



# PMHW

*Stanford Center for Precision Mental Health & Wellness*

## *In This Issue*

### Falling for Psychedelics

*Article in Stanford Magazine*

### PMHW Seminar Series Recordings

### Media

### Department Faculty Awards

### Research

### Upcoming Events

### Get Involved

### Scholarly Publications



Produced by Hosna Omarzad, Executive Director, PMHW



## The Doors to Precision:

*Personalizing psychedelics based on brain circuits and experiences*

People are trying them. The media is touting them. But scientists say we need to know more about how they work and when they can help. In an article written by senior writer Tracie White in [Stanford Magazine](#), Drs. Trisha Suppes, Boris Heifets, Leanne Williams, Giancarlo Glick, Laura Hack, and Robert Malenka take you down the rabbit hole of promising psychedelics research being done here at Stanford University.

These expert researchers are collaborating across disciplines to understand the mechanisms involved in psilocybin, MDMA, and ketamine, to guide the future use of therapeutic psychedelics in mental health treatment.

*cont'd p.2*



Dr. Boris Heifets, Assistant Professor of Anesthesiology at Stanford University, notes, "There's been a groundswell of interest, along with decriminalization efforts, but very little is known about how they work or even, I would say, whether they work." The interest in psychedelics comes during a time when the rates of mental health have been on the rise and many have are feeling the effects of the current 'trial and error' approach in mental health care.

The current system of mental health care is in need of a precision and neuroscience-based approach to match treatment to people's biology. Data from these studies is vital to informing its safe and personalized therapeutic use in future trials. Through a [tandem neuroimaging arm](#) of Dr. Trisha Suppes' landmark [psilocybin treatment trial](#) in

## 'I could see the beauty inside of me. I think that is something I have denied my whole life.'

Veterans, Dr. Leanne Williams, Director of the Stanford Center for Precision Mental Health and Wellness, is identifying who is going to benefit from these therapies. Williams's goal is to assess individualized remission profiles based on brain circuit function.

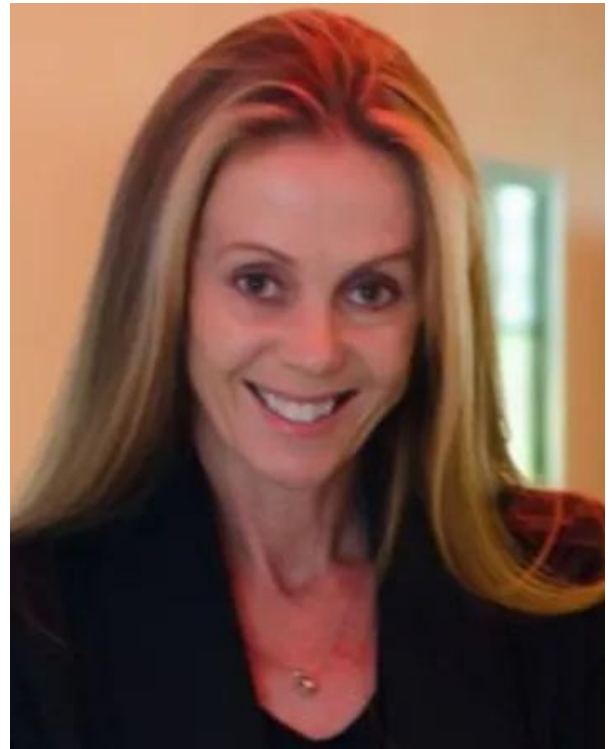
The article discusses midcentury theories that hallucinogenic experiences aid in healing. An altered state of mind may help the brain reorganize thought patterns to find new ways of processing anxiety, depression, or trauma, notes Dr. Laura Hack, Stanford Assistant Professor of Psychiatry and Behavioral Sciences. To learn more, read "Falling for Psychedelics" featured in the March 2023 edition of Stanford Magazine.



# 'Cutting-edge advances towards personalized mental health' PMHW Seminar Series

## Imaging biomarkers and predictors of rapid treatment responses following ketamine therapy in major depression

Presented by Dr. Katherine Narr, Associate Professor for the Departments of Neurology, Psychiatry and Biobehavioral Sciences at the Geffen School of Medicine at the University of California, Los Angeles (UCLA).



Recording Now Available



## Immunometabolic depression: from conceptualization towards implementation

Presented by Dr. Brenda Penninx, Professor of Psychiatric Epidemiology at the Department of Psychiatry of Amsterdam UMC and Principal Investigator of the Netherlands Study of Depression and Anxiety (NESDA).



