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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.

Charles D. Ashbrook, MD
Psychiatrist

**Hillcrest - UC San Diego Medical Center**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6350

**Bio:**
Charles Ashbrook, MD, is a board-certified psychiatrist who specializes in outpatient care of young adults and adults with depression, anxiety, bipolar disorder, psychosis, schizophrenia, post-traumatic stress disorder (PTSD) and personality disorders. A guiding principal of his clinical practice is to review, simplify, and optimize his patients' medication regimens, using evidence-based approaches.

Nora Bammidi, MBBS, FAPA
Psychiatrist

**Hillcrest - UC San Diego Medical Center**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6350

**Bio:**
Nora Bammidi, MBBS, FAPA, is a board-certified psychiatrist who treats general mental health issues in adults, including depression, anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), post traumatic stress disorder (PTSD), schizophrenia, insomnia and bipolar disorders. She provides medication management and psychotherapy to help treat these mental health conditions.

Anne Bird, MBChB
Psychiatrist

**La Jolla - 8950 Villa La Jolla Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6350

**Bio:**
Anne Bird, MBChB, is a board-certified adult, child and adolescent psychiatrist who specializes in treating children, teens and young adults with mood disorders, anxiety disorders or attention-deficit/hyperactivity disorder (ADHD). She uses both medications and talk therapy (psychotherapy) in her practice.

Kristin Cadenhead, MD
Psychiatrist

**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.
Psychotherapy (cont.)

Cosmina Ciobanu, MD
Psychiatrist

Specialty:
Psychiatry

La Jolla - 4510 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-8019

Bio:
Cosmina Ciobanu, MD, is a board-certified child, adolescent, and adult psychiatrist who treats children and adolescents with eating disorders such as anorexia nervosa and bulimia nervosa. Often her patients have other co-occurring mental health conditions, which she also treats, including depression, bipolar disorder, anxiety, OCD, psychosis, ADHD, autism and oppositional defiant disorder.

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.

Douglas D’Agati, MD
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Douglas D’Agati, MD, is a board-certified psychiatrist who specializes in treating adults and young adults with mood disorders (such as depression and bipolar disorder), anxiety disorders, psychosis, and schizophrenia.

Nancy Downs, MD
Psychiatrist
Professor of Psychiatry

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Nancy Downs, MD is a board-certified psychiatrist who specializes in the mental health needs of college students and transition age youth.
Psychiatry (cont.)

David Folsom, MD
Director, Division of Clinical Psychiatry
Vice Chair, Clinical Affairs, Department of Psychiatry

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
David Folsom, MD, is a board-certified psychiatrist and director of the Division of Clinical Psychiatry at UC San Diego Health. He has a special interest in providing care for people with schizophrenia and other serious mental illnesses, and those with both mental and physical health problems. He uses a comprehensive, whole-person approach to psychiatric care, addressing all areas that contribute to a person’s successful recovery as well as promoting life skills, providing education, and cultivating help-seeking behavior.

David J. Grelotti, MD
Psychiatrist
Associate Professor of Psychiatry

Specialty:
Psychiatry
Add'l Language:
Haitian Creole

Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-3995

Bio:
David Grelotti, MD is an adult and child psychiatrist and directs mental health services at UC San Diego Health’s Owen Clinic, one of nation’s premier multispecialty care clinics focused on the treatment and prevention of HIV and related illnesses. Dr. Grelotti provides care for mental health, substance use, and related disorders to children, adolescents, and adults with HIV and at risk for HIV.

Jeremy Hirst, MD
Psychiatrist
Associate Director, Patient and Family Support Services, Moores Cancer Center

Specialties:
Psychiatry, Palliative Care, Cancer
Subspecialty:
Psychosocial Oncology

Moores Cancer Center
Jacobs Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-9061

Bio:
Jeremy Hirst, MD, is a board-certified psychiatrist. As part of Patient & Family Support Services at Moores Cancer Center, he treats people who may be experiencing depression, anxiety, insomnia or other psychiatric symptoms that are either a result of the cancer experience or are interfering with cancer treatment. He can provide psychiatric assessments, treatment and medication management.

Jonathon R. Howlett, MD
Psychiatrist

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Jonathon Howlett, MD, is a board-certified psychiatrist who specializes in caring for individuals with treatment-resistant depression. His practice also includes treating more general mental health conditions such depressive disorders, anxiety disorders, bipolar disorder and schizophrenia.
Psychiatry (cont.)

Alan J. Hsu, MD
Psychiatrist
Associate Professor of Psychiatry

Specialties:
Psychiatry, Cancer
Subspecialty:
Psychosocial Oncology

Moores Cancer Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 822-5381

Bio:
Alan John Hsu, MD, is a board-certified psychiatrist who specializes in treating cancer patients struggling with mood and anxiety issues brought on by cancer. He also sees individuals with cancer who have pre-existing mental health challenges.

Ildiko Kovacs, MD
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry
Add'l Language:
Hungarian

Hillcrest - Medical Offices South
La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Ildiko Kovacs, MD, is a board-certified psychiatrist who specializes in caring for individuals and couples experiencing issues related to sexual function, sexuality and gender.

