




## Kim Bullock, MD

Clinical Professor, Psychiatry and Behavioral Sciences

 NIH Biosketch available Online

 Curriculum Vitae available Online

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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MC 5795

Stanford, CA 94305

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### ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

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## Bio

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### BIO

Kim Bullock received her undergraduate degree with honors and distinction in physiology and psychology from the University of California, San Diego, Revelle College and her medical degree from George Washington University in Washington, DC. She completed an Internal Medicine internship at Washington Hospital in D.C. and psychiatry residency at Stanford University. She is a diplomat in the subspecialties of Behavioral Neurology and Neuropsychiatry and Lifestyle Medicine. She is also an intensively trained DBT-Linehan Board-certified clinician. She is appointed Clinical Professor in the Department of Psychiatry and Behavioral Sciences within Stanford's School of Medicine, where she founded and directs the Virtual Reality & Immersive Technology (VRIT) clinic and program. She has published multiple peer-reviewed articles and is a Cambridge and Oxford Press author. She is currently the president of the Society for Immersive Mental Health (SIMH), an international medical society dedicated to supporting the safe and effective development of immersive technology into the care of those with mental illness.

Dr. Bullock is a clinician, teacher, and researcher who focuses on using novel approaches and technologies to address traditional mental health problems. Her original research involved adapting group and individual Cognitive Behavior Therapy (CBT) for persons with Functional Neurological Disorder (FND). Dr. Bullock still works in these group settings teaching and delivering interventions for neuropsychiatric illnesses and has developed and reported on the adaptation of group dialectical behavior therapy skills training (DBT-ST) as a treatment for adults with FND many with psychogenic non-epileptic seizures (PNES). She founded and also directs the DBT4FND clinic.

Dr. Bullock's research on novel CBT adaptations expanded and led to the establishment of Stanford's VRIT clinic and lab in 2015. Her work now includes a broader focus on the development, integration, application and scaling of immersive technologies into all of psychiatric care. This includes designing, testing, and implementing VR-based interventions for populations with significant depression, phobias, anxiety disorders, eating disorders, hoarding disorder, and many other psychiatric illnesses. Dr. Bullock's clinical work most often augments traditional evidence-based therapies with XR applications to improve clinical outcomes, patient engagement, and skills acquisition. Her current studies are looking at the enhancement of traditional behavioral activation with extended reality (XR) for Major Depressive Disorder in specific populations.

Dr. Bullock takes a holistic, nonjudgmental, customized, and personal approach to each patient and encourages family, culture, and community involvement. She believes that most illnesses are multifactorial in nature and should be approached in diverse ways.

Dr. Bullock hosts a monthly podcast on the topic of Immersive Technology and Psychiatry can be found at: <https://www.psychiatryxr.com/>

<https://stanfordvrit.org/>

[https://med.stanford.edu/psychiatry/patient\\_care/vrit.html](https://med.stanford.edu/psychiatry/patient_care/vrit.html)

<https://med.stanford.edu/content/dam/sm/psychiatry/documents/clinical/fnd/SHCDBT4FND.pdf>

## **CLINICAL FOCUS**

- Neuropsychiatry
- Virtual Reality Treatment
- Functional Neurological Symptom Disorder
- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Non-epileptic Seizures
- Conversion Disorder
- Psychiatry
- Emotion regulation
- Trauma
- Sensorymotor intervention
- Somatic Symptom Related Disorders
- Telepsychiatry
- XR- Mixed Reality

## **ACADEMIC APPOINTMENTS**

- Clinical Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

## **ADMINISTRATIVE APPOINTMENTS**

- Director, Virtual Reality Clinic, (2016- present)
- Director, Neurobehavioral Clinic, (2012- present)

## **HONORS AND AWARDS**

- Special Thanks and Recognition Award, Palo Alto Veterans Administration (July 1998)

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- President elect, Society for Immersive Mental Health (2025 - present)
- member, The American College of Psychiatrists (2023 - present)
- Diplomat, American Board of Lifestyle Medicine (2017 - present)
- Founder, Stanford Virtual Reality Therapy Consortium, (2016 - present)
- diplomat, United Council for Neurologic Subspecialties, Neurology & Neuropsychiatry (2012 - present)
- Founder, Conversion/Functional Disorder Consortium (2012 - 2025)

