




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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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

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Bio

BIO

Dr. 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 internship in internal medicine at Washington Hospital in D.C. and a psychiatry residency at Stanford University. She is a diplomat in the subspecialties of Behavioral Neurology and Neuropsychiatry and Lifestyle Medicine. She is currently appointed Clinical Professor in the Department of Psychiatry and Behavioral Sciences within Stanford's School of Medicine. Dr. Bullock is the founder and Director of Stanford's Neurobehavioral Clinic and Virtual Reality & Immersive Technologies (VRIT) program and laboratory. She also is a leader and pioneer in telehealth services using XR. She has published many peer-reviewed articles and is a Cambridge and Oxford Press author on the subject of functional neurological disorders. Her primary clinical research interest is exploring the use of technology for trauma treatment and psychiatric illnesses involving disruption of bodily perception and function. She is currently focused on the use and dissemination of immersive technologies for telepsychiatry as well as its use in augmentation of physiotherapy, psychotherapy, and skills acquisition. She treats a multitude of illness domains including trauma, phobias, anxiety, pain, mood disorders, and somatic symptom-related disorders. She also provides support and connects researchers, providers, and developers of immersive technology through the Stanford Psychiatry Immersive Technology Consortium (SPIT-C).

Dr. Bullock currently sees patients, teaches, and performs research. She takes a holistic, customized, and personal approach to each patient and encourages family and community involvement in the treatment process. She is intensively trained and teaches both cognitive behavior therapy and dialectical behavior therapy (DBT). She runs weekly DBT groups for friends and family, neuropsychiatric patients, and DBT graduates as well as delivers individual comprehensive DBT and CBT and virtual reality psychotherapies. She presents and speaks on the subject of virtual reality, DBT, and Functional Neurological Disorder internationally and locally.

http://med.stanford.edu/psychiatry/patient_care/vrc.html

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

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

- Diplomat, American Board of Lifestyle Medicine (2017 - present)
- diplomat, United Council for Neurologic Subspecialties, Neurology & Neuropsychiatry (2012 - present)
- diplomat, American Board of Psychiatry and Neurology (2006 - present)
- Founder, Conversion/Functional Disorder Consortium (2012 - present)
- member, American Neuropsychiatric Association (2011 - present)
- Founder, Stanford Virtual Reality Therapy Consortium, (2016 - present)

PROFESSIONAL EDUCATION

- Board Certification: Lifestyle Medicine, American Board of Lifestyle Medicine (2017)
- Board Certification: Behavioral Neurology and Neuropsychiatry, United Council for Neurologic Subspecialties (2012)
- Internship: Medstar Health Washington Hospital Center Obstetrics and Gynecology Residency (1995) DC
- 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

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

- 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

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **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*

Birkhead, B., Khalil, C., Liu, X., Conovitz, S., Rizzo, A., Danovitch, I., Bullock, K., Spiegel, B.

2019; 6 (1): e11973

- **Role-Play SUPERVISION IN PSYCHIATRIC PRACTICE: PRACTICAL APPROACHES ACROSS VENUES AND PROVIDERS**

Bullock, K. D., DeGolia, S. G., Corcoran, K. M.

2019: 69-77

- **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

- **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., 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., LaFrance, W. C., Schachter, S. C.

2018: 325-333

- **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

- **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
- **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., 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)