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SUMMARY

Peer-reviewed publications: 183
Research funding as PI / MPI: >$34M
Total project costs funded on awards as a named investigator: >$60M

CURRENT APPOINTMENTS AND ROLES

Professor
Anesthesiology, Perioperative and Pain Medicine. Stanford University School of Medicine. Division of Pain Medicine. Stanford, California.
Department of Psychiatry & Behavioral Sciences (by courtesy) 2017 – present
Wu Tsai Neurosciences Institute (affiliated faculty) 2018 -- present

Director
Stanford Pain Relief Innovations Lab. Stanford University School of Medicine; Division of Pain Medicine. https://med.stanford.edu/pril

PREVIOUS APPOINTMENTS

Stanford University School of Medicine. Anesthesiology, Perioperative and Pain Medicine; Division of Pain Medicine. Stanford, California.

- **Associate Professor**, 2019-2022
- **Clinical Professor**, 2017-2019
- **Clinical Associate Professor**, October 2012-2017

Oregon Health & Science University, Department of Anesthesiology and Perioperative Medicine; Division of Pain Medicine. Portland, Oregon. (secondary appointment in the Department of Psychiatry).

- Associate Professor, June 2012
- Assistant Professor, October 2005-May 2012

EDUCATION AND TRAINING

Post-Doctoral Fellow, 9/02-4/04
The Johns Hopkins University
School of Medicine & Bloomberg School of Public Health (joint appointment)
Department of Physical Medicine and Rehabilitation. Baltimore, Maryland.
Clinical: Catastrophic burn, spinal cord injury, amputation, post-surgical acute rehabilitation

Ph.D. Clinical Psychology, 8/02
University of Colorado, Boulder, CO

M.A. Clinical Psychology, 12/98
University of Colorado, Boulder, CO

B.A. Mass Communications, 8/94
Texas Woman's University, Denton, TX

NOTABLE SERVICE AND HONORS

2027	**Invited**: **Wilbert Fordyce Lecture**, University of Washington, Seattle, WA.
2026-2027	**President-Designate**, United States Association for the Study of Pain, 2026-2027; **President** 2027-2029
2026-2030	**Executive Committee**, United States Association for the Study of Pain (USASP)
2026-2030	**Board of Directors**, United States Association for the Study of Pain (USASP) 2026-2030
2025	**National Academies of Science, Engineering and Medicine** (NASEM), Speaker
2024-2025	**Mayday Fellow**, Mayday Foundation
2024-2025	**FDA-AAPM Acute Low Back Pain Guideline Development Committee**
2023-2025	**ACOEM Chronic Pain Treatment Guidelines Development Panel**, American College of Occupational and Environmental Medicine
2023	**Presidential Commendation**, American Academy of Pain Medicine
2023	**Invited Faculty**, committee to update the Canadian 2017 Evidence-Based Clinical Practice Guideline for Opioid Use in Chronic Non-Cancer Pain
2022-present	**Academy of Research Mentors in Anesthesiology** (ARMA), Foundation for Anesthesia Education and Research (FAER)
2022	**Distinguished Service Award,** American Academy of Pain Medicine
2022	**Presidential Commendation**, American Academy of Pain Medicine
2022	**Invited Reviewer**, Australian national opioid tapering guideline
2022	**U.S. Congressional Briefing on the revised CDC opioid prescribing guideline,** AEI, Washington, D.C., March 24, 2022.
2020-2025	**NIH Interagency Pain Research Coordinating Committee (IPRCC)**. Appointed by the U.S. Dept. of Health and Human Services Secretary Dr. Alex Azar to the IPRCC as a Scientific Member.
2020-present	**U.S. Food and Drug Administration**, invited member, Center for Devices and Radiological Health (CDRH) Network of Digital Health Experts program.
2020-2021	**U.S. Centers for Disease Control and Prevention (CDC) Opioid Workgroup**. Scientific Member; appointed by the Board of Scientific Counselors of the National Center for Injury Prevention and Control (BSC/NCIPC); the opioid workgroup advised the CDC on current and future opioid prescribing guidelines.
2019	**U.S. Food and Drug Administration (FDA)**, Invited Speaker, opioid tapering risks
2019	**Invited contributor** for the U.S. Department of Health and Human Services (HHS) opioid tapering guidance
2018	**Congressional Briefing on Pain and Opioids**, Washington, D.C., Invited Speaker
2018	**National Academies of Science, Engineering and Medicine** (NASEM), Speaker
2018	**World Economic Forum**, Invited Speaker, The Psychology of Pain Relief. January 24, 2018. Davos, Switzerland.
2015	**Presidential Commendation**, American Academy of Pain Medicine
2012	**President**, Pain Society of Oregon

RESEARCH AWARDS

CURRENT RESEARCH AWARDS

1. **NIH NINR R01NR022262 MPI: Darnall & Wilson** 08/19/2026 – 8/18/2031
Title: Nurse-Delivered Brief Pain Relief Skills Treatment in Rural Communities
This multi-site randomized controlled study compares nurse-delivered Empowered Relief to health education for diverse chronic pain in rural primary care clinics.
$4.5M

2. **Stanford Maternal and Child Health Research Institute (MCHRI) PI: Simons; Darnall Co-I**
2026-2027
Title: Empowered Relief for Caregivers (ER-CY): A Co-Designed Brief Intervention to Support Families of Youth with Chronic Pain
CERPHE Pilot Grant
$50,000

3. **Stanford Anesthesiology, Perioperative and Pain Medicine PI: Simons; Darnall Co-I**
2026-2027
Title: Empowered Relief for Caregivers (ER-CY): A Co-Designed Brief Intervention to Support Families of Youth with Chronic Pain
This pilot study will evaluate the feasibility, acceptability, and preliminary effectiveness of Empowered Relief for Caregivers of Youth with Chronic Pain (ER-CY), a codesigned, single-session virtual intervention aimed at reducing caregiver distress and improving youth pain-related functioning.
$49,700

4. **NIH NIDA K24DA053564 (Y6-10) PI: Darnall** 05/01/2026 – 04/30/2031
Title: Research and Mentoring in Innovative Patient Oriented Pain and Opioid Science
This K24 competitive renewal award permits the PI to continue mentoring early stage and other investigators and expand mentee secondary analyses of existing high quality NIH and PCORI-funded datasets.
$1.3M

5. **PCORI #PCS_2021C1_22347 PI: Darnall** 04/01/2022 -- 03/01/2029
Title: Comparative Effectiveness of Online 8-Session Cognitive Behavioral Therapy vs. an Online 1-Session Empowered Relief for Chronic Pain: A 6-site national randomized trial (N=1,650)
$13.4M

6. **US Department of Defense PI: Archer; Darnall Co-I** 08/01/2025 -- 07/31/2029
GRANT14167076
Title: Empowered Relief for Spine Surgery: Improving Outcomes with Innovative Rehabilitation Strategies
This 2-arm randomized controlled trial will test the efficacy of Empowered Relief to improve outcomes in patients receiving lumbar spine surgery from three high-volume civilian and military sites.
$3.6M

7. **NIH/DoD/VA UG3/UH3AT012859 MPI: Fritz/Rhon; Darnall Co-I** 06/05/2024 -- 05/31/2029
Title: Holistic pain care in Military Health System

The goal of this multisite project is to improve pain care in the Military Health System (MHS) by identifying effective, whole-person, non-pharmacologic interventions for persons with chronic musculoskeletal pain.
$188,975

8. Carl T. Hayden Medical Research Foundation PI: Mardian; Darnall Co-I
07/01/2025-06/30/2027
Title: Longer-term follow-up study to evaluate durability of opioid tapering efficacy in previous EMPOWER study participants
To conduct long-term follow-up on the VA cohort of the EMPOWER prescription opioid tapering study.
$21,003

COMPLETED GRANTS

1. NIDA U2CDA057717 MPI: McGovern/Becket/Brown/Becker; Darnall Co-I
09/30/2022-08/31/2026 (Darnall role ended on this date)
Title: HEAL Data2Action Research Adoption Support Center (RASC)
The RASC aims to shift the paradigm in D&I science for substance use and pain intervention research, and thereby improve equitable access to the best health care available for persons and communities living with substance use disorders and pain.
$16.0M

2. NIDA K24DA053564 (Y1-5) PI: Darnall 05/01/2021 – 04/30/2026
Title: Research and Mentoring in Innovative Patient Oriented Pain and Opioid Science
This award permitted the PI to expand mentoring of junior investigators and conduct a randomized controlled trial of a digital behavioral treatment for chronic pain in people with risky prescription opioid use.
$837,632

3. PCORI #1610-3700 PI: Darnall 02/01/2018 -- 08/31/2025
Comparative Effectiveness of Pain Cognitive Behavioral Therapy and Chronic Pain Self-Management within the Context of Opioid Reduction: A 7-site, 11-clinic randomized controlled trial with a national observational cohort (total N = 1,350)
$8.8M

4. Anesthesiology, Perioperative & Pain Medicine PI: Darnall 06/01/2024-04/30/2026
Title: Empowered Relief® for Spanish-speaking patients with chronic pain: A randomized controlled multi-site feasibility and preliminary efficacy pilot study
$50,000

5. NIH HEAL Biomarker 171063 PI: Mackey; Darnall Co-I 10/01/2020 – 09/30/2025
Title: Prognostic biomarkers for high-impact chronic pain: Development and validation
The goal of this project is to develop and validate prognostic biomarkers for high-impact chronic pain.
$7.3M

6. NIH / NCI PI: Spiegel; Darnall Co-I 04/01/2021 – 10/31/2024
Title: Mechanisms of Virtual Reality treatment for pain and opioid reduction in gastrointestinal cancer

7. NIH / NINR PI: Spiegel; Darnall Co-I 07/01/2021 – 01/31/2023

Title: Transcending COVID-19 Barriers to Pain Care: Pragmatic Comparative Effectiveness Trial of Evidence-Based, On-Demand, Digital Behavioral Treatments for Chronic Pain
Darnall, Co-I

8. NIH / NCCIH MPI: Darnall & Mackey 09/01/2015 – 05/31/2023
R01AT008561
Title: Single Session Pain Catastrophizing Treatment: Comparative Efficacy & Mechanisms
This project is a 3-arm randomized trial testing the efficacy and mechanisms of a single-session pain relief intervention developed by Beth Darnall (comparators are health education and 8-session CBT).
$4.1M

9. NIH / NICHD PD: Wilson; Stanford Site PI: Darnall 09/01/2015 – 03/31/2022
R01 Title: Maternal Chronic Pain: Risk for Pain and Poor Outcomes in Children
This longitudinal, multi-site study is examining the intergenerational transmission of chronic pain in high risk children of mothers with current chronic pain.
$1.1M (Stanford subaward)

10. NIH / NIDA PI: Maddox 09/30/2019 - 08/31/2021
R44 Title: Virtual Reality as an Opioid Sparing Treatment for Chronic Pain (EaseVRx)
This randomized controlled study is investigating virtual reality for pain and opioid reduction (Company: AppliedVR; PI: Maddox)
Darnall, Consultant

11. DEPT OF ANESTHESIOLOGY, PERIOPERATIVE AND PAIN MEDICINE 08/01/18- 08/31/19
STANFORD UNIVERSITY SCHOOL OF MEDICINE
Title: "Recovery Toolkits: A behavioral medicine approach to enhanced pain control and recovery after surgery."
This project was selected for funding for the 2018-2019 Improvement Capability Development Program (ICDP) at Stanford University School of Medicine.
$75,000
PI: Darnall

12. DEPT OF ORTHOPEDIC TRAUMA SURGERY 07/01/17- 10/31/19
STANFORD UNIVERSITY SCHOOL OF MEDICINE
Title: "My Surgical Success"
This is a randomized controlled pragmatic clinical trial of a perioperative digital behavioral medicine program ("My Surgical Success") applied in orthopedic trauma surgery patients at Stanford Hospital. This effort is a collaboration between Stanford Pain and Orthopedic Trauma Surgery.
PI: Darnall

13. NIH / NCCIH 9/1/11 – 2/28/19
P01 AT006651
Title: Stanford CAM Center for Chronic Back Pain
PD: Mackey
Darnall, Co-I and Lead for the Psychophysics & Behavioral Core

14. NIH/ NCCIH 9/01/13-2/28/19
P01 AT006651-S2
Title: Sex/Gender-Specific Brain Risks for Prescription Opioids in Chronic Low Back Pain.
The goal of this grant is to characterize sex/gender differences for the effect of opioids on baseline brain structure in chronic low back pain, thus clarifying sex-specific brain risks for prescription opioids in women.

PI: Mackey; Darnall, Co-I.

15. NIH/ NCCIH 11/01/14 - 10/31/15
P01 AT006651-S1
Title: The psychobiological and neural mechanisms of pain catastrophizing.
PI: Mackey; Darnall, Co-I.

16. NIH/ NCCAM 9/01/13-10/31/14
P01 AT006651-S1
Title: The psychobiological and neural mechanisms of pain catastrophizing.
This is a career development training supplement.

17. Spectrum-Stanford Health Care Innovation Challenge Grant 01/01/16 – 12/31/16
Title: "Precision Surgical Care: Risk and Treatment Stratification Using a Novel Learning Health System"
PI: Mackey; Darnall, Co-I

18. Stanford Faculty Innovation Program 12/18/14 - 12/17/15
Title: Pain Clinic Optimization of Patient Experience (Pain COPE): Leveraging Open Source Learning Health System for Prescriptive Analytics Approach to Patient Satisfaction
MPI: Kao and Darnall

19. International Association for the Study of Pain (IASP) 6/15/11-6/15/12
Grant: Initiative for improving pain education in developing countries.
Title: Mirror Therapy Outreach Workshops for Medical Providers in Vietnam
Darnall, Co-PI. **Co-PI: Huy**

20. National Institutes of Health/Office of Research on Women's Health 1/01/08-6/30/10
Oregon BIRCWH K-12 (Building Interdisciplinary Research Careers in Women's Health)
Title: Pain Catastrophizing as a Cause of Systemic Inflammation in Women with Chronic Pain
PD: Leslie Hallick. Darnall, Scholar PI.

21. Medical Research Foundation of Oregon 3/01/10 – 6/30/12
Title: Pain Catastrophizing as a Cause of Systemic Inflammation in Pre- & Post-Menopausal Women
Darnall, PI

22. ZRT Laboratories 7/01/08-7/01/12
Title: Pain Catastrophizing as a Cause of Systemic Inflammation in Women with Chronic Pain
Darnall, PI

23. N.L. Tartar Research Fellowship 6/01/10 – 6/01/11
Title: Home-Based Self-Delivered Mirror Therapy for Phantom Pain
Darnall, PI

24. OHSU Humanitarian Award 6/01/09-6/01/10
Title: Single-Session Pain Psychology for Underinsured Family Medicine Patients with Chronic Pain
PI: Thayer White, MD; **Darnall, Co-I.**

25. American Pain Society "Future Leaders in Pain Research" Award 11/01/06-6/01/08
Title: "An Investigation of Immunologic Response to Negative Cognition in Persons with Chronic Pain"
Darnall, PI

26. Centers for Disease Control

Title: Self-Management of Limb Loss grant award to the Center for Injury Research & Policy.
PI: Ellen J. MacKenzie, Ph.D.
Darnall, Post-Doctoral Fellow

27. NIH T-32 Research Fellowship Grant 11/01/02-3/30/04
The Johns Hopkins University, School of Medicine, Department of Neurology.
Darnall, Post-Doctoral Fellow

In-Review Manuscripts

1. Jotwani R, Han J, Spiegel BMR, Murphy JL, Rubin JE, Difede J, Bonakdar R, Sackman J, Maddox T, **Darnall BD**. Prescription VR Matters: Clinically validated treatment vs. patient selected content in virtual reality for chronic low back pain. (in review)

2. Moore E, Simons LE, Clifton J, Perez L, Monson EA, Torres C, Riazi G, Hellewell J, Dorsonne B, Hailu A, Fuentes D, Mayer S, Heggan E, Slater K, Poupore-King H, Tian L, Mackey SC, Dildine TC, Cheung M, **Darnall BD**. Protocol for a National, Randomized, Non-Inferiority Trial Comparing Two Behavioral Treatments in Young Adults with Chronic Pain. (in review)

3. Maddox TM, Sackman J, Bonakdar R, **Darnall BD**. 24-Month Pain Reduction Durability for an In-Home Skills-Based Virtual Reality Program for Chronic Low Back Pain: Results for a Randomized Sham-Controlled Effectiveness Trial.* (in review)

4. Kim S, Zietzer J, Manber R, You DS, **Darnall BD**, Mackey SC. Actigraphy and Wearable EEG Yield Discordant Objective Sleep Estimates in Chronic Pain.* (in review)

5. Clifton J, Monson E, Anderson A, Veasley C, Torres C, Riazi G, Dorsonne B, Hailu A, Heggan E, MacKenzie K, Slater K, Poupore-King H, Perez L, Tian L, Mackey SC, Cheung M, Dildine TC, **Darnall BD**. Online Empowered Relief vs. Cognitive Behavioral Therapy for Adults with Persistent Pelvic Pain: Protocol for a National, Randomized, Non-Inferiority Trial (in review).

6. Obbarius A, Schneider S, **Darnall BD**, Mackey SC, Stone A. Modeling Treatment Effects on Symptom Variability in Chronic Low Back Pain: A Novel Application of Intensive Longitudinal Data.* (in review)

7. Perez L, McDonald MM, Lee S, **Darnall BD**. National Implementation of Empowered Relief: A preliminary report from Pain Canada.* (in review)

8. Burns JW, **Darnall BD**, Hong J, Roy A, Cook KF, Tian L, Mackey SC. Examining Treatment Mediators for 1-session vs. 8-session Behavioral Pain Treatments: Secondary analysis of a randomized trial* (in review)

9. Courtney RE, McNeil WM, Walker L, Mayerchak M, Epperly R, **Darnall BD**. Feasibility and Patient Satisfaction for a 1-Session Pain Relief Skills Class in Veterans Receiving Surgery or Treatment for Chronic Pain.* (in review)

Peer-Reviewed Publications (*based on original data; see PubMed: Use Darnall B for full listing)

1. Skelly AC, Kansagara D, Oswald J, Chou R; Acute Low Back Pain Guideline Project Guideline Development Group (including **B Darnall**); American Academy of Pain Medicine (AAPM) LBP Guideline Consultants. Assessment and Treatment of Acute Low Back Pain: A Multidisciplinary Clinical Practice Guideline. *Pain Med.* 2026 Sep 2:pnag110. doi: 10.1093/pm/pnag110. Epub ahead of print. PMID: 42687437.

