

## Curriculum Vitae

David Alfred Hanscom, MD

### Current Positions:

Vertus, Inc. Founder

- Vertus, Inc.
  - Vertus Press
  - Healing Chronic Pain
  - Optimizing physician performance
  - The DOC Journey Course
- Author
  - Books published:
    - *Calm Your Body Heal Your Mind: Transcend Pain, Anxiety, Anger, and Repetitive Unwanted Thoughts, June 2026*
    - *Do You Really Need Spine Surgery? Take Control with a Surgeon's Advice, 2019*
    - *Back in Control: A Surgeon's Roadmap Out of Chronic Pain, 2<sup>nd</sup> edition, 2016*
    - *Back in Control: A Spine Surgeon's Roadmap Out of Chronic. 1<sup>st</sup> edition, 2012*
- Consultant
  - Structured non-operative care systems
  - Optimizing physician performance in and out of the OR
  - Chronic pain workshops
  - Software development

### Practice Positions:

Orthopedic spine surgeon  
Swedish Neuroscience Specialists  
Swedish Medical Center, Seattle, WA  
September 1, 2008-December 31st, 2018

Orthopedics International  
Seattle, WA  
July 1, 2003 – August 30, 2008

Sun Valley Spine Institute  
Ketchum, ID  
December 21, 1998 – June 30, 2003

Orthopedic Physicians

A Division of Orthopedic Consultants of Washington, Inc., PS  
August 3, 1986 – December 18, 1998

Robert Ching, M.D.  
Associate in private practice of orthopedic surgery  
Oroville, California  
January – August 1985

**Education/ Credentialing:**

High School: Rio Lindo Academy Healdsburg, CA  
1969-1971

College: BS, Biochemistry, Pacific Union College, Angwin, CA  
1971-1975

Medical School: MD, Loma Linda University, Loma Linda, CA  
1975-1979

Internship and Residency: Internal Medicine  
Sacred Heart Medical Center, Spokane, WA  
1979-1981

Residency: Orthopedics,  
University of Hawaii, Honolulu, HI  
Chief: Lawrence Gordon  
1981-1984

Fellowship: Orthopedic Trauma,  
UC Davis Medical Center, Sacramento, CA  
Chief: Mike Chapman  
July- December 1984

Fellowship: John H. Moe Spinal Deformity  
Minneapolis, Minnesota  
Chief: David Bradford  
September 1985- June 1986

**Board Certified:**

American Board of Orthopedic Surgeons, July 1988  
American Board of Orthopedic Surgeons, Recertified 1999, 2008, 2018

**Medical Licensure:**

Washington, 1972 – Current – MD.00018423  
California, 1981 – Current - G43955  
Idaho, 1998 – Current – M7568

**Certifications:**

Kyphon, Phoenix, AZ—2001  
Charite Artificial Lumbar Disc—2005  
Dynesys Stabilization Training - October 30, 2006  
Medtronic Artificial Cervical Disc—2007

**Active Staff:**

Swedish Hospital Medical Center, Seattle, Washington – 1986 – 12/31/18  
Honorary Staff Swedish Medical Center: 1/1/19 – present

**Honors and awards:**

Magna Cum Laude  
Pacific Union College, Angwin, CA  
1971- 1975

Alpha Omega Alpha  
Loma Linda University  
Loma Linda, CA  
1975-1979

Best Doctors of America, 2007—2019

Washington Magazine “Best Docs” 2010

*Checkbook* – Best Doctor - 2015

President’s Honor Roll – WorkCompCentral – 2015 – Contribution to Worker’s Comp

**Professional Activities:****Affiliations:**

Alpha Omega Alpha, 1978  
American Medical Association, 1979  
King County Medical Society, 1986-Present  
Washington State Medical Association, 1988-Present  
North American Spine Society, 1988-Present  
Fellow American Academy of Orthopedic Surgeons, 1990  
Western Orthopedic Association, Puget Sound Chapter, 1991-1998  
American College of Physician Executives, March 1995-1999  
Idaho Medical Association, January 1999-2003  
Idaho Orthopedic Society 1999-2003  
Scoliosis Research Society- March 2008 – present  
Charter for Compassion—Partner, May 2011-2014

**Columnist:**

Pain News Network – 2019 – present  
Psychology Today—“Anxiety, Another Name for Pain,” 2019 - present

**Directorships:**

President of the Puget Sound Spine Society – 2017-2019

Co-director of Seattle Combined Spine Fellowship, June 2009 – December 2018

Premera associate medical director—orthopedic surgery  
November 2006- December 2015

**Committee Positions:**

Chairman of the non-operative care committee for the Scoliosis Research Society 2019

Puget Sound Health Alliance  
March-October 2006

Non-Operative Care Committee--North American Spine Society 1999

Medical Standards Subcommittee  
Washington State Department of Labor and Industry  
1989-1993

WMSA Orthopedic Representative on the DOLI Liaison Committee  
1987-1989

**Board Positions:**

Swedish Spine Institute, June 1990  
Swedish Hospital Foundation Board, 1991

**Organizational Activities:**

Co-founder and organizer of Dynamic Healing Group – May 2020 to present.  
Informal scientific roundtable looking at root causes of chronic mental and physical illness.

