



Payal Mapara, PsyD

Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

Bio

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Dr. Payal Mapara is a licensed clinical psychologist and Clinical Associate Professor in the Department of Anesthesiology, Perioperative and Pain Medicine, Division of Pain Medicine at Stanford University School of Medicine.

Dr. Mapara's clinical expertise centers on the psychological management of chronic pain, along with cognitive behavioral therapy for mood and anxiety disorders. Her areas of expertise also include stress management, coping with chronic health conditions, and substance use disorders. She uses evidence-based approaches including cognitive behavioral therapy, mindfulness-based interventions, and motivational interviewing to help patients restore function, manage symptoms, and improve their quality of life. Her approach is grounded in a whole-health perspective that sees each person beyond their diagnosis, with the goal of helping patients build the tools to live a life aligned with their personal values.

Dr. Mapara's research interests have centered on advancing behavioral approaches to chronic pain management with a focus on improving outcomes through integrated, collaborative models of care. Her scholarly work includes a book chapter on cognitive behavioral and acceptance-based approaches to pain in primary care and she has presented on chronic pain and opioid safety at national conferences.

Dr. Mapara is a member of the American Psychological Association, the California Psychological Association, the Association for Behavioral and Cognitive Therapies, the Asian American Psychological Association, and the American Association of Pain Psychology.

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

PROFESSIONAL EDUCATION

- Fellowship, San Francisco VA Medical Center , Primary Care Psychology (2014)
- Internship, Margaret Cochran Corbin VA Campus, VA New York Harbor Healthcare System , Clinical Psychology (2013)
- PsyD, Yeshiva University , Clinical Psychology (2013)
- MA, Columbia University , Psychology and Education (2007)
- BA, University of California Los Angeles , Psychology and Economics (2004)