervention for SECOND Trial project – a national initiative to improve resident mental health. To date, approximately 13 Surgical Residency programs nationwide, including Massachusetts General Hospital. Additionally, in my 30 years in the Department of Psychiatry and Behavioral Sciences, I have taught or supervised over 100 Psychiatry residents, Post-doctoral Fellows, and PGSP-Stanford Psy.D. Consortium students.

ACADEMIC APPOINTMENT

2022-present

Clinical Professor

Stanford School of Medicine, Stanford, CA

2005-2022

Clinical Associate Professor

Stanford School of Medicine, Stanford, CA

1992-2005

Staff Psychologist

Stanford School of Medicine, Stanford, CA

EDUCATION

Ph.D.

Clinical Psychology

1992

California School of Professional Psychology

Berkeley, CA (APA – accredited program in Clinical Psychology)

Coping Skills, Expectancies and Alcohol Abuse in Adult Offspring of Alcoholics.
Doctoral Dissertation, 1991.

B.A. Politics
1981 Princeton University
Princeton, NJ

LICENSURE AND CERTIFICATIONS

1993-present Licensed Psychologist, California PSY13514
2020 Mindful Sport Performance Enhancement Instructor: Two Point, LLC
2014 Certificate of Achievement: Stanford Advanced Leadership Development Program. Stanford School of Medicine, Stanford Hospital and Clinics
2011 Certified: Mind-Body for Physicians: The Institute for Integrative Medicine, MD
2010 Externship Program for Therapists and Supervisors: Beck Institute Training Programs
2002 Certified: Cognitive Therapy for Bulimia Nervosa and Binge Eating Disorder: Stanford, CA
1995 Certified: Dialectical Behavior Therapy: University of Washington, WA
1995 Certified: Cognitive Behavioral Analysis System Therapy: Stanford, CA
1993-present Active Medical Staff, Stanford Hospital and Clinics, Stanford, CA

LEADERSHIP

2000-present ***Director, Sports Medicine in Psychiatry***
Stanford School of Medicine, Stanford, CA
Provide program development and management of a mental health service that provides psychosocial treatment and psychiatry services for elite athletes, including a population of approximately 900 Stanford University varsity athletes. Consultation and collaboration with Department of Sports Medicine, Stanford School of Medicine and the Department of Athletics, Stanford University. Supervision of Post-doctoral Psychology Fellows and Psychiatry Residents.

2007-2020 ***Team Clinician /Consulting Psychologist, San Francisco 49ers***
4949 Marie P DeBartolo Way, Santa Clara, CA
Provided, education, psychology services and referrals to athletes, coaches, and staff of the San Francisco 49ers National Football franchise. Provided consultation and program development in Player Engagement to franchise leadership, NFL Rookies Success Program and NFL Player Engagement Program.

2011-present ***Mental Wellness Consultant/Psychologist, Department of Surgery Balance in Life Program***
Stanford School of Medicine, Stanford, CA
Facilitate a weekly Balance-in-life group for all 6 years of PGY General Surgery residents. Facilitate a monthly Balance-in-life group for all Vascular Surgery residents and Fellows. Conduct 1:1 annual wellness screening with General Surgery residents and all Surgical Fellows. Provide

individual coaching and individual psychotherapy to PGY General Surgery residents and Vascular Surgery residents as needed. Function as mental health liaison to General Surgery resident and Faculty requesting additional mental health services. Attend annual Resident orientation meetings and retreats. Provide Residency/Fellowship Coordinator Training. Provide consultation and coaching/mental health education to Residency Program Directors regarding physicians in training. Train/supervise Clinical Psychology Post-Doctoral Fellow in group facilitation model.

2011-2015

***Director, WellConnect: Resident and Fellow Mental Wellness Program
Stanford School of Medicine, Stanford, CA***

Founded and developed a mental wellness program for 1100 Physicians in Training at Stanford University Medical Center (SUMC). Managed a dedicated 24 hour clinical assessment and referral line for residents and fellows in need of psychiatric and psychological services. Provide consultation to SUMC Department Chairs, Clinical Program Directors and staff regarding resident mental health, burnout, and self-care. Collaborated with the Office of Graduate Medical Education and various individual Clinical Departments regarding mental health well-being curriculum development. Lectured, upon request, on topics such as burnout, stress, depression, and substance abuse in physicians in training at SUMC grand rounds. Provided outreach to SUMC residents and fellows. Had direct management responsibility for two junior clinical faculty. Participate in additional SUMC activities. Transitioned program to current leadership team.

