

P. Tobi Fishel, Ph.D.

Assistant Professor of Psychiatry, Psychology, and Pediatrics

Tobi.Fishel@Vanderbilt.edu



Dr. Fishel has been a member of the faculty since 1998. She is the Director of Psychological Services for Vanderbilt's Center for Integrative Health and directs an adult and pediatric behavioral medicine training program for therapists in the areas of diabetes and integrative medicine. In addition, Dr. Fishel facilitates the 6 month intensive course for distressed physicians through the Center for Professional Health.

Education

Ph.D., University of Miami, Coral Gables, Fla., 1989

B.A., University of Binghamton, N.Y., 1984

Postgraduate Training

Residency, University of Florida, Gainesville, 1989-1991

Areas of Clinical Expertise

Treating trauma, chronic illness, and personal and family struggles through enhancing one's awareness of the mind-body connection, evidenced-based experiential exercises, mindfulness and grounding techniques, and interpersonal strategies that increase the feeling of safety, trust and the capacity to connect with others.

Research interests

Coping with chronic illness, mindfulness practices in integrative medicine, mind-body therapy treatments for trauma and physical pain

Representative publications

1. Samenow, C. Swiggart, B., Blackford, J., Fishel, P.T., et al . A CME Course Aimed at Addressing Disruptive Physician Behavior. *The Physician Executive*. 34 (1). Jan/Feb, 2008.

2. Farinaro, M.L., Fishel-Ingram, P, Cross, A, & Harris, L. (2004) Reduction of self- injurious behavior among inpatient adult psychiatric patients. Quest: QI Project's 20th Anniversary Case Study Collection,46-52.

3. Ingram, P. (2002) Book Review on Understanding Managed Care: An Introduction for Healthcare Professionals, in The Journal of Clinical Psychiatry, 63:0, 1.

4. Fishel-Ingram, P.T.(2000) Book Review on Cost-Outcome Methods for Mental Health, in The Journal of Clinical Psychiatry, 61:4, 305-306.

5. Ingram, F.,Greve, K.W., Fishel Ingram, P.T., & Soukup, V.M. (1999) Temporal stability of the Wisconsin Card Sorting Test in an untreated patient sample. British Journal of Clinical Psychology, 38, 209-211.

VANDERBILT  UNIVERSITY  Vanderbilt University Medical Center

- **Vanderbilt Department of Psychiatry Sitemap**
 - **Careers**
 - **Volunteer**
 - **Giving**
 - **Feedback**

Copyright © 2009 by Vanderbilt University Medical Center | 1211 Medical Center Drive | Nashville, TN
37232 | (615) 322-5000

Vanderbilt University is committed to principles of equal opportunity and affirmative action.
This page was last updated September 3, 2009 and is maintained by **Chris Shores**