Recording Now Available

# MEDIA



## "90 Seconds with Lisa Kim" featuring Horowitz Prize Awardee Karl Deisseroth

Karl Deisseroth, MD, PhD, Stanford Professor of Bioengineering and Psychiatry and Behavioral Sciences, sits down with Lisa Kim, Emmy Award-winning journalist and senior manager of media relations for Stanford Medicine, to discuss new findings related to how a faster heart rate can generate anxiety. Dr. Deisseroth specializes in affective disorders and autism-spectrum disease, employing medications along with neural stimulation.

In this interview, Deisseroth shares how his training through his psychiatry residency peaked his interest in this study. His observations of the mice's behavior and increased heartbeat when a mouse perceives a threatening environment led Deisseroth and his team to question how the emotional state of the mouse was affected by the increased heartbeat, and how the heart communicates back to the brain. These findings may provide experts with more insight on mental health treatment and a clue that controlling the heart rate could be a treatment target. To learn more about these fascinating findings, click below:



**Watch Now**



*"One thing I've learned through my own experience is that there's no fixed mode of an effective leader. ... The most important thing is to be authentic and true to yourself."*

*-Zhenan Bao*

## Six Stanford women on what it means—and what it takes—to lead

As we celebrated Women's History Month this past March, *Stanford Report* spoke with several women leaders at Stanford—from all different professional, personal, and spiritual backgrounds—about what women leaders bring to their roles, the importance of mentorship, and the power of community.

Here's what they had to say:

[click here to read more](#)

# Department of Psychiatry and Behavioral Sciences Faculty Awards

## Advancing Science Award



Karen J. Parker, PhD



Shannon Wiltsey Stirman, PhD



Qingyu Zhao, PhD

## Clinical Innovation and Service Award



Huiqiong Deng, MD, PhD



Laura Michele Hack, MD, PhD

## Educational Excellence Award



Ehsan Adeli, PhD



David S. Hong, MD

# Community Commitment and Engagement Award



Rania Awaad, MD

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Hui Qi Tong, MD, PhD

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# Leadership and Professionalism Award



Kilian M Pohl, PhD

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Norah Simpson, PhD

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# Diversity, Equity & Inclusion Award



Jennifer Douglas, PhD

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Christina Khan, MD, PhD

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## Adjunct/Affiliated Faculty Award



David Eagleman, MD

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Margaret May McBurney Koes,  
FNP-BC, RN

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## Unsung Hero Award



Jasmine Dobbs-Marsh, PsyD

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Bina Patel, MD

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## Polymath Award



Neir Eshel, MD, PhD

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Debra Lee Kaysen, PhD

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# Emerita/Emeritus Award



Barbara Sommer, MD

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# Senior Faculty Mentor Award



Mark McGovern, PhD



Allan L. Reiss, MD



Leanne Williams, PhD

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We congratulate all the recipients of the 2021 Chairman's Awards for their professionalism and exceptional work in one or more of the Department's five mission areas:

- Advancing Science
- Clinical Innovation and Service
- Educational Excellence
- Community Commitment and Engagement
- Leadership and Professionalism

