

JODY THOMAS, PHD

Clinical Psychologist, CEO



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Education

University of Connecticut, Storrs, CT 2004-1999

Ph.D. in Clinical Psychology, 10/2004

Dissertation Title: *Self-Hypnosis and Sickle Cell Disease in Children: Impact on Self-Efficacy and the Pain Experience*

M.A. in Clinical Psychology, 11/2002

Thesis Title: *Bereaved vs. Non-Bereaved: The Differential Role of Spirituality in Adjustment to Loss*

Stanford University, Stanford, CA 1997-1993

B.A. with Honors in Psychology, Specialization in Health and Development, Phi Beta Kappa

Honors Thesis Title: *Adolescents With HIV: Psychological Implications of Limited Time*

Academic Appointments

Stanford University School of Medicine 2010-present

Adjunct Lecturer, *Department of Psychiatry and Behavioral Sciences, September 2017-present*

Clinical Assistant Professor (Adjunct), *Department of Psychiatry and Behavioral Sciences, July 2015-July 2016*

Clinical Assistant Professor, *Department of Anesthesiology, Perioperative, and Pain Medicine, Jan 2010-Oct 2014*

Professional Experience

Founder and CEO, Meg Foundation 2017-present

Founder and CEO of a non-profit tech startup dedicated to empowering children and families around pain management and medical anxiety. Mission is focused on utilizing the power of science, technology, and design to transform the way we think about children and pain, and close the gap between research and clinical practice. Develop and oversee implementation of the business plan, strategic plan, and marketing strategy. Head the fundraising efforts via private donation and grants. Run the product development process and outreach. Synchronize the efforts of a diverse Board and Advisory Board that includes experts in pain, technology, business, marketing, and design.

Co-chair of Education and Core Faculty, National Pediatric Hypnosis Training Institute 2010-present

Serve as primary faculty at webinars, national and international workshops, and the annual training conference teaching about hypnosis techniques and interventions. In 2002, I became co-chair of education, coordinating training and determining course curriculums.

Licensed Clinical Psychologist, Private Practice 2005-present

Own and operate a solo private practice (*in Palo Alto, 2005 - 2016, in Denver, 2016 - present*) serving children, families, and adults. Common presenting issues includes severe anxiety disorders, depression, adjustment disorders, parent training, medical illness, healthcare related anxiety, pain, and medical trauma.

Health Care Consultant 2014-present

Work with hospitals, medical practices, and individual practitioners nationally and internationally on improving patient care, most often related to pain management. Outcomes focus on improved patient experience, customer satisfaction, staff satisfaction, and business efficiency. Services include assessment of current practices, staff training, process improvement, and development of best practice protocols. This has included everything from major children's hospitals, community health organizations, and small pediatric practices.

Professional Experience

Consultant, Lucile Packard Children's Hospital at Stanford

2015-2020

Oversaw program development for projects around pain management and medical trauma prevention. Created Be The Boss Of Your Brain, a video based intervention for procedural pain, developed training protocols, and oversaw the rollout of the pilot project. Also developed ImaginAction, a hypnosis app, for use with clinical populations in and out of the hospital for pain management, stress management, sleep, and medical coping skills. Managed project, which included creating clinical content, hypnosis recordings, video development, and partnering with media company for intervention design and user experience development. Both projects publicly available and currently in use around the world.

Clinical Supervisor, Department of Psychiatry, Stanford School of Medicine

2015-present

Supervise psychiatry fellows and new attendings providing therapy to children, adolescents and families in both in inpatient and outpatient settings, with specific attention to families dealing medical crisis, pain, and chronic illness.

Clinical Director, Packard Pediatric Pain Rehabilitation Center at Stanford

2010-2014

Served on the faculty of Stanford University School of Medicine as the founding Clinical Director and primary psychologist for the Packard Pediatric Pain Rehabilitation Center. Coordinated a multidisciplinary team of psychiatry, psychology, occupational therapy, physical therapy, academic instructors, and medical providers in the intensive daily rehab therapy of pediatric chronic pain patients. Developed program protocols, and ran program logistics. Provided daily individual psychotherapy and family therapy with a major focus on pain management. Supervised psychology postdoctoral fellows.

Staff Psychologist, Children's Health Council

2005-2009

Served as staff psychologist at a multidisciplinary outpatient agency in Palo Alto, CA dedicated to serving the needs of children and families. Specialized on services for children and families impacted by medical illness through the provision of psychological services and the development of programming within the organization and in collaboration with Lucile Packard Children's Hospital and medical providers in the community.

Pain Psychologist/Consultant, Stanford Pediatric Pain Management Clinic

2006-2007

Served as a consultant and treating psychologist for the Stanford Pediatric Pain Management Clinic at Lucile Packard Children's Hospital. Conducted psychological evaluations, consulted with multidisciplinary team members, and provided treatment to children and families dealing with issues of chronic and acute pain.