Currently, **2021-present**, I am the WellConnect Provider Panel liaison. In this role, I initiate and coordinate quarterly educational events with our panel of Departmental and community psychologists and psychiatrists who provide services to our medical center housestaff and faculty. I also take call once per week, facilitating referrals to Stanford and local providers.

1996-2015

***Director, Interpersonal Problems Clinic (DBT Clinic)
Stanford School of Medicine, Stanford, CA***

Founded and developed an outpatient clinic specializing in the comprehensive treatment of patients diagnosed with Borderline Personality Disorder using a Dialectical Behavior Therapy (DBT) model. Conducted assessments and provided individual DBT adherent therapy. Led DBT group skills training classes Led Stanford's DBT Treatment Consultation Team. Supervised post-doctoral Clinical Psychology fellows and Psychiatry residents. Provided supervision and educational opportunities for PGSP/Stanford Consortium Doctor of Psychology students. Transitioned program to current leadership team

1994-1995

***Director of Training and Psychological Assessment, Alcohol and Drug
Treatment Center
Stanford School of Medicine, Stanford, CA***

Provided program development and administration for the clinical training and selection of pre-doctoral psychology interns (approximately 7 annually), including individual and group supervision and oversight of clinical curriculum. Provided management and oversight of the Center's psychological assessment services. Conducted team case review meetings and instructed psychology interns in the administration, scoring, interpretation and write up of psychological assessments of clinic patients.

CLINICAL SUPERVISION

1997-present

***Clinical Supervisor: Post-Doctoral Psychology Fellows
Stanford School of Medicine, Stanford, CA***

2025-2026	Sandra Gomez, PhD Katie Rozzell-Voss, PhD
2024-2025	Jen Wahleithner, PsyD
2023-2024	Samuel Hayward, PsyD Michel Breske, PhD, MSE
2022-2023	Randi Jackson, PhD Margot Paul, PsyD Kent Crick, PsyD
2021-2022	Natasha Sita Hansen. Ph.D. Connor Adams, Ph.D.
2020-2021	Axel Valle, Ph.D. Lisa Zhang, Ph.D.
2019-2020	Pete Aston, Ph.D. Samantha Ludin, Ph.D.
2018-2019	Aubrey Toole, Ph.D. Raquel Osorno, Ph.D.
2017-2018	Jeffery Taylor, Psy.D. Michael Buckle, Ph.D.
2016-2017	Victoria Bangieva, Ph.D. Megan Kelly, Ph.D. Cassie Perret, Psy.D.
2015-2016	Jake Kelman, Ph.D. Anna Sapozhnikova, Ph.D.
2014-2015	Ida Moadab, Ph.D. Christine Moberg, Ph.D.
2013-2014	Matthew Kendra, Ph.D.
2012-2013	Jason Angel, Ph.D. Lian Bloch, Ph.D.
2011-2012	Norah Simpson, PhD.
2010-2011	Sarah Adler, Psy.D. Cassandra Golding, Ph.D.
2009-2010	Allison Thompson, Ph.D.
2008-2010	Sanno Zack, Ph.D.
2009-2010	Jennifer McCollum, Ph.D.
2008-2009	Yasmeen Yamini-Diouf, Ph.D.
2007-2008	Emily Hugo, Psy.D.
2006-2008	Athena Robinson, Ph.D.
2003-2004	Katherine Gapinski, Ph.D.
2002-2003	Jennifer Culver, Ph.D.
2001-2002	Risha Henry, Ph.D. Julia Becker, Ph.D.

1999-2001	Julie Leader, Ph.D.
1998-1999	Brenda Brownlow, Ph.D.
1997-1998	Susan Wiser, Ph.D.