2. Falasinnu L, Hailu AY, Monson EA, Greer-Smith R, Clifton J, Torres C, Dildine TC, Dorsonne B, Heggan E, Riazi G, Slater K, Poupore-King H, Perez L, Tian L, Hellewell J, Denton S, DeVries A, Miefert J, Mackey SC, Cheung M, **Darnall BD**. Empowered Relief versus Cognitive Behavioral Therapy for patients with Systemic Lupus Erythematosus and chronic pain: Protocol for a national pragmatic randomized effectiveness trial. *JMIR Res Protoc*. 2026 Aug 25;15:e100104. doi: 10.2196/100104. PMID: 42641149

3. Kim S, You DS, Manber R, Zeitzer JM, Tian L, **Darnall BD**, Mackey SC. Behavioral Pain Interventions Improve Sleep via Reduced Pain Interference and Catastrophizing: Secondary Longitudinal Mediation Analysis*. *J Pain*. 2026 Aug 23:106419. doi: 10.1016/j.jpain.2026.106419. Online ahead of print. PMID: 42633813**.**

4. Kim S, You DS, Mackey SC, **Darnall BD**. Childhood Trauma History and Response to Behavioral Treatments for Chronic Low Back Pain. *Reg Anesth Pain Med.* 2026 Aug 6:rapm-2026-108047. doi: 10.1136/rapm-2026-108047. Online ahead of print. PMID: 42562423

5. Simons LE, Harrison LE, Bhandari RP, Neville A, Huft K, Mayanja D, Ma RSL, Jehl NM, **Darnall BD**. Empowered Relief for Youth: Development, feasibility and early effectiveness of a single session pain relief skills class.* *J Pain.* 2026 Aug 1:106389. doi: 10.1016/j.jpain.2026.106389. Online ahead of print. PMID: 42542155.

6. Anderson SR, Gilam G, Law C, Weber KA, Goldin PR, Wager T, Kong JT, **Darnall BD**, Gross JJ, Mackey SC. Task-evoked network connectivity and pain regulation success in chronic low back pain.* *NeuroImage: Reports*, 2026; 6(3). 100383. https://doi.org/10.1016/j.ynirp.2026.100383.

7. **Darnall BD**, Perez L, Kao MC, Lorig K, Mardian AS, Flood P, Pun T, Hanson E, Brose W, Chen CY, Cheung M, Colloca L, De Bruyne K, Edelson N, Kim E, McGovern M, Moore N, Nicholson B, Porter J, Poupore-King H, Salmasi V, Xu J, Stieg RL, Sinjary L, Hong J, Tian L, Mackey SC. Patient-Centered Prescription Opioid Tapering Methods: A Randomized Clinical Trial.* *Ann Intern Med.* 2026 Jul 7. doi: 10.7326/ANNALS-25-04784. Online ahead of print. PMID: 42407075

8. Jethwa A, Nguyen N, Michel G, Simons LE, Rabbitts J, Panelli DM, **Darnall BD**, Sultan P. Use of a single pain coping skills session (Empowered Relief) for outpatient postpartum pain following cesarean delivery: a pilot feasibility study.* *Int J Obstet Anesth.* 2026 Aug;67:105190. doi: 10.1016/j.ijoa.2026.105190. PMID: 42349309.

9. Maddox TM, Sackman J, Bonakdar R, Maddox R, **Darnall BD**. Skills-based virtual reality therapy in high-impact chronic pain: Two-year follow-up results. *J Med Internet Res.* 2026 Apr 23;28:e90688. doi: 10.2196/90688. PMID: 42061854.*

10. Harrison LE, Webster SN, Choate E, Mayanja D, Jehl N, **Darnall BD**, Stinson JN, Bonnert M, Lalouni M, Wicksell RK, Simons LE. Agile Development of a Digital Graded Exposure Treatment

for Youth with Chronic Pain: An examination of acceptability and preliminary usability.* *JMIR Form Res*. 2026 Apr 17;10:e89206. doi: 10.2196/89206.PMID: 41996537.

11. Ziadni MS, Herrick A, Sturgeon JA, Salmasi V, **Darnall BD**, Mackey SC. Single-session, virtual, pain relief skills class for adults with chronic pain on long-term opioids: A randomized controlled trial.* *J Pain*. 2026 Apr 14:106286. doi: 10.1016/j.jpain.2026.106286. PMID: 41990980

12. Ziadni MS, Dildine TC, Edwards KE, Herrick A, You DS, **Darnall BD**. Single Session Behavioral Interventions for Chronic Pain: A Systematic Review of Randomized Controlled Trials.* *J Pain*. 2026 Mar 13:106220. doi: 10.1016/j.jpain.2026.106220. PMID: 41833852

13. You DS, Edwards KA, Ziadni MS, Kim S, Klein MR, Cox R, Raney E, Kuchera J, **Darnall BD**. Single-arm feasibility and preliminary efficacy national pilot study of Empowered Relief in patients with chronic pain taking methadone or buprenorphine.* *JMIR Form Res*. 2026 Mar 11;10:e86070. doi: 10.2196/86070.PMID: 41812186

14. Monson EA, Mardian A, Saxena K, Dorsonne B, Hailu AY, Heggan E, Riazi G, Slater K, Poupore-King H, Clifton J, Perez L, Tian L, Porter J, Denton S, Hanson ER, Miefert J, Thorn BE, Mackey SC, Matthias C, **Darnall BD**. Randomized Comparative Effectiveness Study of 1-Session vs. 8-Session Online Behavioral Treatment for Chronic Pain: Protocol for the national PROGRESS study. *Pain Med* 2026. Feb 19. pnag027, https://doi.org/10.1093/pm/pnag027

15. Watson H, Perez L, Bindler RJ, Filaramo M, Saunders G, Coriasco M, Hong J, **Darnall BD**, Wilson M. A National Randomized Controlled Trial Evaluating ASPMN Nurse-Delivered Empowered Relief. *Pain Manag Nurs*. 2026 Feb;27(1):50-60. doi: 10.1016/j.pmn.2025.10.009. Online ahead of print Nov 2025. PMID: 41238484*

16. Kim S and **Darnall BD**. Improving Post-Operative Outcomes with Psychological and Behavioral Interventions: Access, Efficacy, and Implementation. *Anesthesiology*. 2026 Mar 1;144(3):512-514. doi: 10.1097/ALN.0000000000005912. PMID: 41665391

17. Perez L, Palenski P, Adair E, Dorsonne B, Hailu A, Contreras L, Gideon K, Boyd H, Ziadni M, Herrick A, Friedman A, Xu J, Hong J, Tian L, **Darnall BD**. "Online 1-session Empowered Relief in Marfan Syndrome and Related Diseases: A single-arm feasibility and pilot efficacy study". *Scientific Reports*. Jan 2026. 16:499. https://doi.org/10.1038/s41598-025-29943-x

18. Maddox T, Sackman J, Judge E, Maddox R, Bonakdar R, **Darnall BD**. From randomized controlled trial to real world clinical evidence: effectiveness and engagement of in-home virtual reality pain treatment for chronic pain in older adults. *Front Pain Res*. Dec 9, 2025. Vol 6. https://doi.org/10.3389/fpain.2025.1694007

19. Sturgeon JA, Vest N, Barad M, **Darnall B**, Mackey S. Beyond Headache: Non-cephalic Pain, Fatigue, and Post-Traumatic Stress Symptoms as Longitudinal Predictors of Chronic Migraine Outcomes. *Pain Med* 2025 Nov 19:pnaf162. doi: 10.1093/pm/pnaf162.

20. Kertesz SG, Varley A.L, Hoge AE, Joiner TE, **Darnall BD**, Nicholson KM, Fuqua LA, Gilmore MF, Riggs KR, Gamble SA, Gordon AJ, Dwivedi Y, Flower M, Veasley CS, Patton CS, Leal AS, Gibson DM, Elliott JE, McCullough MB. Protocol for research examination of individual suicides occurring in chronic pain: A qualitative approach to psychological autopsy methodology. *PLoS One*. 2025 Nov 14;20(11):e0329874. doi: 10.1371/journal.pone.0329874. eCollection 2025. PMID: 41237195

21. Knisely M, **Darnall BD**, Wilson M. Pain Relief Shouldn't Have a Zip Code: Nurses Call to Action to Address Rural Pain Care Disparities. *Pain Manag Nurs*. 2025 Oct 16:S1524-9042(25)00285-1. doi: 10.1016/j.pmn.2025.09.015. PMID: 41107111

22. Mackey S, **Darnall B**, Kao MC. Digital-Twin Learning Health Systems and Multimodal Biomarkers Transform Pain Care. *Pain*. 2025 Nov 1;166(11S):S106-S110. doi: 10.1097/j.pain.0000000000003779. PMID: 41086340

23. Carrière JS, Coutu MF, **Darnall BD**, Léonard G, Royer MP, Li MY, Rollin J, Bordeleau M, Durand MJ. Examining changes in pain catastrophizing and pain-related outcomes following Empowered Relief alongside physical therapy.* *J Pain Res*. 2025 Sep 17;18:4845-4857. doi: 10.2147/JPR.S527830. eCollection 2025. PMID: 41000505

24. Feinberg SD, Aronoff GM, Ausfahl J, Bruns D, **Darnall BD**, Goldberg RL, Haldeman SC, Lessenger JE, Mandel S, Mayer TG, Navani AH, Osbahr AJ, Warren PA, Winters TH, Harris JS, Hegmann KT. ACOEM Guidelines: Cannabis. *Journal of Occupational and Environmental Medicine*. 2025 Sep 15. DOI: 10.1097/JOM.0000000000003548

25. Maddox TW, Sackman J, Stoudt M, Chibbaro M, Judge E, Rothery M, Donini J, Maddox R, **Darnall BD**. Virtual Reality-Delivered Skills-Based Therapy for Chronic Lower Back Pain: From Proof-of-Concept to FDA Authorization to Clinical Implementation In-Home and Beyond. *Frontiers in Virtual Reality*. 2025 June; Vol 6. Doi: 10.3389/frvir.2025.1613188

26. Kim S, Zietzer J, Mackey SC, **Darnall BD**. Revealing Sleep and Pain Reciprocity with Wearables and Machine Learning. *Communications Medicine*. 2025 May 7;5(1):160. doi: 10.1038/s43856-025-00886-8. PMID: 40335627

27. Azizoddin D, Zhao J, DeForge SM, Chen M, Nipp R, Edwards RR, Stagg JH, Bond K, Leckie R, Hilton BT, Neil JM, Tulsky JA, Pirl W, **Darnall BD**. Initial feasibility and acceptability of Cancer Pain 101: An interdisciplinary, single-session, telehealth intervention for patients with cancer-related pain.* May 2, 2025. *Cancer Medicine*. https://doi.org/10.1002/cam4.70898

28. Maddox T, Oldstone L, Linde-Zwirble W, Bonakdar R, Maddox R, Sackman J, Adair T, Ffrench K, Sparks C, **Darnall BD**. Differential treatment response to virtual reality in high-impact chronic pain: Secondary analysis of a randomized trial.* *Scientific Reports*. 2025 Apr 25;15(1):14430. doi: 10.1038/s41598-025-98716-3. PMID: 40281004

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Book Guest Editor

1. *Facial Pain: Living Well with Neuropathic Facial Pain, including trigeminal neuralgia* ©2024 Facial Pain Association. Co-edited by Anne Brazer Ciemnecki, MA and Jeffrey A. Brown, MD, FACS (and Guest Editor Beth Darnall, PhD).

Book Chapters

1. **Darnall BD**. "Empowered Relief®: An evidence-based 1-session pain relief skills intervention" In *Facial Pain: Living Well with Neuropathic Facial Pain, including trigeminal neuralgia* ©2024 Facial Pain Association.

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Therapist / Instructor Clinical Intervention Manuals

1. **Darnall BD**. Empowered Relief® Instructor Manual ©Stanford University 2016-2025 (121 pages)

Training DVD

1. **Darnall BD.** *Cognitive Behavioral Therapy for Chronic Pain* ©2018. American Psychological Association Therapy Series. 90-minute training DVD for psychology students, trainees, and professionals. Includes actual client demonstration.

National Clinical Practice Guidelines

1. **American College of Occupational and Environmental Medicine (ACOEM) 2025 Cannabis Guideline.** Feinberg SD, Aronoff GM, Ausfahl J, Bruns D, **Darnall BD**, Goldberg RL, Haldeman SC, Lessenger JE, Mandel S, Mayer TG, Navani AH, Osbahr AJ, Warren PA, Winters TH, Harris JS, Hegmann KT. ACOEM Guidelines: Cannabis. Journal of Occupational and Environmental Medicine. 2025 Sep 15. Online ahead of print. DOI: 10.1097/JOM.0000000000003548

2. **American College of Occupational and Environmental Medicine (ACOEM) 2024 Practice Guidelines for Chronic Pain.** Feinberg SD, Aronoff GM, Ausfahl J, Bruns D, **Darnall B**, Feinberg R, Goldberg RL, Haldeman S, Lessenger JE, Mandel S, Mayer TG, Navani AH, Osbahr AJ, Warren PA, Winters TH, Hegmann KT. American College of Occupational and Environmental Medicine (ACOEM) Occupational Medicine Practice Guideline: Chronic Pain. December 19, 2024. Available at: https://app.mdguidelines.com/acoem-section/acoem/disorders/chronic-pain

3. **American College of Occupational and Environmental Medicine (ACOEM)** 2017 American College of Occupational and Environmental Medicine (ACOEM) **Practice Guidelines for Chronic Pain**. Chronic Pain. 2017. Available at: https://www.dir.ca.gov/dwc/MTUS/ACOEM-Guidelines/Chronic-Pain-Guideline.pdf. *Editor-in-Chief*: Kurt T. Hegmann, MD, MPH, FACOEM, FACP; *Assistant-Editors*: Jeremy J. Biggs, MD, MSPH, Matthew A. Hughes, MD, MPH; Evidence-based Practice Chronic Pain Panel: Steven D. Feinberg, MD, MS, MPH (Chair), Gerald M. Aronoff, MD, DABPM, DABPN, FAADEP, James Ausfahl, MD, Daniel Bruns, PsyD, FAPA, **Beth D. Darnall, PhD**, Rachel Feinberg, PT, DPT, Jill S. Galper, PT, Med, Lee Glass, MD, Robert L. Goldberg, MD, FACOEM, Scott Haldeman, DC, MD, PhD, James E. Lessenger, MD, FACOEM, Steven Mandel, MD, Tom G. Mayer, MD, Russell L. Travis, MD, FACS, FAADEP, Pamela A. Warren, PhD, Thomas H. Winters, MD, FACOEM

4. **American Pain Society.** Herndon CM, Arnstein P, **Darnall B**, Hartrick C, Hecht K, Lyons M, Maleki J, Manworren R, Miakowski C, Sehgal N. American Pain Society's ***Principles of Analgesic Use*, 7th Edition ©2016**. (also listed under books)

Resource Guides for Chronic Pain Treatment (peer reviewed)

1. **American Chronic Pain Association** *ACPA Resource Guide to Chronic Pain Medication and Treatment*: *An Integrated Guide to Physical, Behavioral and Pharmacologic Therapy*. Co-Author: **Darnall BD**. Project Lead: Steven Feinberg, MD. ©2017
https://www.theacpa.org/uploads/documents/ACPA_Resource_Guide_2017.pdf

2. **American Chronic Pain Association** *ACPA Resource Guide to Chronic Pain Medication and Treatment*. ©2015 American Chronic Pain Association. Christian J, **Darnall BD**, Feinberg R, Feinberg S, Kalauokalani D, Pasero C, Pohl M. http://www.theacpa.org/uploads/documents/ACPA_Resource_Guide_2015_Final edited (3).pdf

INDEPENDENT MONITORING COMMITTEE (IMC/DSMB) SERVICE

NIH / NINR 2024 – 2029
UG3NR020929
Title: Reaching **R**ural Veterans: **A**pplying **M**ind-Body Skills for **P**ain Using a **W**hole **H**ealth Telehealth Intervention (**RAMP-WH**)
MPI: Hadlandsmyth, Burgess
Darnall, DSMB member

NIH/ NCCIH 2018 – 2023
R01 AT009541
Title: Observational Study of Cannabis and Pain
PI: Cinnamon Bidwell, University of Colorado - Boulder
Darnall, IMC member

SCIENTIFIC ADVISORY BOARD

NIH HEAL (MPI: Clauw, Williams, Harte)
1K12NS130673-01 2022 - 2027
Title: University of Michigan (UM) HEAL Initiative National K12 Clinical Pain Career Development Program (UM-HCPDP)
Darnall Role: K12 Advisory Committee

NIH/ HEAL IMPOWR Center Grant 2021 - 2026
DA055301
Title: Integrative Treatment for Achieving Holistic Recovery from Comorbid Chronic Pain and Q Opioid Use Disorder
PI: Katie Witkiewitz, University of New Mexico
Darnall, SAB member

CLINICAL CREDENTIALING

Stanford University Hospitals and Clinics	02/13 - present
Oregon Health & Science University Hospital	11/05 - 06/12
Portland Veterans Affairs Hospital	10/09 - 10/11

CLINICAL LICENSURE

California Board of Psychology, License #25495	02/13 - present
Oregon Board of Psychologist Examiners, License #1697	10/05 – 02/13
Maryland Board of Examiners of Psychologists, License #3965	09/03 – 09/05

CLINICAL CERTIFICATION

Examination for Professional Practice in Psychology (EPPP)	2000
National Register for Health Service Psychologists (ID: 51183)	2005 – present

VISITING PROFESSORSHIPS

1. **St. Vincent's Hospital Curran Foundation**
   International Exchange Fellowship
   St. Vincent's Hospital. Sydney, NSW, Australia. February 1-28, 2026.

2. **Northwestern University**
   The Center for Translational Pain Research. Chicago, IL. February 22, 2023.

3. **Vanderbilt University**
   Department of Anesthesiology, Perioperative and Pain Medicine. Nashville, TN. December 15-16, 2022.

4. **Cedars-Sinai Healthcare System**
   Distinguished Visiting Professor; Primary Care and Neurology Lecture Series
   "The Science of Pain Psychology: How to optimize outcomes for your patients with chronic pain."
   Beverly Hills, CA. June 26-27, 2017.

5. **University of California, Davis**
   Department of Anesthesiology, Perioperative and Pain Medicine
   "The interface between psychology and opioids."
   Division of Pain Medicine, University of California, Davis; 12/19/2013.

6. **Stanford University**
   "Sex/Gender in Chronic Pain: Mechanisms of Influence and Treatment Implications."
   "Goals of Pain Education: Minimize Opioids, Empower Patients, Relieve Suffering."
   Department of Anesthesiology, Perioperative and Pain Medicine. Palo Alto, CA; 1/12-13/2012

U.S. CONGRESS BRIEFINGS - INVITED SPEAKER

(1) Congressional briefing on the "Opioid Crisis Response Act of 2018". Bipartisan, open session featuring three invited expert speakers including Beth Darnall. Capitol Hill; Washington D.C. October 2, 2018. https://www.pcori.org/events/2018/beyond-opioids-evidence-based-delivery-alternative-treatments-chronic-pain

(2) Congressional briefing invited speaker on the value of patient centered research. Bipartisan briefing. Alliance for Health Policy. Capitol Hill; Washington D.C. May 29, 2019.

(3) Congressional briefing invited speaker on the CDC 2022 draft updated guideline for prescribing opioids. Hosted by AEI. March 24, 2022.

NATIONAL ACADEMIES OF SCIENCES, ENGINEERING AND MEDICINE

Invited speaker and panelist. Exploring the Treatment and Management of Chronic Pain and Implications for Disability Determinations. National Academy of Sciences Building. Washington, DC. March 9, 2025.

