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.
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.
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
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 peeked 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:

“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
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Clinical Innovation and Service Award
Huiqiong Deng, MD, PhD
Laura Michele Hack, MD, PhD

Educational Excellence Award
Ehsan Adeli, PhD
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Community Commitment and Engagement Award

Rania Awaad, MD
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Leadership and Professionalism Award

Kilian M Pohl, PhD
Norah Simpson, PhD

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Jennifer Douglas, PhD
Christina Khan, MD, PhD
Adjunct/Affiliated Faculty Award

- David Eagleman, MD
- Margaret May McBurney Koes, FNP-BC, RN

Unsung Hero Award

- Jasmine Dobbs-Marsh, PsyD
- Bina Patel, MD

Polymath Award

- Neir Eshel, MD, PhD
- Debra Lee Kaysen, PhD
Emerita/Emeritus Award

Barbara Sommer, MD

Senior Faculty Mentor Award

Mark McGovern, PhD  Allan L. Reiss, MD  Leanne Williams, PhD

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
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.
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NOAH PHILIP, MD
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THURSDAY
MAY 11
10:45 AM

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

UPCOMING EVENTS

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

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

Livin' on a Prayer: Mental Health Challenges Facing Transitional Age Muslims After Covid-19
Chair: Sarah H. Arshad, MD | Presenter: Balkozar Adam | Presenter: Rania Awad, 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

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: Isheeta 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

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New and emerging approaches to treat psychiatric disorders.

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

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.

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

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

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

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