

Carl Adam Fleisher, M.D.

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CURRENT POSITION

Health Sciences Assistant Clinical Professor of Psychiatry

CONTACT INFORMATION

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EDUCATION

2000 – 2004	B.A., High honors in Psychology	Psychology	Haverford College
2004 – 2008	M.D.	Medicine	Harvard Medical School
6/08 – 6/09	Intern	Adult Psychiatry	UCLA Semel Institute for Neuroscience/Resnick Neuropsychiatric Hospital
7/09 – 6/12	Resident	Adult Psychiatry	UCLA Semel Institute for Neuroscience/Resnick Neuropsychiatric Hospital
7/12 – 7/14	Fellow	Child and Adolescent Psychiatry	UCLA Semel Institute for Neuroscience/Resnick Neuropsychiatric Hospital

LICENSURE

2010 – present	California medical license
2014 – 2017	Massachusetts medical license
2015	DEA buprenorphine waiver, certification XF2127783

BOARD CERTIFICATION

2012 – present	Certified in Psychiatry, American Board of Psychiatry and Neurology
2014 – present	Certified in Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology

POSITIONS HELD PREVIOUSLY

8/2010 – 6/2011	Consultant psychiatrist	MacDonald-Carey East San Fernando Valley Community Mental Health Center, North Hollywood, CA	Four hours per week
7/2013 – 6/2014	Consultant psychiatrist	Vista Del Mar Child and Family Services, Los Angeles, CA	Five hours per week
7/2014 – 3/2015	Child psychiatrist	Adolescent acute residential treatment program, McLean Hospital, Belmont, MA	36 hours per week
7/2014 – 7/2016	Volunteer faculty therapist	Mentalization-based therapy clinic, McLean Hospital, Belmont, MA	Four hours per week
3/2015 – 9/2016	Medical Director, Child psychiatrist	Child and Adolescent Obsessive-Compulsive Disorder residential treatment program, McLean Hospital Southeast, Middleborough, MA	36 hours per week
9/2017 – 7/2018	Staff psychiatrist	UCLA Health System, Child and Adolescent Mood Disorders Program	Two hours per month

PROFESSIONAL ACTIVITIES

CLINICAL ACTIVITIES

8/2014 – present	Private practice of psychiatry	Newton, MA (before 9/2016) and Los Angeles, CA (after 9/2016)	10 hours per week
9/2016 – present	Associate physician	UCLA Health System, Division of Child and Adolescent Psychiatry	36 hours per week
1/2017 – present	Consultant psychiatrist	Second Opinion Expert	Variable
1/2017 – present	Mentalization group	UCLA Health System, Adult Partial Hospitalization Program, Division of Adult Psychiatry	One hour per week
4/2017 – 6/2019	Reflective parenting group	UCLA Health System, Maternal Mental Health Program, Division of Adult Psychiatry	Two hours per week
1/2020 – present	Psychiatrist	Boston Child Study Center – Los Angeles	One day per week
1/2020 – present	Mentalization group	UCLA Health System, Resnick Neuropsychiatric Hospital	One hour per week

PROFESSIONAL ACTIVITIES (CONT.)

LEADERSHIP POSITIONS

2006 – 2007	President, Future Investigators	Harvard Medical School and Uphams Corner Charter School
2011 – 2012	Clinic Chief	UCLA Dept. of Psychiatry, Borderline Personality Disorder Initiative
2011 – 2012	Co-developer, Psychotherapy Journal Club	UCLA Dept. of Psychiatry, Adult Residency
2011 – 2012	Developer, Video-based psychotherapy discussion series	UCLA Dept. of Psychiatry, Adult Residency
2013 – 2014	Clinic Co-Chief	UCLA Dept. of Psychiatry, General Child Outpatient Clinic
2015 – 2016	Medical Director	McLean Hospital Southeast, Child and Adolescent Obsessive Compulsive Disorder Initiative residential treatment program
2018 – present	Faculty, Mentalizing Initiative	The mission of the Mentalizing Initiative is to provide education and training on evidence-based treatments that improve patients' ability to mentalize
2020 – present	Medical Director	Boston Child Study Center – Los Angeles
2020 – present	Consultant	reflect (www.joinreflect.com)

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

2008 – present	American Psychiatric Association, Member
2011 – present	American Academy of Child and Adolescent Psychiatry, Member
2016 – present	North American Society for the Study of Personality Disorders

SERVICE

SERVICE TO PROFESSIONAL ORGANIZATIONS

2012 – 2015	American Academy of Child and Adolescent Psychiatry (AACAP): Participant, Committee on Psychotherapy. Designed psychotherapy webpage within AACAP website for the Committee
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SERVICE (CONT.)

