

## LPPHC 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.

**If you are interested in obtaining treatment for yourself or a loved one, please call us at (415) 476-7000 or use the online LPPHC Patient Treatment Request Portal<sup>[1]</sup>.**

The Adult Psychiatry Clinic includes the including components:

- Specialty clinics
- Continuity clinics
- Staff clinicians who manage their own caseloads individually
- Group services
- Electroconvulsive Therapy Program
- TMS and Neuromodulation Program <sup>[2]</sup>

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, OCD, and Tic Disorders** <sup>[3]</sup>
  - Caitlin Costello, MD <sup>[4]</sup>
  - Moses Lee, MD, PhD <sup>[5]</sup>
- **Bipolar Disorder** <sup>[6]</sup>
  - Descartes Li, MD <sup>[7]</sup>
  - Peter Forster, MD <sup>[8]</sup>

- Ray Zabloutny, MD [9]
- **? [9] Depression**
  - ?John Chamberlain, MD [10]
  - Owen Wolkowitz, MD [11]
- **Path Program [12] (formerly the Early Psychosis Clinic)**
  - Daniel Mathalon, PhD, MD [13]
  - Demian Rose, MD, PhD [14]
- **Geriatrics**
  - Tammy Duong, MD [15]
  - Craig Nelson, MD [16]
  - Andreea Seritan, MD [17]
- **LGBT Psychiatry**
  - Erick Hung, MD [18]
  - Michael Marcin, MD, MSCR [19]
- **Psychosis**
  - Demian Rose, MD, PhD [14]
  - Emma Samelson-Jones, MD [20]
- **Women?s Mental Health**
  - ?Anna Glezer, MD [21]
  - Nadia Taylor, MD, MS [22]

## 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:

- Gary Humfleet, PhD [23]
- Candy Katoa, PsyD [24]
- Beverly Lehr, PhD [25], Senior Therapist
- Kevin Skotnicki, LCSW [26]
- Joseph Zamaria, PsyD [27]

## 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 [28]
- **Mindfulness-based cognitive therapy (MBCT) for depression**
  - Nadia Taylor, MD, MS [22]

- **Bipolar education group**
  - Descartes Li, MD [7]
- **Groups that are specific to the Path Program [12] (formerly known as Early Psychosis Clinic)**

## Electroconvulsive Therapy Program

Electroconvulsive therapy (ECT) [29] 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 and Clinics and the Ambulatory Services Center of UCSF Medical Center.

## TMS and Neuromodulation Program

Transcranial magnetic stimulation (TMS) [2] is a non-invasive brain stimulation technique that has been approved to treat major depression. It is a treatment consideration for anyone whose depression has not responded to prior antidepressant medication. TMS has also been used successfully in obsessive-compulsive disorder and is being explored as a treatment for other disorders including chronic pain, anxiety disorders, and addiction. TMS is delivered in an outpatient setting at Langley Porter Psychiatric Hospital and Clinics on the UCSF Parnassus Heights campus.

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**Source URL (modified on 12/21/2020 - 3:39pm):** <https://psychiatry.ucsf.edu/lpphc/outpatient>

### Links

- [1] <https://psychiatry.ucsf.edu/lpphc/portal>
- [2] <https://psychiatry.ucsf.edu/TMS>
- [3] <https://psychiatry.ucsf.edu/AOT>
- [4] <http://profiles.ucsf.edu/caitlin.costello>
- [5] <https://profiles.ucsf.edu/andrew.m.lee>
- [6] <https://psychiatry.ucsf.edu/bipolar>
- [7] <http://profiles.ucsf.edu/descartes.li>
- [8] <https://directory.ucsf.edu/people/search/id/15006>
- [9] <https://directory.ucsf.edu/people/search/id/78333>
- [10] <http://profiles.ucsf.edu/john.chamberlain>
- [11] <http://profiles.ucsf.edu/owen.wolkowitz>
- [12] <https://psychiatry.ucsf.edu/path>
- [13] <http://profiles.ucsf.edu/daniel.mathalon>
- [14] <http://profiles.ucsf.edu/demian.rose>
- [15] <https://profiles.ucsf.edu/tammy.duong>
- [16] <http://profiles.ucsf.edu/craig.nelson>
- [17] <http://profiles.ucsf.edu/andreea.seritan>

- [18] <http://profiles.ucsf.edu/erick.hung>
- [19] <https://profiles.ucsf.edu/michael.marcin>
- [20] <http://profiles.ucsf.edu/emma.samelson-jones>
- [21] <https://profiles.ucsf.edu/anna.glezer>
- [22] <https://profiles.ucsf.edu/nadia.taylor>
- [23] <http://profiles.ucsf.edu/gary.humfleet>
- [24] <https://directory.ucsf.edu/people/search/id/71521>
- [25] <https://directory.ucsf.edu/people/search/id/28684>
- [26] <https://directory.ucsf.edu/people/search/id/10570>
- [27] <https://directory.ucsf.edu/people/search/id/97512>
- [28] <http://profiles.ucsf.edu/amin.azzam>
- [29] <https://psychiatry.ucsf.edu/ECT>