



Emily Moore

Clinical Instructor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

- **Pain Center**

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Bio

BIO

Dr. Emily Moore is a Clinical Instructor at Stanford University School of Medicine, Department of Anesthesiology, Perioperative and Pain Medicine. She is passionate about helping individuals navigate pain, find fulfillment, harness motivation and flourish in their lives.

Dr. Moore obtained her Ph.D. in Clinical Psychology, from McGill University. Throughout her doctoral training, she conducted research exploring the role of psychosocial variables in pain-related disability as well as goal achievement. Dr. Moore subsequently completed a pain psychology internship at the Alan Edwards Pain Management Center in Montreal, Canada. Dr. Moore's desire to build expertise in the biopsychosocial treatment of chronic pain prompted her to complete the Stanford Clinical Pain Psychology Fellowship. During fellowship, she received specialized training in the treatment of a wide range of chronic pain presentations, co-developed a group intervention for migraine and completed the Pain Reprocessing Therapy certification course.

Following her training, Dr. Moore established a private practice focused on serving individuals struggling to navigate co-occurring physical and mental health challenges. Concurrently, Dr. Moore collaborated on a number of research projects aimed to optimize psychological intervention for chronic pain in a group format. She was recently recruited to return to the Department of Anesthesiology, Perioperative and Pain Medicine as faculty.

Dr. Moore aims to combine research and clinical theory to develop individualized treatment plans that address unique patient needs, resonate with goals and support growth. Dr. Moore incorporates a number of evidence-based approaches, including Cognitive Behavioral Therapy for Chronic Pain (CBT-CP), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI) and Pain Reprocessing Therapy (PRT).

CLINICAL FOCUS

- Psychology
- Health Psychology
- Chronic Pain
- Motivation

- Perfectionism

ACADEMIC APPOINTMENTS

- Clinical Instructor, Anesthesiology, Perioperative and Pain Medicine

HONORS AND AWARDS

- Health System Impact Fellowship, Canadian Institutes of Health Research (2019-2021)
- Vanier Canada Graduate Scholarship, Social Sciences and Humanities Research Council (2017-2021)
- Joseph-Armand Bombardier Canada Graduate Scholarship (Declined), Social Sciences and Humanities Research Council (2017)
- Frederick Banting and Charles Best Canada Graduate Scholarship-Master's, Canadian Institutes of Health Research (2015-2016)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Adult Psychology Postdoctoral Fellowship (2022) CA
- Internship: McGill University (2021) Canada
- PhD, McGill University , Clinical Psychology (2021)
- B.A, University of British Columbia , Honours Psychology (2015)

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pain Management (Fellowship Program)

Publications

PUBLICATIONS

- **Virtual group psychotherapy for chronic pain: exploring the impact of the virtual medium on participants' experiences.** *Pain medicine (Malden, Mass.)*
Moore, E., Paré, C., Carde, E., Pagé, M. G.
2024; 25 (2): 131-138
- **Protocol for developing, implementing, and evaluating an intervention designed to support the safe (re)integration of unpaid caregivers into Canadian long-term care homes during the COVID-19 pandemic**
Gallant, N. L., Jaiswal, A., Mehwish, A., Daari-Herman, L., Cheng, I., Sinn, C., Bielska, I., Aubrecht, C., Finnegan, H., Nguyen, D., Shearkhani, S., Moore, E., Conway, et al
BMC.2021
- **When Goal Pursuit Gets Hairy: A Longitudinal Goal Study Examining the Role of Controlled Motivation and Action Crises in Predicting Changes in Hair Cortisol, Perceived Stress, Health, and Depression Symptoms.** *Clinical psychological science : a journal of the Association for Psychological Science*
Holding, A. C., Moore, E., Moore, A., Verner-Filion, J., Ouellet-Morin, I., Koestner, R.
2021; 9 (6): 1214-1221
- **Outcomes for Implemented Macroeconomic Policy Responses and Multilateral Collaboration Strategies for Economic Recovery After a Crisis: A Rapid Scoping Review** *INTERNATIONAL JOURNAL OF HEALTH SERVICES*
Embrett, M., Bielska, I. A., Manis, D. R., Cooper, R., Agarwal, G., Nartowski, R., Moore, E., Lopatina, E., Conway, A., Clark, K.
2021; 51 (3): 337-349
- **The Role of Goal-Related Autonomy: A Self-Determination Theory Analysis of Perfectionism, Poor Goal Progress, and Depressive Symptoms**
Moore, E., Holding, A. C., Moore, A., Levine, S. L., Powers, T. A., Zuroff, D. C., Koestner, R.
AMER PSYCHOLOGICAL ASSOC.2021: 88-97
- **Perfectionism and the pursuit of personal goals: A self-determination theory analysis** *MOTIVATION AND EMOTION*
Moore, E., Holding, A. C., Hope, N. H., Harvey, B., Powers, T. A., Zuroff, D., Koestner, R.
2018; 42 (1): 37-49

- **Assessing catastrophic thinking associated with debilitating mental health conditions** *DISABILITY AND REHABILITATION*
Moore, E., Adams, H., Ellis, T., Thibault, P., Sullivan, M. L.
2018; 40 (3): 317-322
- **The Relation Between Catastrophizing and Occupational Disability in Individuals with Major Depression: Concurrent and Prospective Associations** *JOURNAL OF OCCUPATIONAL REHABILITATION*
Adams, H., Thibault, P., Ellis, T., Moore, E., Sullivan, M.
2017; 27 (3): 405-412
- **Return to work helps maintain treatment gains in the rehabilitation of whiplash injury** *PAIN*
Sullivan, M., Adams, H., Thibault, P., Moore, E., Carriere, J. S., Lariviere, C.
2017; 158 (5): 980-987
- **Catastrophizing and pain-related fear predict failure to maintain treatment gains following participation in a pain rehabilitation program** *PAIN REPORTS*
Moore, E., Thibault, P., Adams, H., Sullivan, M. L.
2016; 1 (2): e567