

Stanford



Kristen M. Slater, PsyD

Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

Bio

BIO

“Understanding and appreciating the totality of a person’s experience in the context of a difficult pain condition is vital in helping them heal in a way that respects their body and reduces suffering” states Dr. Kristen Slater, pain psychologist. “With a compassionate interdisciplinary care team in place, I wholeheartedly believe it is possible for anyone and everyone living with pain to pursue a meaningful and valuable life.”

Dr. Kristen Slater earned her Doctorate of Psychology with an emphasis in Behavioral Medicine and Health Psychology from Loma Linda University. She completed her APA-accredited internship at the Southern Arizona VA Health Care System in Tucson, Arizona. It was there that she developed a passion for Pain Medicine after appreciating how much of an impact pain can have in all areas of life and how powerful interdisciplinary treatment of pain can be in improving one’s quality of life. She went on to receive specialized postdoctoral training and completed an APA-accredited Fellowship in Pain Psychology at Stanford University School of Medicine in the Department of Anesthesiology, Division of Pain, in 2014.

Following her training, she was hired as the lead psychologist and Director of Behavioral Medicine and Psychological Services at Comprehensive Spine and Sports Center in Campbell, California for 5 years where she helped create and found their Functional Restoration Program and Pain Psychology Program. She also worked part-time as a Clinical Instructor at Stanford University School of Medicine and in private practice. She transitioned to Stanford full time in 2019 and is currently a Clinical Assistant Professor in the Department of Anesthesiology and Perioperative Pain Medicine. The majority of her time is allocated towards implementing evidence-based clinical practices but she also enjoys being involved in advancing the field through research. She is involved in multiple NIH and PCORI funded clinical trials working to enhance treatment efficacy and accessibility. She is also a faculty member of the “Empowered Relief” team, and is a Master Trainer involved in teaching international workshops to train clinicians to deliver the single-session evidence-based pain relief skills class, (<https://empoweredrelief.com>).

Outside of work, Dr. Slater enjoys spending time with her family. She enjoys hiking, traveling and visiting her home state of Colorado.

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

Publications

PUBLICATIONS

- **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

- **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

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