

Join USASP Today!

USASP

US Association for
the Study of Pain

Monthly Newsletter

August 9th, 2022

Volume 10

This Month's USASP Trainee Spotlight



The Society for Psychological Study of Social Issues has named **Lindsey Yessick, PhD** as a 2022-2023 [James Marshall Public Policy Fellow](#). Dr. Yessick co-Chair'ed USASP's Coalition Building and Advocacy Committee and is an active member of the USASP community. In 2022, She received her Ph.D. in Psychology from Queen's University. Her primary research investigates risk and resilience factors that may predict health outcomes for those living with chronic pain. During her dissertation research she also volunteered as a Community Initiative Consultant and worked as a Policy Analyst on the Chronic Pain Policy Team to promote health access in her local community and broadly across Canada.

"The SPSSI James Marshall Public Policy Fellowship trains early career scientists to contribute to the effective use of scientific knowledge about social issues in the formation of public policy at the federal level; educate the scientific community about how research can contribute to the development of public policy; and establish a more effective liaison between social scientists and various policymaking mechanisms."

We wish her all the best in this new position!

Upcoming Board of Directors Election

The USASP is looking to fill three Director seats on the Board of Directors including representatives for the following designations, Basic Science- Humans, Basic Science- Preclinical, and Clinical Care and/or Patient Advocacy. The USASP is committed to (1) transparency in the nomination and election process and (2) board membership that reflects the diversity of the membership of the USASP.

Call for nominations will be emailed soon.

Rita Allen Foundation Award in Pain Announcement



Rita Allen Foundation

Applications for the 2022 Rita Allen Foundation Award in Pain will open **October 15, 2022**. Completed applications must be submitted by **December 15, 2022**. Information about how to apply for this award can be found by clicking the button below. Information about the 2021 Awardees can be viewed [here](#). Members can also access the January Educational Event **The Career Corner: Writing a Winning Rita Allen Award Application** [here](#).

[Click to view more information about the award](#)

Upcoming Event from the Gulf Coast Consortia

August #Pain 2022 Workshop

On Friday, August 19 (1:00 PM – 2:00 PM CDT) the GCC will feature presentations by the 2021 Rita Allen Foundation Scholars.

[Register here!](#)

From the NIH

2-Part Webinar Series: NIH Data Management and Sharing (DMS) Policy.

The new DMS policy goes into effect on January 25, 2023. If you are interested in learning what the DMS policy means for applicants, awardees and institutions join NIH experts from the NIH Office of Science Policy and the NIH Office of Extramural Research for this 2-part workshop. Attendees must register for each workshop separately.

Understanding the New NIH Data Management and Sharing (DMS) Policy

August 11, 2022

1:30-3:00pm ET

[Register Here](#)

Diving Deeper into the New NIH Data Management and Sharing Policy

September 22, 2022

1:30-3:00pm ET

[Register Here](#)

NIH All About Grants Podcast – Sex As a Biological Variable

Dr. Chyren Hunter with the NIH Office of Research on Women's Health explains more in this NIH All About Grants podcast episode.

[Click here to listen!](#)

Jobs and Training

San Diego VA Hospital

[Full-time Staff Psychologist at Veterans Affairs San Diego Healthcare System \(VASDHS\) Mental Health Care Line](#)

Stanford University

[Neuroscientist Position in The Department of Anesthesiology, Perioperative and Pain Medicine](#)

[Postdoctoral Fellow Position in Neuroimaging based Biomarkers of Chronic Pain](#)

[Postdoctoral Fellowships in Interdisciplinary Research Training in Pain and/or Substance Use Disorders \(NIH NIDA T32 supported\)](#)

University of Iowa

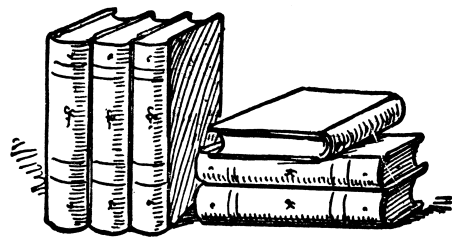
[Postdoctoral positions in Pain Research \(T32-NIH-funded\)](#)

University of Tulsa

[NIH Funded Research Associate/Research Coordinator to Study Native American Pain Risk](#)

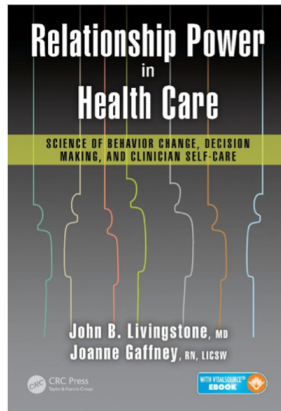
Interested in joining a Special Interest Group?

