



American Association of Directors of Psychiatric Residency Training

Biosketch

Belinda Bandstra, MD, MA

AADPRT Position: OPDA Representative



Dr. Belinda Bandstra is Health Sciences Associate Clinical Professor of Psychiatry and Behavioral Sciences at the University of California, Davis and Program Director for the General Psychiatry Residency. As a residency training “lifer”-to-date, from her chief residency until now, Dr. Bandstra believes that contributing to the future of psychiatry means nurturing a residency culture and promoting structures that foster attentiveness to the mental health contributions and needs of diverse voices in the community, especially the traditionally marginalized. She also believes in the centrality of supporting residents in staying connected to their personal and professional values throughout residency.

Dr. Bandstra completed a Bachelors and Masters in Linguistics from Harvard University and received her MD from Washington University in St. Louis where she also did her internship at Barnes-Jewish Hospital before completing the rest of her residency in psychiatry at Stanford Health Care. A general psychiatrist, she has been a supervisor in both inpatient and outpatient settings, and developed clinical rotations in psychotherapy, assessments and evaluations, neuroscience, and community psychiatry. She has also taught leadership and innovation in mental health care, supervision and developing group dynamics, and culture in mental health.