2006 –present

***Clinical Supervisor: PGY3-PGY4 Psychiatry Residents -
Cognitive Behavioral Therapy Emphasis
Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine, Stanford, CA***

2026	Beza Dange, MD
2025	Ellie Bean, MD
2025	Linda Chinelo Egbosiuba, MD
2024	Chanel Zhan, MD
2024	Cordelia Erickson-David, MD
2024	David James, M.D.
2023	Selma Tanovic, M.D.
2022	Catherine Shir, M.D.
2022	Sara Johansen, M.D.
2021	Jonathan Updike, M.D.
2021	Diana Willard, M.D.
2021	Samuel Saenz, M.D.
2021	Omar Sahak, M.D.
2021	Desiree Li, M.D.
2021	Karen Li, M.D.
2021	Dre Irizarry, M.D.
2020	Iona Machado, M.D.
2019	Iona Machado, M.D.
2019	Cheri Wu, M.D.
2019	Kelli Smith, M.D.
2019	Leif Fenno, M.D.
2019	Mamatha Challa, M.D.
2018	David Spelber, M.D.
2018	Mehak Chopra, M.D.
2018	Danielle Kamis, M.D.
2017	Danielle Kamis, M.D.
2017	Kathleen Seaton, M.D.
2017	Jonathan Lee, M.D.
2016	Leigh Harrington, M.D.
2016	Francesco Dandekar, M.D.
2015	Francesco Dandekar, M.D.
2012	Whitney Landa, M.D.
2011	Whitney Landa, M.D.
2011	Caroline Corriveau, M.D.
2010	Aaron York, M.D.
2010	Belinda Bandstra, M.D.
2009	Aaron York, M.D.

2008 Justin C. Young, M.D.
2008 Priya Desai, M.D.
2008 Aaron York, M.D.
2006 Sidney Edsall, M.D.

2015-present ***Faculty Supervisor/Credentialing Proctor
Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine, Stanford, CA***

2023 Ethan Hoffman, PhD
2022 Karen Osilla, Ph.D.
2021 Lisa Zhang, Ph.D.
2021 Pete Aston, Ph.D.
2019 Julie Sutcliff, Ph.D.
2019 Jeffery Taylor, Psy.D.
2018 Cassandra Marie Perret, Psy.D.
2017 Rebecca Bernert, Ph.D.
2016 Kelli Moran-Miller, Ph.D.

2015-present ***Faculty Leader: Athlete Clinic Consultation Team
Director, Sports Medicine, Psychiatry
Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine, Stanford, CA***

Coordinate and lead a bi-monthly consultation team meeting for Department of Psychiatry and Behavioral Sciences Athlete Mental Health Clinic and Stanford Athletics Sport Psychology clinical providers. Provides for continuing education and coordination of services among a diverse group of Faculty and Psychiatry and Psychology trainees. Supervision of Post-Doctoral Psychology Fellows and Psychiatry Residents. **2024: Assisting in the development of an application to the GME Office for a Psychiatry Fellowship in Sport Psychiatry.**

2014-2016 ***Clinical Supervisor: IREP: Injury Enhancement Recovery Program Group therapy
intervention for Stanford Varsity Athletes
Supervised PGSP-Stanford Psy.D. Consortium students who served as co-therapists:***

Elise Gibbs
Miriam Rowan Parrott
Nick Bott
Ty Canning

2008-2010 ***Clinical Supervisor: DBT Group Therapy for Borderline Personality Disorder
Supervised PGSP-Stanford Psy.D. Consortium students who served as co-therapists:***

Amanda Carroll
Stacey Sazlotnick
Sophie DeFigaredo
Stephanie Shippen

2007-2013 ***Faculty Leader: Treatment Consultation Team Seminar in Dialectical Behavior Therapy***

***Director, Dialectical Behavior Therapy Clinic
Stanford School of Medicine, Stanford, CA***

Coordinated and lead a weekly consultation team meeting for Department of Psychiatry and Behavioral Sciences Clinical Faculty, Psychiatry Residents, Post-Doctoral Psychology Fellows and Adjunct Clinical faculty who were engaged in the treatment of Axis II patients. Provided for continuing education and coordination of services. Addressed issues of provider burnout and self-care for mental health providers. Supervised Post-Doctoral Psychology Fellows.

