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Primary Care

Primary care is the basic level of medical care at which a patient is evaluated and treated by a nurse or physician, and if necessary, is then referred to a medical specialist. Learn more about primary care at UC San Diego Health.

Julie Gabbard, FNP
Family Nurse Practitioner
Affiliated Provider
Specialty:
Primary Care
Hillcrest - 3636 Fifth Avenue
Contact:
Direct Clinic Line: (619) 814-5500
Bio:
Julie Gabbard, FNP, is a certified family nurse practitioner providing primary care through The Center for Health & Wellbeing. She is a member of the UC San Diego Health Physician Network.

Leslie Karr, FNP
Family Nurse Practitioner
Affiliated Provider
Specialty:
Primary Care
Hillcrest - 3636 Fifth Avenue
Contact:
Direct Clinic Line: (619) 814-5500
Bio:
Leslie Karr, FNP, is a certified family nurse practitioner providing primary care through The Center for Health & Wellbeing. She is a member of the UC San Diego Health Physician Network.

Janette Gray, MD
Primary Care Physician
Affiliated Provider
Specialty:
Primary Care
Hillcrest - 3636 Fifth Avenue
Contact:
Direct Clinic Line: (619) 814-5500
Bio:
Janette Gray, MD, is a board-certified physician providing primary care through The Center for Health & Wellbeing. She is a member of the UC San Diego Health Physician Network.
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 a 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 practice 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

Specialty:
Psychiatry

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

Specialty:
Psychiatry

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

Specialty:
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: (858) 534-7792

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 S. 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.
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