

## LPPH&C Adult Outpatient Program

Our Adult Psychiatry Clinic (APC) provides a broad range of outpatient psychiatric consultation, evaluation, and treatment interventions for emotional, psychological, or cognitive problems. Each person is provided with an initial assessment and an individualized treatment plan. We provide a range of brief and long-term individual psychotherapy as well as group psychotherapy (including cognitive behavior therapy groups) and ongoing medication management as part of an individual's treatment plan.

To make an initial appointment in the APC, please call (415) 476-7000.

The Adult Psychiatry Clinic includes the including components:

- [Specialty clinics](#)
- [Continuity clinics](#)
- [Staff clinicians](#) who manage their own caseloads individually
- [Group services](#)
- [Psychiatric Assessment and Brief Intervention Program \(PABI\)](#)
- [Electroconvulsive Therapy Program](#)

Within these different components, patients are evaluated and treated by faculty, staff, resident physicians and psychology fellows.

### Specialty clinics

Each specialty clinic focuses on a particular patient population and has faculty clinicians who are experts in that specific area of psychiatry. In addition to their specialty focus, each clinic also evaluates and treats a range of adults presenting with diverse psychiatric issues. These clinics each meet for one or two half-days each week and include a mixture of new patient evaluations or consultations and ongoing medication management follow-up appointments. The clinics are staffed by a team of professionals including faculty, psychiatric residents, and, sometimes, medical students. Some of the clinics also have social workers as members of the team.

The different specialty clinics are:

- **Anxiety Disorders**
  - [Weston Fisher, MD](#) <sup>[1]</sup>
  - [Tracy Foose, MD](#) <sup>[2]</sup>
- **Bipolar Disorder**
  - [Descartes Li, MD](#) <sup>[3]</sup>
  - [Peter Forster, MD](#) <sup>[4]</sup>
  - [Ray Zablodny, MD](#) <sup>[5]</sup>
- **? <sup>[5]</sup>Depression**

- [?John Chamberlain, MD](#) [6]
- [Stuart Eisendrath, MD](#) [7]
- [Owen Wolkowitz, MD](#) [8]
- **Path Program** [9] (formerly the Early Psychosis Clinic)
  - [Daniel Mathalon, PhD, MD](#) [10]
  - [Demian Rose, MD, PhD](#) [11]
  - [Emma Samelson-Jones, MD](#) [12]
- **Geriatrics**
  - [Craig Nelson, MD](#) [13]
  - [Andreea Seritan, MD](#) [14]
- **LGBT Psychiatry**
  - [Ellen Haller, MD](#) [15]
  - [Erick Hung, MD](#) [16]
- **Women's Mental Health**
  - [Alexis Armenakis, MD](#) [17]
  - [Ellen Haller, MD](#) [15]
  - [Emma Samelson-Jones, MD](#) [12]

## Continuity clinics

The continuity clinics are half-day clinics scattered throughout each week during which patients are treated by psychiatric residents with very close supervision by faculty psychiatrists. Each resident clinician does individual psychotherapy treatments, including cognitive behavioral, supportive, and psychodynamic therapy, and medication management within their continuity clinics. Every patient is seen by both a faculty member and their resident physician at every appointment.

## Staff clinicians

The APC also has a number of experienced staff clinicians who provide individual therapy. These professionals include:

- [Cathleen Christensen, LCSW](#) [18]
- [Gary Humfleet, PhD](#) [19]
- [Candy Katoa, PhD](#) [20]
- [Beverly Lehr, PhD](#) [21], Senior Therapist
- [Kevin Skotnicki, LCSW](#) [22]
- [Joseph Zamaria, PsyD](#) [23]

## Group services

The APC offers several types of different therapy groups including the following:

- **Open-ended group for people coping with chronic medical illnesses**
  - [Amin Azzam, MD](#) [24]
- **Mindfulness-based cognitive therapy (MBCT) for depression**
  - [Stuart Eisendrath, MD](#) [7]
- **Bipolar education group**
  - [Descartes Li, MD](#) [3]

- **Groups that are specific to the Path Program [9] (formerly known as Early Psychosis Clinic)**

## **Psychiatric Assessment and Brief Intervention Program (PABI)**

PABI [25] is a small program within the APC in which faculty and staff clinicians provide time-limited courses of psychiatric treatment, particularly to individuals who receive their medical care within the UCSF Health Primary Care Clinics.

## **Electroconvulsive Therapy Program**

Electroconvulsive therapy (ECT) [26] is available for people suffering from particular behavioral and emotional disturbances, including some forms of depression, bipolar disorder, and schizophrenia. It is most often used in the treatment of severe depression that has not responded to medications and psychotherapy. This treatment is offered through a partnership between Langley Porter Psychiatric Hospital & Clinics and the Ambulatory Services Center of UCSF Medical Center.

[Contact Us](#)  
[Psychiatry Intranet](#)  
[UCSF Webmail](#)  
[UCSF Main Site](#)

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**Source URL (retrieved on 02/18/2018 - 4:27pm):** <http://psych.ucsf.edu/lpphc/outpatient>

### **Links:**

- [1] <http://profiles.ucsf.edu/weston.fisher>
- [2] <http://profiles.ucsf.edu/tracy.foose>
- [3] <http://profiles.ucsf.edu/descartes.li>
- [4] <https://directory.ucsf.edu/people/search/id/15006>
- [5] <https://directory.ucsf.edu/people/search/id/78333>
- [6] <http://profiles.ucsf.edu/john.chamberlain>
- [7] <http://profiles.ucsf.edu/stuart.eisendrath>
- [8] <http://profiles.ucsf.edu/owen.wolkowitz>
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- [11] <http://profiles.ucsf.edu/demian.rose>
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- [16] <http://profiles.ucsf.edu/erick.hung>
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- [19] <http://profiles.ucsf.edu/gary.humfleet>
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- [23] <https://directory.ucsf.edu/people/search/id/97512>
- [24] <http://profiles.ucsf.edu/amin.azzam>

[25] <http://psych.ucsf.edu/pabi>

[26] <http://psych.ucsf.edu/ECT>