CLINICAL POSITIONS

2015- present ***Clinical Associate Professor, Clinical Psychologist
Psychosocial Treatment Clinic
Stanford Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine, Stanford, CA***

2014-2016 ***Program Developer
Group Facilitator
Injury Recovery Enhancement Program (IREP)
Stanford Department of Athletics, Stanford Department of Sports Medicine
Stanford University, Stanford, CA***

Developed the curriculum for an 8-week psycho-educational group for college athletes who have sustained a physical injury. Served as the group psychotherapist for the group session. Topics addressed: Pre/post-injury athlete identity, cognitive-emotive strategies for managing the recovery process, effective communication techniques when interacting with medical providers, coaches, and teammates, how to promote social support, how to implement acceptance strategies. Supervised PGSY-Stanford Consortium students who functioned as co-therapists. (Supported by a grant from the NCAA and Stanford Department of Athletics, Stanford University)

2011-2021 ***Group Facilitator/Psychiatry Liaison
Surgery Residency: Balance in Life Program
Department of Surgery
Stanford School of Medicine, Stanford, CA***

Facilitate weekly work-life balance support groups for residents in Stanford Department Surgery's General Surgery Program. Facilitate a monthly support group for Vascular Surgery Residents and Fellows. Conduct bi-annual Wellness-check ins with all Surgery Program Fellows. Serve as psychiatric liaison to Department of Psychiatry and Behavioral Sciences Clinical resources. (Supported by funds from the Department of Surgery, Stanford School of Medicine)

2012-2014 ***Consulting Psychologist/Group Facilitator
Medicine Residency Program
Department of Medicine
Stanford School of Medicine, Stanford, CA***

Facilitated a monthly work-life balance group session for Med X, ICU and Hematology residents. (Supported by funds from the Department of Medicine, Stanford School of Medicine, Stanford, CA)

2005-2015 *Clinical Associate Professor,
Interpersonal Problems Clinic (Dialectical Behavior Therapy Clinic)
Psychosocial Medicine Clinic
Stanford School of Medicine, Stanford, CA*

1994-1995 *Director of Training and Psychological Assessment
Staff Psychologist
Alcohol and Drug Treatment Center
Stanford School of Medicine, Stanford CA*

Provided individual and group therapy for patients with substance abuse and dependency diagnoses. Provided family-based interventions and neuropsychological assessments. Provided supervision and training in empirically validated psychotherapy and assessment for pre-doctoral psychology interns.

1992-2005 *Staff Psychologist, Interpersonal Problems Clinic, Behavioral Medicine Clinic
Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine, Stanford, CA*

1993-present *Licensed Psychologist
Private Practice, Palo Alto, CA*

Provided Individual psychotherapy, Group psychotherapy and Couples therapy. Specialize in Cognitive Behavioral Therapy, Dialectical Behavior Therapy and Mindfulness-based treatment modalities. Emphasis in treating depression, anxiety, enhancing personal performance (sport and professional), life transitions. Provide consultation to businesses in communication, goal setting and interpersonal dynamics. Provide assessment and treatment of patient's diagnosed with Axis II disorders. Provided individual and group psychotherapy.

1990-1993 *Psychological Assistant
Psychological Services Group
Group Private Practice, San Jose, CA*

Provided individual psychotherapy with clients diagnosed with Axis I and Axis II conditions. Specialized in treating substance dependency, anxiety, depression, and families/adolescents with physical and sexual abuse histories. Conducted comprehensive clinical assessments for Family Court Services of Santa Clara County. Supervisors: Michael Kerner, Ph.D., Terri Johnston, Ph.D., Special Master, Santa Clara County.

1988-1989 *Clinical Psychology Pre-Doctoral Intern
Alcohol and Drug Treatment Center
Stanford School of Medicine, Stanford, CA*

Conducted neuropsychological assessments on patients entering an inpatient hospital program for substance dependency. Produced comprehensive reports summarizing neuropsychological and personality related findings and recommending individualized treatment protocols and post-treatment follow-up. Conducted individual psychotherapy with substance dependent and dual

diagnosis patients. Co-lead a group psychotherapy intervention for individuals in early recovery from substance dependence. Supervisors: Michael Kerner, Ph.D., Robert Matano, Ph.D.

1987-1988

***Clinical Psychology Intern
Adult Outpatient Program
Santa Clara County
Community Mental Health Center, Palo Alto, CA***

Conducted individual psychotherapy and neuropsychological assessments with wide range of adults. Emphasis in assessment and treatment of Axis II clients. Supervisor: James Livingston, Ph.D.

