

DINA PEREZ-NEIRA, Ph.D.
Licensed Psychologist, California License PSY 22048

220 Montgomery Street, Suite 400
San Francisco, CA 94104
415.271-4546
Website: www.drдинaperezneira.com

EDUCATION

Ph.D. 2006 Palo Alto University, CA (APA Accredited), Clinical Psychology
M.A. 2004 Palo Alto University, CA, Clinical Psychology
B.A 1999 San Francisco State University, Psychology

LANGUAGES

1975 FAO of the United Nations Language Proficiency Diploma, Spanish/English

PROFESSIONAL WORK EXPERIENCE

CLINICAL

2018 UCSF Osher Center for Integrative Medicine Research and UCSF Division of General Medicine at ZSFG. Authored PCORI Research Protocol Pain Management Manual, Cognitive Behavioral Therapy for Pain Management for Cancer Inpatient.

2010-2016 Consultant for Pacific Pain Treatment Centers for evaluations for psychosocial risk factors for medical procedures. This evaluation and medical evaluations are discussed at decision-making team meetings for medical findings, diagnosis, and options for pain treatment.

2010-now San Francisco Behavioral Health Services, Foster Care Mental Health Program. Psychological evaluations and treatment recommendations.

2008-2009 UCSF, San Francisco. Department of Family & Community Medicine. Pain Management Program. Assistant Clinical Professor.

2008-now Psychologist at ZSFGH Chronic Pain Clinic: provide assessment, individual and group cognitive behavioral therapy for chronic pain patients.

2008-2009 Clinical Psychologist at California Department of Corrections and Rehabilitation (CDCR). Brief psychotherapy for chronic pain management for individuals in person, by Telemedicine, and groups.

2008-now Clinical Psychologist at ZSFGH. Co-facilitation of Cognitive Behavioral Therapy Group for the management of chronic pain.

2006-2007 San Francisco Medical Center, Musculoskeletal Services Chronic Pain Management Center, Kaiser Permanente, Resident Psychologist.

2005-2006 Marin County Health and Human Services, Intern Psychologist, servicing adults and older adults with major mental illnesses and persistent or acute conditions. Intake and diagnostic assessment, individual and group psychotherapy, crisis intervention, and intensive case management. Psychiatric Emergency Service procedures on inpatient hospitalization and risk assessment.

2004-2005 Department of Veterans Affairs Medical Center, San Francisco, Posttraumatic Stress Disorder Clinical Team, Extern Psychologist. PTSD assessment, individual and group psychotherapy.

2003 Couples Institute, Palo Alto, CA, Psychology Co-Facilitator.

2003-2006 Stanford University, Palo Alto, CA, Psychiatry Integrative Medicine Center, Psychiatry Research Assistant. Study of Women Child Abuse.

SUMMARY OF CLINICAL ACTIVITIES: Provision of brief psychotherapy, including management of chronic pain, applying principles of health psychology, Cognitive Behavioral Therapy, Psychodynamic, and Biopsychosocial Medicine. Mental Health approaches that promote wellness, quality and end of life care, multidisciplinary approaches, stress management, cultural competence, and body-mind interrelation. Clinical practice is also put into practice in the community in the form of brief psychotherapy and management of chronic pain for patients at the SFGH Pain Specialty Clinic of SFGH in individual and group format.

ACADEMIC HONORS AND AWARDS

- 2007 Invocation Speaker. Graduation Pacific Graduate School/Stanford University Consortium.
- 2006 Marin County Board of Supervisors Resolution of Commendation.
- 2005-2006 Community Mental Health Adult System Care Stipend. County of Marin, Department of Health and Human Services.
- 2003-2004 Community Behavioral Health Services Multicultural Student Stipend. City and County of San Francisco, Department of Public Health.
- 2001-2004 Pacific Graduate School of Psychology Fellowship Award.
- 2001 Entering Student Scholarship for San Francisco State University
- 2000 Dean's List of the College of Behavioral and Social Sciences of San Francisco State University.
- 1999 Sierra Club Community Service Award.
- 1997-1998 Academic Excellence Talent Roster of The College Board, City College of San Francisco.
- 1993 Dominican Friars and Parishioners Awards of St. Dominic's Church, San Francisco, CA

KEYWORDS/AREAS OF CLINICAL INTEREST: Chronic pain, health psychology, Posttraumatic Stress Disorder, Mood Disorders, Schizophrenia, Biopsychosocial Medicine, Biofeedback, Mental Health approaches promoting wellness, quality and end of life care, multidisciplinary approaches, stress management, cultural competence, body-mind interrelation, environmental protection, philanthropy.