Walter H. Kaye, MD
Director, Eating Disorders Treatment and Research Program
Professor of Psychiatry

Specialty:
Psychiatry

La Jolla - 4510 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-8019

Bio:
Walter Kaye, MD, is a board-certified psychiatrist who specializes in treating individuals with anorexia nervosa and other eating disorders. As director of the Eating Disorders Treatment and Research Program at UC San Diego Health, Dr. Kaye and his team use an intensive and innovative approach that addresses each person's medical, psychological and psycho-educational health. The evidence-based program also offers family counseling to help patients and their families with improved understanding, communication, and capacity for growth.

Vanessa L. Lauzon, MD
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry
Add'l Language:
Spanish

Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6350

Bio:
Vanessa L. Lauzon, MD, is a board-certified psychiatrist and board-certified family medicine physician who specializes in caring for hospitalized adults with mental health conditions. In the inpatient setting, she treats depression, anxiety disorders, PTSD, bipolar disorder, schizophrenia and schizoaffective disorder, substance use disorders, neurocognitive disorders, co-morbid medical and psychiatric issues, and issues related to grief and coping in patients with serious medical issues.
Psychiatry (cont.)

Julie L. Le, DO
Psychiatrist
Assistant Professor of Psychiatry and Family Medicine and Public Health

Specialty:
Psychiatry

La Jolla - 9333 Genesee Avenue
La Jolla - 8939 Villa La Jolla Drive
Sorrento Valley - Directors Place
Scripps Ranch - 9909 Mira Mesa Blvd
Hillcrest - 4th & Lewis Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - La Jolla Family Medicine: (858) 657-8600
Direct Clinic Line - La Jolla Internal Medicine: (858) 657-8000
Direct Clinic Line - Sorrento Valley: (858) 249-5400
Direct Clinic Line - Scripps Ranch: (858) 657-7750
Direct Clinic Line - Hillcrest: (619) 471-9250

Bio:
Julie L. Le, DO, is a board-certified psychiatrist who works in primary care clinics alongside primary care doctors to deliver comprehensive psychiatric care. She acts as a psychiatry consultant, offering expert medication review and management for mental health conditions such as depression, bipolar disorder, anxiety, schizophrenia and attention deficit hyperactivity disorder (ADHD).

Carla Marienfeld, MD
Psychiatrist
Associate Professor of Psychiatry

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 249-1680

Bio:
Carla Marienfeld, MD, is a board-certified addiction psychiatrist who specializes in treating individuals with substance use disorders and co-occurring mental health conditions, such as anxiety and depression. She supports recovery in a harm-reduction approach that uses therapy, motivational interviewing, and medication-assisted treatment.

Alejandro Meruelo, MD, PhD
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Alejandro Meruelo, MD, PhD, is a board-certified psychiatrist who delivers compassionate, expert care to people with bipolar disorder, depression, schizophrenia and anxiety disorders. He also cares for individuals with treatment-resistant depression using transcranial magnetic stimulation.
Psychiatry (cont.)

Aaron Meyer, MD
Psychiatrist
Specialty: Psychiatry
Hillcrest - UC San Diego Medical Center
Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6350
Bio:
Aaron Meyer, MD, is a psychiatrist who specializes in caring for people with severe or acute mental illness and behavioral health conditions. This includes caring for individuals who experience significant and distressing symptoms of a mental illness that require immediate treatment.

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.

Hoang Nguyen, MD
Assistant Clinical Professor
Specialty: Psychiatry
Hillcrest - UC San Diego Medical Center
Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792
Bio:

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.
Alison Reminick, MD
Psychiatrist
Assistant Professor of Psychiatry

**Specialty:**
Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**

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

**Bio:**
Alison Reminick, MD, is a board-certified psychiatrist who specializes in the mental health care needs for women with premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), pregnancy and postpartum mood disorders, and emotional disturbances during menopause. She directs the [Women's Reproductive Mental Health Program](https://health.ucsd.edu) at UC San Diego Health, which helps women manage and recover from anxiety, depression, or other emotional concerns during infertility, pregnancy, or the postpartum period.

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.

Neil M. Richtand, MD, PhD
Psychiatrist

**Specialty:**
Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**

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

**Bio:**
Neil M. Richtand, MD, PhD, is a board-certified psychiatrist who provides expert, compassionate mental health care services to UC San Diego undergraduate and graduate students.

Jennifer Roby, DO
Psychiatrist
Assistant Professor Psychiatry

**Specialty:**
Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**

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

**Bio:**
Jennifer Roby, DO, is a psychiatrist who provides general mental health care services for adults. She provides care to undergraduate, graduate, and medical students through UC San Diego Health's [College Mental Health Program](https://health.ucsd.edu). She also helps women with postpartum depression, postpartum anxiety and other reproductive-related mental health concerns that affect women and their families.
Psychiatry (cont.)

Sanjaya Saxena, MD
Psychiatrist
Professor of Psychiatry

**Specialty:** Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**

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

**Bio:** Sanjaya Saxena, MD, is a board-certified psychiatrist focusing on the treatment of people with obsessive-compulsive disorders (OCD) and related conditions such as compulsive hoarding and body dysmorphic disorder.