- member, American Neuropsychiatric Association (2011 - present)
- diplomat, American Board of Psychiatry and Neurology (2006 - present)

## PROFESSIONAL EDUCATION

- Certified Clinician, DBT-Linehan Board of Certification , Dialectical Behavior Therapy (2022)
- Board Certification: Lifestyle Medicine, American Board of Lifestyle Medicine (2017)
- Board Certification: Behavioral Neurology and Neuropsychiatry, United Council for Neurologic Subspecialties (2012)
- Residency: Stanford University Psychiatry and Behavioral Sciences (2002) CA
- Medical Education: George Washington University School of Medicine and Health Sciences (1994) DC
- Certification, American Board of Lifestyle Medicine , Lifestyle Medicine (2017)
- Residency, Stanford University , Psychiatry (2002)
- Internship, Washington Hospital Center , Internal Medicine (1995)
- MD, George Washington University , Medicine (1994)
- BA, University of California , Animal Physiology (1989)
- BA, University of California , Psychology (1989)

## COMMUNITY AND INTERNATIONAL WORK

- Physician Committe for Responsible Medicine
- National Alliance for the Mentally Ill
- Peninsula Community Services, San Mateo
- Physicians for Social Responsibility
- Team in Training- Leukemia and Lymphoma Society

## LINKS

- VR-IT Virtual Reality-Immersive Technology Laboratory & Clinic: <https://www.stanfordvrit.org/>

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Director of Virtual Reality & Immersive Techology (VR-IT) Clinic and Lab.

Use of technology to understand the interaction of sensation, embodiment, and emotional/ behavioral regulation.

Virtual reality treatments as a sensory modulating device to treat disorders involving body image, sensation, and control. Exploration of the use of mirrored visual feedback while inhabiting a virtual avatar to treat pain and somatic symptom related disorders.

### CLINICAL TRIALS

- Virtual Reality-Enhanced Behavioral Activation for Older Adults With Depression, Recruiting
- Embodied Virtual Reality Therapy for Functional Neurological Symptom/ Conversion Disorder, Not Recruiting
- Extended Reality Behavioral Activation: An Intervention for Major Depressive Disorder, Not Recruiting
- Virtual Reality Behavioral Activation: An Intervention for Major Depressive Disorder, Not Recruiting

## Teaching

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### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