Postdoctoral Fellow in Pediatric Psychology, Children's Hospital Orange County

2004-2005

Completed postdoctoral fellowship in pediatric psychology with a focus on medically compromised children.

Psychology Intern, UCLA Neuropsychiatric Institute

2003-2004

Rotations included the UCLA Pediatric Pain Rehab Program and Pain Team, the Pediatric Consultation Liaison service of the Mattel Children's Hospital, the adolescent Inpatient Psychiatric Unit, Eating Disorders Inpatient Unit, and the Anxiety Disorders Clinic.

Clinical Psychology Extern, Connecticut Children's Medical Center

2000-2003

Served as psychological consult for the pediatric division of hematology and oncology and as member of CCMC's Pain Team.

Therapy Supervisor, University of Connecticut Psychological Services Clinic

2003-2004

Supervised first and second year therapists treating child, family, and adult clients at a University-based clinic serving the surrounding community.

Recent Publications and Presentations

Thomas, J.D. & Gentile, J. (2022, November) *Avoiding the Freakout: Tools and Resources for Managing Pain and Medical Anxiety*. Mohsen Ziai Pediatric Conference, Inova Children's Hospital, Falls Church, VA.

Thomas, J.D. (2022, September) *Integrative Health Toolkit for Healthcare Related Anxiety*. Sixth Annual Integrative Medicine Health Symposium, Children's Hospital of Philadelphia, Philadelphia, PA.

Thomas, J.D. (2022, September) *Biopsychosocial Model in Action: How To Make Things Less Painful for Patients and Providers*. Pediatric Grand Rounds, Kansas Mercy Children's Hospital, Kansas City, MO.

Olness, K., Krishnamurthy, V, Lombard, L., & Thomas, J.D. (2022, April) *What Can We Do?: A virtual seminar featuring free resources and experts discussing ways to support children, caregivers, and relief workers impacted by war*. Webinar, National Pediatric Training Institute, Minneapolis, MN.

Thomas, J.D. (2022, April) *Biopsychosocial Model in Action: How To Make Things Less Painful for Patients and Providers*. Pediatric Grand Rounds, Inova Children's Hospital, Falls Church, VA.

Thomas, J.D. (2022, February) *Biopsychosocial Model in Action: How To Make Things Less Painful for Everyone*. Staff pain management training. Inova Children's Hospital, Falls Church, VA.

Thomas, J.D. (2022, January) *Hypnosis for Pain: How To Use Technology To Help*. Webinar, National Pediatric Training Institute, Minneapolis, MN.

Becker, D, Friedrichsdorf, S., Kutter, L., & Thomas, J.D. (November 2021 and January 2022) *Introductory Workshop: Hypnosis for Pain and Palliative Care*. University of San Francisco Children's Hospital, San Francisco, CA.

Thomas, J.D. (2022, November) *Don't Fear the Freakout: Strategies to Help Kids (and their Grownups!) Manage Medical Procedures*. STAR Symposium Parent Workshop, STAR Institute, Centennial, CO.

Thomas, J.D. (2021, October) *Acute and Procedural Pain: Big Picture to Specific Tools*. Webinar, National Pediatric Training Institute, Minneapolis, MN.

Becker, D., and Thomas, J.D. (2021, September) *Taking Fear and Pain Out of Needles—for Your Child and You*. article, www.healthychildren.org, American Academy of Pediatrics website.

Thomas, J.D. (2021, August) *Biopsychosocial Model in Action: How To Make Things Less Painful Everyone*. Keynote Speaker, Retreat for the Department of Child Life, Inova Children's Hospital, Falls Church, VA.

Thomas, J.D., Ressler, P., & Lee, E. (2021, March) *The Social-Psycho-Bio Model: What Does this Mean for the Lived Experience of Pain?* Webinar, International Association for the Study of Pain Virtual Series on Pain and Expo, International virtual event.

Thomas, J.D. (2020, September) *Acute and Procedural Pain: Big Picture to Specific Tools*. Webinar, National Pediatric Training Institute, Minneapolis, MN.

Van Tilburg, M., Edlynn, E., Maddaloni, M., van Kempen, K., Díaz-González de Ferris, M., & Thomas, J. (2020). *High levels of stress due to the SARS-CoV-2 pandemic among parents of children with and without chronic conditions across the USA*. *Children*, 7(10), 193.

Thomas, J.D. (2019, October) *Introduction to Simple Hypnotic Techniques for Procedural Pain*. Full day workshop at the Society for Paediatric Anaesthesia New Zealand and Australia (SPANZA) Annual Conference, Brisbane, Australia.

Thomas, J.D. (2019, October) *Hypnotic Techniques for Managing Pediatric Pain*. Masterclass workshop at the Society for Paediatric Anaesthesia New Zealand and Australia (SPANZA) Annual Conference, Brisbane, Australia.

