



Lluvia Gonzalez-Castro

Clinical Research Coordinator, Anesthesia

Bio

BIO

Lluvia (Jyou-be-ah) is a Clinical Research Coordinator at Stanford's Systems Neuroscience and Pain Lab (SNAPL). She manages studies that investigate the efficacy of a behavioral class for reducing opioid use among chronic pain patients. Her purpose is to assist people by providing them with resources to feel more connected/embodied and in the Fall of 2022, she will pursue her Master's degree in Occupational Therapy.

In her spare time, she teaches yoga on Sundays with YogaX at Stanford Psychiatry, goes on hikes near the redwoods, and spends time with her loved ones.

EDUCATION AND CERTIFICATIONS

- B.S., Psychology, San Jose State University , Clinical Psychology and Neuroscience; Minor in Applied Computing for Behavioral and Social Sciences (2019)

Publications

PUBLICATIONS

- **Comparative efficacy of a single-session "Empowered Relief" videoconference-delivered group intervention for chronic pain: study protocol for a randomized controlled trial.** *Trials*
Ziadni, M. S., Anderson, S. R., Gonzalez-Castro, L., Darnall, B. D.
2021; 22 (1): 358