Invited speaker and panelist. The Role of Nonpharmacological Approaches to Pain Management: A Workshop. National Academy of Sciences Building. Washington, DC. December 4–5, 2018.
Free download of the NASEM conference proceedings available here:
https://www.nap.edu/catalog/25406/the-role-of-nonpharmacological-approaches-to-pain-management-proceedings-of

U.S. FOOD AND DRUG ADMINISTRATION (FDA)

Invited speaker in the FDA public advisory committee of the FDA Anesthetic and Analgesic Drug Products Advisory Committee (AADPAC) pertaining to high-dose opioid prescribing and de-prescribing. Talk title: "Patient-Centered Opioid De-prescribing." Washington, DC. June 11, 2019.
Federal Register Notice, https://www.federalregister.gov/documents/2019/04/29/2019-08610/joint-meeting-of-the-drug-safety-and-risk-management-advisory-committee-and-the-anesthetic-and

FEDERATION OF STATE MEDICAL BOARDS

Invited speaker; "Patient-Centered and Whole Person Innovations in Pain Care & Opioid Stewardship". Washington, DC. Sept 27, 2022.

STATE OF OKLAHOMA HOUSE OF REPRESENTATIVES

Invited speaker (session led by Rep. John Talley). Talk title: "Patient-Centered Methods to Ensure Patient Health and Safety in Opioid Prescribing and Deprescribing." November 1, 2021.

STATE OF MINNESOTA HOUSE OF REPRESENTATIVES

Invited speaker (session led by Rep. Robert Bierman). Talk title: "Patient-Centered Methods to Ensure Patient Health and Safety in Opioid Prescribing and Deprescribing." March 9, 2022.
Outcome: Bill passed the house unanimously during this session.

STATE OF MINNESOTA SENATE

Invited speaker (session led by Senator Clausen). Talk title: "Patient-Centered Methods to Ensure Patient Health and Safety in Opioid Prescribing and Deprescribing." March 22, 2022.
Outcome: Bill passed the committee unanimously during this session.

CME LECTURES

International, National, and Grand Rounds CME Lectures *(*upcoming; NIH, invited plenary/keynotes, named lectures, and international bolded)*

1. **Wilbert Fordyce Lecture. University of Washington. Seattle, WA. April, 2027.**

2. **Symposium Speaker, Opioid Tapering. International Association for the Study of Pain. Bangkok, Thailand. October 28, 2026.**

3. **Symposium Moderator, "Clinical Trials". International Association for the Study of Pain. Bangkok, Thailand. October 27, 2026.**

4. **Invited Speaker, "Brief Treatment Debate". Social Aspects of Pain SIG, International Association for the Study of Pain. Bangkok, Thailand. October 26, 2026.**

5. Invited Panel Speaker, "Upskilling Pain Relief After Surgery." American Society of Anesthesiologists annual meeting. San Diego, CA. October 18, 2026.

6. Invited Speaker. "Scaling 1-Session Behavioral Pain Treatment for Acute, Chronic and Post-surgical Pain: Evidence and Implementation." Ann Arbor, MI. August 4, 2026.

7. Invited Speaker, "Empowered Relief." VA Behavioral Pain Management Community of Practice (CoP). July 15, 2026.

8. Invited Speaker, American Academy of Orofacial Pain 2026 meeting. Orlando, FL. May 1, 2026.

9. Invited Speaker. "Accessible Behavioral Pain Treatments: Beyond CBT with Novel Digital Delivery." American Academy of Neurology 2026 annual meeting. Chicago, IL. April 20, 2026.

10. **Keynote Speaker, Pitt Pain Day. "Scaling 1-Session Behavioral Pain Treatment for Acute, Chronic and Post-surgical Pain: Evidence and Implementation". University of Pittsburgh. Pittsburgh, PA. April 8, 2026.**

11. Symposium Panelist, "Patient Engagement in Pain Research". United States Association for the Study of Pain 2026 Annual Scientific Meeting. Philadelphia, PA. March 24, 2026.

12. **Grand Rounds Speaker. "Scaling 1-Session Behavioral Pain Treatment for Acute, Chronic and Post-surgical Pain: Evidence and Implementation". Cleveland Clinic Neurology, Neurologic Institute and Spine Surgery. Cleveland, OH. March 17, 2026.**

13. **Invited Speaker. RMSANZ Rehab Medicine of South Australia and New Zealand. "1-Session Behavioral Pain Treatment for Acute, Chronic and Post-Surgical Pain Relief." Sydney, Australia. February 20, 2026.**

14. **Invited Speaker. "Accessible Pain Relief and Opioid Reduction Strategies." University of Sydney School of Pharmacy. Sydney, Australia. February 19, 2026.**

15. **Grand Rounds Speaker. "1-Session Behavioral Pain Treatment for Acute, Chronic and Post-Surgical Pain Relief." St. Vincent's Hospital. Sydney, Australia. February 17, 2026.**

16. **Invited Speaker. "1-Session Behavioral Pain Treatment for Acute, Chronic and Post-Surgical Pain Relief." Barbara Walker Pain Management Center. Melbourne, Australia. February 16, 2026.**

17. **Grand Rounds Speaker. "1-Session Behavioral Pain Treatment: Evidence and implementation across populations. Department of Psychiatry. Dartmouth University. December 2, 2025.**

18. American Psychological Association Division 38 Society for Health Psychology national webinar. "Scaling 1-Session Behavioral Pain Treatment for Acute and Chronic Pain: Evidence and Implementation". November 6, 2025.

19. Invited Speaker. "Enhancing access to pain relief through innovative patient-centered formats, technologies, and trial designs." Center for Brain & Behavior Research Symposium. University of South Dakota. Sioux Falls, SD. October 24, 2025.

20. **Invited Speaker. "Scaling Brief Behavioral Pain Treatment for Acute and Chronic Pain: Evidence and Implementation." Pain Society of Colorado. October 10, 2025.**

21. Invited Speaker. Montana Internal Medicine. "Empowered Relief: Accessible pain care." Bozeman, MT. August 6, 2025.

22. **Invited Speaker. "Entraining pain relief: speed, scope and scale." 2025 Canadian Pain Society. Toronto, Canada. May 2, 2025.**

23. **Invited Plenary Speaker. "Enhancing access to pain relief through innovative patient-centered formats, technologies, and trial designs." United States Association for the Study of Pain (USASP) 2025 Annual Scientific Conference. Chicago, IL. April 30, 2025.**

24. Invited Panelist. "Pain Research and the Patient Centered Outcomes Research Institute" Pre-Conference workshop (Drs. Mark Bickett and Erin Krebs, session co-chairs; Chris Veasley and Beth Darnall panelists). United States Association for the Study of Pain (USASP) 2025 Annual Scientific Conference. Chicago, IL. April 29, 2025.

25. **Invited Speaker. "Empowered Relief Across the Continuum of Care. Female Pelvic Pain Association. Mumbai, India. April 19, 2025**

26. Invited Speaker and Panelist. "Accessible Pain Care." National Academies of Science, Engineering, and Medicine. Exploring the Treatment and Management of Chronic Pain and Implications for Disability Determinations. Washington DC, April 18, 2025.

27. Session Chair and Speaker. "Patient-Centered Approaches for Opioid Tapering and At-Risk Opioid Use: Evidence and Innovations Across Urban and Rural Care Settings." (co-presenters Drs. Aram Mardian and Liz Courtney). AAPM annual meeting. Austin, TX. April 3, 2025.

28. Grand Rounds Speaker, "Empowering Pain Relief". Department of Anesthesiology, Perioperative and Pain Medicine. Stanford University School of Medicine. March 24, 2025.

29. Invited Speaker, "1-session behavioral pain treatment for acute and chronic pain." Blaustein Pain Grand Rounds, The John Hopkins University. March 21, 2025.

30. Invited Speaker. "Empowered Pain Relief: Solutions for Psychologists and Patients." New Zealand Psychological Society. March 17, 2025.

31. Invited Speaker, "A Revolution in Chronic Pain." 4PCP ECHO, Virginia Commonwealth University. February 21, 2025.

32. Webinar Speaker, "Upskilling Pain Relief After Surgery: Perioperative behavioral intervention efficacy and practical considerations." International Association for the Study of Pain, Acute Pain SIG. February 5, 2025.

33. Invited Speaker. "Empowered Pain Relief and Opioid Reduction." Alaska Project ECHO. January 13, 2025.

34. Invited Speaker. "Accessible, Evidenced-based Behavioral Treatments for Acute, Post-Surgical and Chronic Pain Relief." Pain Societies of the Carolinas Annual Meeting. Charleston, SC. December 7, 2024.

35. Invited Speaker, Ohio Bureau of Workers Compensation Medical and Health Conference. "Utilizing effective non-pharmacologic 1-session pain relief skills treatment". Columbus, Ohio. November 14, 2024.

36. Invited Speaker, "Integration of a 1-session pain relief skills intervention across patient populations and practice settings", Center for Implementation and Dissemination (C-DIAS) Grand Rounds, Palo Alto, CA. October 22, 2024.

37. Invited Speaker, American Society of Anesthesiologists 2024 Annual Conference; FAER Helrich Lecture (with Sean Mackey, lead speaker; and Jeff Mogil) "Pain's Enigma to Clinical Transformation — Unraveling Mechanisms, Forging Biomarkers, and Empowering Clinicians and Patients." Philadelphia, PA. October 19, 2024.

38. Speaker (with co-faculty Drs. Yanfei Xie and Wim van Lankfeld). "Unravelling the Power of Words: How Language Shapes Pain Expectations, Beliefs, and Stigma." IASP 2024 World Congress on Pain. Amsterdam, Netherlands. August 9, 2024.

39. Speaker (with co-faculty Drs. Roger Knauss and Jason Busse). "Opioids for chronic pain: Time to achieve a balance (and practical tools to get there)." IASP 2024 World Congress on Pain. Amsterdam, Netherlands. August 6, 2024.

40. Invited Speaker, "Improving Access in Low Resource Settings: 1-Session Empowered Relief for acute, chronic, and post-surgical pain relief." Advancing Pain Relief and Rehabilitation: International insights from Ukraine. Lviv, Ukraine. May 3, 2024.

41. Invited Speaker, "Prescription Opioid Tapering: Enhancing Patient Safety and Outcomes with Patient-Centered Methods." Advancing Pain Relief and Rehabilitation: International insights from Ukraine. Lviv, Ukraine. May 2, 2024.

42. Invited Speaker, "Scaling Better Data Capture and Treatment for Pain: PRECISE". Canadian Pain Society 2024 National Congress. (co-presenter Sean Mackey) Ottawa, ON. April 29, 2024.

43. Session Chair and Speaker. "Accessible and Evidence-Based Whole Person Pain Care: Integrative Innovations Across Veteran, Civilian, Urban, and Rural Care Settings." (co-presenters: Drs. Rena E. Courtney and Aram Mardian). United States Association for the Study of Pain (USASP) 2024 National Meeting. Seattle, WA. April 16, 2024.

44. Session Chair and Speaker. "Accessible Whole Person Chronic Pain Care: Integrative Innovations Across Veteran, Civilian, Urban and Rural Care Settings." 40th annual meeting of the American Academy of Pain Medicine. Scottsdale, AZ. March 9, 2024.

45. Invited Speaker (also see Visiting Professor). "1-session Empowered Relief for Acute, Chronic and Post-Surgical Pain Relief". Center for Translational Pain Research at Northwestern University, Feinberg School of Medicine. Chicago, IL. February 22, 2024.

46. Invited Speaker, University of Minnesota Pain Interest Group. "1-Session Empowered Relief". January 17, 2024. (online)

47. Invited Speaker, Empowered Relief: 1-Session Pain Relief Skills Intervention. Blaustein Pain Grand Rounds, The Johns Hopkins University, Baltimore, MD. December 8, 2023.

48. Workshop Chair, American Headache Society, Scottsdale Headache Symposium. "Integrating Behavioral Medicine into Your Headache Practice: Tools, Strategies & Resources." Scottsdale, AZ. November 18, 2023.

49. Plenary Speaker, American Headache Society, Scottsdale Headache Symposium. "1-session Empowered Relief for acute, chronic and post-surgical pain." Scottsdale, AZ. November 17, 2023.

50. Speaker, "Leveraging technology for patient-centered and patient-supported prescription opioid tapering: The EMPOWER study". 12th World Congress of the World Institute of Pain. Antalya, Turkey. October 30, 2023.

51. Session Chair and Speaker, Behavioral Medicine track of the 12th World Congress of the World Institute of Pain. "Digital treatments for procedural, chronic and surgical pain." Antalya, Turkey. October 28, 2023.

52. Speaker, "Rapidly Connecting Patients to Lowest Risk Pain Treatment: Empowered Relief® as an evidence-based 1-session pain relief skills intervention". DEA-MATE. Stanford University CME online national DEA compliant clinician education. October 25, 2023.

53. Invited Speaker, American Association of Registered Pharmacists 2023 conference (virtual). October 13, 2023.

54. Grand Rounds Speaker, NY Langone Health Department of Pain Medicine. "Digital Solutions that Scale Pain Treatment Access and Improve Data Quality: Empowered Relief® and CHOIR as an LHS data platform." October 4, 2023. (with co-presenter Sean Mackey, MD, PhD).

55. Grand Rounds Speaker, Scaling Access to Evidence-Based Behavioral Pain Treatment: a 1-session skills-based intervention for acute, chronic and post-surgical pain. University of Arkansas for Medical Sciences. August 24, 2023.

56. **Medical Grand Rounds, "The Science of Empowered Relief: A 1-session evidence-based intervention for acute, chronic and post-surgical pain." VISN-6 Veterans Healthcare Administration. August 22, 2023.**

57. Invited Speaker, "Scaling Access to Pain Care: A 1-session evidence-based intervention for acute, chronic, and post-surgical pain." Northwestern University CTRIS. June 20, 2023.

58. Medical Grand Rounds, "The Science of Empowered Relief: A 1-session evidence-based intervention for acute, chronic and post-surgical pain." Salem VA Healthcare System. Salem, VA. May 19, 2023.

59. Co-presenter, "Preparing Research Budgets", NIH HEAL PURPOSE annual meeting, National Harbor, MD. May 12, 2023.

60. Session Chair and Speaker, "Pain Psychology," NIH HEAL PURPOSE annual meeting, National Harbor, MD. May 12, 2023.

61. Plenary Speaker, "Patient-Centered Prescription Opioid Tapering". British Pain Society annual meeting. Glasgow, Scotland. May 10, 2023.

62. Panel Speaker, "Scaling Access to Pain Care: A 1-session evidence-based intervention for acute, chronic and post-surgical pain". British Pain Society. Glasgow, Scotland. May 10, 2023.

63. Plenary Speaker. New York State Pain Society 2023 Annual Meeting. "Leveraging technology for chronic and post-surgical pain management: Virtual reality and 1-session Empowered Relief". White Plains, NY. April 29, 2023.

64. Keynote Speaker. Annual Research Day Conference. "The Science of Empowered Relief: A single-session intervention for chronic, acute and surgical pain." Department of Anesthesia, Pain Management and Perioperative Medicine; Nova Scotia Health Authority/Dalhousie University in Halifax. Halifax, Nova Scotia, Canada. April 5, 2023.

65. Session Chair and Speaker. "Empowered Relief for Acute, Chronic, and Surgical Pain Management." American Academy of Pain Medicine Annual Meeting. Ft Lauderdale, FL. March 25, 2023.

66. SXSW Panelist. "VR to treat the universal human experience of pain." SXSW 2023 MedTech conference. March 11, 2023. Austin, TX.

67. Session Speaker. "Perioperative Behavioral Pain Management." ASRA Online Conference. March 11, 2023.

68. Panelist, American Medical Association, State Advocacy Summit. "The nation's overdose and death epidemic: What will it take for policymakers to listen to physicians?" January 14, 2023. Tucson, AZ.

69. Grand Rounds, Vanderbilt University School of Medicine, Department of Anesthesiology, Perioperative and Pain Medicine. Nashville, TN. "1-session Empowered Relief for Chronic, Acute and Surgical Pain Management." December 16, 2022.

70. Visiting Professor Lecture, "Patient-Centered Opioid Tapering". Department of Anesthesiology, Perioperative and Pain Medicine. Vanderbilt University School of Medicine. Nashville, TN. December 15, 2022.

71. Invited International Plenary Speaker, 2022 Swiss Pain Congress. Lake Geneva, Switzerland. December 10, 2022.

72. Keynote Speaker, Dutch Pain Society 2022 conference. "1-session Empowered Relief for Acute and Chronic Pain." Amsterdam, Netherlands. December 8, 2022.

73. Invited Speaker, 2022 National Practice Conference. National Register for Healthcare Psychologists. "1-session Empowered Relief for Acute and Chronic Pain." 3-hour workshop. Washington, D.C. November 12, 2022. (also listed under CEU workshops)

74. Invited Speaker. Beck Institute 2022 Exellence Summit. "Single-session skills-based intervention for empowered pain relief and opioid reduction." National online conference. October 28, 2022.

75. Invited Speaker, "Transforming Health Care: A digital health platform providing accessible, equitable and evidence-based treatment worldwide." (co-presenting with Sean Mackey, MD, PhD). World Patient Alliance. Rome, Italy. October 16, 2022.

76. Invited Speaker, McGill University. "Scaling single-session pain management skills interventions across populations and the continuum of care." Alan Edwards Centre for Research on Pain. Montreal, Canada. October 5, 2022.

77. Workshop Presenter, "Effective and scalable behavioral interventions for acute and chronic pain." International Association for the Study of Pain (IASP) 2022 biennial conference. Toronto, Canada. September 22, 2022.

78. Workshop Presenter, "No Singular Solution: Prescribing, Tapering, and the Opioid Pendulum Swing", International Association for the Study of Pain (IASP) 2022 biennial conference. Toronto, Canada. September 19, 2022.

79. Keynote Speaker, "Effective and scalable behavioral interventions for acute and chronic pain." American Society for Pain Management Nursing. September 15, 2022. Palm Springs, CA.

80. Invited Lecturer. PLEX national pain faculty lecture series (hosted by the University of Washington, Seattle, WA). "Empowered Relief: Accessible Whole-Person Care for Acute and Chronic Pain." Online. August 8, 2022.

81. Workshop Presenter, "Virtual Reality for Chronic Pain." National Nurse Practitioner Symposium 2022. Keystone, Colorado. July 24, 2022.

82. Invited Lecture, "The role of self-administered VR for on-demand chronic pain treatment." Weill Cornell Medical Center. New York, NY. June 15, 2022.

83. Speaker, "The Promise of Adjunctive Scalable Psychological Treatment used in Combination with SCS: Pain and Opioid Reduction." International Neuromodulation Society (INS) 15th World Congress to be held in Barcelona, Spain. May 24, 2022.

84. Keynote Speaker, vMed22 Conference. "Virtual reality for scalable, home-based chronic pain management." Cedars-Sinai. Los Angeles, CA. March 24, 2022.

85. Session Chair and Speaker, "Empowered Relief: Single-session intervention for acute and chronic pain." American Academy of Pain Medicine. March 18, 2022.

86. Grand Rounds Speaker, Department of Anesthesiology, Perioperative and Pain Medicine. "Empowered Relief for Acute and Chronic Pain." Stanford University School of Medicine. March 6, 2022.

87. Keynote Speaker, "Empowered Relief: Single-session intervention for acute and chronic pain." PESI online international conference. March 3, 2022.