President: Puget Sound Spine Society, 1997-1998 and 2016-18  
Board: Puget Sound Spine Society and membership chairman, January 2019 - present

Founder: Puget Sound Spine Society.  
Founded in January 1987

Hoffman Institute Process, February 20-27, 2009, Napa, CA

**Consulting:**

Spine Zone – Consultant – July 2021 – December 2025

- Consulting with patients regarding surgical decision-making
- Non-operative clinical care
- Training personnel regarding best practices for non-operative care

Spine Zone consultant overseeing weekly group physical therapy rounds, San Diego, CA, Sept 2021-December 2025

Medical Consultant for First Health for surgical approval of orthopedic surgery, State of Washington Department of Labor and Industries, 1996-1998

Founder and Medical Director, Swedish Hospital Spine Registry  
1991-1998

Premera - consultant for musculoskeletal care. November 2006 – December 2015

**Faculty Positions:**

Clinical Faculty, Department of Orthopedics, University of Washington School of Medicine, Seattle, Washington, January 1, 1989 – 1996

Clinical Faculty, UC Davis, Sacramento, California, July 1984 – December 1984

**Program chair/ co-chair:**

*Solving Chronic Pain Summit: A New Pathway to Relief.* Virtual meeting held in conjunction with The Open Center, New York, NY, Jan 22 – 24, 2021.

*Optimizing Adult Spinal Deformity Surgery: It Takes a Village:* Swedish Medical Center, Seattle, WA, Jan 16<sup>th</sup>, 2015.

*Treating Chronic Pain Using the MBS model.* Two-hour symposium for the American Osteopathic Association Annual Meeting, Seattle, WA, October 27<sup>th</sup>, 2014. Faculty: Dave Clarke, MD, David Schechter, MD, Joel Konikow, MD. and Gordon Irving, MD

*Optimizing Performance in the OR and Life.* Scoliosis Research Society Annual Meeting, Anchorage, AK, September 2014

*A Course on Compassion: Empathy in the Face of Chronic Pain,* Swedish Medical Center, Seattle, WA, March 11th, 2011

*Pressure Performance: An Athletic Performance Paradigm for Treating and Preventing Disability in Axial Low Back Pain.* Seattle, WA, April 3<sup>rd</sup>, 2009

*Stress Management Using the Awareness Model—*Seattle, WA, September 2008

*Overview of Chronic Pain.* Elks Rehab, Boise, ID, 2001

*Comprehensive Management of Low Back Pain.* Sun Valley, ID, 2000

*Toward a New Understanding of Pain.* Puget Sound Spine Interest Group.  
Seattle, WA, 1994

*Team Management of Low Back Pain.* Annual Post Graduate Convention -  
Neufeld Society, Loma Linda, 1993

*Medical/Surgical Symposium of the Osteoporotic Spine.* Swedish Spine Institute,  
Seattle, WA, November 1993.

*Cervical and Head Trauma in Athletes.* Swedish Spine Institute, Seattle, WA,  
October 1990

**Workshops/ Seminars:**

*Reconnecting to Your True Self.* Virtual workshop held in conjunction with The  
Open Center, NY, New York. Co-presenter, Les Aria, PhD.

- November 5<sup>th</sup>, 2021

*Befriending Your Inner Critics.* Virtual workshop held in conjunction with The  
Open Center, NY, New York. Co-presenter, Les Aria, PhD.

- August 14<sup>th</sup>, 2021

*Solving Chronic Pain: An Immersive Weekend Retreat.* Virtual workshop held in  
conjunction with The Open Center, NY, New York. Co-presenters: Les Aria, PhD,  
Babs Yohai and Jasmine Yohai.

- May 21-23, 2021

*Rewiring Your Brain to Alleviate Pain.* Omega Institute, Rhinebeck, New York.  
Five-day experiential workshop for chronic pain using the MBS model. Co-  
presenters: Fed Luskin, PhD, Jasmine Yohai and Babs Yohai

- August 18-23<sup>rd</sup>, 2013
- August 15-19<sup>th</sup>, 2014
- July 19-24, 2015

*Relief from Chronic Pain.* Omega Institute.

Three-day experiential workshop using the *Back in Control* principles to create a  
safe and structured environment. Co-presenter

- July 2017 - Omega
- September 2017 – Talaris, Seattle, WA
- June 2018
- June 2019

*Awake at the Wound* Seminar—Athletic Performance Principles for Surgeons

- Newcastle Golf Club, March 2007 and October 2007
- Grand Targhee, Idaho, March 2008
- Swedish Hospital, Seattle, WA, March 2010
- Maine Medical Center, Portland, Maine, March 18th, 2010
- Swedish Hospital Administration, April 29th, 2010

*Stress Management for Teachers*

Annual Hyde Parent Teacher Symposium

Woodstock, CN, June 21<sup>st</sup>, 2008

**Author:**

Hanscom, David. *Calm Your Body, Heal Your Mind: Transcending Pain, Anxiety, Anger, and Repetitive Unwanted Thoughts*, June 2026.

Hanscom, David. *Do You Really Need Spine Surgery? Take Control with a Surgeon's Advice*. Vertus Press, Oakland, CA, 2019.