Publications and Presentations

Thomas, J.D. (2019, October) Train the Trainer: Developing Confidence In Hard Scenarios And Creating It In Others. Masterclass workshop at the Society for Paediatric Anaesthesia New Zealand and Australia (SPANZA) Annual Conference, Brisbane, Australia.

Thomas, J.D. and Griffin, A. (2019, May) *Psychological Treatment of Chronic Pain in Pediatric Populations*. In C. Arnold, (Ed) Handbook of Psychosocial Interventions for Chronic Pain. New York, NY: Taylor & Francis/Routledge.com.

Thomas, J.D. (2019, May) *Hypnosis, pain management, and mental health interventions: using technology to expand our reach*. Child and Adolescent Psychiatry Grand Rounds, Stanford University School of Medicine, Stanford, CA.

Thomas, J.D. (2018, October) *Creating Goal Driven Suggestions in Hypnosis*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D., (2018, October) *Acute and Procedural Pain: Big Picture to Specific Tools*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D. (2018, September) *Be the Boss of Your Body: Teaching Parents to Teach Kids To Take Control Over Pain*. Workshop for parents sponsored by the Meg Foundation, Denver, CO.

Thomas, J.D. (2018, May) *Creating Goal Driven Suggestion in Hypnosis*. CE workshop in clinical hypnosis, Case Western Reserve Medical School, Rainbow Babies Childrens Hospital, Cleveland, OH.

Thomas, J.D. (2017, October) *Creating Goal Driven Suggestion in Hypnosis*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D. (2017, October) *Acute and Procedural Pain: Big Picture to Specific Tools*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D. (2017, July) *You Are the Boss of Your Brain*. Presentation of video-based procedural pain invention at the Media Fest of International Symposium On Pediatric Pain, Kuala Lumpur, Malaysia.

Bursch, B., Campo, J., Crawford, J., Griffin, A., Szigethy, E., & Thomas, J.D., (2017, October) *Multidisciplinary Interventions for Pediatric Chronic Pain*, Panel at the American Academy of Child and Adolescent Psychiatry Annual Meeting, New York, NY.

Thomas, J.D., (2016, October) *Utilization of Unfolding Development for Hypnosis*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D., (2016, October) *Acute and Procedural Pain: Big Picture to Specific Tools*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D., and Kaiser, P. (2017, August) *Pediatric Anxiety and Pain: Combining Hypnosis and CBT to Improve Treatment Efficacy*. CE workshop at the American Psychological Association Annual Conference Denver, CO.

Thomas, J.D., (2015, October) *Combining CBT & Hypnosis for Treating Depression*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D., (2015, October) *Acute and Procedural Pain: Big Picture to Specific Tools*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Thomas, J.D., (2015, October) *Developmental Aspects of Pediatric Hypnosis*. Workshop at the National Pediatric Hypnosis Training Institute, Minneapolis, MN.

Kuttner, L., Lioffi, C., Thomas, J.D., & Zeltzer, L. (2015, June) *Bursting the Hypnotic Analgesia Bubble: How Effective Is Hypnosis and How Does It Work?* Panel presentation at the IASP International Symposium on Pediatric Pain, Seattle, WA.

Teaching Experience

Dr. Thomas has extensive teaching experience ranging from teaching undergraduate and graduate level courses to supervising medical trainees to giving talks and conducting intensive trainings all over the world for major conferences and health care organizations. Please see the list of recent presentations for more information.

Media Experience

Dr. Thomas has made numerous appearances on local, state, and national media outlets, including the CBS Morning Show, CNN, the Washington Post, and iHeart Radio. She is a Trusted Messenger for the We Can Do This campaign for vaccines by the Department of Health and Human Services, and has done press events alongside the Surgeon General. For a full look at her media appearances, including numerous podcast interviews, go to her media page: <https://www.jodythomasphd.com/in-the-media>.

Professional Affiliations

- Stanford University School of Medicine
- Stanford Children's Health
- International Association for the Study of Pain
- American Psychological Association (Division 12 – Clinical Psychology and Division 54 – Pediatric Psychology)
- National Pediatric Hypnosis Training Institute (Faculty)

Honors and Awards

- MayDay Fellow, 2019-2020
- Dissertation Fellowship, University of Connecticut, 2003
- Outstanding Scholar Fellowship, University of Connecticut, 1999-2002
- College of Liberal Arts and Sciences Fellowship, University of Connecticut, 1999-2001
- Phi Beta Kappa Honors Society
- Honors Program, Department of Psychology, Stanford University, 1996-1997
- Psi Chi National Honor Society in Psychology

Specialized Skills

- Psychotherapy
- Hypnosis
- Teaching
- Technology design
- Supervision
- Media trained