88. Invited Speaker. "Whole-Person Pain Care: Evidence-based behavioral and psychological approaches for pain and opioid reduction." Grand Rounds, Lehigh Valley Health Network, Department of Psychiatry. Allentown, PA. January 2022.

89. Plenary Speaker, International Back and Neck Pain Forum. Sydney, Australia. "Voluntary Patient Centered Opioid Deprescribing." November 11-13, 2021.

90. Invited Speaker. "Brief and accessible behavioral treatments for acute and chronic pain." University of Pittsburgh Medical Center. Department of Physical Medicine and Rehabilitation. Oct 20, 2021.

91. Keynote Speaker. "Achieving Patient-Centeredness in Pain Care and Opioid Stewardship: Access is Everything. Kaiser Permanente Mid-Atlantic Annual Pain Summit. October 16, 2021.

92. Keynote Speaker, Southern Headache Society 11th Annual Scientific Meeting. "Brief skills-based behavioral medicine for pain relief". Charlotte, NC. October 2, 2021. (*COVID postponed*)

93. Speaker, Hoag VR conference. "Virtual Reality for Chronic Pain – 3 Month Post-treatment Efficacy Data". Newport Beach, CA. October 1, 2021.

94. Plenary Speaker, Colorado Pain Society. "Patient-Centered Prescription Opioid Tapering: Colorado Leads the Way." Avon, CO. Sept 25, 2021.

95. Invited Speaker, Midwest Pain Society. "Empowered pain relief: Single-session behavioral medicine interventions." Chicago, IL. Sept 25, 2021.

96. Speaker, American Society of Regional Anesthesia and Pain Medicine. "Perioperative Behavioral Medicine for Pain: More than CBT." (with Max Slepian, PhD). Persistent Perioperative Pain Symposium. Sept 25, 2021.

97. Plenary Speaker, Colorado Pain Society. "Expanding Rapid Access to Low-Cost Perioperative and Chronic Pain Care via Brief Behavioral Medicine Interventions". Avon, CO. Sept 24, 2021.

98. Plenary Speaker, "Advances in Addressing Pain and Pain Disparities." OutFront Ideas virtual conference (insurance industry). Sept 21, 2021.

99. Invited Speaker. "Why and how prescription opioid reduction should be voluntary and patient-centered." University of Pittsburgh Medical Center. Department of Physical Medicine and Rehabilitation. June 16, 2021.

100. Invited Speaker. "Perioperative psychological prehabilitation: is it effective and who should do it?" Royal College of Anaesthetists (UK) Pain Medicine webinar on 'Acute/In-patient pain'. London, UK. June 8, 2021.

101. Workshop Presenter. "Immersive virtual reality to induce a positive therapeutic experience in musculoskeletal pain patients." 2021 Society for Interdisciplinary Placebo Studies (SIPS) International Conference. Baltimore, MD. May 27, 2021

102. International Keynote Speaker, New Zealand Pain Society 2021 Conference. Patient Centered Opioid Tapering. Waitangi, New Zealand. March 18 – 20, 2021.

103. International Keynote Speaker. "Empowered Relief: Single-session class for chronic pain relief." Danish Pain Society. March 12, 2021.

104. Invited Speaker. "Strategies for Non-Opioid Pain Management." Centers for Medicare & Medicaid Services (CMS) sponsored national webinar. November 10, 2020.

105. Hoag Advances in Virtual Reality Conference. "Evolution of Behavioral Medicine for Chronic Pain to Virtual Reality". October 9, 2020. (online, international)

106. Invited Speaker. "Virtual Reality and Chronic Pain." Virtual Medicine 2020 Conference. Hosted by Cedars Sinai Healthcare; international audience. June 30, 2020.

107. Invited Speaker. CME webinar series on Comprehensive Review of Pain Medicine. "Scalable and Brief Behavioral Pain Medicine Interventions." (Edgar Ross series; Oakstone Publishing) June 12, 2020

108. Invited Speaker. CME webinar series on Comprehensive Review of Pain Medicine. "Patient-Centered Opioid Reduction: Avoiding Iatrogenic Harms and Ensuring Patient Protections." (Edgar Ross series; Oakstone Publishing). June 12, 2020.

109. Invited Speaker. American Psychological Association. "Psychological Treatment for Patients with Chronic Pain." June 10, 2020.

110. Invited Speaker. 15th annual NIH Pain Consortium Symposium. "Digital Behavioral Medicine for Pain Relief and Opioid Reduction". June 3, 2020. (virtual event due to COVID-19)

111. Invited Speaker. NIH HEAL Conference on Managing Chronic Pain in Individuals with Co-occurring OUD, and Other Psychiatric Conditions. "Evolution of Opioid Tapering and Challenges." June 1, 2020. (virtual event due to COVID-19)

112. Co-presenter. "Patient-Centered Opioid De-Prescribing." National Register. 3-hour CME webinar presentation with Aram Mardian, MD. May 27, 2020.

113. International Keynote Speaker, Taiwan Pain Society 2020 Conference. Taipei, Taiwan. March 28-29, 2020. (*Postponed due to COVID-19*)

114. Featured Speaker. Kauai Pain Conference. "Patient-Centered Opioid Reduction: Avoiding Iatrogenic Harms and Ensuring Patient Protections." Lihue, HI. March 7, 2020.

115. Featured Speaker. Kauai Pain Conference. "Scalable Behavioral Pain Treatments for Pain and Opioid Reduction Across the Continuum of Care." Lihue, HI. March 6, 2020

116. Chair, Women in Pain Medicine Panel. American Academy of Pain Medicine Annual Conference. National Harbor, MD. March 1, 2020.

117. Speaker, Addressing Complexities of Opioid De-prescribing with Patient-Centered Approaches: Supportive Psychological Strategies, Low-Cost Technologies, and Self-Management Tools. American Academy of Pain Medicine Annual Conference. National Harbor, MD. February 29, 2020.*

118. Session Chair and Speaker, Expanding Rapid Access to Treatment Across the Continuum of Care: "Empowered Relief" and "My Surgical Success." American Academy of Pain Medicine Annual Conference. National Harbor, MD. February 28, 2020.

119. Invited Faculty, "Scaling Behavioral Medicine for Pain Across the Continuum of Care: Clinical Innovations". American Psychological Association's Online Academy of Behavioral Pain Management: Interventions and Innovations. Washington, D.C. February 26, 2020.

120. Grand Rounds Speaker. "Patient-Centered Pain and Opioid Reduction: Scaling Solutions Across Perioperative and Outpatient Settings." Scripps Health. San Diego, CA. February 19, 2020.

121. Invited Speaker, National Institute of Health. National Cancer Institute (NCI): Cognitive, Affective, and Social Processes in Health Research (CASPHR) meeting on Cancer Pain Management Inequities. "Treating the Full Definition of Pain within the Context of Cancer Treatment and Survivorship". Rockville, MD. December 5, 2019.

122. Invited Speaker, Department of Defense, Walter Reed Hospital, Pain Fellows Lecture. "Scalable behavioral medicine treatments for acute and chronic pain management and opioid reduction." Bethesda, MD. December 4, 2019.

123. International Keynote Speaker, Descending the Ladder of Opioid Prescribing. "From overprescribing to over de-prescribing: What can we learn from the opioid crisis in the USA?" Sydney, Australia. November 29, 2019.

124. International Keynote Speaker, Descending the Ladder of Opioid Prescribing. "Patient-Centered Prescription Opioid Tapering and Pain Management." Sydney, Australia. November 29, 2019.

125. International Keynote Speaker, Descending the Ladder of Opioid Prescribing. "Digital Behavioral Medicine for Perioperative Pain: 'My Surgical Success'." Sydney, Australia. November 29, 2019.

126. Invited Speaker. Personalized Medicine and Digital Interventions to Address the Complexity of Pain. McGill University. Montreal, Canada. November 7, 2019.

127. Invited Speaker. The Deleterious Effects of a One-size-fits-all Approach to Pain and Opioid Reduction. McGill University. Montreal, Canada. November 7, 2019.

128. Invited Speaker, "Patient-Centered Prescription Opioid Reduction: A Toolkit for Psychologists." National webinar, National Register of Health Service Psychologists. October 10, 2019.

129. Grand Rounds Invited Speaker, Department of Physical Medicine and Rehabilitation. "Leveraging Technology and Brief Interventions to Scale Rapid Access to Low-Cost Perioperative & Outpatient Behavioral Pain Care." Stanford University School of Medicine. Stanford, CA. Oct 9, 2019.

130. Session Chair and Speaker, "Patient-Centered Opioid De-prescribing and Whole Person Pain Care". Patient-Centered Outcomes Research Institute (PCORI) annual conference. Washington, D.C. September 19, 2019.

131. Invited Speaker, "Navigating the Challenges in an Era of Opioid De-prescribing: Behavioral Strategies for Patient Engagement and Success." Co-presented with Dr. Aram Mardian. PCSS collaboration with the American Academy of Pain Medicine; online and archived CME webinar. July 11, 2019.

132. Speaker, "Transforming Care for Back and Neck Pain with Learning Health Systems and Integrated Digital and Brief Behavioral Treatments". XVI International Forum on Back and Neck Pain Research in Primary Care. Quebec City, Canada. July 5, 2019. (with session chair Dr. Tim Wideman and Julia Hush, PhD).

133. Invited Speaker, "Promising Practices for Supporting Dually Eligible Older Adults with Complex Pain Needs" Webinar. http://ResourcesForIntegratedCare.com June 27, 2019.

134. International Keynote Speaker. Brief and Digital Behavioral Pain Medicine Across the Continuum of Care: "Empowered Relief" and "My Surgical Success." Australian Pain Society 2019 annual conference. Gold Coast, Australia. April 8, 2019.

135. International Keynote Speaker. Integrated Perioperative Pain Care and Patient-Centered Prescription Opioid Tapering: Pragmatic Studies Across the Continuum of Care. Australian Pain Society 2019 annual conference. Gold Coast, Australia. April 9, 2019.

136. Workshop Faculty, Social Dimensions of Pain. Workshop chair: Dr. Claire Ashton-James. Co-presenting with Profs. Claire Ashton-James, Tor Wager and Milton Cohen. Australian Pain Society 2019 annual conference. Gold Coast, Australia. April 9, 2019.

137. Symposium Faculty. Multimodal Contributors to the Negative Impact of Pain Catastrophizing (with Drs. R Edwards and V Napadow). American Pain Society annual conference. Milwaukee, WI. April 4, 2019.

138. Session Chair and Speaker. Patient-Centered Opioid Tapering: Translating the Science of Placebo and Nocebo for Pain Relief and Successful Opioid Reduction (with Drs. L Atlas and L Colloca). American Pain Society annual conference. Milwaukee, WI. April 4, 2019.

139. Session Chair and Speaker. Patient-Centered Opioid Tapering: Recipes for Success Across Practice Settings (with Drs. Mardian and Karnak). American Academy of Pain Medicine annual conference. Denver, CO. March 8, 2019.*

140. Grand Rounds Speaker, Kettering Fort Hamilton Hospital. "Pain Psychology for Pain and Opioid Reduction." Fort Hamilton, OH. February 5, 2019.

141. Grand Rounds Invited Speaker, Mercy Hospital. Fairfield, OH. "Pain Psychology for Pain and Opioid Reduction." February 4, 2019.

142. Invited Speaker. NIH Guest Lecture Series in Pain. "Applying Psychological Science for Pain & Opioid Reduction Across the Continuum of Care." National Institutes of Health, Bethesda, MD. October 11, 2018.

143. Grand Rounds, Department of Anesthesiology, Perioperative and Pain Medicine. Stanford University. "Pain and Opioid Reduction: Clinical Trials." Sept 18, 2017

144. Invited Faculty. International Association for the Study of Pain. IASP Workshop on Disparities for Psychological Treatment for Pain. "Brief and Digital Treatments to Improve Access to Low-Cost, High-Quality Pain Care." Boston, MA. September 15, 2018.

145. Podium Speaker. "The Science of Pain Psychology & Opioid Reduction." 2018 PAINWeek annual national conference. Las Vegas, NV. September 4, 2018.

146. Keynote Speaker. American Psychological Association 2018 annual national convention. "Applying Psychological Science for Pain and Opioid Reduction." San Francisco, CA. August 11, 2018. (invited address for APA Divisions 38, 12, 22, 45).

147. Invited Panelist. "Lifestyle Related Diseases: A Global Epidemic." 2018 Global Solutions Summit, Berlin, Germany. May 28, 2018. This is a G7/G20 think tank summit. Session moderated by Dr. Detlev Ganten, President of the World Health Summit (I represented the global burden of pain and needed solutions).

148. Podium Speaker. "Brief Psychological Interventions for Pain across the Continuum of Care: Scaling Targeted Treatments and Integration into Learning Health Systems." World Institute of Pain 2018 conference (with Chair Dr. Sean Mackey). Dublin, Ireland. May 12, 2018.

149. Grand Rounds Speaker, Intermountain Healthcare System. "Pain and Opioid Reduction: The National Empower Study". Layton, UT. May 21, 2018. (broadcast on IH education channel)

150. Podium Speaker. "Psychological Science of Pain and Relief." American Academy of Pain Medicine annual meeting. Vancouver, Canada. April 29, 2018.

151. Plenary Speaker (Plenary Research Highlights Awards). "Voluntary Patient-Centered Opioid Tapering in Community Outpatients with Chronic Pain." American Academy of Pain Medicine annual meeting. Vancouver, Canada. April 28, 2018.

152. Invited Speaker. "Overview of PCORI Pragmatic Project for Opioid and Pain Reduction in Patients Taking Long-term Opioids." Psychosocial Research Shared Interest Group meeting. American Pain Society, annual national meeting. Anaheim, CA. March 6, 2018.

153. Invited Speaker, "Changing Patient Mindsets to Enhance Pain Treatment Effectiveness. Kauai Pain Conference". Lihue, HI. March 2, 2018.

154. Invited Speaker, "Reducing Pain and Opioid Use with a Dearth of Resources - Evidence-based Strategies for Improving Patient Outcomes". Kauai Pain Conference. Lihue, HI. March 2, 2018.

155. Grand Rounds Invited Speaker, Department of Medicine, Kaiser Permanente. "Psychological Science for Pain and Opioid Reduction". Oakland, CA. Feb 14, 2019.

156. Invited speaker, 2018 World Economic Forum. "Exploring the Mysteries of the Mind" with Matthieu Ricard and Daniel Dennet. Davos, Switzerland. January 24, 2018.

157. Invited speaker. "The Psychology of Pain Relief." 2018 World Economic Forum. Stanford Neurosciences Team. Davos, Switzerland. January 24, 2018.

158. Invited speaker, 2018 World Economic Forum. "Optimizing Mindset for Pain Relief." Stanford Neurosciences Team. Davos, Switzerland. January 23, 2018.

159. Invited Speaker. "The Science of Pain Psychology." North American Neuromodulation Society Annual Meeting. Las Vegas, NV. January 11, 2018.

160. Plenary Speaker. "Transforming Negative Mindset to Enhance Pain Treatment Effectiveness and Reduce Opioid Use." Pain Society of Israel. Eilat, Israel. November 12, 2017.

161. Invited Panelist. "Treating Pain Better" (with AAPM President Dr. Steven Stanos and Dr. James Achinson). CompLaude National Awards and Gala; WorkCompCentral. San Diego, CA. Nov 1, 2017.

162. Keynote Speaker. "Changing Mindsets to Enhance Pain Treatment Effectiveness" Academy of Integrative Pain Management. National annual meeting. San Diego, CA. October 21, 2017.

163. Invited Webinar Speaker. "Reducing Catastrophizing to Prevent and Treat Chronic Pain." Work Wellness and Disability Prevention Institute. May 17, 2017.

164. Grand Rounds, Internal Medicine, San Francisco VA. San Francisco, CA. "Pain Psychology and Opioid Reduction." May 9, 2017.

165. Invited Webinar Speaker (with AAPM President Dr. Steven Stanos). Minimizing Opioids. OutFront Ideas for Worker's Compensation. May 9, 2017.

166. Invited Podium Speaker. "Pain Psychology & Sex/Gender." Society for Acupuncture Research International Conference. San Francisco, CA. April 29, 2017.

167. Plenary Speaker and Session Chair. "Behavioral and Self-Management Resources for Immediate Implementation: Align Your Practice with the Changes in Public Healthcare". (Co-presenters Penney Cowan and Pete Moore). American Academy of Pain Medicine, 2017 Conference. Orlando, FL. March 18, 2017.

168. Invited Podium Speaker. "Perioperative Pain Psychology." International Association for the Study of Pain. IASP Acute Pain SIG Workshop. Yokohama, Japan. September 25, 2016.

169. Session Chair and Speaker. "In the Wake of the CDC Opioid Guidelines and The National Pain Strategy: Leveraging Pain Psychology and Platforms to Address the National Pain Strategy and Opioid Crises". Darnall BD and Mackey SC. PAINWeek 2016, Las Vegas, NV. Sept 8, 2016.

170. Speaker. "Perioperative Pain Psychology Interventions and Learning Health Systems." mHealth Conference. National University of Ireland, Galway, Ireland. June 16, 2016.

171. Session Chair and Speaker. "Boots on the Ground in Opioid Tapering: Novel Assistance for Prescribers" Darnall BD, Steig R, Kao MC. Co-presenter: "A Low-Cost, Medically Supervised Behavioral Opioid Taper Program for Community-Dwelling Chronic Pain Patients (with Dr. Richard Steig). American Academy of Pain Medicine annual national conference. Palm Springs, CA. Feb 19, 2016.

172. Session Chair and Speaker. "Pain Psychology: A Needs Assessment and National Call to Action (The AAPM Task Force on Pain Psychology)" Darnall BD, Scheman J, Davin S. American Academy of Pain Medicine annual national conference. Palm Springs, CA. Feb 20, 2016.

173. Faculty. Darnall BD. European Pain School (an educational project of the IASP)
University of Siena, Certosa di Pontignono, Siena, Italy
"Catastrophizing: Cognitions and emotions that amplify pain." Siena, Italy; June 7, 2016.
"Hormones or psyche: What's more important for women in pain?" Siena, Italy; June 8, 2016.

174. Speaker. Darnall BD. "Opening the Medicine Box in Your Mind." Trigeminal Neuralgia Association of Australia. Annual Conference. Gold Coast, Australia. August 16, 2015.

175. Speaker. Darnall BD. "Minimizing Opioids by Optimizing Pain Psychology." Pain Management Research Institute. Royal North Shore Hospital. Sydney, Australia. August 13, 2015.

176. Session Chair and Speaker. "Basic and Clinical Pain Research Ethics: National Oversight, Data Integrity, and How and Why Your Role as Ethical Steward Outlasts Your Research Study." Darnall BD, Parkitny L, and Ambalavanar R. American Pain Society 34th annual scientific meeting. Palm Springs, CA. May 15, 2015.

177. Session Chair and Speaker. "Opioid Drug:Drug Interaction Pitfalls." Darnall BD, McCance-Katz EF, Kao MC. American Academy of Pain Medicine annual conference. Washington, DC. March 20, 2015. *Highest rated symposium of the 2015 AAPM conference.*

178. Session Chair and Speaker. "Stop Catastrophizing from Undermining Your Treatment Outcomes." Darnall BD & Edwards RR. American Academy of Pain Medicine annual conference. Washington, DC. March 21, 2015.