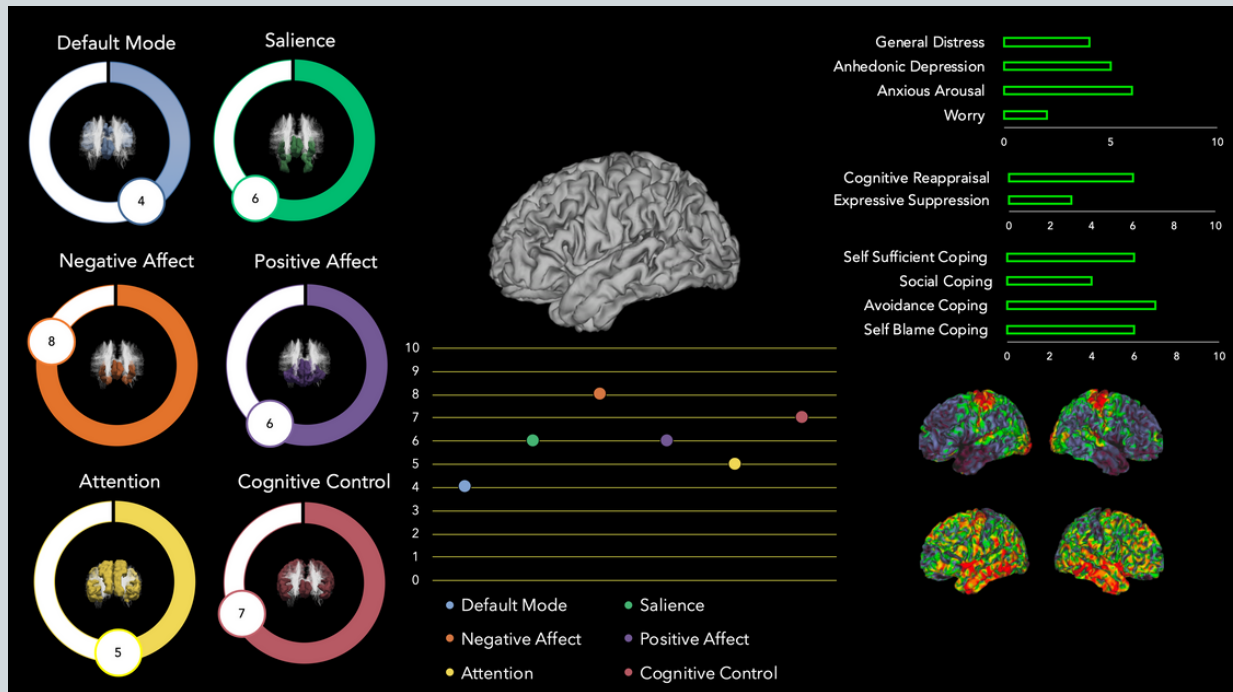
In addition, Adjunct/Affiliated Faculty Award recognizes exceptional contributions of an Adjunct, Adjunct Clinical, or Affiliated faculty member. The "Unsung Hero" award recognizes individuals who give tirelessly and selflessly to the members and/or missions of the Department. The "Polymath Award" recognizes those who demonstrate outstanding effort across multiple mission areas. The "Diversity, Equity & Inclusion" award recognizes those whose work centers on the importance of diverse voices and experiences in teaching, research, and clinical service. The "Emerita/Emeritus Award" recognizes exceptional emeriti faculty whose ongoing commitment to our Departmental missions has continued into a lifelong role. The "Senior Faculty Mentor" award recognizes those who contribute tremendously to advancing the success of early career faculty and guiding them to achieve key competencies.

To learn more, visit [Award and Honors](#)



# RESEARCH

## The Biomarker Guided (BIG) Study for Depression



Supported by the [Stanford Innovative Medicines Accelerator \(IMA\)](#), the BIG Study for Depression is our center's newest treatment trial that aims to assess whether treatment with a medication called guanfacine modifies brain activity, decreases cognitive and depressive symptoms, and improves quality of life in individuals with a putative cognitive subtype of depression. Guanfacine is currently FDA-approved for attention deficit disorder and high blood pressure, and it has been shown to improve cognitive problems in adult populations with cognitive dysfunction, however our team is pioneering its study in adults with major depressive disorder.

To read more about this study, visit the [website](#).

If you think you might be interested in participating, please fill out our [screening survey](#).

**SIGN UP**



# PMHW SEMINAR SERIES

Cutting-edge advances towards personalized mental health



**NOAH PHILIP, MD**  
Professor of Psychiatry and Human Behavior  
Alpert Medical School,  
Brown University

*Bringing precision to non-invasive brain stimulation for depression and post traumatic stress disorder*



THURS  
DAY

MAY  
11

10:45  
AM

To learn more, visit <https://med.stanford.edu/pmhw/seminar-series>

UPCOMING  
EVENTS

**AMERICAN DELIRIUM SOCIETY**  
#ADS23PVD  
13<sup>th</sup> Annual American Delirium Society Conference  
Engage, Enhance, Evolve: Reclaiming Life From Delirium  
June 11-13, 2023 | Rhode Island Convention Center, Providence, RI



**Gen Shinozaki, MD, DFAPA, FACLP**  
Game Changing Approach for Delirium:  
Novel Bispectral EEG (BSEEG) Method and  
Epigenetic Investigation

Monday, June 12 | 9:25 - 10:00am



2023

PMHW

PRECISION MENTAL HEALTH

SAVE  
THE DATE



TUESDAY  
24TH  
OCT

3rd Annual  
Symposium



AGENDA TBD



Stanford Center for Precision  
Mental Health and Wellness



See Below for a List of Stanford University Department of Psychiatry and Behavioral Sciences' Faculty Talks