Hanscom, David. *Back in Control: A Surgeon's Roadmap Out of Chronic Pain, second edition*, Vertus Press. Seattle, WA, 2016.

- Recommended in the American Chronic Pain Resources Manual as a resource, 2017 and 2020.

Hanscom, David. *Back in Control: A Spine Surgeon's Roadmap Out of Chronic Pain*. Vertus Press, Seattle, WA, 2012.

Co-editor of the STOMP (Structuring the Management of My Pain) introductory chronic pain booklet: August 2012.

**Peer Review Publications:**

Garland D, Hanscom D, Keenan M, Smith C, Moore. Resection of heterotopic ossification in the adult with head trauma. *J Bone and Joint Surg* 1985; 67A: 1261–1269.

Hanscom DA. Acute management of the multiply injured head trauma patient. *J Head Trauma Rehab* 1987; 2:1-12.

Hanscom DA, Bloom BA. The spine in osteogenesis imperfecta. *Orthop Clin of North Am* 1988; 19(2): 446-458.

Hanscom DA, Winter R, Lutter L, Lonstein JE, Bloom BA, Bradford D. Osteogenesis Imperfecta: Radiographic classification, natural history, and treatment of spine deformities. *J Bone and Joint Surg* 1991; 74A: 598-616.

Cameron DE, Hanscom DA, Herring S. Rapid development of a spinal synovial cyst. *Spine* 1992; 17:1528-1530.

Carpenter C, Dietz J, Hanscom DA, Leung KYK, Wagner T. Repair of a pseudarthrosis of the lumbar spine: A functional outcome Study. *Journal of Bone and Joint Surgery* 1996; 78-A: 712-720.

Hanscom DA, Jex R. Sleep disorders, depression, and musculoskeletal pain. *SpineLine* September/October 2001; 56-58.

Robinson J, Ricketts D, Hanscom DA. Musculoskeletal Pain. *The Paths of Pain 2005*; IASP Press, Seattle: 353-366.

Knight RZ, Schwaegler P, Hanscom DA, Roh J. Direct lateral lumbar interbody fusion for degenerative conditions: early complication profile. *J Spinal Disord Tech.* 2009; Feb; 22(1): 34-7.

Hussain N, Hanscom DA, and Oskouian R. Chyloretroperitoneum following anterior spinal surgery: report of 4 cases. *J Neurosurg: Spine* 2012; September 14<sup>th</sup>, 1-7.

Hussain N, Page J, Perez-Cruet M, Hanscom D, Oskouian R. Same site autologous bone graft harvesting in spinal fusions. Submitted to *JNS Spine*, 5.14.

Hanscom, David A, Brox JI, and Bunnage R. Defining the role of cognitive behavioral therapy in treating chronic low back pain: An overview. *Global Spine Journal* 2015; 5:496-504.

Shoakazemi A, Moisi M, Tubbs R, Wingerson A, Ajayi O, Zwillman M, Gottlieb J and Hanscom D. (January 25, 2016) Necrotizing Fasciitis: A Life-threatening Complication of Intraoperative Electromyography. *Cureus* 8(1): e468. DOI 10.7759/cureus.468

Moisi, M, Fisahn C, Tkachenko L, Tubbs S, Ginat D, Grunert P, Jeyamohan S, Reintjes S, Ajayi O, Page J, Oskouian R, Hanscom D. Unilateral laminotomy with bilateral spinal canal decompression for lumbar stenosis: A technical note. *Cureus* (2016); 8: e623, pp 1-11.

Moisi M, Fisahn C, Tubbs S, Page J, Paulson D, Kazemi N, Hanscom D, Oskouian R. Lateral thoracic osteoplastic rib-sparing technique used for lateral spine surgery. *Cureus* (2016); 8: e668. DOI 10.7759/cureus.668.

Tubbs RS, Kirkpatrick CM, Fisahn C, Iwanaga J, Moisi MD, Hanscom DA, Chapman JR, Oskouian RJ. New Landmark for Localizing the Site of the Subdental Synchondrosis Remnant: Application to Discerning Pathology from



Normal on Imaging (2016); 96:80-84.  
<http://dx.doi.org/10.1016/j.wneu.2016.08.096>

Tubbs SR, Iwanaga J, Islam A, Moisi MD, Hanscom D, Chapman JR, Loukas M, and Rod Oskouian. Extraforaminal compression of the L5 nerve: An anatomical study with application to failed posterior decompressive procedures. *J Clin Neurosci* (2017); 41:139-143. Doi: 10.1016/j.jocn.2017.03.051

Moisi MD, Hoang K, Tubbs SR, Page J, Fisahn C, Paulson D, Jeyamohan S, Delashaw J, Hanscom D, Oskouian RJ, and Jens Chapman. Advancement of surgical visualization methods: A comparison study between traditional microscopic surgery and a novel robotic optoelectronic visualization tool for spinal surgery. *World Neurosurg* (2017); 98:273-277  
doi:101016/j.wneu.2016.11.003

Urbanas R and David Hanscom. Prehab as an alternative to elective spine surgery. *Global Spine Journal* (2015); doi.org/10.1055/s-0035-1554273

Blecher R, Yilmaz E, Tubbs R, Moisi M, Hart R, Hanscom D, Oskouian R, and Jens Chapman. Cervicothoracic inter-spinous bursitis associated with bilateral upper Extremity numbness: A case report. *Cureus* (2017): e.doi:10.7759.

