



## Caroline Giroux, M.D.

### Philosophy of Care

Dr Giroux is dedicated to promote health by early identification of the sequelae of trauma and adverse childhood experiences via various courses, trainings and publications on trauma-informed care and inner resources to heal from trauma and break the cycle of abuse and neglect. Dr. Giroux's clinical and educational work incorporates lifestyle hygiene, with an emphasis on narrative approaches (writing, storytelling), mindfulness-based stress reduction, cultivation of joy, and burnout prevention in healthcare professionals. She uses the bio-psycho-socio-spiritual framework in the therapeutic encounter with patients, including survivors of trauma.

### Clinical Interests

Dr. Giroux is a general adult psychiatrist who specializes in trauma throughout the lifespan and and she examines how it affects all the body systems, as well as attachment styles. She is the director of UC Davis Trauma Recovery Center, a state-funded program that offers services to survivors of violent crimes. In 2018, with Dr. Andres Sciolla she founded and still co-directs RESTART, a resilience-focused, mindfulness-based stress reduction program for survivors of developmental trauma.

### Research/Academic Interests

Dr Giroux is dedicated to promote health by early identification of the sequelae of trauma and adverse childhood experiences. To heighten the awareness of the ubiquity of trauma, she introduced a course in the residency curriculum and she published numerous book chapters. She engages in ongoing education of patients, residents and medical students about resources to heal from trauma and break the cycle of abuse and neglect. She is the co-recipient of the Junior Faculty Award for 2017 and the scholarship will support her effort in implementing trauma-informed practices at UC Davis to prevent re-traumatization and promote healing. She is also participating in a trauma refugee certificate program and a community of practice to change policies that will improve global mental health.

**Title** Associate Clinical Professor  
UCD Trauma Recovery Center Director  
Psychiatrist

**Specialty** [Psychiatry](#)

**Department** [Psychiatry and Behavioral Sciences](#)

**Division** General Psychiatry

**Address/Phone** Psychiatry and Behavioral Sciences, 2230 Stockton Blvd. Sacramento, CA 95817  
**Phone:** 916-734-3574



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<b>Additional Phone</b>	Clinic Phone: 916-734-3574 Clinic Phone: 916-734-6661 Clinic Fax: 916-734-0849 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
<b>Languages</b>	French
<b>Education</b>	M.D., University of Montreal, Montreal, Quebec, Canada 2000 Post-doctorate Psychiatry, University of Montreal, Montreal, Quebec, Canada 2006 B.Sc., Laval University, Ste-Foy, Quebec, Canada 1996
<b>Internships</b>	Psychiatry, Hospital Notre-Dame, Hospital St-Luc, Montreal, Quebec, Canada 2002-2003
<b>Residency</b>	Psychiatry, University of Montreal, Montreal, Quebec, Canada 2001-2006
<b>Board Certifications</b>	Harvard Medical School, Global Mental Health: Refugee Trauma Royal College of Physicians and Surgeons of Canada - Psychiatry
<b>Professional Memberships</b>	Harvard Program in Refugee Trauma Global Mental Health Alumni Royal College of Physicians and Surgeons of Canada (Fellow) Sierra Sacramento Valley Medicine Society
<b>Honors and Awards</b>	Back-to-school-night Award: Out of the Box, UC Davis (November 2), 2018 Junior faculty Award, UC Davis Medical Center, 2017 Outstanding Faculty Award, UC Davis Medical Center, 2017 Back-to-school-night Award: Floor exercise (most likely to bend over backwards for a patient) , UC Davis Medical Center, 2016 Prize Drapeau for best presentation, University of Montreal, 2005
<b>Select Recent Publications</b>	Giroux C. A Portable Workshop: embedding Storytelling in Psychiatry. J Psychiatry Reform. 2020 Sep 3; 8(8). <a href="https://journalofpsychiatryreform.com/2020/09/03/a-portable-workshop-embedding-storytelling-in-psychiatry/">https://journalofpsychiatryreform.com/2020/09/03/a-portable-workshop-embedding-storytelling-in-psychiatry/</a>

Giroux C., Shimoyama S. Alexander D. Physicians with children: Nurturing humanism and returning joy to medicine. In: Hategan A., Saperson K., Harms S., Waters H. (eds) Humanism and Resilience in Residency Training. Springer, Cham. 2020 Jun 25:123-157. doi:10.1007/978-3-030-45627-6\_4.



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Giroux C, Bourne C. Group Psychotherapy using Video Conferencing for Survivors of Trauma during a Pandemic. *J Psychiatry Reform*. 2020 Mar 23;7(4). <https://journalofpsychiatryreform.com/2020/03/23/group-psychotherapy-using-video-conferencing-for-survivors-of-trauma-during-a-pandemic/>

Giroux C, Hategan A, Lynn S, Eppel A. While You're Social Distancing: The Role of Psychiatrists During Pandemics. *J Psychiatry Reform*. 2020 Mar 19;7(4). <https://journalofpsychiatryreform.com/2020/03/19/while-youre-social-distancing-the-role-of-psychiatrists-during-pandemics/>

Giroux C, Hategan A, Bourne C. Reproductive rights on the path of liberation: from deconstructing the concept of control in our society to emphasizing pro-attachment attitudes. *J Public Health*. 2020 Feb 6:fdaa017. doi:10.1093/pubmed/fdaa017.

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Giroux C. Joy as Medicine. *J Psychiatry Reform*. 2019 Oct;6(4). <https://journalofpsychiatryreform.com/2019/10/29/joy-as-medicine/>

Giroux C, Sciolla AF. Trauma- and Stressor-related Disorders in Late Life. In: Hategan A, Bourgeois JA, Hirsch C, Giroux C. *Textbook of Geriatric Psychiatry: Case Studies*. Springer, 2018.



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