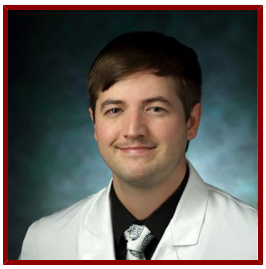
Stanford



Brandon Birckhead MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Brandon Birckhead is a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences. He works in the Stanford University's Virtual Reality and Immersive Technology Clinic and Stanford Anxiety and Depression Adult Psychological Treatment (ADAPT) clinic.

He was valedictorian for his graduating class of biological sciences at University of Tennessee at Knoxville. Followed by his medical degree at Mayo Clinic Medical School in Rochester Minnesota. He then received a master degree in healthcare delivery science at Cedars-Sinai. During this time he helped develop a set of recommendations for VR therapy clinical trials. He also helped design and implement some of the first remote CBT skills based VR therapy clinical trials for chronic pain. He was also the co-director of virtual medicine conference from 2019-2020. He then completed his psychiatry residency at Johns Hopkins. During his residency he was a consultant to Apple, providing guidance on the Apple Vision Pro. He then spent some time on the Apple Health team as a clinical project manager.

Clinically Dr. Birckhead offers a comprehensive approach to care, integrating evidence-based therapies such as Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR). When appropriate he also provides medication management. He is interested in working with adults with anxiety disorders, PTSD, mood disorders, and OCD. He is committed to a collaborative, personalized treatment process—working closely with each individual to understand their unique challenges and develop a tailored plan to support their mental health and well-being.

CLINICAL FOCUS

- Psychiatry
- Virtual Reality Treatment
- Psychotherapy
- Cognitive Behavioral Therapy
- Eye Movement Desensitization Reprocessing

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Association for Behavioral and Cognitive Therapies (ABCT) (2025 - present)

PROFESSIONAL EDUCATION

- Residency: Johns Hopkins Hospital (2024) MD
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2024)
- Internship: University of Tennessee (2017) TN
- Medical Education: Mayo Medical School (2016) MN

Publications

PUBLICATIONS

- **Durable Chronic Low Back Pain Reductions to 24-Months Post-Treatment for An Accessible, 8-Week, In-Home Behavioral Skills-Based Virtual Reality Program: A Randomized Controlled Trial.** *Pain medicine (Malden, Mass.)*
  Maddox, T., Sparks, C., Oldstone, L., Maddox, R., Ffrench, K., Garcia, H., Krishnamurthy, P., Okhotin, D., Garcia, L. M., Birckhead, B. J., Sackman, J., Mackey, I., Louis, et al
  2023

- **In-home virtual reality program for chronic low back pain: durability of a randomized, placebo-controlled clinical trial to 18 months post-treatment.** *Regional anesthesia and pain medicine*
  Maddox, T., Garcia, H., Ffrench, K., Maddox, R., Garcia, L., Krishnamurthy, P., Okhotin, D., Sparks, C., Oldstone, L., Birckhead, B., Sackman, J., Mackey, I., Louis, et al
  2022

- **Correction: Durability of the Treatment Effects of an 8-Week Self-administered Home-Based Virtual Reality Program for Chronic Low Back Pain: 6-Month Follow-up Study of a Randomized Clinical Trial.** *Journal of medical Internet research*
  Garcia, L., Birckhead, B., Krishnamurthy, P., Mackey, I., Sackman, J., Salmasi, V., Louis, R., Castro, C., Maddox, R., Maddox, T., Darnall, B. D.
  2022; 24 (6): e40038

- **Durability of the Treatment Effects of an 8-Week Self-administered Home-Based Virtual Reality Program for Chronic Low Back Pain: 6-Month Follow-up Study of a Randomized Clinical Trial (vol 24, e37480, 2022)** *JOURNAL OF MEDICAL INTERNET RESEARCH*
  Garcia, L., Birckhead, B., Krishnamurthy, P., Mackey, I., Sackman, J., Salmasi, V., Louis, R., Castro, C., Maddox, R., Maddox, T., Darnall, B. D.
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- **Durability of the Treatment Effects of an 8-Week Self-administered Home-Based Virtual Reality Program for Chronic Low Back Pain: Follow-up Study of a Randomized Clinical Trial.** *Journal of medical Internet research*
  Garcia, L., Birckhead, B., Krishnamurthy, P., Mackey, I., Sackman, J., Salmasi, V., Louis, R., Castro, C., Maddox, R., Maddox, T., Darnall, B. D.
  2022; 24 (5): e37480

- **Self-Administered Behavioral Skills-Based At-Home Virtual Reality Therapy for Chronic Low Back Pain: Protocol for a Randomized Controlled Trial.** *JMIR research protocols*
  Garcia, L., Darnall, B., Krishnamurthy, P., Mackey, I., Sackman, J., Louis, R., Maddox, T., Birckhead, B.
  2021; 10 (1): e25291

- **Double-blind, randomized placebo-controlled trial of 8-week self-administered at-home behavioral skills-based virtual reality (VR) for chronic low back pain (during COVID-19).** *Journal of medical Internet research*
  Darnall, B. n., Garcia, L. n., Birckhead, B. n., Krishnamurthy, P. n., Mackey, I. n., Sackman, J. n., Louis, R. n., Maddox, T. n.
  2021

- **Three-month follow-up results of a double-blind, randomized placebo-controlled trial of 8-week self-administered at-home behavioral skills-based virtual reality (VR) for chronic low back pain.** *The journal of pain*
  Garcia, L. M., Birckhead, B. J., Krishnamurthy, P., Mackey, I., Sackman, J., Salmasi, V., Louis, R., Maddox, T., Darnall, B. D.
  2021

- **Correction: Self-Administered Behavioral Skills-Based At-Home Virtual Reality Therapy for Chronic Low Back Pain: Protocol for a Randomized Controlled Trial.** *JMIR research protocols*
  Garcia, L. M., Darnall, B. D., Krishnamurthy, P. n., Mackey, I. G., Sackman, J. n., Louis, R. G., Maddox, T. n., Birckhead, B. J.
  2021; 10 (2): e27652
- **Recommendations for Methodology of Virtual Reality Clinical Trials in Health Care by an International Working Group: Iterative Study.** *JMIR mental health*
  Birckhead, B., Khalil, C., Liu, X., Conovitz, S., Rizzo, A., Danovitch, I., Bullock, K., Spiegel, B.
  2019; 6 (1): e11973
- **Methodology for Clinical Trials of Virtual Reality in Healthcare: Recommendations from an International Working Group** *JMIR Mental Health*
  Birckhead , B., et al
  2018