PROFESSIONAL TEACHING ACTIVITIES

- 2008-now Annual teaching to Marin Health and Human Services Psychological Interns on *Chronic Pain Management*.
- 2008-now Consult and provide in-service training to CDCR health care providers (psychiatrists, medical doctors, psychologists, dentists, social workers, and nurse practitioners) on the development of integrated medical and mental health interventions for patients with chronic pain, complex medical, psychiatric, and psychosocial problems.
- 2008-now Co-facilitator of Cognitive Behavioral Therapy Group at ZSFGH for the management of chronic pain. Lecture and teach chronic pain management skills.
- 1988-now Bilingual Trainer, Peer Couple Counselor, SF Archdiocese to counsel and train for several parishes in California and Nevada.
- 2008-2009 Postdoctoral Fellow supervisor on clinical psychologist, group therapy and biofeedback.
- 2006-2007 Group Leader for Intensive Reconditioning and Reconditioning Groups. Kaiser Permanente Chronic Pain Management Program. Lecture and teach chronic pain management skills.
- 1999-2000 Teaching Assistant, Group Processes, San Francisco State University. Supervise, tutor, and lecture students, grade examinations.
- 1973-1974 San Francisco Unified School District. Teach business courses for bilingual business program of Mission Language and Vocational School (MLVS).

TEACHING NARRATIVE: A practice of teaching and institutional approaches that emphasize a style as interactive, accessible, experiential, and facilitatory. Teaching practice includes the development of models integrating interdisciplinary practice in the treatment of chronic pain. Teaching and training efforts emphasize scientist, practitioner, research-based, and evidence-based multidisciplinary treatment of chronic pain to increase function and quality of life.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
Member of the Pain Psychology SIG in Division 38 (Health Psychology)
of American Psychological Association
Northern California Society of Psychoanalytic Psychology (NCSPP)
San Francisco Psychological Association (SFPA)
California Psychological Association (CPA)
American Association of Pain Psychology (AAPP)
Palo Alto University, PGSP Alumni Council
APA Division 51 (Society for the Psychological Study of Men and Masculinity)
American Academy of Pain Medicine (AAPM)
Psychotherapy Action Network (PsiAN)

INVITED PRESENTATIONS

INTERNATIONAL

Family Movement Conference, Guatemala 1995
Guatemala Archdiocese Couples Conference, Guatemala 2000
Medical Benefits of Mindful Meditation, Mercedarian Society of Guatemala 2013

NATIONAL

National Conference on Correctional Health (NCCH), Chicago 2008
Northern California Regional Conference on Cerebral Palsy, 2011
(How Psychologists Can Help Patients with Chronic Pain)
Kaiser Permanente Chronic Pain Management Center 2009 *(Psychotherapy for Latinos)*
Kaiser Permanente Chronic Pain Management Center 2013 *(Latino Culture and Psychotherapy)*

OTHER INVITED PRESENTATIONS

Pacific Graduate School of Psychology (now University of Palo Alto) 2009
Marin County Health and Human Services 2008
San Francisco Mental Health Services ACCESS 2012
Cancer Awareness Resources and Education, San Francisco General Hospital 2012 *(Changing Your Mood)*
St. Dominic's Church Adult Group 2013 *(Mindful Meditation and Diaphragmatic Breathing)*
San Francisco Archdioceses 2013 *(Mindful Meditation)*
Marin Health and Human Services 2014 *(Chronic Pain Management)*
San Francisco Archdioceses Community Leaders 2014 *(Getting to Know Myself)*
Cancer Awareness Resources and Education, San Francisco General Hospital 2014 *(Facing Uncertainty)*
St. Dominic's Church Young Adults Group 2014 *(Long-Lasting Happy Marriages)*
Small Business Community 2015 *(Happiness vs. JOY)*
Small Business Community 2016 *(Process of Forgiving- 2 part)*
Small Business Community 2018 *(Stress Management)*
Talk about Forgiveness (Pacifica, CA) August and December 2020

RADIO SHOW

Nuestros Ninos
Interactive Parenting Media, Bay Area and Monterey

COUPLE'S WORKSHOPS

Communication in the Couple

Conflict Resolution

How to Keep the Romance in the Couple

PUBLIC SERVICE

1988-now San Francisco Archdiocese, San Francisco (trainer for church ministers, coordinator of spiritual retreats, former member of pastoral council).

1989-now Sierra Club National (volunteer)

1994-now Helping Hands International, community development (co-founder and director).
Philanthropy.

1988-now San Francisco Motivational Institute, San Francisco, CA, (co-
Founder). Philanthropy.

1988-2001 Sierra Club National Headquarters, San Francisco. Fundraising for environmental
protection.

1980-1983 World Vision International, Guatemala. Fundraising for children sponsorship.

2014-now YMCA Membership Committee

SUMMARY OF SERVICE ACTIVITIES: Service activities focus on environmental protection and community development through micro-lending. Also, active participation in spiritual community, by providing bilingual/bicultural training and lectures on Catholic liturgy and family life, is seen as a contribution to strengthening body-mind-spirit interrelation, wellness, stress management, and cultural competence.

NUMEROUS RESEARCH AND CREATIVE ACTIVITIES

REFERENCES AVAILABLE UPON REQUEST