



ABOUT

REGAN STEWART

Dr. Regan Stewart is an Associate Professor, bilingual (English/Spanish) Clinical Psychologist, and Director of the Telehealth Outreach Program for Traumatic Stress in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. Her research focuses on addressing mental health disparities among underserved youth through innovative service delivery models, particularly telehealth. Dr. Stewart is a nationally recognized expert in telehealth delivery of trauma-focused interventions for children and adolescents. She led the development of a training curriculum for telehealth delivery of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and has trained organizations across the U.S. in this work. She and her team have authored several seminal publications about the implementation and dissemination of in-person and telehealth delivery of TF-CBT in the U.S. and Latin America. Dr. Stewart is also co-author of the first Spanish language telemental health textbook published in 2022.