UC San Diego Health Physician Directory

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

**Psychiatry**

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

**Index** ...................................................................................... 3
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.

**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.

**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.

**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

Hillcrest - 140 Arbor Drive

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

Bio:

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.
## Index

<table>
<thead>
<tr>
<th>C</th>
<th>Cadenhead, Kristin ........................................ 1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Clark, Ashley L. ........................................... 1</td>
</tr>
<tr>
<td>M</td>
<td>Muhammad, Larna ........................................... 1</td>
</tr>
<tr>
<td>P</td>
<td>Pai, Sarah .................................................... 1</td>
</tr>
<tr>
<td></td>
<td>Steiger, Louisa ............................................. 2</td>
</tr>
<tr>
<td>R</td>
<td>Ribeiro Caldas Domingues, Isabel .................... 2</td>
</tr>
<tr>
<td>S</td>
<td>Sietsma, Alexandra ........................................ 2</td>
</tr>
<tr>
<td></td>
<td>Thackaberry, Jessica L. .................................. 2</td>
</tr>
</tbody>
</table>