

Funded Full-Time Pain Clinic Post-Doc Opportunity

August 2017 – August 2018

Christian Washburn, Psy.D.

San Mateo Medical Center
Pain Management Clinic

222 W. 39th Avenue

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The Pain Management Clinic (PMC) offers a unique, interdisciplinary, team-oriented treatment approach located at San Mateo Medical Center (SMMC). SMMC is a county hospital in the San Francisco Bay Area. PMC's goal is to affect change in our patient's lives by increasing physical functioning, improving pain coping skills, and restoring quality of life.

The resident will get the opportunity to learn directly from other team members as well as apply cognitive-behavioral therapy (CBT), mindfulness, and acceptance commitment therapy (ACT). The resident will incorporate the bio-psycho-social model and learn the roles and responsibilities of a pain psychologist.

Our pain team consists of two licensed clinical psychologists, psychiatrist, physiatrists, nurse practitioner, physical therapists, medical assistant, and other administrative staff. The resident's responsibilities will include (but not limited to) the following:

- Co-teach our Pain Management Education Class
- Teach Mindfulness Group
- Complete behavioral evaluation intakes
- Apply behavioral interventions
- Provide individual psychotherapy
- Develop new projects of resident's interest
- Attend interdisciplinary meetings several times a week
- Administer, score, interpret, and write psychological and cognitive reports

The resident will know the following after completion of a pain clinic rotation:

- Understand the various treatment modalities of chronic pain
- Understand chronic pain sequelae

- Understand how to address fear-avoidance behaviors
- Understand various pain medications and other biomedical treatments
- Understand how to run an effective pain management educational group
- Understand how to apply mindfulness
- Understand the causes of pain
- Understand the psychosocial aspects of chronic pain and how it impacts patients and the community
- Understand empirical evidence of treatment of chronic pain
- Understand the difference between tolerance and addiction in regards to pain medication
- Understand the roles of the different interdisciplinary team members in a chronic pain program
- Learn how to complete behavioral medical evaluations
- Learn how to administer, score, interpret, and write psychological assessments to patients in the pain clinic

Preferences:

*Preference given to individuals with prior experience or interest in pain management

*Spanish speaking or other languages proficiency is highly desirable

Application Instructions:

*To apply send by email by March 31st: a cover letter, CV, and three letters of reference to:

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