[Click here to sign-up or petition for a new SIG](#)



BOOK CORNER

EDITED BY JOHN LOESER &
DAVID TAUBEN



CRC Press 2016
272 pages
ISBN: 978-1482264265

Relationship Power in Health Care:
Science of Behavior Change, Decision
Making, and Clinician Self-Care

John B. Livingstone MD and Joanne
Gaffney RN LICSW

*"We no longer need to relegate gaining competency
to dialogue with patients to the vagueness of
'clinical experience' or 'in-born talents' that 'you
either have or you don't"*

A review of Relationship Power in Health Care

This is a thoughtfully constructed textbook by John Livingstone MD, former pediatric surgeon and now child and adult psychiatrist, and Joanne Gaffney RN LICSW, former charge nurse, team mentor and now psychotherapist and teaching consultant that aims to improve patient-centered care, shared decision-making, behavior change, communication and interview skills over a range of chronic diseases. Relationship Power in Health Care: Science of Behavior Change, Decision Making, and Clinician Self-Care chapter topics range from past and current health psychology and neuroscience models to new theoretical hypotheses, strategies, and tactics for improving interviewing skills and new curriculum approaches. I will not attempt to summarize their five sections and 14 chapters, for this brief review of what I found to be worthwhile reading.

Livingstone and Gaffney stress the importance of clinician self-care, acknowledging our own frustrations, biases, limitations and compassion fatigue, and then setting such feelings aside as we enter the exam room or proceed to the bedside. Noticing what you notice, for both your patient and for yourself, establishes a setting for more effective clinical encounters, sustained by "curiosity, compassion and calmness." The authors build upon well accepted mindfulness-based strategies, narrative medicine, motivational interviewing, cognitive-behavioral therapies, and practical psychotherapy techniques as means to enhance emotional and behavioral self-regulation. Our trainees will be benefitted by our acquiring these skills, and their learning these skills of "paying attention, being quiet, and waiting" when observing us as examples. Video clips of Ms. Gaffney patient interviews are downloadable and point-by-point discussion topics identified; these may be usefully embedded within your institution's health professions pain curricular content.

It was a bit surprising that "chronic pain" is barely mentioned, not indexed and the word "pain" appeared just five times in its 272 pages. Regardless, the authors' proposed curriculum

objectives offer meaningful contributions to pain education by highlighting communication competencies still too often overlooked. This book is intentionally repetitious, a compliment since structured for trainees navigating many unfamiliar theories with a range of expert-consensus and evidence-based approaches. Livingstone and Gaffney are hoping for more research by neurobiologists focused on 'relationship power', which includes of course, interpersonal behaviors, memories, and emotions.

Unless you're a trained psychotherapist, which I'm not, you'll likely gain new knowledge and skills, which I did, regarding principles, strategies and techniques of relational psychobiology. This book might be especially useful for clinician-educators who are redesigning pain curriculum content, and so may help both our students and ourselves with the 'why, what, when and how' of effective clinician-patient communication and the role of self-care. The words we say and how we use them matters.

- David Tauben MD

Upcoming SIG Meetings and Events

- August 11 (11 am ET): Substance Use and Addiction SIG Meeting
- August 19 (1-2pm CT): August #Pain 2022 Workshop (registration link above)
- August 11 (1:30-3pm ET): Understanding the New NIH Data Management and Sharing (DMS) Policy (registration link above)
- August 31 (12:30pm ET): Pain Epidemiology SIG Meeting
- September 9 (3pm ET): Pain, Movement, and Rehabilitation Science SIG Meeting
- September 22 (1:30-3pm ET): Diving Deeper into the New NIH Data Management and Sharing Policy (registration link above)

The logo for the US Association for the Study of Pain (USASP) features the letters 'USASP' in a large, bold, sans-serif font. The 'U' is purple, the 'S' is blue, the 'A' is teal, and the 'S' and 'P' are green.

US Association for
the Study of Pain

If your SIG or committee has updates or events you would like shared with USASP membership please email them using the contact below.

Contact Info:

US Association for the Study of Pain
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