Tubbs RI, Gabel B, Jeyamohan S, Moisi M, Chapman J, Hanscom D, Loukas M, Oskouian R, and S Tubbs. Relationship of the lumbar plexus branches to the lumbar spine: anatomical study with application to lateral approaches. *The Spine Journal* (2017); <http://dx.doi.org/doi:10.1016/j.spinee.2017.03.011>

Alonso F, Voin V, Iwanaga J, Hanscom D, Chapman J, Oskouian R, Loukas M, and Shane Tubbs. Potential Mechanism for some postoperative C5 palsies: An anatomical study. *Spine* (2018); 43:161-166. doi: 10.1097/BRS.0000000000002281

Hanscom DH, Clawson DR, Porges SW, Bunnage R, Aria L, Lederman S, Taylor J, and Sue Carter. Polyvagal and global cytokine theory of safety and threat; COVID-19 – Plan B. *SciMedicine Journal* (2020); 2:9-27.

### **Book Chapters:**

Hanscom, David and Peter Grunert. *Revision Lumbar Decompressions. The Resident's Guide to Spine Surgery, Chapter 31*. Springer Verlag, 2019.

Hanscom, David. *Making the Right Choice About Spine Surgery. Psychophysiological Disorders. Chapter 6*. Psychophysiological Disorders Association, 2019.

Hanscom, David, Angelos Halaris, and Matt Erb. *Randomized controlled studies do not reflect the complexity of chronic disease, including the vagal response*.

(Chapter 2). *Vagal Nerve Stimulation*. Edited by Peter Staats, Cenk Ayata, and Alaa Abd-Elseyed. Elsevier, London, UK, 2025.

**Guidelines Manual:**

*Defined Non-operative Spine Care*

Lead for the SRS Non-Operative Management Committee and Outside Experts – Scoliosis Research Society, published 2021.

**Published Abstracts:**

Hanscom, DA; Sinter, R; Lutter; Lonstein, J; Bradford, D: Spinal deformity in osteogenesis imperfecta: Natural history and treatment. *Orthop. Trans* 11(1): 120, 1987

**Exhibits:**

Poster: Spinal deformities in Osteogenesis Imperfecta. American Academy of Orthopedic Surgeons Annual Meeting, San Francisco, CA, February 1986

**Selected Published Articles:**

*Overcoming Family Triggers*. *Live Pain Free* (2019); 11: issue 1, p 7.

*Mental or Physical Health: Which is More Critical?* *Live Pain Free* (2019); 10: issue 8, p 7.

*The Abyss of Chronic Pain*. *Pain News Network*, September 15, 2018.

*Why I'm Leaving My Spine Surgery Practice*. *Pain News Network*, June 5, 2018.

*Aching Back? Why Surgery Is Not Indicated for Lower Back Pain, Case In Point*, July 2012. (Reproduced with permission from Case in Point)

*A Surgeons' Perspective on the Hoffman Process*. *Staying Connected*, March 2012.

*Defining Solutions for Workers' Comp: Ability and Motivation*. *American Chronic Pain Association Chronicle*, March 2012.

*Physician Suicide: My journey*. *SpineLine*, p. 42, November/ December 2011.

*Back from the Edge: Coping with Physician Stress*. *The Doctor's Advocate*, 4<sup>th</sup> quarter, 2011.

*The Cry of Chronic Pain One is Listening*. *WSMA Preceptor*, pp. 1-2, 3<sup>rd</sup> quarter, 2011.

**Presentations:**

1. *Surgical management of non-radicular neck pain*

Washington Spine Institute  
Bellevue, WA, November 2, 1995

2. *Early fracture stabilization in the poly-traumatized patient*  
AAOS, New Orleans, LA, February 1986

3. *Management of Dupuytren's contractures*  
Panel discussant, Residents' and Fellows' Hand Conference  
Las Vegas, NV, January 1985 and Grand Rounds UC Davis, Sacramento, CA,  
May 1985

4. Table Instructor  
AO Course  
Sun Valley, ID, March 1985

5. *Spinal deformities in Osteogenesis Imperfecta: Natural history and treatment.*

- Minnesota Medical Society, Minneapolis, May 1986
- Scoliosis Research Society, Bermuda, September 1986
- American Academy of Orthopedic Surgeons, San Francisco, 1986
- Pediatric Orthopedic Society, Toronto, May 1987

6. *Operative management of L1 burst fractures.* Washington State Medical  
Association Meeting, Lake Chelan, WA, June 1998

7. *Surgical Indications for Back Surgery in Injured Workers.* Washington State  
Labor and Industries Conference, Seattle, WA, 1989

8. *Comparative Lumbar Fusion Rates in Smokers versus Non-smokers.*  
Puget Sound Spine Interest Group, Seattle, WA, September 1990

9. *Boston Brace Treatment of Low Back Pain in Patients.*

- Puget Sound Spine Interest Group, Seattle, WA, November 1989
- North Pacific Orthopedic Society, Semi-Ah-Moo, WA, May 1990