1986-1987

***Clinical Psychology Intern
Community Counseling and Education, Fremont, CA***

Conducted individual and group psychotherapy with adult clients diagnosed with a wide range of Axis I and Axis II disorders in a community-based practice. Emphasis in dual diagnosis and substance abuse.

RESEARCH

Principal Investigator

2018-2020

***Principal Investigator
Athlete Mental Health and Digital Intervention Needs Assessment
Stanford School of Medicine, Stanford, CA***

2014-2016

***Principal Investigator
Injured Athlete Support Group: Evaluation of a Pilot Program
National Collegiate Athletic Association Sponsored Grant***

Clinical Research Protocol Therapist

2014-2015

***Primary therapist for an 8-week psycho-educational group for injury athletes.
Injured Athlete Support Group: Evaluation of a Pilot Program
Lisa I. Post, Ph.D. (PI)***

1997-2005

***Staff Psychologist
Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine, Stanford, CA
Served as a Clinical Protocol Psychotherapist for the following clinical trials:***

1. A psychotherapy outcome study comparing the effectiveness of the cognitive behavioral analysis system of psychotherapy and brief supportive psychotherapy for augmentation of antidepressant nonresponse in chronic depression. (PI/Supervisor: Bruce Arnow, Ph.D.) (2003-2005).
2. A psychotherapy outcome research protocol comparing CBT to Self-Help for Bulimia Nervosa. (PI and Supervisor: Stewart Agras, M.D.) (2002-2004).

3. A psychotherapy outcome research protocol comparing trauma-focused group therapy with present-focused group treatment for survivors of childhood sexual abuse. (PI/Supervisor: Catherine Claussen, Ph.D.) (1999-2001).
4. A psychotherapy outcome study examining the effectiveness of nefazodone, cognitive behavioral analysis system of psychotherapy and their combination. (PI: Alan Schatzberg, M.D., Bruce Arnow, Ph.D.; Supervisor: Bruce Arnow, Ph.D.) (1997-1999).

Research Assistant

1989-1990

***Research Assistant
Alcohol and Drug Treatment Center
Department of Psychiatry and Behavioral Sciences
Stanford School of Medicine***

Assisted with several projects examining the impact of psychosocial interventions to address alcohol abuse in the workplace. Supervisor: Robert Matano, Ph.D.

1984-1986

***Research Assistant
Spanish Speaking Mental Research Institute
University of California, Los Angeles, Los Angeles, CA***

Participated in basic and applied research on mental health issues affecting Hispanics.
Participated in a research project focusing on stress, coping and adaptation within the Latino population.

CONSUTLING

2021-2023

***Consulting Psychologist
Group Psychotherapy Intervention for Surgical Residents
Naval Medical Center, Dr. David Nissan, Program Director
San Diego, CA***

2019-present

***Consulting Psychologist
Group Psychotherapy Intervention for Surgical Residents
Massachusetts General Hospital
Harvard Medical School, Dr. John Mullen, Program Director, Dr. Maggie Westfall, Training Director
Boston, MA***

2019-present

***Consulting Psychologist/ Intervention Coach
The SECOND Trial Project
Feinberg School of Medicine, Dr. Lindsey Ma Zhang, Dr. Yue-Yung Hu Karl Bilimoria: The SECOND Trial Team
<https://www.nejm.org/doi/full/10.1056/NEJMsa1903759>
Surgical Outcomes and Quality Improvement Center
Chicago, IL***

2011-present

Consulting Psychologist

Stanford Department of Surgery, Dr. David Spain, Residency Program Director
Dr. Cara Liebert, Director: Balance in Life Program
Stanford School of Medicine, Stanford, CA
(see Leadership section)

2007-2020 **Consulting Psychologist, Team Psychologist**
San Francisco 49ers, Kenna Turner: Vice-President Player Affairs
National Football League
(see Leadership section)

Provided individual psychosocial treatment for professional athletes. Directed educational curriculum in adjusting to life in the NFL to rookie athletes. Delivered educational curriculum to players families about adjusting to life in the NFL. Consulted with Player Development staff, Sports medicine staff and Team management regarding athlete mental health issues and wellness issues and program development.

2009 **Consulting Psychologist, Veterans Administration Hospital**
VA San Diego Healthcare System, Carla Nappi, Training Director
San Diego, CA

Provided consultation regarding implementation of Dialectical Behavior Therapy protocol in the hospital's outpatient psychiatry service.

