

Hirst Bio:

Katie Hirst, MD, trained in Family Medicine and Psychiatry at UCSD's Combined Residency Program. She established the UCSD Maternal Mental Health Clinic in 2007, treating women with perinatal mood and anxiety disorders. She left UCSD in 2013 and now works in private practice in Encinitas, where she teaches Mindfulness Meditation and focuses her practice on substance use disorders and women's reproductive mental health.