## Publications

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### PUBLICATIONS

- **Treatments for Functional Neurological Disorder: A Practical Guide for Program Development.** *The Journal of neuropsychiatry and clinical neurosciences*  
Martyna, M., Muccini, J., Sandoval, G., Fusunyan, M., Bullock, K., Bajestan, S., Barry, J. J., Lockman, J.  
2025: appineuropsych20230213
- **Feasibility and Acceptability of a Mobile App-Based TEAM-CBT (Testing Empathy Assessment Methods-Cognitive Behavioral Therapy) Intervention (Feeling Good) for Depression: Secondary Data Analysis.** *JMIR mental health*  
Bisconti, N., Odier, M., Becker, M., Bullock, K.  
2024; 11: e52369
- **Examining the Efficacy of Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial.** *JMIR mental health*  
Paul, M., Bullock, K., Bailenson, J., Burns, D.  
2024
- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults.** *Journal of psychiatric research*  
Raila, H., Avanesyan, T., Valentine, K. E., Koo, B., Huang, C., Tsutsumi, Y., Andreeff, E., Qiu, T., Muñoz Rodríguez, P. A., Varias, A., Filippou-Frye, M., van Roessel, P., Bullock, et al  
2023; 166: 25-31
- **A Systematic Review of using Virtual and Augmented Reality for the Diagnosis and Treatment of Psychotic Disorders.** *Current treatment options in psychiatry*  
Lan, L., Sikov, J., Lejeune, J., Ji, C., Brown, H., Bullock, K., Spencer, A. E.  
2023: 1-21
- **Functional neurological disorder is a feminist issue.** *Journal of neurology, neurosurgery, and psychiatry*  
McLoughlin, C., Hoeritzauer, I., Cabreira, V., Aybek, S., Adams, C., Alty, J., Ball, H. A., Baker, J., Bullock, K., Burness, C., Dworetzky, B. A., Finkelstein, S., Garcin, et al  
2023
- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults** *Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults*  
Raila, H.  
2023
- **Virtual Reality Behavioral Activation for Adults with Major Depressive Disorder: Feasibility and Randomized Controlled Trial.** *JMIR mental health*  
Paul, M., Bullock, K., Bailenson, J.  
2022
- **Translating Virtual Reality Cue Exposure Therapy for Binge Eating into a Real-World Setting: An Uncontrolled Pilot Study.** *Journal of clinical medicine*  
Nameth, K., Brown, T., Bullock, K., Adler, S., Riva, G., Safer, D., Runfola, C.  
2021; 10 (7)
- **Embodied Virtual Reality Mirror Visual Feedback for an Adult with Cerebral Palsy** *American Journal of Psychiatry and Neuroscience*  
Bullock, K. D., Stevenson Won, A., Bailenson, J., Muccin, J., Paul, M., Bronte-Stewart, H.  
2021; 9 (2): 59-67
- **COVID-19 and mental health: A review and the role of telehealth and virtual reality.** *Digital medicine*  
Sainz-Fuertes, R., Gelabert Mir, J. M., Valderas, J. M., Bullock, K., Giersch, A., Vogeley, K., Garcia, A. T., Huguet, M. A., Russell, T., Hollingdale, J., Lopez-Morinigo, J., Delgado, I. N., Selsick, et al  
2020; 6 (2): 53-66
- **Bringing Virtual Reality From Clinical Trials to Clinical Practice for the Treatment of Eating Disorders: An Example Using Virtual Reality Cue Exposure Therapy.** *Journal of medical Internet research*  
Brown, T., Nauman Vogel, E., Adler, S., Bohon, C., Bullock, K., Nameth, K., Riva, G., Safer, D. L., Runfola, C. D.

2020; 22 (4): e16386

- **Case Report: Virtual Reality Behavioral Activation as an Intervention for Major Depressive Disorder.** *JMIR mental health*  
Paul, M. n., Bullock, K. n., Bailenson, J. n.  
2020
- **Virtual Reality-Delivered Mirror Visual Feedback and Exposure Therapy for FND: A Midpoint Report of a Randomized Controlled Feasibility Study.** *The Journal of neuropsychiatry and clinical neurosciences*  
Bullock, K., Won, A. S., Bailenson, J., Friedman, R.  
2019: appineuropsych19030071
- **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
- **Key Considerations for Incorporating Conversational AI in Psychotherapy.** *Frontiers in psychiatry*  
Miner, A. S., Shah, N., Bullock, K. D., Arnow, B. A., Bailenson, J., Hancock, J.  
2019; 10: 746
- **Role-Play SUPERVISION IN PSYCHIATRIC PRACTICE: PRACTICAL APPROACHES ACROSS VENUES AND PROVIDERS**  
Bullock, K. D.  
edited by DeGolia, S. G., Corcoran, K. M.  
2019: 69–77
- **Training in Treatment of Psychogenic Nonepileptic Seizures** *GATES AND ROWAN'S NONEPILEPTIC SEIZURES, 4TH EDITION*  
Jung, Y., Chen, D. K., Bullock, K. D., Ries, S., Hamid, H., LaFrance, W.  
edited by LaFrance, W. C., Schachter, S. C.  
2018: 344-357
- **Group Treatments for Psychogenic Nonepileptic Seizures** *GATES AND ROWAN'S NONEPILEPTIC SEIZURES, 4TH EDITION*  
Bullock, K. D.  
edited by LaFrance, W. C., Schachter, S. C.  
2018: 325-333
- **Group Psychotherapy Treatment for Psychogenic Nonepileptic Seizures** *Gates and Rowan's Non-Epileptic Seizures*  
edited by Schachter, S. C., LaFrance, C.  
Cambridge Press.2017; 4
- **Psychiatric Factors in Psychogenic Nonepileptic Seizures** *Psychogenic Nonepileptic Seizures: Towards the Integration of Care*  
edited by Dworetzky, B., Baslet, G.  
Oxford University Press.2017; 1
- **Documentation Bias in Functional Neurological Symptom Disorder: Comparing the Prevalence and Documentation of Functional Neurological Symptom Disorder and Parkinson's Disease**  
Leaver, K., Yi, E., Evans, B., Bullock, K., Dearlove, J.  
LIPPINCOTT WILLIAMS & WILKINS.2016
- **Obsessive-Compulsive Disorder Presenting as Gender Dysphoria/Gender Incongruence: A Case Report and Literature Review** *AACE Clinical Case Reports*  
Safer, D. L., Bullock, K. D., Safer, J. D.  
2016; Summer 2016, 2 (3): e268-e271
- **Group Dialectical-Behavior Therapy Skills Training for Conversion Disorder With Seizures.** *journal of neuropsychiatry and clinical neurosciences*  
Bullock, K. D., Mirza, N., Forte, C., Trockel, M.  
2015; 27 (3): 240-243
- **Ethical Considerations in Caring for People Living with Addiction** *Applied Ethics in Mental Health Care, An Interdisciplinary Reader*  
Sisti, . A.

