



CAPS CONNECTS @ D-CORE

By Appointment Only: Wednesdays, 2:30–4:30pm

Scheduling: Log into VadenPatient at <https://vadenpatient.stanford.edu>

Under "Appointments," select "Counseling," then "CAPS Connects Med School"



What is CAPS Connects?

30-minute, one-on-one consultations with a CAPS therapist at a convenient location. You can discuss a one-time/short-term issue or options for ongoing appointments with Sonja or with another CAPS therapist.

Who is eligible? CAPS Connects @ D-CORE appointments are exclusively for Medical, Physician Assistant, and Biosciences graduate students.

Meet Your CAPS Connects Provider: Sonja Kubota Johansson

Sonja is a psychology intern at Stanford University Counseling and Psychological Services (CAPS) and will graduate from her doctoral program in Clinical Psychology at The George Washington University next year. Sonja's research has focused on integrating eastern healing practices with western psychotherapy. She is a certified yoga teacher specializing in therapeutic yoga and teaches in group and individual settings. Sonja is passionate about working in university counseling centers and providing culturally-sensitive care to students. As a half-Japanese, half-Swedish, American-born clinician, Sonja values treatment that promotes identity exploration, growth, and healing. Currently, she focuses on working with graduate and FLI students, as well biracial/multiracial individuals, people of color, and survivors of trauma. Sonja is excited to join the Med School community and looks forward to supporting students throughout their graduate career.

About D-CORE: <https://med.stanford.edu/diversity/d-core.html>
Location: Lane Library lower level, near Tech Bar, room L002A.

Need urgent assistance?

CAPS 24-hour phone number: (650) 617-2576