179. Session Chair and Speaker. "The Psychology of Opioids." Darnall BD, Sullivan M, Mackey SC. PAINWeek 2014, Las Vegas, NV. Sept 4, 2014.

180. Session Chair and Speaker. "Mind Over Pill." Darnall BD, Sullivan M, and Prasad R. American Academy of Pain Medicine Annual Conference. Phoenix, AZ. March 8, 2014.

181. Invited Podium Speaker, "Pain, Psychology & Opioids." Fundamentals of Pain Management: 2013 Primer Course, sponsored by the American Pain Society. New Orleans, LA. May 7, 2013.

182. Co-Presenter, "Hot Topics in Pain Psychology." Prasad R and Darnall BD. American Academy of Pain Medicine annual conference. Ft. Lauderdale, FL. April 14, 2013.

183. Invited Podium Speaker, "Relationships and chronic pain." Women in Pain 5th annual conference. Los Angeles, CA. Sept 14, 2012.

184. Invited Co-presenter. "The rational use of opioid analgesics for non-cancer chronic pain: What every prescriber needs to know." Darnall BD, Argoff C. Served as faculty representing the American Pain Society at PAINWeek. Las Vegas, NV. Sept 7, 2012.

185. Session Chair and Speaker. "Translating opioid research findings into clinical practice: practical and ethical implications." Darnall BD, Ballantyne J, Argoff C, Schatman M. American Pain Society 2012 scientific conference. Honolulu, HI. May 17, 2012.

186. Speaker. "Change your brain, change your pain." American Academy of Pain Management, 22nd annual conference. Las Vegas, NV. Sept 21, 2011.

187. Invited Keynote Speaker. "Pain in Women: Finding the gift and flourishing." Women in Pain 4th annual conference. Los Angeles, CA. Sept 16, 2011.

188. Session Chair and Moderator. "Empowering Women in Pain," Women in Pain 4th annual conference. Los Angeles, CA. Sept 16, 2011.

189. Invited oral presentation: "Gender Dimorphic Immunologic Response to Pain Catastrophizing." Office for Women's Health Research annual conference, NIH, Bethesda, MD. Nov 19, 2009.

190. Selected oral presentation: "Immunologic Response to a Pain Catastrophizing Induction." Selected oral presentation, The International Association for the Study of Pain, triennial conference; Glasgow, Scotland. Aug 20, 2008.

191. Invited podium speaker: "Immunologic Response to Pain Catastrophizing." American Pain Society Annual Scientific Meeting, Tampa, FL. May 10, 2008.

INTERNATIONAL CME WORKSHOPS (excluding Empowered Relief certification workshops)

192. Israel Pain Society (Israel chapter of the International Association for the Study of Pain). Behavioral Pain Management Training for All Health Care Professionals", a 2-hour workshop presented at the Israel Pain Association annual meeting (with Yacov Ezra, MD and Elon Eisenberg, MD). November 13, 2017.

193. Darnall BD. "Empowered Pain Relief: Accessible solutions for psychologists and their patients." New Zealand Psychological Association. 3-hour workshop. March 17, 2025

NATIONAL CME WORKSHOPS

194. **Darnall BD**. National Practice Conference. National Register for Healthcare Psychologists. 3-hour CE workshop: "1-session Empowered Relief for acute and chronic pain." November 12, 2022. Washington, D.C.

195. **Darnall BD**. Institute for Brain Potential. Developer/instructor of the 6-hour CME workshop "Psychological Approaches to Managing Pain." January 29, 2021. (online delivery)

196. **Darnall BD**. Institute for Brain Potential. Developer/instructor of the 6-hour CME workshop "Psychological Approaches to Managing Pain." October 20, 2020. (online delivery)

197. **Darnall BD**. Institute for Brain Potential. Developer/instructor of the 6-hour CME workshop "Psychological Approaches to Managing Pain." June, 2020. (online delivery)

198. **Darnall BD** & Scheman J (Co-chairs). "AAPM Behavioral Medicine Workshop". Full day workshop features multiple faculty across a range of topics. American Academy of Pain Medicine. National Harbor, MD. February 27, 2020. (6.5 hours)

199. **Darnall BD** & Ziadni M. "Empowered Relief" two-day certification workshop for healthcare clinicians. San Diego Pain Summit. San Diego, CA. February 11-12, 2020. (15.5 hours)

200. **Darnall BD**. "Pain Psychology Workshop for Healthcare Clinicians: Tools You Can Use Right Now." West Chester Hospital. West Chester, Ohio. February 4, 2019. (2 hours)

201. **Darnall BD**. "Pain and Opioid Reduction Workshop for Healthcare Clinicians". Butler County Mental Health and Addiction Recovery Services Board. Sole developer and instructor for this 4-hour CME workshop. Butler County, Ohio. February 5, 2019. (3 hours)

202. **Darnall BD**. "Patient-Centered Opioid Tapering." 3 hour workshop for healthcare clinicians. PAINWeek 2018 annual national conference. Las Vegas, NV. Sept. 4, 2018.

203. **Darnall BD.** "Minimize Opioids by Optimizing Psychology". Sole faculty for this 4-hour CME workshop. American Psychological Association annual national conference. San Francisco, CA. August 10, 2018.

204. **Darnall BD**, Murphy JL, Scheman J, and Davin S. "Behavioral Medicine Workshop with Emphasis on High-Impact Chronic Pain". American Academy of Pain Medicine (AAPM) annual national conference. Back by popular demand, this is a 4-hour workshop for all healthcare clinicians. Vancouver, Canada. April 29, 2018.

205. **Darnall BD**. "Patient Engagement in Opioid Reduction Workshop". Developer and sole instructor for a 3-hour opioid reduction workshop to Cedars-Sinai Healthcare System pharmacists who will be implementing opioid tapering with patients. Strategies to enhance: (1) knowledge about the role of psychological factors in the experience of pain and opioid reduction, (2) patient engagement and outcomes, (3) collaboration among the broader team, and (4) provider satisfaction. Beverly Hills, CA. December 11, 2017.

206. **Darnall BD**. Institute for Brain Potential. Developer/instructor of the national 6-hour CME workshop "Psychological Approaches to Managing Pain." June 17, 2017. Los Altos, CA. http://www.ibpceu.com/content/pdf/PMPCAS17.pdf

207. **Darnall BD** Workshop Chair and Speaker. American Academy of Pain Medicine (AAPM). "The AAPM Pain Psychology Task Force Presents: Behavioral Pain Management Training for All Health Care Professionals", a 3-hour workshop presented at the American Academy of Pain Medicine annual national conference (**Beth Darnall**, Judith Scheman, Sara Davin, Jennifer Murphy and Sean Mackey). March 17, 2017. Orlando, FL. **This workshop was the highest rated session of the 2017 AAPM conference.**

State and Regional CME Lectures

1. Invited Speaker, SPARC Lecture Series, Department of Anesthesiology, Perioperative and Pain Medicine. University of California San Francisco (UCSF). "Patient-Centered and Scalable Innovations for Pain Relief and Opioid Stewardship." San Francisco, CA. November 9, 2022.

2. Invited Speaker. Laguna Honda Hospital and UCSF. "Behavioral interventions and patient-centered opioid tapering." Online. September 9, 2022.

3. Keynote Speaker. 11th Annual Integration Summit; Health Quality Partners. "Patient-Centered Pain Care: Accessible Behavioral Health and Opioid Stewardship." San Diego, CA. Nov 13, 2020.

4. Keynote Speaker. California Psychological Association annual conference. "Applying Psychological Science to Address the Dual Crises of Pain and Prescription Opioids in America." San Diego, CA. October 27, 2018.

5. Invited Speaker. California Psychological Association annual conference. "Alternative No More: Evidence-Based Psychological Treatments as Primary Pain Management." San Diego, CA. October 27, 2018.

6. Invited Speaker. Health Quality Partners of Southern California Physician Webinar Series (sponsored by the NIH Office for Research on Women's Health). "De-emphasizing Opioids: The Critical Role of Behavioral Treatments for Chronic Pain." July 13, 2018.

7. "Psychological Science for Pain and Opioid Reduction." Stanford Neuroscience Institute Retreat. Pajaro Dunes, CA. May 6, 2018.

8. "Pragmatic Opioid Reduction: A Patient-Centered Approach." University of Maryland, School of Nursing. Baltimore, MD. Feb 9, 2018.

9. Invited Podium Speaker. "Pain Psychology and Opioids." Santa Clara Opioid Overdose Prevention Project. Santa Clara, CA. March 29, 2017.

10. Invited Podium Speaker. "Pain Psychology and Opioids." Kauai Pain Conference. Lihue, HI. February 25, 2017.

11. Invited Podium Speaker. "The Science of Pain: Psychology". Kauai Pain Conference. Lihue, HI. February 24, 2017.

12. "Pain Psychology." The San Diego Pain Summit. San Diego, CA. February 10, 2017.

13. "Novel Psychobehavioral Interventions for Chronic Pain and Perioperative Patients." Stanford/UCSF Pain Education Exchange. Department of Anesthesiology, Perioperative and Pain Medicine. University of California San Francisco. San Francisco, CA. Jan 13, 2017.

14. "The Tennessee Pain, Opioids, Problems and Solutions Forum." Invited Panel Speaker. Nashville, TN. April 5, 2016.

15. Invited Panel Moderator. "The Tennessee Pain, Opioids, Problems and Solutions Forum." Nashville, TN. April 5, 2016.

16. "Primer on Pain Psychology and Interventions." Invited Podium Speaker. 2016 Third Annual Addiction Medicine Conference. Santa Clara, CA. April 4, 2016.

17. "Are Pre- and Post-Operative Pain Catastrophizing Undermining Your Surgical Outcomes? San Francisco Surgical Society. San Francisco, CA. March 30, 2016.

18. "Minimizing Opioids and Optimizing Psychology." Stanford University, Western Pain Society, and the American Academy of Pain Medicine: Conquering Pain Locally, Regionally and Nationally. Stanford, CA. September 19, 2014.

19. "Optimizing Patient Transformation: Hot Trends in Coaching & Education." Western Pain Society annual conference (WPS is a 13-state regional pain society). Eugene, OR; September 21, 2013.

20. "The Interface Between Opioids and Chronic Pain." Hoag Neuroscience Symposium. Pain and Addiction: The Ultimate Challenge of the Treating Physician. Irvine, CA; March 23, 2013.

21. "Pain characteristics and pain catastrophizing in incarcerated women with chronic pain: Research results and implications for clinical care." State of Oregon Department of Corrections annual health provider conference. Salem, OR; April 5, 2012.

22. "The Interface Between Psychology and Opioids." Pain Society of Oregon. Eugene Chapter; Eugene, OR, October 19, 2011.

23. "The Interface Between Psychology and Opioids." Pain Society of Oregon. Portland Chapter; Portland, OR, October 18, 2011.

24. Session Chair and Speaker. Darnall BD, Pengally S, Schatman M. "Complex Psychological Issues." Western Pain Society annual conference. Salem, OR. October 1, 2011.

25. "Chronic Pain in Women," Western Pain Society annual conference. Salem, OR. October 2, 2011.

26. "Change Your Brain, Change Your Pain." Veterans Administration Health Care System, VISN 20 Region (telecast across Oregon, Southern Washington, Alaska, Idaho). August 25, 2011.

27. Co-Lecturer. Darnall BD & Wagner J. "Barriers to Care: New Models for Accessing Pain Treatment." Pain Society of Oregon annual conference. Salem, OR. May 22, 2010.

28. "Mirror Therapy for Phantom Pain." Pain Society of Oregon annual conference. May 22, 2010.

29. "Gender-Specific Treatment for Women with Chronic Pain," Pain Society of Oregon. October 20, 2009.

30. "Immunologic Response to Pain Catastrophizing," Western Pain Society, Annual Conference, April 24, 2008..

31. "Treating Chronic Pain in Corrections Settings," Oregon Department of Corrections. Salem, OR. Nov 9, 2008.

32. Poster selected for oral presentation. "The Immunologic Impact of In-Vivo Pain Catastrophizing." Darnall BD, Zwickey H, Byung P. American Pain Society Annual Meeting. May 9, 2008.

33. "Treating Patients with Chronic Pain," Seminar, Oregon Psychological Association annual meeting, May 2007.

34. Co-Presenter. Darnall BD & Abel JM. "Multidisciplinary Treatment of a Chronic Groin Pain Patient" Co-Presenter, Pain Society of Oregon Annual Clinical Meeting. April 15, 2006.

Local CME Presentations

1. "Empowered Relief® & the MOBILE Relief Study as Resources for Opioid Misuse." Stanford UMP CME lecture series. 01/29/24.

2. "Digital Innovations in Pain Management." Radiation Oncology Faculty Seminar Series, Stanford University. 7/5/22.

3. "Power of the Brief Intervention." Division of Pain Medicine, Stanford University. 5/21/21.

4. "Stanford Healthcare Acute Pain Task Force: Education Subcommittee." Grand Rounds, Department of Anesthesiology, Perioperative and Pain Medicine, Stanford University. 11/1/20.

5. "Pain Psychology Research." Division of Pain Medicine, Stanford University. 11/6/20.

6. "Behavioral Medicine for Chronic Pain." Department of Psychiatry and Behavioral Sciences. Stanford, CA. 12/18/19.

7. "Digital interventions, opioid cessation, and VR applications in pain management." Center for Digital Health annual conference. Stanford University. Stanford, CA. 10/22/19.

8. "Expanding Access to Behavioral Medicine Across the Continuum of Spine Care." 8th Annual Navigating Spine Care Conference. Stanford, CA 8/24/19.

9. "Pain Psychology and Opioid Reduction." Palliative Medicine, faculty presentation, Stanford University. Palo Alto, CA 8/23/17.

10. "Pain Psychology and Opioid Reduction." Department of Primary Care, faculty presentation; Stanford University. Palo Alto, CA 8/10/17.

11. "Sex Differences in Psychosocial Factors and Pain." Division of Pain Medicine, Stanford University. Redwood City, CA 7/14/17.

12. Invited Podium Speaker. "The Role of Sex in Pain Psychology and Application of a Novel Psychobehavioral Intervention." Basic and Translational Research Symposium on Sex Differences in Neurosciences. Stanford, CA 3/8/17.

13. Psychological Treatment Modalities and Resources. Division of Pain Medicine, Stanford University, 4/10/15.

14. "Pain Catastrophizing." Division of Pain Medicine, Stanford University, 11/21/14.

15. "The interface between psychology and opioids." Division of Pain Medicine, Stanford University, 12/07/12.

16. "Home-based self-delivered mirror therapy for phantom pain." Quarterly conference, Department of Physical Medicine and Rehabilitation, Portland VA Hospital, 4/25/12.

17. "Goals of pain education: Minimize opioids, empower patients, relieve suffering." Grand Rounds, OHSU Department of Anesthesiology and Perioperative Medicine, 4/09/12.

18. "Utility of bilateral tactile stimulation in chronic pain: Rationale and applications." Portland EMDRIA practitioner group, 03/23/12.

19. Course organizer, panel moderator and speaker. "Opioids for chronic pain: Should we take that path?" Panel members: Stacey BR, Fromme E, Carr T, Wagner J, Darnall BD, 2nd Annual OHSU Pain Day, 2/28/12.

20. "Pain Psychology: Research & Clinical Updates." OHSU Division of Psychology, Spring Colloquium, 03/24/11.

21. "Change Your Brain, Change Your Pain," BRAINet, Portland, OR, 02/28/11.

22. Moderator, Panel Speaker: "Pain in Clinical Practice" OHSU Inaugural P.A.I.N. Day, 02/22/11.

23. "Clinical Pain Updates: Women are Not Men" OHSU Inaugural P.A.I.N. Day, 02/22/11.

24. "The Mystery of Pain." Bing Pain Lounge: OHSU Medical Breakthroughs. Co-Presenter with Stacey, BR; Taped and webcast. 2/09/11.

25. "Pain Psychology." Portland VA Mental Health, psychology intern and post-doctoral fellow lecture, 2/02/11.

26. "Mirror Therapy for Phantom Pain." OHSU Department of Anesthesiology & Perioperative Medicine, Departmental Grand Rounds, 1/10/11.

27. "The Interface Between Psychology and Opioid Use." OHSU Department of Anesthesiology & Perioperative Medicine, 09/10.

28. "Improving Access to Mirror Therapy for Phantom Pain." OHSU/Kaiser CHR collaborative pain research interest group meeting, 8/02/10.

29. "Gender-Responsive Chronic Pain Treatment for Incarcerated Women with Substance Abuse." OHSU and Kaiser Permanente collaborative pain research interest group meeting, 4/05/10.

30. "Psychological Stress and Inflammatory Factors." OHSU Central Sensitivity Research Group, 1/07/10.

31. "Pain Psychology." Portland VA Mental Health, psychology intern and post-doctoral fellow lecture, 12/09/09.

32. "Immune Mediators of Pain." OHSU Department of Anesthesiology, Pain Fellows Lecture, 2/09/09.

33. "Treating Patients with Comorbid Chronic Pain." Grand Rounds, OHSU Department of Psychiatry, 6/17/08.

34. "IL-6 Response to In-Vivo Pain Catastrophizing is Gender Dimorphic." OHSU Human Investigator Program, Annual Conference and Awards Ceremony, 5/30/08.

35. "Can Your Thoughts Affect Your Immune System?" Department of Psychology, Portland State University, 5/27/08.

36. "How Your Thoughts Affect Your Immune System," Marquam Hill Lecture Series, OHSU, 5/15/08.

37. "IL-6 Response to In-Vivo Pain Catastrophizing is Gender Dimorphic." Selected oral presentation, OHSU Human Investigator Annual Symposium and Awards Ceremony, 5/30/08.

38. "Chronic Pain Patient Services." Department of Psychiatry, OHSU, Psychiatry Resident Lecture; 1/21/08.

39. "Self-Management of Chronic Pain." Lupus Society of Portland, 1/07.

40. "An Investigation of Immunologic Response to Negative Cognition in Persons with Chronic Pain." Symposium for Portland Area Research on Complementary and Alternative Medicine, Annual Conference; 6/09/07.

41. "Adult Pain Psychology." Grand Rounds, Department of Anesthesiology and Perioperative Medicine, OHSU. 6/19/06.

42. Department of Bariatrics, OHSU. "Maximizing Post-Operative Success," 04/06.

43. *Pain Fellows Didactic Lecture Series*
Stanford University, Department of Anesthesiology, Perioperative and Pain Medicine
Deliver ~2 pain psychology lectures each year (2012- present)

44. *Pain Fellows Didactic Lecture Series*
Portland VA Mental Health, Psychology Lecture Series
Annually lectured to post-doctoral fellows and interns on pain psychology, 2009-2012.

Non-CME Presentations and University Guest Lectures *(National and International bolded)*

1. Invited Lecturer. "Applying Behavioral Science to Reduce Acute and Chronic Pain and Opioid Use." Stanford University undergraduate and graduate level course CHPR270 (Stefanick). Stanford University, Stanford, CA. June 2, 2026.