10. *Surgical treatment of the osteoporotic spinal deformity.*  
Medical/Surgical Symposium of the Osteoporotic Spine, Swedish Medical  
Center, Seattle, WA, November 1991

11. *Anterior/Posterior Spine Fusion: Simultaneous vs. Sequential vs. Staged.*  
With: Wagner, T; Leung, L; Heegard, E; Flener, J; Yamamoto, S.  
Puget Sound Chapter of the Western Orthopedic Association  
Semi-Ah-Moo, WA, May 1992

12. *Primary Steffee fusion for positive discograms.* With: Mark Remington.  
Puget Sound Chapter of the Orthopedic Association, Semi-Ah-Moo, WA, May  
1992

13. *Low back pain: The physician part of the problem.* Symposium of Non-Radicular Low Back Pain, Loma Linda, CA February 1993
14. *The use of the Boston brace.* Symposium of Non-Radicular Low Back Pain, Loma Linda, CA February 1993
15. *The use of Spine Intake Questionnaires.* Symposium of Non-Radicular Low Back pain, Loma Linda, CA February 1993
16. *Failed low back syndrome.* Northwest Spine Review, Virginia Mason, Seattle, Washington, May 1993
17. *Complications of lumbar spine surgery.* Northwest of Spine Review, Virginia Mason, Seattle, Washington, May 1993
18. *Surgical management of non-radicular neck pain.* Washington Spine Institute, Bellevue, WA, November 2, 1995
19. *Role of spine Fusion in the injured worker.* Idaho Annual Workers Comp Symposium, June 2002, Boise, ID
20. *When is a chronic pain perspective appropriate?* Physical Medicine and Rehabilitation Review Course, Univ. of Wash, Seattle, WA, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2017, 2018.
21. *Axial neck pain- Surgeons Perspective*  
Advances in The Treatment of Spinal Dysfunction - Physiotherapy Associates, Seattle, WA, March 3, 2005
22. *Defined Organized Conservative Spine Care.* Washington State Society Pain Annual Meeting- November 2006
23. *Treating the Imperfect Patient: What to do with those who do not meet the Inclusion Criteria,* NASS 22nd Annual Meeting, Austin, TX, October 25, 2007
24. *Orthopedic Surgeon's Perspective on Axial Neck Pain after Motor Vehicle Accident, including Causality.* Washington State Trial Lawyers Association, Seattle, WA, November 1, 2007
25. *Axial Low Back Pain—State of the Union and New Patient Classification.*
  - U of Washington Grand Rounds—January 2007, Seattle, WA
  - Henry Ford Hospital Grand Rounds—March 2008, Detroit, MI
  - Swedish Hospital Annual Nursing Symposium—October 2008, Seattle, WA
26. *Pressure Performance—A New Paradigm in Treating and Preventing*

*Disability in Low Back Pain Patients*; Swedish Hospital Symposium, April 3rd, 2009

- *Medical Profession's Contribution to the Problem*
- *DOC Project—Implementation*
- *A New Definition of Conservative Care*
- *Overview of the Athletic Performance Model Applied to Stress Management Awareness Applied to You and Your Patients*

27. *Professional Burnout*. Puget Sound Spine Interest Group, Bellevue, WA, March 23rd, 2010

28. *DOC Overview*. Provsorce Alliance, SeaTac, WA, May 21st, 2010.

29. *Creating a Vision—Awake or Asleep at the Wound*. Annual Residents' and Fellows' Course, Seattle Science Center, Seattle, WA, June 5th, 2010

30. *LBP—State of the Union—DOCC Principles*. Spine Management for Primary Care Physician. Swedish Medical Center, Seattle, WA, June 25th, 2010.

31. *Low Back Pain - State of the Union*. Lecture to University of Washington Pain Center Conference, Seattle, WA, July 6th, 2010.

32. *Creating Your Vision*. Awake at the Wound lecture - SpineOne fellows' course, Seattle Science Foundation, Seattle, WA, August 22nd, 2010.

33. *DOC Project Basics*. Lecture to family practice residents, Swedish Medical Center, Cherry Hill, Seattle, WA, August 31st, 2010.

34. *Physician Burnout*, Lecture to pain fellows, University of Washington Pain Center, Seattle, WA, September 16th, 2011.

35. *DOC Project Basics*, Presentation to Northwest Sports and Spine Physicians, Bellevue, WA, September 21st, 2010.

36. *Athletic Performance Principles Applied to the Operating Room*. Awake at the Wound presentation to the New England Vascular Society annual meeting, Rockport, ME, Sept 25th, 2010.

37. *Overview of the Athletic Performance Model Applied to Surgeons*. Seattle Surgical Society bi-monthly meeting, Seattle, WA, Sept 27th, 2010.