MIT Press.2013

- **Ethical Considerations in Caring for People Living with Addictions** *APPLIED ETHICS IN MENTAL HEALTH CARE: AN INTERDISCIPLINARY READER*  
Roberts, L., Bullock, K.  
edited by Sisti, D. A., Caplan, A. L., RimonGreenspan, H.  
2013: 223–28
- **Ethics Commentary: Ethical Considerations in Caring for People Living With Addictions** *Focus*  
Laura Weiss Roberts  
2011; 9: 66-69
- **Group Psychotherapy Treatment for Psychogenic Nonepileptic Seizures** *Gates and Rowan's Non-Epileptic Seizures, Third Edition*  
Schachter, . C., LaFrance Jr, .  
Cambridge University Press.2010; 3rd
- **Group therapy for patients with psychogenic nonepileptic seizures: A pilot study** *58th Annual Meeting of the American-Epilepsy-Society*  
Barry, J. J., Wittenberg, D., Bullock, K. D., Michaels, J. B., Classen, C. C., Fisher, R. S.  
ACADEMIC PRESS INC ELSEVIER SCIENCE.2008: 624–29
- **Double-blind treatment with oral morphine in treatment-resistant obsessive-compulsive disorder** *JOURNAL OF CLINICAL PSYCHIATRY*  
Koran, L. M., Aboujaoude, E., Bullock, K. D., Franz, B., Gamel, N., Elliott, M.  
2005; 66 (3): 353-359
- **Current status of the utilization of antiepileptic treatments in mood, anxiety and aggression: Drugs and devices** *CLINICAL EEG AND NEUROSCIENCE*  
Barry, J. J., Lembke, A., Bullock, K. D.  
2004; 35 (1): 4-13
- **Group psychotherapy for patients with non-epileptic seizures: a pilot study (abstract).** *Epilepsia*  
Wittenberg D, Michaels J, Ford C, Bullock K, Barry JJ  
2004; 45 (Suppl. 7): 57-8
- **Citalopram for compulsive shopping disorder: An open-label study followed by double-blind discontinuation** *40th Annual Meeting of the American-College-of-Neuropsychopharmacology*  
Koran, L. M., Chuong, H. W., Bullock, K. D., Smith, S. C.  
PHYSICIANS POSTGRADUATE PRESS.2003: 793–98
- **Psychopharmacology of compulsive buying** *Drugs of Today*  
Bullock KD, Koran LM  
2003; 39 (9): 695-700
- **Citalopram treatment of compulsive shopping: An open-label study** *41st Annual Meeting of the New-Clinical-Drug-Evaluation-Unit*  
Koran, L. M., Bullock, K. D., Hartston, H. J., Elliott, M. A., D'Andrea, V.  
PHYSICIANS POSTGRADUATE PRESS.2002: 704–8
- **REDUCED MORTALITY RISK IN ALCOHOLICS WHO ACHIEVE LONG-TERM ABSTINENCE** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*  
Bullock, K. D., Reed, R. J., Grant, I.  
1992; 267 (5): 668-672

## PRESENTATIONS

- “Group Dialectical-Behavior Therapy Skills Training for conversion Disorder with Seizures” - 8th World Congress of Behavioural and Cognitive Therapies (6/23/2016)