

Counseling and Psychological Services (CAPS) at SLS

CAPS @ SLS offers FREE clinical and non-clinical services for the students of Stanford Law School facilitated by CAPS psychologists Dr. Sonia Amin and Dr. Liz Chaney. These services are designed to help law students explore their concerns, offer tools, strategies, and additional resources as needed. Given the high demand for services, this is not intended to be a space for ongoing therapy, but rather for short-term support and assistance connecting to the recommended level of support.

You can arrange an appointment by going through the regular CAPS process (call 650-723-3785 to set up an access coordination appointment and ask to meet with Dr. Chaney or Dr. Amin) or by reaching out directly to Dr. Chaney <lchaney@stanford.edu> or Dr. Amin <samin565@stanford.edu>.

Law students are not obligated to meet with our SLS counselors. You can meet with any CAPS counselor (bios [here](#)). Remember that you can contact CAPS 24 hours a day for urgent support at 650-723-3785.



Dr. Liz Chaney (she/her) is a licensed clinical psychologist, and a dedicated counselor at Stanford Law School. Her work is grounded in social justice, liberation, and compassion. She specializes in the treatment of anxiety, depression, trauma, and identity-based concerns of marginalized communities. In her work, she aims to create a safe and supportive space where students can share their story and feel empowered to achieve their wellness goals. She is passionate about supporting the mental health of law students and invites you to connect with her via email (lchaney@stanford.edu) to schedule your first appointment.



Dr. Sonia Amin (she/hers) is a licensed psychologist at SLS. The foundation of her therapy approach is rooted in social justice and liberation frameworks. This means an acknowledgement, honoring, and connecting of how our individual and collective communities' histories, the histories of our ancestors (land and spiritual), and cultural backgrounds and identities influence our current lived experiences. She specializes in the treatment of anxiety, depression, self-harm, trauma, racial and sexual identity development, interpersonal concerns, grief, and sleep disorders. Dr. Amin enjoys being able to witness how folks begin to develop stronger relationships with themselves, whether

it is being more compassionate with themselves, connecting with pieces of themselves that they had forgotten about/compartimentalized, processing painful emotions, learning skills to increase their functioning, and/or developing deeper insights about themselves. If you are interested in learning more about services or scheduling your first appointment, she invites you to connect with her at samin565@stanford.edu.