Stanford



Payal Mapara, PsyD

Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

- **Pain Management Clinic**

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  Redwood City, CA 94063

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Bio

BIO

Dr. Payal Mapara is a licensed clinical psychologist at Stanford Health Care. She is also a clinical associate professor in the Department of Anesthesiology, Perioperative and Pain Medicine, Division of Pain Medicine at Stanford University School of Medicine.

Dr. Mapara specializes in 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-person health perspective that sees each person beyond their diagnosis. Her goal is to help her patients build the tools to live a life aligned with their personal values.

Dr. Mapara's research interests center on advancing behavioral approaches to chronic pain management. She focuses 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. She has also presented on chronic pain and opioid safety at national conferences.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

PROFESSIONAL EDUCATION

- Fellowship: San Francisco VA Medical Center Post Doctoral Psychology Fellowship (2014) CA
- Fellowship, San Francisco VA Medical Center , Primary Care Psychology (2014)

- Internship: Manhattan VAMC Psychology Internship Program (2013) NY
- Internship, Margaret Cochran Corbin VA Campus, VA New York Harbor Healthcare System , Clinical Psychology (2013)
- PhD Training: Yeshiva University Ferkauf Graduate School of Psychology (2013) NY
- PsyD, Yeshiva University , Clinical Psychology (2013)
- MA, Columbia University , Psychology and Education (2007)
- BA, University of California Los Angeles , Psychology and Economics (2004)

Publications

PUBLICATIONS

- **Care Models to Improve Pain and Reduce Opioids Among Patients Prescribed Long-Term Opioid Therapy: The VOICE Randomized Clinical Trial.** *JAMA internal medicine*

  Krebs, E. E., Becker, W. C., Nelson, D. B., DeRonne, B. M., Jensen, A. C., Kats, A. M., Morasco, B. J., Frank, J. W., Makris, U. E., Allen, K. D., Naylor, J. C., Mixon, A. S., Bohnert, et al

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