## Saturday, May 20

### **Calling Agents of Change: Equipping Psychiatrists to Identify and Tackle Diversity and Inclusion**

Chair: Amy Alexander, MD | Presenter: Eyuel Terefe, MD | Presenter: Ludmila De Faria, MD

### **Hoarding Disorder: A Comprehensive Overview**

Chair: Carolyn I. Rodriguez, MD PhD | Presenter: Randy Frost, PhD

### **Living on a Prayer: Mental Health Challenges Facing Transitional Age Muslims After Covid-19**

Chair: Sarah H. Arshad, MD | Presenter: Balkozar Adam | Presenter: Rania Awaad, MD | Presenter: Fatten Elkomy

### **Anxious and Irritable Endophenotypes of Major Depressive Disorder**

Chair: Alan F. Schatzberg, MD | Presenter: Maurice Ohayon | Presenter: Manish Kumar Jha, MBBS | Presenter: Alan F. Schatzberg, MD

### **Long-Term, Lifetime Management of Psychiatric Illness**

Chair: Ira David Glick, MD | Presenter: Carl Salzman, MD | Presenter: Sidney Zisook, MD

### **Transcranial Magnetic Stimulation: Future Innovations and Clinical Applications for Psychiatric Practice**

Chair: Richard Arden Bermudes, MD | Discussant: Ian Cook, MD | Discussant: Corey Keller, MD, PhD

## Sunday, May 21

### **Innovative Versus Inappropriate: Examining a Psychiatrist's Role to Support Mental Health in a Politically Divided Society**

Chair: Mira Zein, MD, MPH | Presenter: Diana Robinson | Presenter: Adrienne Taylor | Presenter: Abhisek Khandai

### **Covid-19 Changed the Way We Talk About Burnout and Mental Health: Building Individual and Systems Level Interventions to Promote Well-Being**

Chair: Laurel Mayer, MD | Presenter: Carol Bernstein | Presenter: Sara S. Nash, MD | Presenter: Mickey Trockel, MD

### **No Wrong Door: Ushering in Collaborative Solutions for College Mental Health**

Chair: Meera Menon, MD | Presenter: Ludmila De Faria, MD | Presenter: Amy Alexander, MD | Presenter: Maryam Zulfiqar, MD

### **Sleep Disorders and Their Management: An Overview of Common Sleep Conditions Associated With Mental Health Disorders (\$)**

Director: Emmanuel During | Faculty: Clete Kushida, MD, PhD | Faculty: Rafael Pelayo, MD | Faculty: Jamie M. Zeitzer, PhD | Faculty: Oliver Sum-Ping, MD  
Faculty: Fiona Barwick, PhD

### **IFTnow: An Innovative CBTi-Based Video Game for the Treatment of Insomnia**

Chair: Nina Vasan | Presenter: David Dupee, MD, MBA | Presenter: Christopher Flinton | Presenter: Varun K. Thvar

### **40 Years of the Association of Women Psychiatrists: A Historical and Contemporary Look at Social Justice in Psychiatry**

Chair: Christina T. Khan, MD, PhD | Presenter: Carol C. Nadelson, MD | Presenter: Altha J. Stewart, MD | Presenter: Nada L. Stotland, MD, MPH  
Presenter: Silvia Olarte, MD | Discussant: Patricia Isbell Ordorica, MD

### **Addressing Anti-Racism and Structural Competency in Schools: A Collaborative Approach**

Chair: Aishwarya Kamakshi Rajagopalan, MHS, DO | Presenter: Sonal Jain | Discussant: Shashank V. Joshi, MD | Discussant: Wanjiku Njoroge, MD

### **Launching and Navigating a Successful Career in Academic Medicine**

Chair: Laura W. Roberts, MD | Presenter: Bernice Yau | Presenter: Matthew Yung | Presenter: Neema Khonsari, MD | Presenter: Wayles Haynes

### **A Measurement-Based Care Approach to Identification and Management of Treatment Resistant Depression (\$)**

Director: Madhukar H. Trivedi, MD | Faculty: Manish Kumar Jha, MBBS | Faculty: Alan F. Schatzberg, MD | Faculty: Maurizio Fava, MD  
Faculty: Melissa Martinez

### **Inspiring Motivation and Collaboration Through Social Justice Education in the General Hospital**

Chair: Diana Robinson | Presenter: Adrienne Taylor | Presenter: Abhisek Khandai | Presenter: Mira Zein, MD, MPH