COMMUNITY SERVICE

2005	Prevention and Access to Care and Treatment Project, Boston / Program Assistant I updated, re-designed, and translated into Spanish a workbook for Latino injection drug users as part of a peer health education program, as well as helping to coordinate the Project's youth outreach program
2005 – 2007	Future Investigators / Mentor and President (Harvard Medical School and Uphams Corner Charter School) During medical school, I mentored at and then led a student-run organization that aims to encourage minority middle school students to pursue careers in science
2018 - present	Family Connections™ / Co-leader Together with Donna Shields, LCSW and Cheryl Kempinsky, Ph.D., once or twice a year I teach a weekend-long psychoeducational course for a group of people who each have a family member who has been diagnosed with Borderline Personality Disorder (National Education Alliance for Borderline Personality Disorder).
2018	Kids In Need of Defense (KIND) I served as a liaison with KIND to facilitate a formal partnership between KIND and UCLA to provide immigration asylum evaluations for children. I also worked with colleagues including Dr. Eraka Bath and Dr. Roya Ijadi-Maghsoodi to raise awareness among UCLA students, staff and faculty about training opportunities for these forensic evaluations.

MENTORING

MENTORING OF POST-DOCTORAL STUDENTS

2017 – 2018	Faculty mentor for Fellow in Child and Adolescent Psychiatry Name: Rachel Miriani Role: Clinical supervision, career guidance
2018	Faculty mentor for Resident in Psychiatry Name: Sophie Rosseel Role: Clinical supervision

MENTORING OF MEDICAL STUDENTS

2020	Faculty mentor for 3 rd year medical student Name: Alex Mirman Role: Career guidance
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HONORS AND AWARDS

2005	Anjelica Luz Chavez Memorial Fund Grant Harvard Medical School Office of Enrichment Programs, in recognition of community service
2012	Educational Outreach Program Award American Academy of Child and Adolescent Psychiatry
2015	Partners in Excellence Award Partners Healthcare, in recognition of administrative leadership
2015	Canopy Medical Spanish eLearning course
2015	Participant, Leadership Development Program for Physicians and Scientists Harvard Medical School
2016	Supervisor, mentalization-based therapy for adolescents (MBT-A) Anna Freud National Center for Children and Families, London, UK
2016	Fellow, American Psychiatric Association
2017	Trainer, Good Psychiatric Management for Borderline Personality Disorder Gunderson Personality Disorder Institute, McLean Hospital, Belmont, MA
2017	Leader, Family Connections™ Program for Borderline Personality Disorder National Education Alliance for Borderline Personality Disorder, Mamaroneck, NY
2018	Participant, Management Development Program University of California
2018 – present	<i>Super Doctors® Rising Stars™</i> peer selection
2020 – present	Trainer, Good Psychiatric Management for Borderline Personality Disorder in Adolescents Gunderson Personality Disorder Institute, McLean Hospital, Belmont, MA

INVITED PRESENTATIONS

No presentations below were sponsored by outside entities

International Presentations and Courses

2019	Carl Fleisher and Teresa Carreno. “ <i>Good Psychiatric Management of Borderline Personality Disorder in Adolescents</i> ” / Annual Meeting, International Society for the Study of Personality Disorders. Presented adaptation of adult treatment. Vancouver, Canada.
2019	Carl Fleisher. “Integrating Mentalizing and DBT for Borderline Personality Disorder” / The Royal Mental Health Center. Ottawa, Canada.

INVITED PRESENTATIONS (CONT.)