38. *LBP—State of the Union—DOC principles*. Seattle Sports and Spine bi-monthly Interest Group meeting, Seattle, WA, September 28th, 2010.
39. *Empathy in Evaluating Patients in Chronic Pain*. Seminar for pain fellows, University of Washington Pain Center, Seattle, WA, September 30<sup>th</sup>, 2010.
40. *Complex Spinal Surgery in the Context of the DOC Principles*. Orthopedic Conference, Swedish Medical Center, Seattle, WA, October 8<sup>th</sup>, 2010.
41. *Compassion in Dealing with Patients in Chronic Pain*. Annual Pain Seminar of the Pain Society of Oregon, Vancouver, WA, Feb 28<sup>th</sup>, 2011.
42. *Perfectionism—the Disconnect*. A Course on Compassion seminar, March 11<sup>th</sup>, 2011, Swedish Medical Center, Seattle, WA
43. *Awake at the Wound: Applying Athletic Performance Principles to Surgery*. One Spine Fellows and Residents' seminar, Swedish Medical Center, Seattle, WA, August 20<sup>th</sup> and 21<sup>st</sup>, 2011.
44. *Enjoying the Management of Chronic Pain*
- Puget Sound Spine Interest Group, Seattle, WA, Nov 17<sup>th</sup>, 2011
  - Peace South Hospital Staff Meeting, Vancouver, WA, Jan 16, 2012
  - Webinar hosted by the "Workfitnessdisabilityroundtable," Sept 13<sup>th</sup>, 2012
  - North Pacific Orthopedic Society, Seattle, WA, Sept 15<sup>th</sup>, 2012
  - Impairment Without Disability conference hosted by The Mayo Clinic, St Paul, MN, Oct 11<sup>th</sup>, 2013
45. *Indications for Spine Surgery: Structural versus Non-structural Issues*
- University of Washington Pain Center, Sept 18<sup>th</sup>, 2012, Sept 30, 2013.
  - Premera Assistant Medical Director's Retreat, Oct 8<sup>th</sup>, 2012.
46. *Pediatric Spine for Primary Care*. Ninth Annual Pediatric Specialty Update for the Primary Care Physician. Swedish Hospital, Seattle, WA, Jan 25, 2013
47. *Managing the Difficult Patient*. Swedish Medical Center In-service, May 23, 2013.
- University of Washington Pain Service. Weekly lecture series, Sept 3<sup>rd</sup>, 2013.
48. *Assembling a Spine Center*. Spine Business Summit, Barrow Neurological Institute, Phoenix, AZ, Jan 31<sup>st</sup>, 2013.
49. *Assembling a Spine Center*. Spine Business Summit, Texas Back Institute,

Dallas, TX, Feb 27<sup>th</sup>, 2014.

50. *Not Doing Spinal Deformity Surgery*. Swedish Medical Center Cherry Hill Grand Rounds, May 1<sup>st</sup>, 2014.

51. *Structured Approach to Chronic Pain*. Speaker, Russo CME, Eugene, Oregon, June 7<sup>th</sup>, 2014.

52. *Am I Operating on Your Pain or Anxiety?* American Osteopathic Association Annual Meeting, Seattle, WA, October 27<sup>th</sup>, 2014.

53. *Optimizing Patient Selection for Deformity Surgery*. Presentation at the course, "Optimizing Adult Spinal Deformity Surgery: It Takes a Village." Swedish Medical Center, Seattle, WA, Jan 16<sup>th</sup>, 2015.

54. *Prehab: Optimizing Spine Surgery Outcomes*. CME Russo, Wenatchee, WA, January 30, 2015.

55. *Implementing a Prehab Approach for Spine Surgery*. Peace Health Primary Care Conference, Bellingham, WA, March 6<sup>th</sup>, 2015.

56. *Implementing a Structured Care Approach for Chronic Pain*. Lecture to the medical community, Wenatchee, WA, April 2015.

57. *Am I Operating on Your Pain or Anxiety?* SIRPA Course on Mind Body Syndrome. London, April 2015.

58. *Putting it All Together*. One Spine Course, Seattle Science Foundation, Seattle, WA, August 15<sup>th</sup>, 2015.

59. *A Structured Approach to Solving Chronic Pain and Spine Surgery in the Presence of Chronic Pain*. WOMA, Yakima, WA, March 19<sup>th</sup>, 2015

60. *Spine Surgery in the Presence of Chronic Pain*. Swedish/ Russo LBP conference, Yakima, WA, March 19<sup>th</sup>, 2015.

61. *The Role of Sleep in Chronic Pain*. Lecture to Swedish Cherry Hill Sleep Center, Seattle, WA, April 27<sup>th</sup>, 2016

62. *The Neurological Basis of Chronic Pain. Mental Health in Workers Compensation*, Seattle, WA, April 16<sup>th</sup>, 2016.

63. *Integrating Behavioral Health into Spine Care*. Behavioral Health Business Summit, Chicago, IL, May 12, 2016.

64. *From Reactive to Creative: Transforming Anger*. Keynote speaker, ARPA,

Melbourne, Australia, Aug 7<sup>th</sup>, 2016.

65. *Neurophysiological Basis of Chronic Pain and Treating Chronic Pain from a Whole Person Perspective*. Keynote speaker, Southern Pain Society, New Orleans, LA, October 1, 2016.

66. *Reactive to Creative: Transforming the Anger of Pain*. WSIA Spring Conference, Seattle, WA, March 17<sup>th</sup>, 2017.

67. *Neurophysiological Basis of Chronic Pain*. South Central Foundation, Anchorage, AK. March 21<sup>st</sup>, 2017.