### **Neuroscience in the Court Room**

Chair: Octavio Choi, MD | Presenter: James Armontrout, MD | Presenter: Shafi Lodhi, MD | Presenter: Grace Cheney, MD

## Monday, May 22

### 2023 Vestermark Award Lecture

Speaker: Laura Roberts, MD

### Ethical and Practical Implications of Psychedelics in Psychiatry

Chair: Gregory Samuel Barber, MD | Chair: Charles Dike | Presenter: Adriana De Julio, MD, MPH | Presenter: Smita Das, MD

### What the Clinician Needs to Know About the Personality Disorders: Aggressive, Avoidant, and Borderline

Chair: James Harry Reich, MD | Presenter: Emil Frank Coccaro, MD | Presenter: Harold Warren Koenigsberg, MD | Discussant: Alan F. Schatzberg, MD

### Resilience and Wellbeing in Older Adults With Neuropsychiatric Disorders

Chair: Helen Lavretsky, MD | Presenter: Dilip Jeste, MD | Presenter: Feng Lin, RN PhD

### The Role of Psychodynamic Psychotherapy in Psychiatric Practice

Chair: Richa Bhatia, MD | Presenter: Mali Mann, MD | Presenter: Amy Alexander, MD | Presenter: Swapnil Mehta, MD

### I Need a She-ro: Mentoring Through Narratives, Stories of Women in Leadership for the Advancement of Psychiatry

Chair: Christina T. Khan, MD, PhD | Presenter: Komal Trivedi | Presenter: Maryam Zulfiqar, MD | Presenter: Silvia Olarte, MD

### Mass Killers and Mass Shooters: Perspectives on Initiatives to Investigate and Reduce Mass Killings in a Systematic Quantitative Manner

Chair: David V. Sheehan, MD, MBA | Presenter: Ulrik Fredrik Malt, MD | Presenter: Ira David Glick, MD | Presenter: Steve Eliason, MBA

## Tuesday, May 23

### Acculturation as a Component of Immigration: Challenges of the Psychiatric Work Force

Chair: Sanya A. Virani, MPH, MD | Presenter: Isheetta Zalpuri, MBBS | Presenter: Mohammed Molla | Presenter: Vishal Madaan, MD

### Fighting for Our Future: The Effects of Anti-Asian Racism and the Covid-19 Pandemic on Asian College Students and Asian Medical Trainees

Chair: Amy Alexander, MD | Presenter: Huiqiong Deng, MD, PhD | Presenter: Rishab Gupta, MD | Presenter: Donna Tran, MPH

### Master's Course in Clinical Psychopharmacology (\$)

Director: Alan F. Schatzberg, MD | Faculty: Manpreet K. Singh, MD, MS | Faculty: Rafael Pelayo, MD | Faculty: Charles Barnet Nemeroff, MD, PhD

### Facing Campus Sexual Assault and Relationship Violence With Courage

Chair: Helen W Wilson, PhD | Discussant: Christina T. Khan, MD, PhD

### Is This Bud for You? The Science of Medical Cannabis and Cannabidiol (CBD)

Chair: David Alan Gorelick, MD, PhD | Presenter: Kevin Patrick Hill, MHS, MD | Presenter: Smita Das, MD

### Precision Psychiatry: Using Neuroscience Insights to Inform Personally Tailored, Measurement-Based Care

Presenter: Leanne Williams, PhD

## Wednesday, May 24

### Asian Medical Trainees and the Model Minority Myth

Chair: Vanika Chawla, MD | Presenter: Donna Tran, MPH | Presenter: B. Li, MD | Discussant: Amy Alexander, MD

### Navigating What's Next in Interventional Psychiatry

Chair: Carlene MacMillan | Presenter: Nolan Williams, MD | Presenter: Owen Muir | Presenter: Eugene Lipov, MD

### Integrating Technology and Psychiatry (\$)

Director: Steven Richard Chan, MBA, MD | Director: John Luo, MD | Faculty: Darlene King, MD | Faculty: Sara Johansen, MD | Faculty: Nishi Bhopal, MD

### Birth Trauma Basics: Understanding and Treating Childbirth-Related PTSD

Chair: Christina T. Khan, MD, PhD | Presenter: Reid Mergler, MD | Presenter: Amanda Koire, MD, PhD

### Optimizing Physician Learner and Provider Resilience, Engagement, Wellness and Mental Health

Chair: Sidney Zisook, MD | Presenter: Mickey Trockel, MD | Presenter: Sydney Ey, PhD | Presenter: Sidney Zisook, MD