2. Invited Lecturer. "The science of pain relief: social dimensions and clinical innovations." Stanford University HMBIO Neuroethics course (undergraduate and graduate students). Stanford, CA. May 13, 2026.

3. Invited Speaker. Stanford Corporate Health. "Empowered Pain Relief." Stanford, CA. April 16, 2026.

4. **Invited Speaker. "Exploring Brief Interventions for Chronic Pain." PURPOSE The Pain Research Network online webinar (co-presenters Drs. Laura Wandner and Drew Sturgeon). November 18, 2025.**

5. **Invited Speaker. "Empowered Relief: Evidence and Implementation". TMJ & Sleep Therapy Centre International. San Diego, CA. August 22, 2025.**

6. "Why Psychology Matters for Pain Relief." Stanford Health Library. Public webinar. June 19, 2025.

7. Invited Lecturer. "Applying Behavioral Science to Reduce Acute and Chronic Pain and Opioid Use." Stanford University undergraduate and graduate level course CHPR270 (Stefanick). Stanford University, Stanford, CA. May 29, 2025.

8. **Invited Speaker. "Empowered Pain Relief." Marfan Foundation national webinar. May 14, 2025.**

9. Invited Lecturer. "The science of pain relief: social dimensions and clinical innovations." Stanford University HMBIO Neuroethics course (undergraduate and graduate students). Stanford, CA. April 9, 2025.

10. **Guest Speaker. "A Mind-Body Approach to Pain: Practical Strategies for Relieving Pain". New Wellesley Hospital Collaborative (Harvard, Wellesley) Boston, MA. September 26, 2024.**

11. **Guest Speaker. "Empowered Pain Relief". The FINER program, Massachusetts General Hospital. Boston, MA. June 3, 2024.**

12. Invited Lecturer. "The science of pain relief: social dimensions and clinical innovations." Stanford University HMBIO Neuroethics course (undergraduate and graduate students). Stanford, CA. June 3, 2024.

13. Invited Lecturer. "Applying Behavioral Science to Reduce Acute and Chronic Pain and Opioid Use." Stanford University undergraduate and graduate level course CHPR270 (Stefanick). Stanford University, Stanford, CA. May 29, 2024.

14. Invited Speaker. "Empowered Pain Relief." SCAN Health 2023 Pain Awareness Month Lecture. September 28, 2023. (CA statewide audience)

15. Invited Speaker. "Empowered Relief." Facial Pain Association 2023 national annual conference. April 29, 2023.

16. Invited Lecturer. "Applying Behavioral Science to Reduce Acute and Chronic Pain and Opioid Use." Stanford University undergraduate and graduate level course CHPR270 (Stefanick). Stanford University, Palo Alto, CA. April 20, 2023.

17. Invited Speaker. "1-Session Empowered Relief for acute, surgical, and chronic pain." Dept. of Anesthesiology, Perioperative and Pain Medicine. R&D Stanford Data Blitz. Stanford, University. March 3, 2023.

18. Invited Speaker. "Pain Management Skills: What it is, why it matters, and how to get it." 2022 Marfan Patient Conference. Newport Beach, CA. July 9, 2022.

19. Keynote Speaker. "Innovations to Improve Access to Evidence-Based Behavioral Pain Care." 2022 Stanford Pre-health Conference. Stanford University. May 7, 2022.

20. Invited Lecturer. "Pain: The biopsychosocial perspective and 'whole person' care." Stanford University course HMBIO Neuroethics. May 2, 2022.

21. Guest Speaker. "Pain Research." Stanford Department of Anesthesiology, Perioperative and Pain Medicine; Division of Obstetric Anesthesia. April 20, 2022.

22. Guest Lecturer. "Pain and Opioid Crises: Behavioral Medicine Treatments." Community Health and Prevention Research (CHPR) Masters program (Prevention across Medical and Surgical Disciplines). Stanford University School of Medicine. April 19, 2022.

23. Faculty Lecturer. "Pain Psychology Research in the Division of Pain Medicine." Pain Fellows Lecture Series. Stanford University, Division of Pain Medicine. April 8, 2022.

24. Guest Lecturer. "Whole Person Pain Care: Latest research on brief and scalable treatments for pain and opioid reduction." Facial Pain Association. March 9, 2022.

25. Guest Lecturer. "Pain: The biopsychosocial perspective and 'whole person' care." Stanford University course Psych101/HumBio128 Community Health Psychology. March 8, 2022.

26. Guest Lecturer. Undergraduate course. "Behavioral treatment for acute and chronic pain and opioid reduction". Pomona College. March 7, 2022.

27. Invited Speaker. Empowered Pain Relief: What it is and Why it Matters. Bill Nelems Pain Clinic presentation (with Maisa Ziadni, PhD). British Columbia, Canada. May 2021.

28. Invited Lecturer. "Applying behavioral science to reduce acute and chronic pain and opioid use." Stanford University graduate course CHPR 270: Prevention across Surgical and Medical Disciplines. 5/25/21.

29. Invited Lecturer. "Pain: The biopsychosocial perspective and 'whole person' care." Stanford University course HMBIO Neuroethics. 5/19/21.

30. **Panel Moderator (with NINDS Director Dr. Walter Koroshetz). Workshop on Achieving Health Equity in the NIH HEAL Initiative. "Successful Strategies for Increasing Diversity and Inclusion in Clinical Studies." NIH webinar. 2/1/21.**

31. **Invited Speaker. "Empowered Relief: Improving access to interventions for pain relief and opioid reduction." Le Pub Scientifique international webinar. 1/20/21.**

32. **Invited Discussant. "Inclusion and Retention of Diverse Populations in NIH Clinical Pain Research Studies. NIH Interageracy Pain Research Coordinating Committee (IPRCC). National public meeting. 11/23/20.**

33. "Patient-Centered Opioid Prescribing and Tapering." State of Minnesota Opioid Task Force. 10/22/20.

34. "Pain: The biopsychosocial perspective and 'whole person' care." Neuroethics guest lecture (graduate and undergraduate course). Stanford University. 5/20/20.

35. **"Empowered Relief": A scalable, skills-based class for chronic pain. The Pain Toolkit international webinar. 4/27/20.**

36. "Patient-Centered Prescription Opioid Tapering". University of Colorado at Denver. SNO-CAPS meeting. Denver, CO. 3/5/19.

37. **"Transcending Barriers to Pain Care" Innovations Lab Presentation; International Association for the Study of Pain annual conference. Boston, MA. 9/13/18.**

38. "The EMPOWER Study: Effective Management of Pain and Opioid-Free Ways to Enhance Relief." Stanford Research Management Group. Stanford, CA. 7/26/18.

39. Patient-Centered Opioid Tapering: The EMPOWER Study. Stanford Primary Care Faculty presentation. Stanford, CA. 7/26/18.

40. "Pain Psychology: Harnessing the Power of the Mind for Pain Relief." Stanford Health Improvement Program webinar. Stanford, CA. 7/24/18.

41. "The Power of the Mind for Pain Relief." Marfan Foundation annual conference. Santa Clara, CA. 7/14/18.

42. Pain psychology panelist. The Marfan Foundation annual conference. Santa Clara, CA. 7/14/18.

43. "Psychological Science for Pain and Opioid Reduction." Guest Lecturer, Community Health and Prevention Research (CHPR) master's degree program (Course Professor: Dr. Marcia Stefanik). Spring Quarter 2018. Stanford University. 5/1/18.

44. "Pain Psychology and Opioids." Stanford Faculty and Staff Lecture Series. Stanford, CA. 5/24/17.

45. "Pain in Women and Why Psychology Matters More." Stanford Health Matters (public event). Stanford, CA. 5/20/17

46. "Pain Psychology." Stanford Neurosurgery, Oncology, and Palliative Medicine. Stanford, CA. 3/22/17.

47. "Pain Psychology: Using the power of your brain to reduce pain and use of painkillers." Stanford Corporate Partners webinar (broadcast internationally). Stanford, CA. 1/16/17.

48. "The Role of Psychology in Pain and Pain Treatment." Stanford Medical Students (Continuity of Care course). Stanford, CA. 1/12/17.

49. "Research in the Division of Pain Medicine." Dept. of Anesthesiology, Perioperative and Pain Medicine. Stanford Hospital. Stanford, CA. 9/01/16

50. "Research in the Division of Pain Medicine." Dept. of Anesthesiology, Perioperative and Pain Medicine. Systems Neuroscience and Pain Lab. Palo Alto, CA. 8/31/16

51. Chair, Ethics SIG meeting at the annual scientific conference of the American Pain Society. "Ethical Imperative of Pain Education." SIG Guest speaker, Dr. Keela Herr. Austin, TX. 5/12/16.

52. "Empowering Chronic Pain Patients with Pain Psychology." Stanford University, Med School 101. Stanford, CA. 4/29/16.

53. "Pain Psychology: Opening the Medicine Box in Your Mind." Marfan Foundation National Speaker series. Stanford, CA. 1/30/16. (webcast internationally)

54. "Pain Psychology: Opening the Medicine Box in Your Mind." Stanford Health Library Series. Stanford, CA. 11/5/15 (capacity audience; live-streamed, recorded and posted online).

55. "Opening the Medicine Box in Your Mind." Stanford Free Back Pain Education Day. Stanford, CA. 9/13/15.

56. "Changing Pain, Brain and Behavior." Research and Development presentation, Department of Anesthesiology, Perioperative and Pain Medicine, Stanford University, Stanford, CA: 3/10/15.

57. "Perioperative Pain Psychology." Stanford University Colorectal Surgery group, Stanford, CA: 1/27/15.

58. "Pain Psychology: Harness the Power of Your Brain." Stanford University and Western Pain Society all-day event for people living with chronic pain, Stanford, CA: 9/21/14.

59. **Session Chair and Panel Speaker. "Ethical Topics in Chronic Pain." (Panelists: Stacey BR, Chou R, Scheman J, Darnall BD). Ethics SIG meeting for the 2014 Annual meeting of the American Pain Society. Tampa, FL: 4/29/14.**

60. "Less Pain, Fewer Pills: Optimizing the Mind-Body Connection in Women with Chronic Pain." The 2013 Women's Health Forum, Stanford University: 5/15/13.

61. **Session Chair and Panel Speaker. "The Industry Conundrum: The role of industry funding within the APS and at the national conference." (Panelists: Schatman M, Jarvis M, Manworren R, Peppin J, Darnall BD). Ethics SIG meeting for the 2013 Annual meeting of the American Pain Society. New Orleans, LA: 5/9/13.**

National Education Sessions for People with Chronic Pain

1. Empowered Relief®. Marfan Foundation. November 12, 2025.
2. Empowered Relief®. Humana Neighborhood. National session. October 21, 2021.
3. Empowered Relief®. Humana Neighborhood. National session. October 18, 2021.
4. Empowered Relief®. Humana Neighborhood. National session. October 14, 2021.

INTERNATIONAL RESEARCH & EDUCATION PROJECTS

Research Director

Directed a collaboration between the Universidade Federal de Minas Gerais School of Medicine, Belo Horizonte, Brazil, the University of New Mexico and the University of Colorado (5/95-5/96). Published the first prevalence data for eating disordered behaviors among Brazilian adolescents. Darnall BD, Smith JE, Craighead LW, & Lamounier JA. "Modification of the Cognitive Model for Bulimia via Path Analysis on a Brazilian Adolescent Sample." *Addictive Behaviors 1999; 24 (1): 47-57*

Empowered Relief® Clinician Certification Workshops

Empowered Relief® is a 1-session pain relief skills class created by Beth Darnall and copyrighted/trademarked in combination with Stanford University ©2013-present. Empowered Relief research is conducted by various PIs and funded by the NIH (NCCIH, NINR, Collaboratory), PCORI, CIHR, ASPMN, and the DoD. The Stanford Office for Continuing Medical Education authorizes training and certification of licensed clinicians of various professional disciplines (e.g., physicians, nurses, psychologists, physical therapists, etc) to deliver Empowered Relief. Website for continuing education and other details:
https://empoweredrelief.stanford.edu

Past and upcoming* Empowered Relief® 11-hour CME certification workshops include:

1. March 16-17, 2019 – Stanford University, Palo Alto, CA, USA.
2. August 26-27, 2019 – Stanford University, Palo Alto, CA, USA.
3. November 8-9, 2019 – McGill University, Montreal, Quebec, Canada.
4. February 11-12, 2020 – San Diego Pain Summit, San Diego, CA USA.
5. May 7-8, 2020 – Fort Collins, CO, USA (postponed due to COVID)
6. June 17-19 – McGill University, Montreal, Quebec, Canada (postponed due to COVID)
7. July 22-23, 2020 – Stanford University, Palo Alto, CA USA (postponed due to COVID)
8. October 1-2, 2020 – International online certification workshop
9. December 11-12, 2020 – International online certification workshop
10. February 22-23, 2021 – International online certification workshop
11. April 28-29, 2021 – International online certification workshop
12. July 22-23, 2021– International online certification workshop
13. October 8-9, 2021 – International online certification workshop
14. January 27-28, 2022 – International online certification workshop
15. April 25-26, 2022 -- International online certification workshop
16. July 19-22, 2022 –online certification workshop for Humana
17. August 1-2, 2022 -- International online certification workshop
18. November 2-3, 2022 – International online certification workshop
19. February 6-7, 2023 – International online certification workshop
20. May 18-19, 2023 – International online certification workshop
21. July 24-26, 2023 – International online certification workshop
22. September 25-26, 2023 – Monterey, CA USA (Institute for Brain Potential)
23. December 3-4, 2023 -- International online certification workshop
24. February 18-19, 2024 – International online certification workshop
25. March 3-4, 2024 –online certification workshop for California Department of Corrections and Rehabilitation
26. May 13-14, 2024 -- International online certification workshop
27. August 22-23, 2024 -- International online certification workshop
28. November 6-7, 2024 -- International online certification workshop
29. February 18-19, 2025 -- International online certification workshop
30. June 11-12, 2025 -- International online certification workshop
31. September 16-17, 2025-- International online certification workshop
32. December 4-5, 2025-- International online certification workshop
33. March 19-20, 2026—International online certification workshop

34. June 29-30, 2026-- International online certification workshop
35. September 2-3, 2026-- International online certification workshop

Mirror Therapy workshops

Primary developer and instructor for a full-day workshop that trained Vietnamese physicians and allied healthcare professionals in mirror therapy to treat phantom pain. Delivered workshops in 3 cities in 3 regions of Vietnam (N = 167). Workshops included live Vietnamese translation and back-translated printed materials. Participants became certified mirror therapy practitioners and trainers. Collaborators included Drs. Nguyen and End the Pain Project. Project funded by a grant from the International Association for the Study of Pain (IASP).
Certification workshops delivered:

- Phuong Chau International Obstetrics Gynecology Hospital, Can Tho, Vietnam: 11/26/11.
- Quang Tri Province, Dong Ha, Vietnam: 11/30/11.
- Vietnamese Training Centre for Orthopaedic Technologist, Hanoi, Vietnam: 12/3/11.

CME CONFERENCE LEADERSHIP

International Conference Planning

2023 **Invited Psychology Symposia Track Conference Planner, Speaker, and Session Chair:** World Institute of Pain (WIP) 2023 Annual conference in Antalya, Turkey.

National and Regional Conference Co-Chair

2022 **Co-Chair:** American Academy of Pain Medicine 2022 Annual Conference (with Drs. Marie Hanna and Salman Hirani).

2014 **Co-Chair:** Stanford, Western Pain Society, and the American Academy of Pain Medicine: *Conquering Pain Locally, Regionally, and Nationally*. Co-Chaired this 3-day CME conference with Dr. Sean Mackey. Stanford, CA: September 19-21.

American Academy of Pain Medicine

2021-2022 Co-Chair of the 2022 Annual Meeting of the American Academy of Pain Medicine

2015-2021 Annual Conference Committee (invited).

2016-2021 Steering Committee for the AAPM Annual Conference. This invited committee is responsible for planning the content of the annual conference, vetting and prioritizing sessions and workshop proposals. Includes an in-person planning meeting in Chicago 6-8 months prior to the conference date.

American Pain Society Annual Meeting Scientific Program Committee

2011-2014 American Pain Society annual scientific conferences. The committee reviews workshop and symposia proposals for the annual scientific conference, attend a full-day committee meeting in Chicago, plan conference content and areas of emphasis, and vet applications for ethical considerations and conflicts of interest. Each member rates and vets roughly 60 symposia proposals and 100 scientific abstracts for potential paper or poster presentation.

Regional and Local Conference Planning Committees

2020 Kauai Pain Conference, Program Committee for the February 2020 conference, Lihue, HI.
2018 Kauai Pain Conference, Program Committee for the March 2-3, 2018 conference, Lihue, HI.
2009-2012 Pain Society of Oregon, annual clinical conferences.
2011-2012 "OHSU Pain Day: Scientific and Clinical Updates." Pain Awareness and Information Network; Program committee. Played an integral role in the inaugural conference in 2011.

MENTORING

Current

Faculty Mentor, The Stanford Center for Clinical and Translational Research and Education (CTSA)
Council of Mentors
PD: Ruth O'Hara
2018- present

Faculty Mentor, NIDA Stanford T-32 post-doctoral fellowship mentor for pain and opioid related research
PD: Sean Mackey
2017- present

Individual Mentees

Troy Dildine, PhD
Stanford Pain T32 Postdoctoral Fellow

Kendall Gedeon, MA
Palo Alto University, clinical psychology doctoral candidate
Darnall, Dissertation Chair (2024-2026)

Samsuk Kim, PhD
NIDA T32 fellow (2023- present; primary mentor)

Rena "Liz" Courtney, PhD
Assistant Professor, University of Virginia
Salem, VA, VAMC (2023- present; primary and secondary mentor)
Rural CDA-1 recipient

Nini Callan, ND
Assistant Professor, National University of Natural Medicine

Edward Lannon, PhD (*NIH K-Award Mentee)*
NINDS K23 (2023- present; co-mentor)

Drew Sturgeon, PhD (*NIH K-Award Mentee)*
NINDS K23 (2022-2027; co-mentor)
University of Michigan Assistant Professor

Lauren Harrison, PhD (*NIH K-Award Mentee)*
NINDS K23 (2021-2026; co-mentor)

Lola Falasinnu, PhD (*NIH K-Award Mentee)*
Assistant Professor, Dept. of Rheumatology, Stanford University School of Medicine
NIAMS K01 Awardee (2021-2026; co-mentor)

Former Mentees

Behnaz Jarrahi, PhD (*NIH K-Award Mentee)*
NIAMS K01 Awardee (2020-2025; co-mentor)
Former post-doctoral research fellow

Desiree R Azizoddin, PsyD (*NIH K-Award Mentee)*
Assistant Professor, Dana Farber Cancer Institute
Harvard Medical School
NCI K08

Maisa Ziadni, PhD (*NIH K-Award Mentee)*
NIDA K23 (2019-2024)
Stanford Clinical Assistant Professor
Former NIDA T-32 post-doctoral fellow, 2016-2019 (co-mentor)

Sophia Dokyoung You, PhD (*NIH K-Award Mentee)*
NIDA K23 (2019-2024; co-mentor)
Research Assistant Professor, University of Oklahoma

Karlyn Edwards, PhD
NIDA T32 fellow (2021-2023)

Gail Larsen, MD, MPH
Primary research mentor, 2007
Supported by the Medical Student Anesthesia Research Fellowship
Foundation for Anesthesia and Education Research (FAER)
"The Effects of Sleep on the Immunologic Response to Negative Cognition in Persons with Chronic Pain."