National Presentations and Courses

- 2017 Carlene MacMillan, Owen Muir, **Carl Fleisher**, Bruce Hasek, Rosa Nouvini. "Personality Disorders in Young People: A Primer for the Generalist" / Annual Meeting, American Academy of Child and Adolescent Psychiatry. Presenting on mentalization-based treatment for adolescents. Washington, DC.
- 2017 Dickon Bevington, Efrain Blaiberg, **Carl Fleisher**, Laurel Williams, Owen Muir, Carlene MacMillan, Chris Grimes. "Fundamentals in Mentalization-Based Treatment for Suicidal and Self-Injurious Youth" / Annual Meeting, American Academy of Child and Adolescent Psychiatry. Presenting a section regarding the mentalizing process. Washington, DC.
- 2018 Dickon Bevington, Efrain Blaiberg, **Carl Fleisher**, Laurel Williams, Owen Muir, Carlene MacMillan, Chris Grimes. "Fundamentals in Mentalization-Based Treatment for Suicidal and Self-Injurious Youth" / Annual Meeting, American Academy of Child and Adolescent Psychiatry. Presenting a section regarding the mentalizing process. Seattle, WA.
- 2018 Carlene MacMillan, Owen Muir, **Carl Fleisher**, Bruce Hasek, Rosa Nouvini. "Personality Disorders in Young People: A Primer for the Generalist" / Annual Meeting, American Academy of Child and Adolescent Psychiatry. Presenting on mentalization-based treatment for adolescents. Seattle, WA.
- 2019 Anthony W. Bateman, MA, FRCPsych; **Carl Fleisher, MD**; Peter Fonagy, PhD; Alan Fruzzetti, PhD; Leila Guller, PhD; Jill Hooley, PhD; Trudie Rossouw, MD; Carla Sharp, PhD; Marisa Silveri, PhD; Mary Zanarini, EdD. "GPM for Adolescents" / Global Alliance for Prevention and Early Intervention for BPD (GAP). Waltham, MA.
- 2019 **Carl Fleisher**, Robin Kissell, Jolene Sawyer. "The Fundamentals of Mentalizing-Based Therapy for Personality Disorders" / Annual Meeting, American Psychiatric Association. San Francisco, CA.
- 2019 Teresa Carreno, MD; Lois Choi-Kain, MD; Ana Eriksen, MD; Holly Bedotto PsyD; Sara Hosn PsyD; Lydia Kalsner-Silver, PhD; **Carl Fleisher, MD**; Richard Hersh, MD. "Borderline Personality Disorder: State of the Art Treatments in 2019." University of Miami Miller School of Medicine and McLean Hospital Borderline Personality Disorder Training Institute, Miami, FL.
- 2019 **Carl Fleisher**, Dickon Bevington, Efrain Blaiberg, Laurel Williams, Owen Muir, Carlene MacMillan, Chris Grimes. "Fundamentals in Mentalization-Based Treatment for Suicidal and Self-Injurious Youth" / Annual Meeting, American Academy of Child and Adolescent Psychiatry. Presenting a section regarding the mentalizing process. Chicago, IL.
- 2019 **Carl Fleisher**, Carlene MacMillan, Owen Muir, Bruce Hasek, Rosa Nouvini. "Personality Disorders in Young People: A Primer for the Generalist" / Annual Meeting, American Academy of Child and Adolescent Psychiatry. Presenting on mentalization-based treatment for adolescents. Chicago, IL.

Regional and Extramural Local Presentations and Courses

- 2017 "A language for thoughts and feelings: a mentalizing approach to child and adolescent psychiatry" / Division of Child Psychiatry Grand Rounds
University of California, San Diego, San Diego, CA
- 2017 "ADHD and Attachment" / Invited lecture at conference on attachment
AdvanceLA (HELP Group), Los Angeles, CA
- 2017 "Mentalization 101: Bipolar and Borderline Personality Disorder" / Invited lecture
Destinations for Teens, Los Angeles, CA

- 2017 “Mentalizing and Recovery” / Invited lecture
Rebos Outpatient Treatment Center, Los Angeles, CA
- 2017 “Embodied Mentalizing” / Invited lecture
Reconnect Integrative Trauma Treatment Center, Pacific Palisades, CA
- 2019 Managing Borderline Personality Disorder within Medication Assisted Treatment for
Opioid Dependence / Invited lecture
Hub and Spoke Project, California Department of Health Care Services
- 2020 Good Psychiatric Management of Borderline Personality Disorder in Adolescents / Invited
(postponed) lecture
Mentalizing Initiative and GAP, Los Angeles, CA
- 2020 Mentalizing-based therapy for Borderline Personality Disorder
(tentative) Adolescent and Young Adult Collective