For a complete and searchable list of sessions



# GET INVOLVED



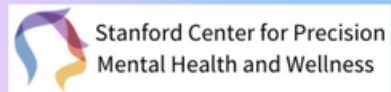
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REIMAGINE MENTAL HEALTH



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# Scholarly Publications

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## **Predicting wellbeing over one year using sociodemographic factors, personality, health behaviours, cognition, and life events.**

Chilver MR, Champaigne-Klassen E, Schofield PR, Williams LM, Gatt JM. Sci Rep. 2023 Apr 5;13(1):5565. doi: 10.1038/s41598-023-32588-3. PMID: 37019908

## **Changes in neural responses during affective and non-affective tasks and improvement of posttraumatic stress disorder symptoms following trauma-focused psychotherapy.**

Korgaonkar MS, Felmingham KL, Malhi GS, Williamson TH, Williams LM, Bryant RA. Transl Psychiatry. 2023 Mar 9;13(1):85. doi: 10.1038/s41398-023-02375-9. PMID: 36894538

## **Bispectral EEG (BSEEG) Algorithm Captures High Mortality Risk Among 1,077 Patients: Its Relationship to Delirium Motor Subtype.**

Nishizawa Y, Yamanashi T, Saito T, Marra P, Crutchley KJ, Wahba NE, Malicoat J, Shibata K, Nishiguchi T, Lee S, Cho HR, Kanazawa T, Shinozaki G. Am J Geriatr Psychiatry. 2023 Mar 8:S1064-7481(23)00237-3. doi: 10.1016/j.jagp.2023.03.002. PMID: 37003894

## **New and emerging approaches to treat psychiatric disorders.**

Scangos KW, State MW, Miller AH, Baker JT, Williams LM. Nat Med. 2023 Feb 16. doi: 10.1038/s41591-022-02197-0. PMID: 36797480

## **Enhancing Efficacy of a Brief Obesity and Eating Disorder Prevention Program: Long-Term Results from an Experimental Therapeutics Trial.**

Stice E, Rohde P, Butryn ML, Desjardins C, Shaw H. Nutrients. 2023; 15(4):1008. <https://doi.org/10.3390/nu15041008>

## **Association of Changes in Neural Targets and Dietary Outcomes among Patients with Comorbid Obesity and Depression: Post hoc Analysis of ENGAGE-2 Mechanistic Clinical Trial.**

Lv N, Hallihan H, Xiao L, Williams LM, Ajilore OA, Ma J. The Journal of Nutrition. Feb 2023. <https://doi.org/10.1016/j.tjnut.2023.01.022>

## **The genome-wide DNA methylation profiles among neurosurgery patients with and without post-operative delirium.**

Yamanashi T, Crutchley KJ, Wahba NE, Nagao T, Marra PS, Akers CC, Sullivan EJ, Iwata M, Howard MA 3rd, Cho HR, Kawasaki H, Hughes CG, Pandharipande PP, Hefti MM, Shinozaki G. Psychiatry Clin Neurosci. 2023 Jan;77(1):48-55. doi: 10.1111/pcn.13495. Epub 2022 Nov 17. PMID: 36266784;

## **Association of Neural Connectome With Early Experiences of Abuse in Adults.**

Korgaonkar MS, Breukelaar IA, Felmingham K, Williams LM, Bryant RA. JAMA Netw Open. 2023 Jan 3;6(1):e2253082. doi: 10.1001/jamanetworkopen.2022.53082. PMID: 36701155

## **The potential benefit of metformin to reduce delirium risk and mortality: a retrospective cohort study.**

Yamanashi T, Anderson ZE, Modukuri M, Chang G, Tran T, Marra PS, Wahba NE, Crutchley KJ, Sullivan EJ, Jellison SS, Comp KR, Akers CC, Meyer AA, Lee S, Iwata M, Cho HR, Shinozaki E, Shinozaki G. 2022 Nov 17;14(22):8927-8943. doi: 10.18632/aging.204393. PMID: 36399107

## **Racial/ethnic differences in acute and longer-term posttraumatic symptoms following traumatic injury or illness**

Cruz-Gonzalez, M., Alégria, M., Palmieri, P.A., Spain, D.A., Barlow, M.R., Shieh, L., Williams, M., Srirangam, P. & Carlson, E.B. Psychological Med. 2022 Jul 29. doi: 10.1017/S0033291722002112. PMID: 35903010