TEACHING

2007-2000 **Instructor**
Rookie Conduct Management/Rookie Success Program
National Football League

Instructor for an annual 10 session psycho-educational program for rookie athletes in the NFL.

2005 -2013 **Clinical Instructor, PGSP-Stanford Psy.D. Consortium**
Dialectical Behavior Therapy Lecture Series
Stanford School of Medicine, Stanford, CA

Lead instructor for a series of lectures in Dialectical Behavior Therapy for Borderline Personality Disorder to Third year Pre-Doctoral Psychology students.
Stanford School of Medicine, Stanford, CA

2003-2006 **Instructor: Case Seminar in Dialectical Behavior Therapy**
Stanford School of Medicine, Stanford, CA

Dialectical Behavior Therapy for Borderline Personality Disorder. Led a weekly clinical lecture and case seminar for psychiatry residents and clinical psychology post-doctoral fellows.

2000 – 2001 **Invited Instructor**
Counseling Psychology Program
Stanford University School of Education, Stanford, CA

Lisa Post, Ph.D.

Taught a section of a Stanford University graduate psychology course: *Introduction to Empirically Supported Psychotherapies*. Topic: DBT for Borderline Personality Disorder.

1999-2009

Instructor
Psychiatry Residency Training Program
Department of Psychiatry and Behavioral Science,
Stanford School of Medicine, Stanford, CA

Taught a weekly course in Dialectical Behavior Therapy to third-year Psychiatry Residents.

PUBLICATIONS

Post, L, Taylor, J. Student Athlete Mental Health: Barriers and Opportunities. In L Roberts (Ed) for American Psychiatric Association Publishing University Student Mental Health: A Guide for Psychiatrists, Psychologists, and Leaders Serving Higher Education, Second edition, 2025.

Cara A. Liebert, MD, FACS; Mary T. Hawn, MD, MPH, FACS; **Lisa Post, PhD**; Monica M. Dua, MD, FACS; James R. Korndorffer Jr, MD, MHPE, FACS Long-Term Impact of a General Surgery Residency Wellness Program. **Abstract: American Surgical Association Annual Meeting, 2022.**

Post, L, Kelly, M. Student Athlete Mental Health: Barriers and Opportunities. In L Roberts (Ed) for American Psychiatric Association Publishing University Student Mental Health: A Guide for Psychiatrists, Psychologists, and Leaders Serving Higher Education, 2018.

Asif IM, Luiten R, Ormond K, **Post L**, Wheeler M, Caleshu C. The Impact of Exercise Restriction in Athletes with Hypertrophic Cardiomyopathy. Clinical Journal of Sport Medicine. March 2016 - Volume 26 - Issue 2 - p e22–e57.

Luiten RC, Ormond K, **Post L**, et al. Exercise restrictions trigger psychological difficulty in active and athletic adults with hypertrophic cardiomyopathy. Open Heart 2016;3:e000488. doi:10.1136/openhrt-2016-000488

Depression. In D McKay, JS Abramowitz, S Taylor (Eds.) Arnow, BA, **Post, LI**. Cognitive Behavioral Therapy for Refractory Cases: Turning failure into success. Washington, DC: American Psychological Association Press., 2009: 183-210

King, R. & **Post, LI**. (1995). Aesthetic Preference and DSM – IIIR Personality Disorders. *Personality and Individual Differences*, Vol. 18, No 6.

DISSERTATION ADVISOR

2024-2025

Dissertation Consultant, reader

Matthew Becker (he/him/his)