Local Presentations and Courses

- 2013 “Medications For Common Disorders In Kids” / General lecture at staff assembly
Vista Del Mar Child and Family Services, Los Angeles, CA
- 2014 “Cultural considerations in the practice of child and adolescent psychiatry” / General
lecture at staff assembly
Vista Del Mar Child and Family Services, Los Angeles, CA
- 2014 “RASH-BD: Risk-taking and Self Harm in Bipolar Disorder, a mentalization study” /
Division Grand Rounds
UCLA Division of Child and Adolescent Psychiatry, Los Angeles, CA
- 2014 “Mentalization 1” / Invited lecture at weekly seminar
McLean Anxiety Mastery Program, Cambridge, MA
- 2015 “Mentalization 2” Clinical applications in anxiety disorders” / Invited lecture at weekly
clinic seminar
McLean Anxiety Mastery Program, Cambridge, MA
- 2015 “Mentalization” / Invited lecture at weekly seminar
McLean Hospital Southeast Child and Adolescent OCD Initiative, Middleborough, MA
- 2016 “OCDI Jr.: Reflections after one year” / Invited lecture at staff conference
Massachusetts General Hospital Pediatric Anxiety and OCD Program, Boston, MA
- 2017 “Mentalizing is pretty good if you ever have a misunderstanding” / Invited lecture at Social
Work staff development meeting
UCLA Department of Social Work, Los Angeles, CA
- 2017 “(mis)understanding: personality disorder, resilience and trust” / Division Grand Rounds
UCLA Division of Child and Adolescent Psychiatry, Los Angeles, CA
- 2018 Introduction to Mentalizing-Based Therapy / Invited lecture for therapists in the UCLA
Behavioral Health Associates (BHA) program

TEACHING AND TRAINING

National

Formal Teaching of Peers (e.g., CME and other continuing education courses)

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| 2015-2016 | Co-supervisor
Advanced supervision group for providers working to
attain certification in mentalization-based therapy | One hour per week for 8 weeks
McLean Hospital, via web |
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2016	Workshop tutor Mentalization-based treatment: Basic training (Anna Freud Center/McLean Hospital)	3-day conference Waltham, MA
2016 – present	Workshop tutor Mentalization-based treatment: Basic training (Anna Freud Center/UCLA Department of Psychiatry)	3-day conference Los Angeles, CA
2016	Co-supervisor Basic supervision group for providers who have attended an introductory workshop on mentalization-based therapy	One hour per week for 8 weeks McLean Hospital, via web
2017	Workshop speaker Good Psychiatric Management for Borderline Personality Disorder: Training the Trainers Workshop (Sponsors: Mayo Clinic, McLean Hospital)	2-day conference Los Angeles, CA
2018, 2020	Workshop tutor Mentalization-based treatment for adolescents (Anna Freud Center/UCLA Department of Psychiatry)	3-day conference Los Angeles, CA
2019	Workshop tutor Mentalization-based treatment for adolescents (Anna Freud Center/McLean Hospital Borderline Personality Disorder Training Institute)	2-day conference Waltham, MA

Local

Teaching of Students in Courses

2011	Medical Neuroscience II 2 nd year medical students	UCLA Single three-hour problem-based learning session
2013-2014	Systems-Based Health 3 rd year medical students and Advanced Practice nursing students	UCLA Monthly for nine months
9/2014	Psychiatry clerkship 3 rd year medical students	HMS – McLean One hour
9/2017	Psychiatry elective 3 rd year medical student	UCLA Five afternoons

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

2011	Moderators and Mediators in Research Psychiatry residents in the Research Track	UCLA One-hour lecture
2013	Neuroscience and Self Psychology: the work of Allan Schore, M.D. Child & adolescent psychiatry fellows	UCLA One-hour lecture
2013	Childhood Obesity Child psychiatry Fellows, Consultation-Liaison service	UCLA One-hour lecture
2015	Life after Fellowship Child & adolescent psychiatry fellows	Boston Children's Hospital One-hour discussion
2017	Mentalization-based therapy for adolescents Adult psychiatry residents	UCLA One-hour lecture

