UC San Diego Health Physician Directory

From routine doctor visits to the most advanced procedures, our doctors are here for you. Our specialty care for complex conditions — including cancer, heart disease, neurosurgery, pulmonology and more — is rated among the nation’s best by *U.S. News & World Report*.

**For Patients**

**Make an Appointment**
Whether you need to be seen for an urgent condition today or are looking for a new primary care physician or specialty care provider, we can help. Call 800-926-8273 between 8 a.m. – 6 p.m.

[health.ucsd.edu/request_appt](http://health.ucsd.edu/request_appt)

**Find a Provider**
Search by name, specialty, location or keyword to find the right provider for you.

[providers.ucsd.edu](http://providers.ucsd.edu)

**Physician Access Services**

**Refer a Patient or Request Consultation**
Call Physician Access Services at 855-543-0555 from 8 a.m. to 5 p.m.

**Transfer an Inpatient**
For hospital-to-hospital transfers, call 619-543-5709 (24-hour service) for instructions.
# Table of Contents

Psychiatry

Geriatric Psychiatry ................................................................. i

Psychology .................................................................................. 3

Index ............................................................................................ 5
Psychiatry

Psychiatry is the branch of medicine concerned with the diagnosis and treatment of mental disorders. Learn more about psychiatry at UC San Diego Health.

Kristin Cadenhead, MD
Psychiatrist
Professor of Psychiatry

**Specialty:**
Psychiatry

**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line:: (619) 543-7745
Direct Clinic Line:: (619) 543-6445

**Bio:**
Kristin Cadenhead, MD, is a board-certified psychiatrist and director of UC San Diego Health's early psychosis treatment program. This clinical and research program offers specialized care for adolescents and young adults who are experiencing changes in their thoughts, behavior or emotions that might be associated with serious mental illness.

Ashley L. Clark, MD
Psychiatrist
Associate Professor of Psychiatry

**Specialty:**
Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**
**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line:: (858) 534-7792

**Bio:**
Ashley Clark, MD, is board-certified psychiatrist whose practice focuses on women's reproductive mental health issues, such as premenstrual dysphoric disorder (PMDD), and mood and anxiety disorders during pregnancy and the postpartum period. She is part of the Women's Reproductive Mental Health Program at UC San Diego Health.

Lama Muhammad, MD
Psychiatrist
Assistant Professor of Psychiatry

**Specialty:**
Psychiatry

**Add'l Language:**
Arabic

**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line:: (858) 534-7792

**Bio:**
Lama Muhammad, MD, is a psychiatrist whose practices focuses on the mind-body connection and its relationship to mental health disorders. She also has expertise in mental illnesses related to autoimmune disorders, and in understanding the cultural dimensions of mental health.

Sarah Pai, MSN, PMHNP-BC
Psychiatric Mental Health Nurse Practitioner

**Specialty:**
Psychiatry

**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line:: (858) 534-7792

**Bio:**
Sarah Pai, MSN, is a board certified family psychiatric mental health nurse practitioner (PMHNP-BC) who has broad experience working with teens and adults. She has a special interest in treating bipolar, schizophrenia and substance use disorders (addiction). Ms. Pai’s experience includes caring for individuals in both inpatient and outpatient settings, as well as community psychiatry.
Psychiatry (cont.)

Isabel Ribeiro Caldas Domingues, MD
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry
Add'l Languages:
Portuguese, Spanish

Hillcrest - 140 Arbor Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-7745

Bio:
Isabel Domingues, MD, is a board-certified psychiatrist who specializes in treating young adults with early psychosis. She also has clinical expertise in identifying young adults at high-risk of developing a psychotic disorder or in the “prodromal” (early) phase.

Alexandra Sietsma, MSN, PMHNP-BC
Psychiatric Mental Health Nurse Practitioner

Hillcrest - 140 Arbor Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Alexandra Sietsma, MSN, is an advanced practice registered nurse (APRN) and board-certified psychiatric-mental health nurse practitioner (PMHNP-BC) who assesses and treats adults and young adults with depression, anxiety disorders, mood disorders, psychotic disorders, post-traumatic stress disorder (PTSD) and personality disorders. She has experience in both inpatient and outpatient care.