68. *Implementing a Structured Spine Care Program*. Tri-Cities Pain Conference, Pasco, WA, April 28<sup>th</sup>, 2017.

69. *Automated Systems Approach to Profiling Patients*. One Spine Masters Course, Seattle, WA. June 24, 2017.

70. *The Neurophysiological Basis of Chronic Pain*. Keynote speaker, Oregon Physical Therapy Association Annual Meeting, Portland, OR, September 30<sup>th</sup>, 2017.

71. *Curing Chronic Pain*. SIRPA conference, London, October 15<sup>th</sup>, 2017.

72. *Optimizing Surgical Outcomes through Prehab*. Spokane Pain Conference, Spokane, WA, October 28<sup>th</sup>, 2017.

73. *The Perils of Spine Surgery: A Surgeon's Roadmap Out of Chronic Pain*. Google talks, February 27<sup>th</sup>, 2018.  
<https://www.youtube.com/watch?v=B5cwZ2iu8jU&t=2912s>.

74. *The Neurophysiological Basis of Chronic Pain*. Therapeutic Associates, Seattle, WA, March 3<sup>rd</sup>, 2018.

75. *Optimizing Surgical Outcomes: Prehab*. Wenatchee Valley Medical Conference, Wenatchee, WA, April 13<sup>th</sup>, 2018.

76. *Optimizing Surgical Outcomes: Prehab*. Seattle Science Foundation, Seattle, WA, April 18<sup>th</sup>, 2018.

77. *Neurological Basis of Chronic Pain and Operationalizing the DOC Process*. Wyoming Physical Therapy Workshop, Cheyenne, WY, May 19<sup>th</sup>, 2018.

78. *Optimizing Performance. In and Out of the OR*. The Art of Neuroscience Seminar. Sponsored by the OSF Healthcare System, Chicago, IL. June 23<sup>rd</sup>, 2018.



79. *Plight of Workers Comp: Anger*. Webinar with Chris Brigham, July 18<sup>th</sup>, 2018.
80. *Neurological Nature of Chronic Pain*. WCI conference, Orlando, FL. April 20<sup>th</sup>, 2018.
81. *Optimizing Performance In and Out of the OR*. UCSF resident's conference, San Francisco, CA, September 10<sup>th</sup>, 2018.
82. *Solving Chronic Pain with a Self-Directed Process*. Rose Conference, Minneapolis, MN, September 21<sup>st</sup>, 2018.
83. *The Myth of Back Surgery: What We know vs What We are Doing*. Southern Pain Society, Atlanta, GA, September 22<sup>nd</sup>, 2018.
84. *The Neurophysiological Basis of Chronic Pain*. IME seminars, Seattle, WA, September 29<sup>th</sup>, 2018.
85. *Substance Abuse and Bad Behavior – Coping Mechanisms and Understanding the Neurological Nature of Chronic Pain*. Scoliosis Research Society Annual Meeting, Bologna, Italy, October 10<sup>th</sup>, 2018.
86. *Safer Pain Management from a Surgeon's Perspective*. America's Opioid Crisis: Improving Education, Treatment and Policy. Kaiser Annual Primary Care Pain Update, Washington DC, October 20<sup>th</sup>, 2018.
87. *Opioids and New Advances in Pain Management*. King County Medical Society, Seattle, WA, December 11, 2018.
88. *Implementing a Structured Pain Program into a Pain Practice*. Integrated Pain Solutions quarterly meeting, Pinehurst, NC, January 11, 2019.
89. *Optimizing Performance In and Out of the OR*. USCF and St. Mary's Hospital. Resident's conference, San Francisco, CA, January 13, 2019.
90. *Enjoying the Management of Chronic Pain*. Puyallup Indian Tribe Primary Care workshop, February 7, 2019, Puyallup, WA.
91. *The Surgical Treatment of LBP: State of the Union*. Oregon Pain Summit, Lebanon, OR, January 27<sup>th</sup>, 2019.
92. *Optimizing Performance in the OR*. St. Mary's Resident's Conference, San Francisco, CA, January 31, 2019.
93. *Chronic pain for primary care*. Workshop for the Puyallup Indian Tribe, Puyallup, WA, February 7, 2019.