Doctoral Candidate, PGSP-Stanford PsyD Consortium

PRESENTATIONS

2023

Invited Lecturer

Wellness and burnout

Stanford GME Program Coordinators Retreat

Stanford School of Medicine

Stanford, CA

2022

Invited Instructor-Facilitator/Workshop

Mental Health Issues in Surgical Residency

Department of Surgery

Stanford School of Medicine,

Stanford, CA

2021

Invited Presenter/Webinar

The Psychology of Sports Injury and Rehabilitation

4th Annual Sports Medicine Conference

Pediatric Orthopedics and Sports Medicine Monthly Lecture Series

Stanford Department of Pediatrics

Stanford School of Medicine

Stanford, CA

2020

Invited Presenter/Webinar

Residency Psychologist Toolkit: The Surgical Education Culture

The SECOND Trial Project

Northwestern University, Department of Surgery

Evanston, IL

2017

Invited Presenter

Performance Psychology

CNR-X Clinical Neuroscience Immersion Experience at Stanford University

Stanford Department of Psychiatry and Behavioral Sciences

Stanford University, CA

2015-2020

Lecturer

Understanding and Managing the Rookie Year Transition

Family Symposium

San Francisco 49ers

Santa Clara, CA

- 2016-2017** ***Invited Presenter***
Clinician Summit
National Football League
Cleveland, OH
- 2015** ***Invited Presenter***
Just Talking
American College of Surgeons
Annual ACS-Accredited Education Institute's Postgraduate Course
Stanford, CA
- 2014** ***Invited Panelist***
Depression Prevention/Defense: Practical Preventive Applications for Primary Care Physicians – A Panel Discussion
Sponsor: Stanford Department of Psychiatry and Behavioral Sciences
Santa Clara, CA
- 2014** ***Invited Instructor***
Crucial Conversations Boot camp
Stanford Department of Athletics
Stanford, CA
- 2014** ***Invited Lecturer***
Helping an Athlete in Distress
Stanford University Athletic Department
Stanford, CA
- 2015** ***Invited Lecturer***
Psychological Problems in Athletes
Sports Medicine Seminar
Stanford University, Stanford, CA
- 2011** ***Invited Facilitator/Presenter***
Rookie Symposium
National Football League
Aurora, Ohio
- 2011** ***Invited Lecturer***
Enhancing Resiliency during Residency
Neurology Residency Program
Department of Neurology & Neurological Sciences
Stanford University, Stanford, CA
- 2011** ***Invited Lecturer***
Predicting and Combating Burnout in Medical Students

Wilderness Leadership and Mentorship Skills for Medical Students

Stanford School of Medicine, Stanford, CA

Lecture given as part of the training of second year medical students on physician resiliency and prevention of professional burnout.

2011

Invited Lecturer

Enhancing Sport Performance: The Mental ABC's

Sports Medicine Seminar

Stanford University, Stanford, CA

2011 -2019

Invited Lecturer

Psychological Consulting in Professional Sports Organizations

Consultation Psychology Course

PGSP-Stanford Psy.D. Consortium

Stanford School of Medicine, Stanford,

2010

Invited Lecturer

From Stress into Success: Strategies for recognizing preventing and overcoming stress

Women's Achievement Network and Development (WANDA)

Presented on the topic of stress to a group of single Bay-area working mothers

2009

Invited Lecturer

Dialectical Behavior Therapy: Basics and Beyond

Veterans Administration Hospital, San Diego, California.

2009

Invited Lecturer/Panelist

The Mind of the Anorexic

Advanced Team Physician Course

Sponsor: American College of Sports Medicine,

American Medical Society for Sports Medicine,

American Orthopedic Society for Sports Medicine.

Stanford University, Stanford, CA

2005

Invited Lecturer

DBT for Borderline Personality Disorder

Palo Alto Medical Foundation, Palo Alto, CA

2005-2010

Invited Lecturer

Sport Psychology

Stanford University, Stanford, CA

Lecture given quarterly to Stanford undergraduates as part of their Sports Medicine seminar.

2001

Invited Lecturer

Women, Athletics and Success

***Princeton University Alumni Association
Princeton University, Princeton, NJ***

MANUSCRIPT REVIEW

2010-2018	Academic Psychiatry
2004-2015	<u>The Physician and Sports Medicine,</u> A McGraw Hill Company.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
Association for Behavioral and Cognitive Therapies (ABCT)

SERVICE

National Football League

2013-2020	Clinician Steering Committee National Football League
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Stanford School of Medicine

2011-present	Resident Wellness consultant
2011-2015	Physician Wellness Steering Committee
2011-2015	Physician Wellness Resource Sub-committee
2011-2015	Well-Being Committee

Stanford Department of Psychiatry and Behavioral Sciences

2010-present	Mental Health Well-Being Committee
2000-present	Post-doctoral Fellow Selection Committee
1997-2001	Utilization Review Committee

PGSP-Stanford Psy.D. Consortium

2014-2017	Faculty Sponsor Wellness Initiative for Therapists in Training (WITT)
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