Stanford



Heather Poupore-King

Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

- **Pain Management Clinic**

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Bio

BIO

Dr King is a Clinical Associate Professor in the Department of Anesthesiology and Perioperative Pain Medicine and also serves as the Director of the Pain Psychology Fellowship.

Dr. King's areas of expertise are in evidence-based therapies including Cognitive Behavioral Therapy for Pain and Insomnia and Acceptance and Commitment Therapy (ACT). She is also board certified in Biofeedback (BCB) by the Biofeedback Certification International Alliance (BCIA). Dr. King has a strong interest in providing interdisciplinary care and specializes in comprehensive functional rehabilitation for patients experiencing chronic pain. She has also developed and is testing integrated protocols for co-occurring chronic pain and insomnia. She provides comprehensive pain evaluations, individual and group treatments, education for both patients and providers, and program development.

Dr King presents at national and international conferences to facilitate knowledge of effective behavioral treatment options for chronic pain patients. Her research focus includes serving as a master CBT trainer for serval NIH grants and is the Director of Behavioral Services for Northern California for the EMPOWER study. She also serves as the Director of the Pain Psychology Fellowship.

Dr. King works with patients to help them regain control of their lives by teaching effective, self-directed coping strategies focused on restoring function, optimizing mood and sleep and increasing time in valued activities with the ultimate goal of improving one's quality of life.

CLINICAL FOCUS

- Pain Psychology
- Biofeedback
- Cognitive Behavioral Therapy for pain
- Acceptance and Commitment Therapy
- Functional Rehabilitation

- Mindfulness
- Chronic Pain
- Insomnia Disorder
- Pain Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

ADMINISTRATIVE APPOINTMENTS

- Director of Pain Psychology Fellowship, Department of Anesthesiology and Perioperative Medicine, (2017- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Co-chair Pain and Rehabilitation SIG, American Academy of Pain Medicine (AAPM) (2023 - present)
- APPIC Postdoctoral Committee, Association of Psychology Postdoctoral and Internship Centers (APPIC) (2023 - present)
- President elect-Pain SIG, Association for Contextual Behavioral Sciences (2023 - present)
- President, American Association of Pain Psychology (2016 - 2017)

PROFESSIONAL EDUCATION

- Fellowship: Kaiser Permanente Pain Management Training (2009) CA
- PhD Training: Alliant International University (2008) CA
- Board Certification: Biofeedback, Biofeedback Certification International Alliance (2009)
- Internship: Jesse Brown VA Medical Center Psychology Internship (2008) IL
- Professional Education: Alliant International University (2008) CA

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

11/01/17 – 10/30/2022

Role: Co-Investigator (0.10 FTE) and Director of Treatments for the Bay Area (Stanford Pain and Primary Care clinics)

PCORI (Patient Centered Outcomes Research Institute). Title: “Comparative Effectiveness of Pain Cognitive Behavioral Therapy and Chronic Pain Self-Management Within the Context of Opioid Reduction.” Total: $8.8M PI: Beth Darnall

2017- present

Dr. King is also collaborating with Fiona Barwick, PhD, at Stanford’s Sleep Medicine Center, to develop an integrated treatment protocol for improving sleep and chronic pain. With the protocol now complete, Dr. Barwick and Dr. King plan to run the six-session group throughout 2019, collecting pre-treatment, post-treatment and follow-up data to analyze outcomes.

2015-present

Role: Lead Therapist, Cognitive Behavioral Therapy manualized intervention

National Institutes of Health P01 AT006651 National Center for Complementary and Integrative Health Title: Stanford Center for Back Pain

PI: Sean Mackey, MD, PhD

2015 -present

Lead Therapist, Cognitive Behavioral Therapy manualized intervention

National Institutes of Health R01AT008561 National Center for Complementary and

Integrative Health Title: Single Session Pain Catastrophizing Treatment: Comparative

Efficacy & Mechanisms Multi-PI: Darnall BD & Mackey SC

Teaching

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Phoebe MasonFlook

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pain Management (Fellowship Program)

Publications

PUBLICATIONS

- **Randomized Comparative Effectiveness Study of 1-Session vs. 8-Session Online Behavioral Treatment for Chronic Pain: Protocol for the national PROGRESS study.** *Pain medicine (Malden, Mass.)*
  Adair Monson, E., Mardian, A., Saxena, K., Dorsonne, B., Hailu, A. Y., Heggan, E., Riazi, G., Slater, K., Poupore-King, H., Clifton, J., Perez, L., Tian, L., Porter, et al
  2026