Louisa Steiger, MD

Hillcrest - 140 Arbor Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Jessica L. Thackaberry, MD
Psychiatrist
Assistant Professor of Psychiatry

Hillcrest - 140 Arbor Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Jessica L. Thackaberry, MD, is a psychiatrist who provides compassionate, knowledgeable care to those seeking general mental health outpatient services. She has clinical expertise in telemedicine for mental health and, as an assistant professor in the Department of Psychiatry, has research interests in helping the underserved and providing community-based mental health services.
Psychology

Donna Cook Corbett, PsyD
Psychologist

**Specialty:**
Psychology

**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-7745

**Bio:**
Donna C. Corbett, PsyD, is a licensed psychologist who helps people cope more effectively with life issues and mental health problems. Dr. Corbett is one of the psychologists with UC San Diego Health's early psychosis program, which specializes in treating adolescents and young adults who are experiencing changes in their thoughts, behavior or emotions that might be associated with serious mental health issues.

Ian Lowe, PsyD
Psychologist
Assistant Professor of Psychiatry

**Specialty:**
Psychology

**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-7745

**Bio:**
Ian Lowe, PsyD, is a licensed clinical psychologist. He provides initial psychological assessment and therapy for individuals and couples that are facing an array of presenting issues. He works closely with multidisciplinary clinicians to provide a holistic approach to care.

Heline Mirzakhanian, PhD
Psychologist
Assistant Professor of Psychiatry

**Specialty:**
Psychology

**Add'l Languages:**
Armenian, Farsi, German

**Hillcrest - 140 Arbor Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-7745

**Bio:**
Heline Mirzakhanian, PhD, is a licensed clinical psychologist who helps people cope more effectively with life issues and mental health problems. Dr. Mirzakhanian is the clinical director of UC San Diego Health's early psychosis program, which specializes in treating adolescents and young adults who are experiencing changes in their thoughts, behavior or emotions that might be associated with serious mental health issues. Dr. Mirzakhanian's expertise is in treating individuals with early symptoms of psychosis; schizophrenia; and bipolar disorder with psychotic features.
Psychology (cont.)

Jessie S. Park, PsyD
Psychologist

Specialty:
Psychology
Add'l Language:
Korean

La Jolla - 8950 Villa La Jolla Drive
Hillcrest - 140 Arbor Drive
La Jolla - Perlman Medical Offices
La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Jessie Park, PsyD, is a licensed clinical psychologist who specializes in treating adults with co-occurring medical and psychiatric conditions, such as chronic pain and obesity. Dr. Park is the lead psychologist at UC San Diego Health’s Center for Pain Medicine, its Bariatric and Metabolic Institute and its psychiatry intensive outpatient program for chronic pain. She also conducts psychoeducational evaluations for students and fitness for duty evaluations for physicians at UC San Diego, and has experience with cancer-related pain.

Veronica B. Perez, PhD
Psychologist
Assistant Professor of Psychiatry

Specialty:
Psychology

Hillcrest - 140 Arbor Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-7745

Bio:
Veronica B. Perez, PhD, is a licensed clinical psychologist who helps people cope more effectively with life issues and mental health problems. Dr. Perez is one of the psychologists with UC San Diego Health’s early psychosis program, which specializes in treating adolescents and young adults who are experiencing changes in their thoughts, behavior or emotions that might be associated with serious mental health issues.
Index

C
Cadenhead, Kristin ................................................. 1
Clark, Ashley L. ..................................................... 1
Corbett, Donna Cook ........................................... 3

L
Lowe, Ian .............................................................. 3

M
Mirzakhanian, Heline ........................................ 3

Muhammad, Lama ............................................. 1

P
Pai, Sarah ............................................................ 1
Park, Jessie S. ..................................................... 4
Perez, Veronica B. ............................................. 4

R
Ribeiro Caldas Domingues, Isabel ................. 2

S
Sietsma, Alexandra ........................................ 2
Steiger, Louisa ................................................ 2

T
Thackaberry, Jessica L. .................................... 2