



Erin Watson, PsyD, ABPP

Clinical Associate Professor, Medicine - Gastroenterology & Hepatology

CLINICAL OFFICE (PRIMARY)

- **Stanford Gastroenterology and Digestive Health Clinic**

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Bio

BIO

Dr. Erin Watson is a board-certified clinical health psychologist and Clinical Associate Professor in the Division of Gastroenterology & Hepatology at Stanford University School of Medicine. She is a member of Stanford Health Care's GI Behavioral Medicine program, where she specializes in the intersection of psychological health, behavioral science, and gastrointestinal and liver disease.

Dr. Watson's clinical work focuses on helping patients navigate the emotional, behavioral, and lifestyle factors that influence medical illness. Her areas of expertise include health anxiety, stress and symptom management, health-behavior change, adjustment to chronic conditions, and the emerging specialty of psycho-hepatology. She uses practical, evidence-based approaches—including cognitive behavioral therapy, acceptance and commitment therapy, mindfulness-based interventions, and motivational interviewing—with lifestyle-medicine strategies to support long-term health and resilience. Her goal is to help patients feel more informed, supported, and empowered throughout their care.

In addition to her clinical work, Dr. Watson is engaged in research to advance behavioral treatments for chronic pain and develop new psychological interventions for individuals living with chronic liver disease. She is a co-investigator on a National Institutes of Health-funded study examining effective treatment options for veterans with chronic pain and addiction. Her scholarly work has been published in peer-reviewed journals and presented at regional and national conferences, including annual meetings of the American Psychological Association.

Dr. Watson is a Fellow of the American Academy of Clinical Health Psychology and a member of the American Psychological Association, the Society for Health Psychology (Division 38), the Society of Behavioral Medicine, the American Association for the Study of Liver Diseases, and the Rome Foundation.

CLINICAL FOCUS

- Clinical Health Psychology
- Psychological adjustment to illness/disease

- Motivational Interviewing
- Psycho-hepatology
- GI Psychology
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Gastroenterology & Hepatology

HONORS AND AWARDS

- Fellow, American Academy of Clinical Health Psychology (2025)
- Early Career Psychologist of the Month, Association of VA Psychologist Leaders (AVAPL) (2022)
- Psychologists in Public Service Early Career Achievement Award, Division 18, American Psychological Association (APA) (2020)
- Special Contributions Award, Psychology Director, San Francisco VA Mental Health Service (2020)
- Outstanding Psychologist, Psychology Awards Committee, San Francisco VA Mental Health Service (2016)

PROFESSIONAL EDUCATION

- Board Certification: Clinical Psychology, American Board of Professional Psychology (2025)
- Board Certification, American Board of Professional Psychology (ABPP-CH) , Clinical Health Psychology (2025)
- Fellowship, San Francisco VA/ University of California, San Francisco (UCSF) , Clinical Psychology, Emphasis in HIV and Liver Diseases (2015)
- Internship, Portland VA/ Oregon Health and Science University (OHSU) , Clinical Psychology (2014)
- PsyD, Adler University , Clinical Psychology, Emphasis in Primary Care Psychology and Behavioral Medicine (2014)
- MA, Chicago School of Professional Psychology , Clinical Counseling (2008)
- BS, College of Charleston , Psychology (2006)

Publications

PUBLICATIONS

- **Rationale and design of a multisite randomized clinical trial examining an integrated behavioral treatment for veterans with co-occurring chronic pain and opioid use disorder: The pain and opioids integrated treatment in veterans (POSITIVE) trial.** *Contemporary clinical trials*
Vowles, K. E., Witkiewitz, K., Clarke, E., Schmidt, Z., Borsari, B., Edwards, K. E., Korecki, J. R., Moniz-Lewis, D. I., Bondzie, J. A., Mullins, C., Thoreson, C. I., Delacruz, J., Wilkins, et al
2023: 107096
- **Optimizing pain treatment interventions (OPTI): A pilot randomized controlled trial of collaborative care to improve chronic pain management and opioid safety-Rationale, methods, and lessons learned.** *Contemporary clinical trials*
Seal, K. H., Borsari, B., Tighe, J., Cohen, B. E., Delucchi, K., Morasco, B. J., Li, Y., Sachs, E., Abadjian, L., Watson, E. C., Manuel, J. K., Vella, L., Trafton, et al
2019; 77: 76-85
- **Mixed-method approach to veteran satisfaction with pain education.** *Journal of rehabilitation research and development*
Watson, E. C., Cosio, D., Lin, E. H.
2014; 51 (3): 503-14