2017 - present	Introduction to MBT-Adolescent Child & adolescent psychiatry fellows	UCLA
2018	MBT-Adolescent: Non-mentalizing modes	UCLA
	Child & adolescent psychiatry fellows	One-hour lecture
2019	Mood Disorders in Primary Care	UCLA
	Internal Medicine Residents	One-hour lecture
2019	Diagnosis and Management of ADHD for Pediatricians	UCLA
	Pediatrics Residents	One-hour lecture

Clinical Supervisory and Training Responsibilities

2015 – 2016	Inpatient pediatric OCD and anxiety preceptor, McLean Hospital Southeast Child and Adolescent OCD Initiative	Two-week full-time rotation for adult psychiatry residents
2016	Inpatient pediatric OCD and anxiety preceptor, McLean Hospital Southeast Child and Adolescent OCD Initiative	Three month part-time elective for CAP fellows
2016 – 2017	Mentalization-based therapy supervisor, UCLA Department of Psychiatry, Child and Adolescent Mood Disorders Clinic (CHAMP)	Weekly one-hour supervision for staff psychologists and psychiatry trainees
2016 – present	Mentalization-based therapy supervisor for mental health providers in the community Private Practice, Beverly Hills, CA	Intermittent; one hour weekly to every other week when active
2019-20	Mentalizing-based therapy for General Psychiatry residents UCLA Department of Psychiatry	Two hours weekly

RESEARCH AND CREATIVE ACTIVITIES

RESEARCH AWARDS AND GRANTS

Current Grants

2019-2020 UCLA Pritzker Center for Strengthening Children and Families
(PI: Carl Fleisher, M.D.)

The UCLA Pritzker Center is committed to the advancement and exploration of race, reducing disproportionality, immigration, issues concerning LGBTQ+ communities, and the lived experiences of children and young people in foster care. My co-investigators and I received a grant to study the parenting needs of new fathers, in families whose children are at high risk of entering foster care. (\$25,000)

Past Grants

2013-2014 Integrative Study Center in Mood Disorders, Center Grant from Deutsch/Kayne/Knapp Foundations
(PI: David Miklowitz, Ph.D.)

Role: Co-PI

The Center is dedicated to supporting interdisciplinary, cross-laboratory collaborations in mood disorders research at UCLA, and fostering young investigators through research fellowship awards. The major goal of my project was to examine whether mentalization relates both to suicidal behavior and to emotion regulation in children and adolescents with bipolar disorder. I was the co-PI on my project; Dr. Miklowitz served as both co-PI and faculty sponsor.

CLINICAL INNOVATIONS

2017	Refinement of two mentalization-based psychoeducational groups based on the model developed by Peter Fonagy and Anthony Bateman. One is offered to patients in the UCLA Partial Hospitalization Program. The other is offered to patients in the UCLA Maternal Mental Health Program.
2019	Refinement of a mentalization-based psychoeducational group for use with adults admitted to the Resnick Neuropsychiatric Hospital
2020 (planned)	Refinement of a mentalization-based psychoeducational group for use with adults with mood dysregulation who are discharged from the Emergency Department or Inpatient Psychiatry service.
2020 (planned)	Refinement of a mentalization-based treatment group for use with adults with mood disorders, as a complement to medication management within the Psychopharmacology Clinic.

PUBLICATIONS/BIBLIOGRAPHY

RESEARCH PAPERS

RESEARCH PAPERS (PEER REVIEWED)

1. **Fleisher C**, McGough J. Sofinicline: a novel nicotinic acetylcholine receptor agonist in the treatment of attention-deficit/hyperactivity disorder. *Expert Opin Investig Drugs*. 2014 Aug;23(8):1157-63.
2. MacMillan CM, Korndörfer SR, Rao S, **Fleisher CA**, Mezzacappa E, Gonzalez-Heydrich J. A comparison of divalproex and oxcabazepine in aggressive youth with bipolar disorder. *Journal of Psychiatric Practice*, 2006; 12(4): 214-22. PMID: 16883146
3. Gonzalez-Heydrich J, Pandina GJ, **Fleisher CA**, Hsin O, Raches D, Bourgeois BF, Biederman J. No seizure exacerbation from risperidone in youth with comorbid epilepsy and psychiatric disorders: a case series. *Journal of Child and Adolescent Psychopharmacology*, 2004; 14(2): 295-310. PMID: 15319026

