

STAFF PSYCHOLOGISTS



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.



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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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.

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UBC_{INC}

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BEHAVIORAL HEALTH SERVICES

UBC'S BEHAVIORAL HEALTH SERVICES

Since 1984, UBC's licensed psychologists have offered interdisciplinary and individualized treatment for chronic pain and related conditions. These treatments enable patients to feel a greater sense of control, reduce their pain intensity and return to living and functioning at a higher level.

Why is a psychologist involved in the treatment of chronic pain? Pain doesn't just affect the body. It also affects how much a person can do at work and home, how they feel emotionally, and their quality of life.

Many people experience deep losses, including job loss, financial status and self-confidence. Thinking patterns may change, leading to increasing frustration and irritability. They may develop poor memory and concentration, which impact mood.

One particular psychological treatment approach that has been empirically found to be highly effective in helping patients reduce pain, disability and distress is Cognitive Behavioral Therapy.

Cognitive Behavioral Therapy (CBT)

Often times negative and/or distorted thoughts and beliefs get in the way of dealing effectively with pain, depression, anxiety and social relationships. CBT can change these unfavorable beliefs and thoughts to

EVALUATION & TREATMENT SERVICES

a better representation of the facts or reality. CBT can include: Stress and Anger Management; Relaxation Training; Challenging Negative Thoughts; Assertive Communication Skills; Positive Coping Statements; and Behavioral Goal Setting.

Evaluation, Treatment, and Testing Services

Comprehensive Evaluation and Treatment: for depression, anxiety, and post traumatic stress disorder (PTSD).

Cognitive Assessments for learning disabilities, attention, memory and other complex cognitive difficulties (eg. hemi-neglect or other complicated brain injury)

Customized assessment batteries depending upon the referral question and context as well as specific needs. These batteries can include personality, achievement, or cognitive testing. They can be used for work-related psychological testing or when considering a vocational rehabilitation training plan.

Opioid Dependency Screening and Treatment.

Screening for opioid dependence versus addiction; using supportive CBT while tapering and eliminating opioids.

Pre-surgical Consultations: The Behavioral Health Team at UBC can serve a vital role in

EVALUATION & TREATMENT SERVICES

assessing the ability of pre-surgical patients to deal with the multiple stressors involved in surgical procedures such as compliance with pre and post surgery regimens, cognitive and emotional concerns, risks and benefits of surgery as well as realistic expectations.

Telehealth Services: UBC can provide face-to-face evaluations and treatment to persons who are unable to travel to our office. The sessions are conducted in the same way as if the individual were being evaluated or treated in person via secure internet connection.

ABOUT UBC

UBC's Programs & Services Include:

Interdisciplinary Pain Management Program
Behavioral Health Consultations and treatment
Opioid Elimination Program
Medical Consultations and treatment
Work Hardening Program
Work Conditioning Program
Physical Capacity Evaluations
Ergonomic Assessments
Biofeedback/Relaxation Training