Katie Volpe, MD
Primary research mentor, 2008-2010
"Relationship of childbirth self-efficacy to prolonged second stage of labor."

Aaron Reposar, MD
Primary research mentor, 2010
Supported by the Medical Student Anesthesia Research Fellowship
Foundation for Anesthesia and Education Research (FAER)

"Pain Catastrophizing and Birth Satisfaction in a Sample of Healthy Nulliparious Women."

Omar Halawaa, MD
Primary research mentor, 2011
Project: "Religiosity and Cancer Pain Experience: An international study." Collaboration with researchers at OHSU, UNC Chapel Hill, and Saudi Arabia.

Chloe Taub, PhD
Primary research mentor, 2014-2015
Stanford undergraduate; received the Robert A. Zajonic research award.
Topic: Sensory Perception Changes Following a Pain Catastrophizing Induction in Women with Chronic Pain: A Quantitative Sensory Testing Study.

Yasamin Sharifzadeh, MD
Co-mentor with Drs. Mackey and Kao, 2014-2015
Topic: Opioid prescription is predicted by novel sub-clinical range of pain catastrophizing: Discovery from resampling nonparametric modeling.

Junie Carriere, PhD
Primary mentor, pre-doctoral research internship, 07/15-12/15
Supported by Fonds de Recherche Quebec Sante Master's Training Award.
Topic: Pain Catastrophizing and its association with perceived injustice and acceptance.

DISSERTATION EVALUATOR

Anne Burke, doctoral candidate (2018)
University of Adelaide, Adelaide, Australia

Robert Schutz, doctoral candidate (2017)
Curtin University, Perth, Western Australia

EDITORIAL ACTIVITIES

Editorial Board

MedPage Today (2020- present)

Pain Medicine (Section Editor, 2013-2018)

Ad Hoc Reviewer

PLOS One
JAMA Internal Medicine
Brain, Behavior & Immunity
PAIN®
PCORI scientific publications reviewer
Journal of Substance Abuse Treatment
Regional Anesthesia & Pain Medicine
Clinical Journal of Pain
Journal of Pain
British Medical Journal

American Journal of Physical Medicine and Rehabilitation
Journal of Healthcare for the Poor and Underserved
European Journal of Integrative Medicine
Women's Health Issues
Journal of Pain and Symptom Management
Journal of Pain Research
Pain Medicine
Journal of Medical Internet Research
British Journal of Pain
American Journal of Public Health
Family Medicine and Community Health
Biological Psychiatry
Annals of Internal Medicine

Invited Reviewer, U.S. Federal Guidance and Reviews

- *AHRQ Integrated Pain Management Programs and Multidisciplinary, Multi-modal Treatment Models* (2021)
- *AHRQ* Evidence-based Practice Center Program report: *Treatments for Acute Episodic Migraine*. (2020)
- *AHRQ Evidence-based Practice Center systematic review on pain treatment* (2020)
- *HHS Guide for Clinicians on the Appropriate Dosage Reduction or Discontinuation of Long-Term Opioid Analgesics* (2019)

Study Section and Other Grant Review

NIH Study Section

- Co-Chair, NIH 2026 ZRG1 CCHI- N, Panel meeting April 24, 2026
- NIH, ZRG1 CCHI - U (57), PAR Panel meeting, January 5-6, 2026
- NIH, HEAL 2025/05 ZRG1 CCHI-W (57), April 16, 2025
- NIH study section, March 20, 2023
- NCCIH; special emphasis panel, February 24-25, 2022
- NIH, Addiction Risks and Mechanisms (ARM). June, 2020.
- NCCIH; U01/R34 review, February 2019

National Science Foundation (NSF)

- Invited grant reviewer, 2024

Centers for Disease Control and Prevention (CDC)

- Invited to review CDC pain-related scientific grant applications, 2021

U.S. Department of Defense and U.S. Army

- Chair, Study Section, Pain management grants. October, 2020.
- The Scientific Peer Advisory and Review Services Division of the American Institute of Biological Sciences (on behalf of US Army Medical Research and Materiel Command); 2012.

International

- Raine Medical Research Foundation –Australia; July 2022.
- KWF Kankerbestrijding – Dutch Cancer Society (DCS); September 2019

American Pain Society

- Future Leaders in Pain Research; 2013, 2014, 2015, 2016, 2018
- Sharon S. Keller research awards; 2013, 2014, 2015, 2016, 2017

Oregon Health & Science University

- Center for Women's Health & Department of Obstetrics/Gynecology (Circle of Giving Research Awards); 2009, 2010, 2011, 2012.

Membership in Professional Societies

International Association for the Study of Pain (2006-present)
US Association for the Study of Pain (2020- present)
Foundation for Education and Research in Anesthesia (2021- present)
American Academy of Pain Medicine (2010-present)
American Society of Regional Anesthesia and Pain Medicine (2022-present)
National Register for Health Care Providers in Psychology (2004-present)
Association for Psychological Science (2017- present)
American Psychological Association (2014- present)
Association of University Anesthesiologists (2015-present)
American Pain Society (2006-2019)
Pain Society of Oregon (2009-2012)

LEADERSHIP IN FEDERAL & PROFESSIONAL ORGANIZATIONS

International & National Organizations

Organizational Board of Directors and Advisory Roles

2026-2030 Board of Directors, **United States Association for the Study of Pain**

2023 Board of Directors, **American Academy of Pain Medicine**

2022-2025 Medical Advisory Board, **Facial Pain Association**

2021-2022 Scientific Advisory Board, **National Pain Advocacy Center**

2020-2026 Board of Directors, **Institute for Brain Potential**

National Institutes of Health (NIH)

2020-2025 NIH Interagency Pain Research Coordinating Committee (IPRCC) (Scientific Member)
Appointed to the IPRCC by U.S. HHS Secretary Alex Azar as a Scientific Member. Charge to the IPRCC includes: (1) develop a summary of major advances in pain care research supported by Federal Agencies relevant to the diagnosis, prevention, and treatment of pain; (2) identify critical gaps and duplications in basic and clinical pain research across Federal Agencies; (3) make recommendations on how best to disseminate information on pain care; and (4) make recommendations on how to expand public-private partnerships to expand collaborative cross-cutting research.

International Association for the Study of Pain (IASP)

2024 – present Education Programs Working Group (EPWG)

2016-2018 Elected Member, IASP Education Initiatives Working Group (EIWG)

U.S. Association for the Study of Pain (USASP)

2027-2029 **President (upcoming 2 year term)**
2026-2027 **President-Designate**
2026-2030 **Executive Leadership Committee**
2026-2030 **Board of Directors**
2026- **Co-Chair, Nominations Committee**
2021 ***Journal of Pain* Task Force Member**. Vetted candidates and made recommendations to the Board of Directors for the next editor-in-chief of the *Journal of Pain*.

American Pain Society (APS)

2013-2019 **Grant Reviewer, APS** Future Leaders in Pain Research and the Sharon S. Keller Research Award (see "grant review" section for specific years).

2013-2016 **Chair, APS Ethics Shared Interest Group**. Chair of SIG steering committee and SIG programming for the annual APS scientific conferences.

2010-2015 **APS Ethics Committee**. The purpose of this committee is to initiate, review and advocate for ethical pain policy and ethical pain care. Members attend yearly meetings, teleconference and/or e-conference regularly and provide recommendations on relevant issues.

2015-2018 **APS Clinical Resources and Guidelines Committee.** The purpose of this committee is to the clinical practice resource needs of the professional pain community and lead the development of both revenue and value enhancement products, including clinical practice guidelines, to support the provision of quality evidence-based clinical pain care. Chair: Keela Herr, RN, PhD

2011-2014 **APS Scientific Program Committee** (see National CME Conference Leadership)

2012-2015 **APS Clinical Practice Guidelines Committee and Co-Author**. Developed guidelines for clinicians who treat chronic and acute pain patients. Committee considerations include best practices, evidence-based treatment, and ethics. Charge includes teleconferencing and attending a meeting at the annual conference.

2014-2015 **APS Committee on the Principles of Analgesic Use in the Treatment of Acute Pain and Cancer Pain**. Co-Author for the 2016 *APS Principles of Analgesic Use 7th edition.* Committee Chair: Chris Herndon, PharmD

2011-2013 **Steering Committee, APS Ethics SIG**. Developed content for Ethics SIG panel at the annual scientific conference. Online and teleconference meetings to discuss and resolve issues relevant to the SIG.

2012-2013 **APS Leadership Development Committee (Nominating Committee)**. This committee membership of APS with candidates for all elected offices.

American Academy of Pain Medicine (AAPM)

2021-2023 **Board of Directors**

2019-2020 **Invited Member, Opioid Reduction Consensus Committee**.

2018-2022 **Co-Chair, Behavioral Medicine Committee (Presidential appointment)**. Co-Chair with Ajay Wasan, MD. Purpose of this committee is to address the need for education on behavioral medicine and psychological issues in treating a pain patient; expand the presence of behavioral pain medicine professionals in AAPM through membership; and monitor and report to the Executive Committee and membership on developments and emerging research in the area of behavioral pain medicine.

2017-2021 **Opioid Advisory Committee (invited member)**. Chaired by Ed Covington, MD. The purpose of this committee is to monitor developments relating to opioids as addressed in the legislative and regulatory process; consumer media; and professional publications; provide the AAPM Executive Committee with initial review and analysis of these developments and propose and/or prepare AAPM responses (including public statements, educational programs, and Academy position statements).

2017-2020 **Scientific Review and Guidelines Committee (invited member)**. The purpose of this committee is to review external guidelines in development so that AAPM can provide recommendation regarding content development and position statements related to their public release.

2015-2020 **Co-Chair, Behavioral Medicine / Pain Psychology Shared Interest Group**. Co-Chair with Judith Scheman, PhD, and Sean Mackey, PhD, MD. Co-founded the AAPM Pain Psychology SIG. Membership is multidisciplinary and open to all interested AAPM members. In-person SIG meetings take place at the annual AAPM conference.

2015-2017 **Co-Chair, Pain Psychology Task Force.** Co-Chair with Sean Mackey, MD, PhD and Judith Scheman, PhD, established the first national task force dedicated to Pain Psychology. Efforts include quantifying national clinical needs and barriers to meeting current needs.

2015-2021 **Annual Meeting Planning Committee**. Invited Member. This committee is charged with the strategic planning and needs assessment related to the overall educational content selection (live programming and chair oversight of Scientific Poster Abstract Committee) content review, faculty recruitment and onsite program evaluation of Annual Meeting education related activities. Committee Chairs: Drs. Steven Cohen & Patrick Tighe.

2016-2021 **Annual Conference Steering Committee**. Invited Member selected from the overall Planning Committee (above) to steer the overall annual meeting and content emphasis.

2015-2017 **AAPM Lead, Collaborative Intermountain Healthcare Working Group.** Invited by President Bill McCarberg. This pilot project sought to enhance and integrate pain psychology into Intermountain Primary Care chronic pain care.

2013-2018 **Ethics Council**. Appointed Member. The Ethics Council provides advisement to the AAPM Board of Directors regarding ethical and conflict of interest issues within the organization and also nationally within the discipline of pain medicine; drafted current AAPM Conflict of Interest policy.

2014-2015 **Co-Chair, Membership Task Force** (with Dr. Perry Fine). Made recommendations to the board of directors toward the goal of increasing non-physician membership in the Academy while retaining the Academy's existing power / leadership structure. The Board of Directors adopted our recommendations and changed the current membership bylaws to be more inclusive. Received a 2015 Presidential Commendation (shared with Co-Chair Dr. Perry Fine) for our work.

2014-present **Interdisciplinary Shared Interest Group.** Member.

2019-present **Academic Medicine Shared Interest Group**. Member.

American College of Occupational and Environmental Medicine

2016-2017 **Committee Member and Co-Author** of the 2018 *ACOEM Chronic Pain Guideline*.

Pain Action Initiative 2010 National Task Force

2010-2011 **Task force member**. The purpose: to develop a national strategic plan for improving treatment of chronic pain and to move the initiative forward to the policy level.

International Association for the Study of Pain, International Pain Summit

2010 Montreal, Canada 9/03/10.
U.S. Delegate. Participated in the International Pain Summit as a U.S. delegate of the International Association for the Study of pain, along with delegates from 84 nations, to discuss crucial aspects of pain management with a focus on advocacy and assistance for all countries to develop national pain strategies. Drafted language for an IASP International Bill of Human Rights regarding pain management, intended to influence global pain policy; ratified in the Fall of 2010 by the IASP Council as the "Declaration of Montreal".

American Chronic Pain Association

2014-2018 **Committee Member and Co-Author.** The *ACPA Resource Guide to Chronic Pain Medication and Treatment* for 2015, 2016, 2018. Project Lead: Steven Feinberg, MD

Regional Leadership

Pain Society of Oregon

2012 **President** (presided over 3 regional chapters: Portland, Eugene and Bend)

2012 **Representative to the Western Pain Society Board of Directors** (with voting rights)

2011-2012 **Chair**, Board of Directors, Portland Chapter

2010-2012 **Board of Directors**

2010-2012 **Chair,** Portland Education Committee

2011 **Steering Committee**, 2011 Annual conference (October, Eugene, OR)

2010 **Steering Committee**, 2010 Annual conference (May 21-22, Portland, OR)

2009-2012 **Steering Committee**, Portland Chapter

Institutional Leadership

Stanford University

2018 - Co-chair, Pain Management Task Force; Stanford Hospital and Clinics (with Einar Ottestad, MD). Chair of the Pain Education Subcommittee of the PMTF.

2016 - 2018 Chair-Designated Departmental Representative to the Stanford Women and Sex Differences in Medicine Center (WSDM)

Oregon Health & Science University (OHSU)

2010-2012 OHSU Women in Academic Medicine Committee

2010-2011 Pain Awareness and Information Network; inaugural conference

2010-2011 Program Committee, "OHSU Pain Day: Scientific and Clinical Updates"

2010-2011 OHSU Division of Psychology Steering Committee

2010-2011 OHSU Clinical Research Management System Investigator Advisory Committee

2011-2012 Pain Awareness and Information Network; Program committee, "OHSU Pain Day: Scientific and Clinical Updates"

2011-2012 OHSU Center for Integrative Medicine development task force

Departmental Committee

2023-2025 Pain Division Representative, Research Advisory Committee, Department of Anesthesiology, Perioperative and Pain Medicine. Stanford University School of Medicine. (quarterly meetings, annual Departmental grant reviews and study section)

2016 Research working group. Stanford University, Department of Anesthesiology, Perioperative and Pain Medicine.

2012 Faculty Development and Mentoring Committee, Stanford University, Department of Anesthesiology, Perioperative and Pain Medicine

2011 Clinical Research Committee, OHSU, Department of Anesthesiology and Perioperative Medicine

Pro-Bono Clinical Care and Community Service:

Pro-bono pain psychology classes for patients of the Stanford Pain Management Center and their family members. (2013-2016).

Volunteer psychologist, Returning Veterans Northwest, Portland, OR (2007-2009)

Pro-bono pain psychology, select underinsured patients, OHSU Comprehensive Pain Center (2005-2012)

Mentor for Northwest Web Mentoring, a mentoring program for at-risk youth, Portland, OR (2007)

Stanford Opioid Tapering Toolkit (September 2026)

Led the creation and publication of this free public resource and implementation toolkit for prescription opioid tapering. Based on our published research methods, it includes resources for clinicians (how-to expert led videos, an opioid tapering calculator, our EMPOWER study patient-centered opioid tapering clinician manual, and a host of resources for patients and families on opioid tapering and pain management. https://opioidtaperingtoolkit.stanford.edu/

PRODUCTS DEVELOPED

Products and Treatments

1. *Psychological Treatment for Chronic Pain* Training DVD ©2018, American Psychological Association. 90-minute clinician-training video with client demonstration.

2. *Enhanced Pain Management: Binaural Relaxation* ©2013 Stanford University. 20-minute binaural relaxation audio program; copyrighted by Stanford University and licensed to Bull Publishing.

3. *Do It Yourself Mirror Therapy* ©2010 Oregon Health & Science University (OHSU Technology Transfer product ID #1538). 13-minute mirror-therapy DVD for phantom limb pain; received the 2010 OHSU Innovation in Technology Award. Validation: Darnall & Li, *J Rehabil Med* 2012;44:254–260; Darnall, *Am J Phys Med Rehabil* 2009;88(1):78–81.

4. *Pain Management Skills CD* ©2010 Oregon Health & Science University (OHSU Technology Transfer product ID #1513). 22-minute binaural audio program.

TREATMENTS DEVELOPED

Clinical / Research Treatment Curriculum

1. *My Surgical Success* ©2015. Single-session perioperative digital behavioral pain medicine program copyrighted by Stanford University (later incorporated into *Empowered Relief*® for Surgery). Validation: Darnall et al., *Pain Med* 2019;20(11):2228–2237 (breast cancer surgery RCT); Ziadni et al., *Anesth Analg* 2022;135(2):394–405 (orthopedic trauma surgery RCT).

2. *Empowered Relief*® 2013–present. Stanford-copyrighted, single-session, skills-based behavioral pain-relief treatment that exists in multiple forms tailored to specific populations and contexts (e.g., surgery, military, veterans, peripartum, youth). Initial validation in chronic low back pain with multiple subsequent published trials: Darnall et al., *JAMA Netw Open* 2021;4(8):e2113401.

CONSULTANCY AND ADVISORY ROLES

National University of Natural Medicine

2023-2024 NCCIH BRIDG T90/R90 Institutional Postdoctoral Training Grant.
MPDs: Cathryn Booth-LaForce, Yvonne Lin, Ryan Bradley, and Heather Zwickey
Darnall Role: Scientific Advisor.

AppliedVR

2019- **Chief Science Advisor**. Advised on clinical development, research strategy, and regulatory evidence supporting FDA authorization of EaseVRx.

2018-2019 **Advisor**. This consultancy role involved advising on an array of outpatient and inpatient pain management digital therapeutics, content development, and research strategy.

Cedars-Sinai Healthcare

2017 **Developer of the Cedars Pain Psychology Program.** Consultancy role involves developing pain psychology program materials for physicians, allied clinicians and patients. Includes tailored CME lectures and a tailored 8-session CBT protocol. Developed and delivered a 3-hour opioid reduction workshop for Cedars pharmacists and primary care physicians.

U.S. Air Force

2017- 2018 **Expert Reviewer for Opioid Risk Mitigation Tools** for (AF Grant # FA8650-15-C-658) entitled Implementing Prescription Monitoring to Mitigate Drug Misuse and Abuse among Military Personnel.

Arthritis Foundation

2016 **Medical Content Advisor** for online pain education materials for the patient Toolkits.

Clinical Pain Advisor

2016-2018 **Editorial Advisory Board** for online and print materials.

American Society of Pain Educators

2015 **Pain psychology content expert** for an interdisciplinary professional committee that assisted with content development for the updated Certified Pain Educator Exam.