RESEARCH PAPERS (PEER REVIEWED) (IN PRESS)

RESEARCH PAPERS (PEER REVIEWED) (SUBMITTED)

RESEARCH PAPERS (NON-PEER REVIEWED) (IN PRESS)

RESEARCH PAPERS (NON-PEER REVIEWED) (SUBMITTED)

REVIEWS

BOOKS

CHAPTERS

Fleisher, C. (2018) Borderline Personality Disorder and substance use. In Palmer, BA., Unruh, B. (Eds.): *Borderline Personality Disorder: A Case-Based Approach*. New York, NY: Springer.

CHAPTERS (IN PRESS)

Fleisher C. Suicidality in context: co-morbid trauma and other psychopathology. In Williams L, Muir O. (Eds.): *Mentalizing Theory and Treatment for Adolescent Suicide and Self-Injury*. New York, NY: Springer.

Fleisher C and Grimes C. Mentalizing Ice-Breakers, Homework, Games and Other Activities. In Williams L, Muir O. (Eds.): *Mentalizing Theory and Treatment for Adolescent Suicide and Self-Injury*. New York, NY: Springer.

CHAPTERS (IN PREPARATION)

Fleisher C and Masland S. Pharmacotherapy and co-morbidity of Borderline Personality Disorder. In Choi-Kain L, Sharp C (Eds.): *Handbook of Good Psychiatric Management for Borderline Personality Disorder in Adolescents*. Arlington, VA: American Psychiatric Publishing.

Masland S and **Fleisher C**. Multimodal treatments for Borderline Personality Disorder. In Choi-Kain L, Sharp C (Eds.): Handbook of Good Psychiatric Management for Borderline Personality Disorder in Adolescents. Arlington, VA: American Psychiatric Publishing.

EDITORIALS
LETTERS TO THE EDITOR
PAPERS IN PREPARATION (RESEARCH COMPLETED)

OTHER PUBLICATIONS

Fleisher CA (2005). Guia de Salud: uso de drogas de inyeccion (Health guide: injection drug use). I translated to Spanish, re-designed and edited a health manual for clients in a harm-reduction program.

Fleisher CA. Internet webpage (2012) - <http://therapyandimaging.weebly.com/>
This website was created at the request of the Committee on Psychotherapy of the American Academy of Child and Adolescent Psychiatry. The site was intended as a resource for child and adolescent psychiatrists and other mental health professionals interested in developing a better understanding of the empiric support in neuroimaging for the changes effected by psychotherapy. As a non-member participant on the Committee, I designed and built this website myself, with some input about research references from Committee members.

Fleisher CA. [Review of the book *American Madness: The Rise and Fall of Dementia Praecox*, by Richard Noll]. *Am J Psychiatry* 2013, 170(5): 564-565.

Fleisher C, Krishna S, Bettina B (editors). *Psychiatry-Child/Adolescent*. St. Petersburg FL, StatPearls Publishing, LLC, 2016.

Fleisher C. Chapter and Question Editor, Borderline Personality Disorder. *Psychiatry-Child/Adolescent*. St. Petersburg, FL, StatPearls Publishing, LLC, 2016.

Fleisher CA. [Review of the book *Mentalization-based treatment for personality disorders*, Peter Fonagy and Anthony Bateman, Eds.]. *J Am Acad Ch Adol Psychiatry* 2018.

Fleisher CA. Mental health blog (2016 – present) – <http://www.drcarlfleisher.com/blog>

Fleisher CA. Brochures on Mentalizing. I created brochures about mentalizing for psychoeducational and clinical groups that I developed at UCLA.

ABSTRACTS

Fleisher CA, Abadia MD, Jimenez A, Daley ML, Mittal VA, Cannon TD. Hippocampal Volume Predicts Later Social Functioning Among Those at Ultra High Risk for Psychosis. Presented at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA, 2012. *Selected for presentation to a panel of experts, on the basis of relevance to the field