

Heline Mirzakhania

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Heline has been a LFSD parent since 2019 and her son, Leo, is currently in Grande Section de Maternelle. She joined the Board in 2020. Growing up in different countries, she recognizes the value of multilingualism and the invaluable benefits of learning different cultures and being exposed to new experiences.

Currently, an Associate Clinical Professor and attending psychologist at UC San Diego Department of Psychiatry, Heline is a wearer of many hats including clinician, scientist, administrator and educator with expertise in early identification and treatment of psychotic illness. Heline co-founded the state-of-the-art UC CARE Early Psychosis Specialty Clinic translating the latest insights in psychosis research into clinical practice striving to reduce the effects of emerging psychosis. As its Clinical Director, Heline spearheaded the development of several successful programs within CARE and established effective operating standards while promoting staff engagement and creating a positive working environment. She has helped build and directs a growing multi-disciplinary staff with an emerging national reputation, serving not only local patients and their families but also families nationally.

A learner at heart, Heline continues to build on her leadership skills, most recently by completing a mini-MBA at UC San Diego. She is enthusiastic about training the next generation of clinicians and scientists and is involved in mentoring and teaching medical and doctoral students. Heline has co-authored numerous scientific articles in leading journals. Her research interests include understanding brain changes associated with the onset of psychotic illness using neuroimaging. She serves as the principal and co-investigator on numerous nationally funded grants.

Heline completed her postdoctoral fellowship at UC San Diego while concurrently completing a fellowship at the San Diego Psychoanalytic Center. She completed her internship in neuropsychology at Yale School of Medicine. She holds a PhD in clinical psychology from the SDSU/UCSD Joint Doctoral Program.