

STAFF PSYCHOLOGISTS



Mel Watt, PhD is a licensed psychologist and has worked with UBC since 2002. He has been in the counseling field since 1982, working in both inpatient and outpatient settings. He specializes in the evaluation and rehabilitation of individuals with chronic pain, depression and anxiety disorders, as well as mental health issues in the geriatric population.



Jeremy Senske, PsyD is a licensed psychologist. His background includes working with individuals with psychosis, depression, bipolar disorder, anxiety and chronic pain, as well as experience working with individuals in acute crisis situations. Dr. Senske serves as Adjunct Faculty at Argosy University in the graduate and undergraduate programs.



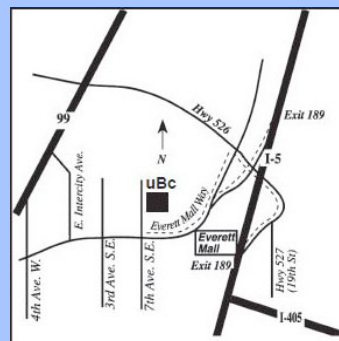
Rachaud Smith, PsyD is a licensed psychologist. In addition to working in an interdisciplinary pain setting, Dr. Smith has provided care to patients with a variety of medical conditions and psychiatric diagnoses (major depression, anxiety, bipolar disorder, substance abuse/dependence, PTSD).

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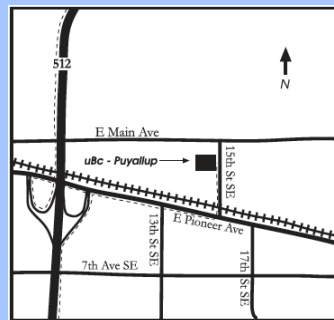
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Redmond location



Everett location



Puyallup location

UBC LOCATIONS

15436 Bel-Red Rd Redmond, WA 98052
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9617 7th Ave SE Everett, WA 98208
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UBC_{INC}

LIFE. WORK. WELLNESS.



CHRONIC PAIN FAMILY SUPPORT GROUP

Why Participate in a Chronic Pain Family Support Group?

Family members often struggle with managing a loved one's chronic pain condition. Frequently, the effects of the loved one's injury/pain can produce unwanted stress and problems that can become overwhelming if not addressed. UBC understands these difficulties and offers once per month meetings that will provide knowledge about:

1. Chronic pain
2. How to effectively support your loved one
3. How to take care of yourself.

Meeting Format.

The meetings will be ninety minutes in length. Time will be spent learning about chronic pain related topics and discussing the impact chronic pain has on you and your families. You will have a chance to talk and learn from others who are experiencing and coping with similar chronic pain difficulties.

Topics Discussed During the Chronic Pain Family Support Group

- B. R. E. A. T. H. E. and the Chronic Pain Experience
- What is Chronic Pain?
- Narcotic Pain Medication Issues
- Depression, Anxiety and Anger in Chronic Pain
- How Chronic Pain Affects Thinking
- Taking Care of Self
- Setting Goals
- Effective Communication

Participating in the Topic Discussions Will Help You More Fully Understand:

- Acute vs. Chronic Pain
- How to respond to your family member when he/she is in pain
- Physical dependence vs. Addiction
- Why narcotic medications are prescribed
- Self Care vs. Selfishness
- How stress affects chronic pain
- Support vs. Enabling
- The importance of setting goals

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Michael Harris, PhD is the Clinical Director of UBC and a licensed psychologist. His 30-year career has emphasized application of behavioral and psychological concepts in the treatment of medical patients. Program development, outcomes research and evidence-based treatment are the emphasis of his current activities at UBC.



Rena Frye, PhD is the Behavioral Health Services Coordinator at UBC, and a licensed clinical psychologist. She has been working in the rehabilitation counseling field for over 20 years. Her specialties include working with individuals with depression, anxiety, PTSD and chronic pain.



Dean Poppe, PhD has been a licensed psychologist since 1997. His professional expertise includes working with individuals experiencing chronic pain, depression, anxiety, substance abuse issues related to other psychological diagnoses, and psychological assessment.

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