94. *Chronic Pain is Best Addressed by Primary Care*—Spring Training for Primary Care, Providence Hospital Seminar, Seattle, WA, April 11<sup>th</sup>, 2019.
95. *Creating a Safe Haven Workshop*. Understanding Pain & Healing, WASHAA 7th Annual Conference, Seattle, WA, October 17<sup>th</sup>, 2019.
96. *Creating a Safe Haven*. Keynote speaker. IAFNR 7<sup>th</sup> annual conference, Las Vegas, NV, October 19<sup>th</sup>, 2019.
97. *Living Through a Pandemic with Low Back Pain*. Guest presenter with Dr. Vania Apkarian lecture. Virtual lecture, May 26<sup>th</sup>, 2020.
98. *Enjoying the Management of Chronic Pain*. Lecture to Integrated Pain Solutions, Pinehurst, NC, 10.1.2020.
99. *Avoiding Burnout by Learning to Enjoy Your Patients*. Osteopathic school lecture, Yakima School of Osteopathy, 10.11.20.
100. *The Myth of a Balanced Life*. Virtual lecture to a Seattle, WA, women's business group, December 4<sup>th</sup>, 2020.
101. *A New Paradigm for Solving Chronic Pain: From Threat to Safety*. First annual Pain Summit, The Open Center, New York, NY, Jan 22-24, 2021.
102. *Anger Processing*. A virtual lecture to a Seattle, WA, women's business group on July 21<sup>st</sup>, 2021.
103. *The Myth of MUS (Medically Unexplained Symptoms)*. Annual Spine Fellows Course, Seattle Science Foundation, Seattle, WA, August 7<sup>th</sup>, 2021.
104. *Energized by Adversity. Moving Through Your Pain*. East West Books, Seattle, WA, October 5<sup>th</sup>, 2021.
105. *Dynamic Healing – Addressing the Root Causes of Chronic Diseases*. Annual NAHAC meeting, Webinar, Seattle, WA, October 27<sup>th</sup>, 2021.
106. *Addressing the Root Causes of Chronic Disease*. Annual Northwest Spokane Pain Conference, Spokane, WA, November 13<sup>th</sup>, 2021.
107. *Long Hauler's Syndrome*. Annual Northwest Spokane Pain Conference, Spokane, WA, November 13<sup>th</sup>, 2021.
108. *A Weekend on Dynamic Healing*. 2<sup>nd</sup> Annual Pain Summit. The Open Center, New York, NY, Feb 26-27, 2022.

109. The physical therapist's role in treating chronic pain. California Physical Therapy Association monthly meeting, March 9<sup>th</sup>, 2022.
110. *The Common Basis for Chronic Disease*. Gritman Annual Pain Conference, March 15, 2022.
111. *Prehab: Optimizing Surgical Outcomes*. Palouse annual pain conference, May 21<sup>st</sup>, 2022.
112. *The Core of Chronic Disease*. Oregon Primary Care Conference, Lebanon, OR, June 3<sup>rd</sup>, 2022.
113. *Solving Chronic Illness*. Oregon Primary Care Conference, Lebanon, OR, June 3<sup>rd</sup>, 2022.
114. *First Do No Harm: Mental Health Issues in Workers Comp*. WCI, Orlando, FL, August 23<sup>rd</sup>, 2022.
115. *The Neurobiology of Preoperative Optimization*. North American Spine Society, Symposium on Preoperative Optimization. Chicago, IL, October 15, 2022.
116. *Anxiety is the Pain*. PPDA conference hosted by SIRPA, London, England, September 24<sup>th</sup>, 2022.
117. *Enjoying the Management of Chronic Pain*. Lecture to Integrated Pain Systems Providers (Zoom). Pinehurst, NC, February 8<sup>th</sup>, 2023.
118. *Physician Wellness – Solving RUTs (Repetitive Unpleasant Thoughts)*. Washington State Orthopedic Association monthly meeting (Zoom). Seattle, WA, June 28<sup>th</sup>, 2023.
119. *Enjoying Your Patients Suffering from Chronic Pain*. In-house training of Spine Zone physical therapists (Zoom). San Diego, CA. July 14<sup>th</sup>, 2023.
120. *Preventing Suicide in Workers Comp*. National Comp conference. Las Vegas, NV, 9.20.23.
121. *Experience the Gift of Consciousness*. Washington State Orthopedic Annual Meeting (Zoom). Seattle, WA, October 28<sup>th</sup>, 2023.
122. *Experience the Gift of Consciousness*. University of WA pain fellows (Zoom). Seattle, WA, January 23, 2024.

123. *Are Repetitive Unpleasant Thoughts the Driver on Chronic Disease?* IAFNR Annual Conference (Zoom). September 9<sup>th</sup>, 2024.

124. *A Physiological Approach to Solving RUTs*. Department of Psychiatry, Alta Bates Hospital (Zoom). Oakland, CA, October 7<sup>th</sup>, 2024.

125. *A Physiological Approach to Solving RUTs*. Vermont Occupational Therapy Association Annual Meeting (Zoom). October 14<sup>th</sup>, 2024.

125. *Spinal Surgery Decision-Making*. Spine Zone physical therapy teaching session (Zoom). October 18<sup>th</sup>, 2024.

126. *The Dynamic Healing Journey*. Eastern Claims Conference in conjunction with Dr. Les Kertay. Boston, MA, April 8<sup>th</sup>, 2025.

127. *A Physiological Approach to Solving Repetitive Unwanted Thoughts*. University of Denver (Zoom). October 31<sup>st</sup>, 2025.

128. *Transcend Your Self-Critical Voice*. Life with Kate (Zoom Inner Circle). January 29<sup>th</sup>, 2026.

129. *Self-Induced Healing*. Spirit Fest, Los Gatos, CA. February 8<sup>th</sup>, 2026.

**Outside interests:**

**Current:**

Golf, tennis, snow skiing, weight training, hiking, fly fishing, reading, learning Italian, bird watching, writing poetry, table tennis, public speaking, and non-fiction writing.

**Past:**

Water skiing, volleyball, racquetball, jogging, basketball, slow-pitch softball, and trumpet.

Updated 5.11.26