- **Evaluating Patient Preference and Familiarity with Equity-Related Terminology in Chronic Pain Research: Insights from the PROGRESS Study**
  Hailu, A. Y., Dildine, T. C., Dorsonne, B., Clifton, J., Adair, E., Torres, C., Cheung, M., Andrews, W., Heggan, E., Mierfert, J., Riazi, G., Greer-Smith, R., Pun, et al
  CHURCHILL LIVINGSTONE.2025

- **Expanding Access to Pain Relief Treatments for Chronic Pain: Inclusive Recruitment Methods in the PROGRESS Study**
  Dorsonne, B., Hailu, A. Y., Saxena, K., Clifton, J., Adair, E., Cheung, M., Torres, C., Andrews, W., Heggan, E., Mierfert, J., Riazi, G., Dildine, T. C., Spears, et al
  CHURCHILL LIVINGSTONE.2025

- **Where do we start? Health care transition in adolescents and young adults with chronic primary pain.** *Pain*
  Feinstein, A. B., Brown, K., Dunn, A. L., Neville, A. J., Sokol, O., Poupore-King, H., Sturgeon, J. A., Kwon, A. H., Griffin, A. T.
  2024

- **Utilizing a learning health system to capture real-world patient data: Application of the reliable change index to evaluate and improve the outcome of a pain rehabilitation program.** *Pain practice : the official journal of World Institute of Pain*
  You, D. S., Chong, J. L., Mackey, S. C., Poupore-King, H.
  2024

- **Empowered Relief, cognitive behavioral therapy, and health education for people with chronic pain: a comparison of outcomes at 6-month Follow-up for a randomized controlled trial.** *Pain reports*
  Darnall, B. D., Burns, J. W., Hong, J., Roy, A., Slater, K., Poupore-King, H., Ziadni, M. S., You, D. S., Jung, C., Cook, K. F., Lorig, K., Tian, L., Mackey, et al
  2024; 9 (1): e1116

- **Pediatric transition into adult care: Exploring perceptions and needs of adolescents with chronic pain**
  Sokol, O., Griffin, A., Brown, K., Dunn, A., Poupore-King, H., Kwon, A., Berger, A., Neville, A., Feinstein, A.
  OXFORD UNIV PRESS INC.2023: 9-10

- **Beyond Transition Readiness: What Young Adults with Chronic Pain Want in Health Care Transition Support**
  Brown, K., Griffin, A., Sokol, O., Dunn, A., Poupore-King, H., Berger, A., Kwon, A., Feinstein, A.
  OXFORD UNIV PRESS INC.2023: 11-12

- **Application of multidisciplinary team conference for neuromodulation candidates facilitates patient selection and optimization.** *Frontiers in pain research (Lausanne, Switzerland)*

  Salmasi, V., Rasouli, M. R., Kao, M. C., Ottestad, E., Terkawi, A. S., Morris, G., Qian, X., Coleman, S., Talavera, D. C., Poupore-King, H., Slater, K., Leong, M. S.

  2023; 4: 1331883

- **Effectiveness of a multidisciplinary rehabilitation program in real-world patients with chronic back pain: A pilot cohort data analysis** *JOURNAL OF BACK AND MUSCULOSKELETAL REHABILITATION*

  You, D. S., Ziadni, M. S., Cooley, C. E., Talavera, D. C., Mackey, S. C., Poupore-King, H.

  2021; 34 (6): 965-973

- **Comparison of a Single-Session Pain Management Skills Intervention With a Single-Session Health Education Intervention and 8 Sessions of Cognitive Behavioral Therapy in Adults With Chronic Low Back Pain: A Randomized Clinical Trial.** *JAMA network open*

  Darnall, B. D., Roy, A., Chen, A. L., Ziadni, M. S., Keane, R. T., You, D. S., Slater, K., Poupore-King, H., Mackey, I., Kao, M. C., Cook, K. F., Lorig, K., Zhang, et al

  2021; 4 (8): e2113401

- **Comparative Effectiveness of Cognitive Behavioral Therapy for Chronic Pain and Chronic Pain Self-Management within the Context of Voluntary Patient-Centered Prescription Opioid Tapering: The EMPOWER Study Protocol.** *Pain medicine (Malden, Mass.)*

  Darnall, B. D., Mackey, S. C., Lorig, K. n., Kao, M. C., Mardian, A. n., Stieg, R. n., Porter, J. n., DeBruyne, K. n., Murphy, J. n., Perez, L. n., Okvat, H. n., Tian, L. n., Flood, et al

  2019

- **Mood and Physiological Arousal in Chronic Pain Patients**

  Jackson, V., Poupore-King, H., Prasad, R.

  SPRINGER/PLENUM PUBLISHERS.2017: 148