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.

Terry A. Schwartz, MD
Clinical Director, Eating Disorders Treatment and Research Program
Associate Professor of Psychiatry

**Specialty:** Psychiatry

**La Jolla - 4510 Executive Drive**

**Contact:**
- New Patient Registration: (800) 926-8273
- Direct Clinic Line: (858) 534-8019

**Bio:** Terry A. Schwartz, MD, is a board-certified psychiatrist who specializes in caring for individuals with eating disorders, mood disorders and anxiety disorders. She has more than 20 years’ experience and has particular expertise in treating individuals who have an eating disorder co-occurring with mood, anxiety or substance abuse disorders.

Louisa Steiger, MD

**Specialty:** Psychiatry

**Hillcrest - 140 Arbor Drive**

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

Murray B. Stein, MD, MPH
Psychiatrist
Distinguished Professor of Psychiatry and Family Medicine and Public Health

Specialty: Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Murray B. Stein, MD, MPH, is a board-certified psychiatrist who treats individuals with anxiety, and trauma and stressor-related disorders, including panic disorder, agoraphobia, social anxiety disorder (social phobia), generalized anxiety disorder, and post-traumatic stress disorder (PTSD) with or without depression.

Hannah C. Sweet, MD
Psychiatrist
Assistant Professor of Psychiatry

Specialty: Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
Hannah Sweet, MD, is a board-certified psychiatrist who specializes in treating children and adolescents with all types of mental illness and psychiatric conditions. Her practice is part of UC San Diego Health’s comprehensive and compassionate mental health services for teens.

Jon (David) Stiffler, MD
Psychiatrist

Specialty: Psychiatry

La Jolla - 8950 Villa La Jolla Drive

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

Bio:
David Stiffler, MD, is a board-certified psychiatrist who treats people with substance use disorders, trauma and post-traumatic stress disorder (PTSD), mood disorders, anxiety and attention deficit hyperactivity disorder (ADHD).

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.
Psychiatry (cont.)

Maria Tiamson-Kassab, MD
Specialties: Psychiatry, Palliative Care, Cancer
Subspecialty: Psychosocial Oncology
Add'l Language: Tagalog

Moores Cancer Center
Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-9061

Bio:
Maria Tiamson-Kassab, MD, is a board-certified psychiatrist and the director of Moores Cancer Center’s Patient & Family Support Services, which treats people who may be experiencing depression, anxiety, insomnia or other psychiatric symptoms that are either a result of the cancer experience or are interfering with cancer treatment. She can provide psychiatric assessment, treatment and medication management.

Sidney Zisook, MD
Psychiatrist
Professor of Psychiatry

La Jolla - Perlman Medical Offices
Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Sidney Zisook, MD, is a board-certified psychiatrist who specializes in treating adults who are experiencing grief, anxiety, or the effects of a mood disorder. His experience is in caring for people with complicated bereavement, as well as those with chronic mental health conditions or illnesses that do not respond well to treatment. Dr. Zisook also uses integrative therapy to treat each person as a whole, including their mental, physical and emotional needs.

Psychiatry - Geriatric Psychiatry

Steven F. Huege, MD
Psychiatrist

La Jolla - 8950 Villa La Jolla Drive
Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Steven Huege, MD, is a board-certified geriatric psychiatrist who specializes in treating mental health and neurodegenerative disorders in older adults, including both chronic and new-onset mental illness. His areas of clinical expertise include Alzheimer’s disease, Lewy body dementia, frontotemporal dementia, and mood and psychotic disorders in older adults.

Daniel D. Sewell, MD
Psychiatrist
Associate Vice Chair, Geriatric Psychiatry
Professor of Psychiatry

Hillcrest - UC San Diego Medical Center
Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-2827

Bio:
Daniel D. Sewell, MD, is a board-certified psychiatrist who treats older adults with behavioral health issues.
Psychiatry - Geriatric Psychiatry (cont.)

Kalya Vardi, MD
Psychiatrist
Medical Director, Senior Behavioral Health Intensive Outpatient Program

Specialty:
Psychiatry
Subspecialty:
Geriatric Psychiatry

La Jolla - 8950 Villa La Jolla Drive
Hillcrest - 410 Dickinson Street
Hillcrest - UC San Diego Medical Center

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

Bio:
Kalya Vardi, MD, is a board-certified psychiatrist who specializes in treating mental health problems in older adults, including depression, anxiety disorders, bipolar disorder, schizophrenia, and the psychiatric or behavioral complications of dementia, such as Alzheimer's disease.

Raisa Yagudayeva, DO
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry
Subspecialty:
Geriatric Psychiatry
Add'l Language:
Russian

Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-3772

Bio:
Raisa Yagudayeva, DO, is a board-certified adult psychiatrist and board-certified geriatric psychiatrist who specializes in treating mental health problems in older adults, including major neurocognitive disorder, major depressive disorder, generalized anxiety disorder, schizophrenia, psychosis and obsessive compulsive disorder. She is interested in electroconvulsive therapy (ECT), which is used to relieve symptoms of several mental health conditions.
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