



## Sandra Lee Warshak

December 27, 2025

Sandra Lee Warshak, Ph.D., born in Dallas, Texas, died peacefully, surrounded by family, on December 27, 2025, at age 86.

After receiving her B.A. from Texas Women's University in 1960, Sandra earned three postgraduate degrees: an MBA in 1965 and an MS in psychology in 1967, both from the University of North Texas, and, in 1974, she received her Ph.D. in clinical psychology from the University of Texas Southwestern Medical Center, where she became a Clinical Associate Professor. She was a treasured mentor to generations of psychology interns whom she supervised. In her work with students and patients, Sandra brought exquisite empathy, astute analysis of psychological dynamics, and practical wisdom, promoting insight and growth. She was a natural healer.

In 2017, the Psychology Division of the University of Texas Southwestern Medical Center (UT Southwestern) established the annual Sandra L. Warshak Outstanding Dissertation Award, provided to an outstanding student for excellence in research.

Sandra embraced life to the fullest. She was an avid gardener and accomplished gourmet cook. She collected art and antiques, made lace, took mandolin and cello lessons, and danced many styles—most avidly flamenco, which led to her performance in Carmen at Dallas' Majestic Theater. Her

flamenco instructor described Sandra as possessing duende, a heightened state of soul, emotion, and authentic artistic power. That captures what people felt in Sandra's presence.

Sandra loved decorating her home and was proud of her painting, poetry, and art, including curtains she made with antique crystals and beads. She created a unique form of art for family and friends—multimedia cards with watercolor backgrounds on which she wrote her loving and witty poems, the entire card decorated with beads and lace.

She described herself as an information junkie. She read the newspaper daily, often clipping articles she thought might benefit her husband, son, or grandchildren. She believed in being proactive when it came to health and wellness and eagerly explored alternative approaches to medicine.

Sandra was quietly self-confident and helped people feel good about themselves, always generous with praise and appreciation. Her enthusiasm for life was infectious. When Sandra was present, you knew it. She enjoyed being silly and playful and was fun to be around.

Family relationships were her priority. Sandra could always be counted on in a crisis. Her love knew no bounds, and she was repaid in kind by those close to her.

Sandra was preceded in death by her parents, C. G. and Allie Brock. She is survived by her husband, Richard A. Warshak, Ph.D.; her son, Michael Glen Hands, and his wife, Melinda; her grandchildren, Aaron Jonathan Hands and his wife, Sultana Vest, Shaun Michael Hands, and Callie Summer Hands; five great-grandchildren; and her sisters, Glenda Ann Simmons and her husband, Gerald, and Martha Sue Wood and her husband, Charles.

Sandra brought much joy to the world and will be missed by her family and friends, former students, and former patients. Donations in her memory may be made to UT Southwestern at <https://engage.utsouthwestern.edu/donate-now>. From the dropdown menu for Designation, select Other, and enter in the box: Psychology, Sandra L. Warshak Award.