



**William Sieber, PhD, Chief and Clinical Director,
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Dr. Bill Sieber earned his doctorate degree in clinical health psychology from Yale University, completing his internship at the Palo Alto VA/Stanford consortium. He is a Clinical Professor at UC San Diego in both the Department of Family Medicine as well as Department of Psychiatry. He co-founded the UC San Diego Integrated Behavioral Health program that now includes dozens of behavioral health providers serving over 120,000 patients across 12 primary care clinics across San Diego County. He served on the Board of Directors for the Society of Behavioral Medicine, has published dozens of papers in top-tier research journals, been a Principal Investigator (PI) or Co-PI on several grants examining the value of behavioral health providers on patient care, is a reviewer for over a dozen premier professional journals, and currently serves as Associate Editor for Families, Systems, and Health, the premier peer-reviewed journal for integrated behavioral health. He has appeared in popular health publications such as MD Edge Internal Medicine and in 2024 was honored as a “luminary” by the Collaborative Family Healthcare Association. He has presented to over 200,000 health care providers on topics including improving one’s physical and mental health, the management of anxiety, fatigue and insomnia, mindfulness, caregiver stress syndrome, and burnout of health care professionals.