MyStrength

2015 **National expert consultant, content development.** MyStrength is an online and mobile tool that serves as a treatment extender for healthcare providers and payers. MyStrength is a partner with the National Council for Behavior Health and over 30 clinical networks nationwide. My role was to advise in the content development for an online pain psychology treatment package for patients.

Axial Healthcare

2014-2019 **National Scientific Advisory Board**. This for-profit company conducts big data analytics and risk stratification for payers of patients with chronic pain. Axial also optimizes the care delivery network and connects patients to non-pharmacologic pain management resources.

Office for Research on Women's Health

2013 ORWH website scientific advisory panel.

MedScape Neurology

2013 Invited moderator for a 'virtual' debate on opioids for chronic pain. Panelists: Jane Ballantyne, MD, Charles Argoff, MD, and Michael Schatman, PhD. .

Quantia MD

2012 Expert for online module for primary care physicians: "Opioid Use in Women with Chronic Pain."

St. Jude Medical

2012 Invited speaker, "Women in Neuromodulation" national training seminar (topic: pain psychology), 9/22-9/23; Dallas, TX.

ORCAS

2011-2012 Consultant for program development for Phase II of the NIH-funded project, ORCAS (R44-AR054652-02A2), with a goal of developing an online, multidisciplinary intervention to manage and prevent nonspecific low back pain.

Swedish Medical Center

2010-2011 Consultant for the development and refinement of an online continuing medical education program for providers prescribing opioids (Dr. Gordon Irving). Served as consultant for a second project regarding the development and refinement of an online self-management program for chronic pain patients taking prescription opioids.

REGIONAL PUBLIC EDUCATION

Co-Chair, 2016 Stanford Free Back Pain Education Day (Co-Chair Dr. Sean Mackey).
This day long community education event will host 600 people from living with back pain. The event is live streamed globally. Co-Sponsored by Stanford Hospital and Clinics and the Division of Pain Medicine. Stanford University, September 11, 2016.

Co-Chair, 2015 Stanford Free Back Pain Education Day (Co-Chair Dr. Sean Mackey).
This day long community education event will host up to 350 people from living with back pain. Highlights include topics on Pain and the Brain, Gold Standard Self-Management, Acupuncture, Pain Psychology, and Movement as Medicine for Back Pain. Stanford University, September 13, 2015. The event received national coverage (*National Pain Report*) and was featured on "Good Morning America" on Sept. 14, 2015.

Co-Chair, 2014 Stanford Free Chronic Pain Education Day (Co-Chair Dr. Sean Mackey)
This all day public education event included 6 Stanford and national speakers on various topics, was open to the public and free. Stanford University, September 21, 2014. (350 registrants)

INTERNATIONAL PUBLIC EDUCATION

Columnist

1. ***Huffington Post*** Canada. (2016)

05/20/16 "7 Tips for Tapering Off Opioids" (Darnall BD)

05/27/16 "Quieting Your Harm Alarm" (Darnall BD)

06/05/16 "Opioids Limits Alone Is Not a Sustainable Pain Care Plan" (Darnall BD)

National Pain Report (June 2013 –2014)

06/04/13 "Why Do Women Have More Pain Than Men?" (Darnall BD)

11/26/13 "What To Do When Someone Doubts Your Pain." (Darnall BD)

12/18/13 "Chronic Pain and Overeating." (Darnall BD)

07/23/14 "How Do I Find a Pain Psychologist?" (Darnall BD)

2. ***Psychology Today*** "Empowered Relief" blog *https://www.psychologytoday.com/us/blog/empowered-relief*

06/23/14 "Pain Relief and Behavioral Medicine" (Darnall BD)

07/14/14 "What is a Pain Psychologist?" (Darnall BD)

08/25/14 "How to Get the Most out of Medical Treatment for Pain (Darnall BD)

09/25/14 "Your Psychology Affects Your Response to Medical Treatments." (Darnall BD)

12/03/14 "Social Pain = Physical Pain: 5 Tips for Relief." (Darnall BD)

12/16/14 "9 Tips to Stop Anger and Injustice from Hurting You" (Darnall BD)

01/09/15 "Love and Pain" (Darnall BD)

03/01/15 "Fear and Pain Can Alter Memory" (Darnall BD)

09/22/15 "Opening the Medicine Box in Your Mind" (Darnall BD)

03/20/16 "Pain Psychology for Women: 5 Tips for Pain Relief (Darnall BD)

08/28/16 "Behavioral Medicine for Chronic Pain" (Darnall BD)

01/19/18 "The Power of Mindset Science for Pain Relief and Health" (Darnall BD)

01/29/20 "Empowered Relief: Meeting the Needs of a Nation with Pain" (Darnall BD)

03/30/20 "The COVID-19 Wellness and Coping Toolkit (Darnall BD)

Other Authorings

03/10/16 "How Psychologists, Physicians Can Coexist in Pain Medicine" (Darnall BD) http://bit.ly/1P23KXA *Clinical Health Advisor*

02/09/18 "Pain Specialist Dr. Beth Darnall Presented at the World Economic Forum Annual Meeting: Here are Her Takeaways." (Darnall BD). *Clinical Pain Advisor* *https://www.clinicalpainadvisor.com/complementary-and-alternative-medicine/beth-darnall-world-economic-forum-davos-pain-education-pain-relief-psychology/article/742818/*

03/27/20 *MedPage Today* article "Staying Sane and Current on COVID-19" (Darnall BD). https://www.medpagetoday.com/infectiousdisease/covid19/85660

05/15/20 *Stanford Pain News* article "An Interview with Ed Coghlan" (Darnall BD). https://painnews.stanford.edu/2020/05/the-national-pain-report-closes-its-doors-an-interview-with-ed-coghlan/

SELECTED MEDIA COVERAGE

- 2010 invited expert guest on **KATU TV's *AM Northwest*** live morning talk show: "Pain psychology for women."

- 2011 ***ABC News*** health story (**author: Susan Donaldson James**)
  Chronic pain is no laughing matter features Dr. Darnall's clinical work with women and discusses her upcoming keynote presentation at the Women in Pain 4th annual conference in Los Angeles, CA.

- 2012 ***KATU-TV*** featured Dr. Darnall's 90 second video segment "Pain & the Brain" in the *"Did you know?"* scientific expert series (sponsored by the OHSU Brain Institute and the Oregon Museum of Science and Industry). Commercial segments aired throughout the day and during primetime in November and December 2011 and throughout January 2012 (viewership 24,000 per run).

- 04/16 ***The San Francisco Chronicle*** publishes Dr. Darnall's OpEd piece "Treating Pain Requires More Than a Pill". http://www.sfchronicle.com/opinion/openforum/article/Treating-pain-requires-more-than-a-pill-7223395.php?t=4cf03f7ee2&cmpid=twitter-premium

- 08/16 ***Bloomberg Technology*** quotes Beth Darnall, PhD as a pain expert in a story on virtual reality as a pain relief tool: "Hospitals Try Giving Patients a Dose of VR" (**Authors: Ian King and Caroline Chen**). Reposted in ***The Washington Post***. http://www.bloomberg.com/news/articles/2016-08-29/hospitals-try-giving-patients-a-dose-of-vr

- 08/16 ***New York Magazine*** features Beth Darnall, PhD's scientific opinion in the story "Is Menopause Partly to Blame for Record Painkiller Addiction Among White Women?" (**author Susan Rinkunas**). http://nymag.com/thecut/2016/08/is-menopause-behind-white-womens-painkiller-addiction.html

- 10/16 ***The Guardian*** publishes **Liza Aufrichtig's** story "Period pain: why do so many women suffer from menstrual cramps in silence?" and includes Beth Darnall as a pain expert. https://www.theguardian.com/lifeandstyle/2016/oct/24/period-pain-menstruation-cramps-dysmenorrhea

- 05/17 ***Scientific American*** Mind features Beth Darnall's patient care in "Treating Pain Without Pills" May 2017 issue. (**author: Stephani Sutherland, PhD**) https://www.scientificamerican.com/article/treating-pain-without-pills/

- 05/17 ***APNews.com*** includes Beth Darnall's opinion in the story "Overcoming Opioids: When pills are a hospital's last resort" (**author: Lauran Neergaard**). https://apnews.com/0fd8950a4218412c9c12f18505bc3d96

- 08/17 ***TIME Magazine*** publishes "3 Science-backed ways to relieve pain and stress" (**authors: Seppala & Darnall**) http://time.com/4884052/how-to-relieve-pain-stress/

- 09/17 ***The Washington Post*** publishes "Stanford Researchers: The secret to overcoming the opioid crisis may lie partly in the mind." (**authors: Darnall & Seppala**) https://www.washingtonpost.com/news/inspired-life/wp/2017/09/12/stanford-researchers-the-secret-to-overcoming-the-opioid-crisis-may-be-all-in-the-mind/?utm_term=.88edee7e81fd

- 09/17 The **Patient-Centered Outcomes Research Institute (PCORI)** announces $8.8 million award to principal investigator Beth Darnall to study pain and opioid reduction in a multi-state patient-centered comparative effective trial. Press release: : https://www.pcori.org/research-results/2017/comparative-effectiveness-pain-cognitive-behavioral-therapy-and-chronic-pain

- 2/18 ***BBC World Service*** radio features Beth Darnall in The Why Factor episode "Why We Need to Learn More About Pain." (**by Sandra Kanthal**). http://www.bbc.co.uk/programmes/w3csvtc8

- 2/18 ***U.S News and World Report*** feature Beth Darnall and her research team's *JAMA Internal Medicin*e opioid tapering research in the article "Some Pain Patients Can Cut Opioid Dose and Still Get Relief". (**author: Serena Gordon**) https://health.usnews.com/health-care/articles/2018-02-21/some-pain-patients-can-cut-opioid-dose-and-still-get-relief

- 2/18 ***New England Journal of Medicine's Journal Watch*** reviews Beth Darnall and team's *JAMA Internal Medicine* research in the article "An Approach to Tapering Opioid Dosages in Patients with Chronic Pain" (**author: Thomas Schwenk, MD**) https://www.jwatch.org/na46164/2018/02/22/approach-tapering-opioid-dosages-patients-with-chronic?query=etoc_jwneuro&jwd=000012578829&jspc=

- 4/18 ***O Magazine*** includes Beth Darnall in the feature "Why Prescription Painkillers are so Addictive" (**author: Peg Rosen**).

- 4/18 ***Scientific American*** publishes Beth's invited blog describing her science on pain psychology and mindset interventions for pain relief and opioid reduction: "Change your mindset, reduce your chronic pain" (**author: Beth Darnall).**

- 4/18 ***The Washington Post*** quotes Beth Darnall in the article "Why doctors don't use alternatives to opioids" (**author: Keith Humphreys**) https://www.washingtonpost.com/news/wonk/wp/2018/04/12/why-doctors-dont-use-alternatives-to-opioids/?noredirect=on

- 5/18 ***Vox News*** includes Beth Darnall's science and opinion in this article on the role of psychology in the experience and treatment of pain. https://www.vox.com/science-and-health/2018/5/17/17276452/chronic-pain-treatment-psychology-cbt-mindfulness-evidence (**author: Brian Resnick**)

- 09/18 ***Scientific American*** features Beth Darnall in this article on prescription opioid tapering: "How to help pain patients cut back on opioids" (**author: Claudia Wallis**). https://www.scientificamerican.com/article/how-to-help-pain-patients-cut-back-on-opioids/

- 10/18 ***The Hill*** publishes **Beth Darnall's** OpEd entitled "Addressing the Dual Crises of Pain and Opioids: A Case for Patient-Centeredness in Pain Research and Treatment". October 31, 2018. https://thehill.com/opinion/healthcare/414140-addressing-the-dual-crises-of-pain-and-opioids-a-case-for-patient

- 11/18 The American Psychological Association's November issue of the ***APA Monitor on Psychology*** features Beth Darnall, her book and single-session pain psychology class in the article "The Rise of Non-Drug Pain Treatments" (**author: Lea Winerman**). http://www.apamonitor-digital.org/apamonitor/201811/MobilePagedReplica.action?pm=2&folio=46#pg49

- 12/18 ***Reuter's Health*** wire service publishes this article featuring the international stakeholder letter effort led by Beth Darnall, submitted to HHS, and published in *Pain Med*: "Rapidly taking patients off opioids might not be a good idea, experts say." This wire article was picked up by 10 news outlets in Asia, Europe and North America. (**author: Tamara Mathias**) https://www.reuters.com/article/us-health-opioid-tapering/rapidly-taking-patients-off-opioids-might-not-be-a-good-idea-experts-say-idUSKCN1OO0SO

- 01/19 ***Forbes*** publishes a feature on the international stakeholder letter effort led by Beth Darnall, submitted to HHS, and published in *Pain Med.* (**author: Joshua Cohen**) https://www.forbes.com/sites/joshuacohen/2019/01/23/the-importance-of-patient-centric-opioid-prescribing-guidelines/#5d106b7f1b7a

- 05/19 ***Consumer Reports*** May 2019 issues includes Beth Darnall's expert opinion on behavioral pain management in the article entitled "Pain Relief, Now." (**author: Teresa Carr**) https://www.consumerreports.org/chronic-pain/real-pain-relief-now/

- 05/19 ***National Public Radio*** includes Beth Darnall among pain experts on "Morning Edition" national broadcast (May 20, 2019) entitled "How the Brain Shapes Pain and Links Emotion with Ouch." (**host: Jon Hamilton**). www.npr.org

- 12/19 ***Scientific American*** features the EMPOWER study and advocacy and research efforts led by Beth Darnall in the article "Breaking the Bond of Opioids" (**author: Claudia Wallis**). https://www.scientificamerican.com/article/how-to-break-the-bonds-of-opioids/

- 2/20 ***The Guardian*** features Beth Darnall's thoughts on iatrogenic harms caused from opioid tapering. "Life after opioids: 'We have not served our patients well.'" https://www.theguardian.com/australia-news/2020/feb/16/life-after-opioids-we-have-not-served-our-patients-well (**author: Celina Ribeiro**).

- 5/20 *Today Show* interviews Beth Darnall for a 3-part COVID-19 coping series (May 2020): "Exhausted and unfocused while you're working from home? You're not alone" https://www.today.com/health/why-am-i-so-tired-unfocused-working-home-during-quarantine-t180638 (**author: Stephanie Thurrott**)

- 8/21 The **NIH issues a press release** on the Empowered Relief clinical trial results that published in *JAMA Network Open.* https://www.nccih.nih.gov/news/press-releases/nih-funded-study-suggests-a-single-skills-based-session-on-pain-management-packs-a-punch

- 8/21 Stanford University publishes a ***Scopeblog*** on the new Empowered Relief clinical trial results that published in *JAMA Network Open*. "New approach effectively relieves chronic pain." (**author: Jennifer Huber**) https://scopeblog.stanford.edu/2021/08/16/new-approach-effectively-relieves-chronic-low-back-pain/

- 11/21 ***Tulsa World*** covers Beth Darnall's Nov. 1 testimony to the Oklahoma State Legislature on the topic of iatrogenic harms from opioid deprescribing and needed patient protections. (**author: Randy Krehbiel**). https://tulsaworld.com/news/state-and-regional/govt-and-politics/opioid-crackdown-had-tremendous-fallout-with-more-suicides-drug-overdoses-among-patients-lawmakers-told/article_ae3ff49e-3b2d-11ec-b2e3-b74d9a33a2b9.html

- 11/21 ***The New York Times*** includes Beth Darnall's perspective and includes coverage of Empowered Relief® in the story "How Psychologists Can Help Treat Chronic Pain." (**author: Sushma Subramanian**) https://www.nytimes.com/2021/11/09/well/mind/psychologists-chronic-pain-therapy.html

- 11/21 ***Public Broadcasting System (PBS)*** features Beth Darnall and Empowered Relief in a documentary titled "Pain Secrets: The Science of Everyday Pain". Broadcast in November and December throughout U.S. television markets. https://www.pbs.org/video/pain-secrets-the-science-of-everyday-pain-x4agig/

- 12/21 ***Harvard Health*** features Empowered Relief in the story "A single-session class offers chronic low back pain relief" (**author: Matthew Solan**). https://www.health.harvard.edu/pain/a-single-session-class-offers-chronic-low-back-pain-relief

- 12/21 ***JAMA Network*** section on 'News from the Food and Drug Administration' publishes "Virtual Reality Device is Authorized to Relieve Back Pain." This news features the clinical virtual reality program for chronic pain co-developed by Beth Darnall. (**author: Rita Rubin**). https://jamanetwork.com/journals/jama/fullarticle/2787336

- 4/22 The ***New York Times Magazine*** quotes Beth Darnall and describes her role in the development of the AppliedVR virtual reality treatment in the article: "Can Virtual Reality Help Ease Chronic Pain?" (**author: Helen Ouyang**). https://www.nytimes.com/2022/04/26/magazine/virtual-reality-chronic-pain.html

- 8/22 ***Stanford Medicine Magazine*** include Beth Darnall's work and the science of Empowered Relief in the pain treatment feature article "Reforming Pain" (**Author: Gordy Slack**). https://stanmed.stanford.edu/2022Issue1/individualizing-pain-treatments.html

- 10/22 ***The Wall Street Journal*** includes Empowered Relief in the article "The Power of Brief Mental Health Therapies." (**Author: Dr. Jenny Taitz**). https://www.wsj.com/articles/the-power-of-brief-mental-health-therapies-11664596862

- 11/22 ***New Scientist*** article includes Beth Darnall's thoughts on pain, psychology and placebo effects. (**Author: Stephani Sutherland, PhD**) https://www.newscientist.com/article/mg25634132-200-what-is-pain-how-does-it-work-and-what-happens-when-it-goes-wrong/

- 12/22 ***JAMA Network*** includes Beth Darnall's perspective in an editorial on the 2022 updated CDC guideline for prescribing opioids. (**Author: Rachel Rabkin-Peachman**)

- 05/23 The ***New York Times*** includes Beth Darnall's perspective on a new *JAMA Network Open* study showing rising incidence of chronic pain in the U.S. (**Author: Dani Blum**) https://www.nytimes.com/2023/05/17/well/live/chronic-pain-treatment.html

- 01/24 **National Institutes of Health NCCIH** publishes a press release "Benefits of a Single-session Pain Skills Class Last for 6 Months in People with Chronic Low Back Pain". Benefits of a Single-Session Pain Skills Class Last for 6 Months in People With Chronic Low-Back Pain | NCCIH

- 12/24 ***The New York Times*** cites Beth Darnall's perspective and opinion on chronic pain and its impacts in the article entitled, "The Debilitating Toll of Back Pain" (**Author: Dani Blum**). https://www.nytimes.com/2024/12/10/well/back-pain-mangione.html

- 03/25 ***Axios*** hosts Beth Darnall for a live telecast in San Diego on March 17 (**interviewed by Erin Brodwin**). ***Axios News*** publishes the transcript from the telecast in the article "Q&A with AppliedVR Exec Beth Darnall" https://www.axios.com/pro/health-tech-deals/2025/03/17/appliedvr-exec-beth-darnall-on-pain-management-psychology

- 07/26 ***Stanford Medicine News Center*** covers the new publication of the PCORI-funded national opioid tapering study. The article features an interview with study PI Beth Darnall (**Author: Nina Bai**). https://med.stanford.edu/news/all-news/2026/07/opioid-tapering.html