

“Hypnosis for Pain and Suffering” med David Patterson



David Patterson

David R Patterson PhD, ABPP is an emeritus professor of psychology in the Departments of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine.

Dr Patterson's current interests are in psychological approaches to the reducing and managing pain, particularly through hypnosis, immersive virtual reality and Eastern concepts such as mindfulness and Zen Buddhism. He remains a strong advocate of providing interventions for people in pain, particularly after trauma and had conducted several studies using pharmacology, as well as psychological alternatives. Dr Patterson has over 200 peer-reviewed publications, chapters, monographs and book chapters in topics such as pain control and adjustment to burn injuries and trauma. He has co-directed the bioethics committee in his hospital and published in the New England Journal of Medicine on topics related to bioethics. He was funded from 1989 to 2020 by the National Institutes of Health to conduct randomized controlled trials on treating burn pain and trauma pain. He has developed internship and postdoctoral training programs and has mentored hundreds of students. He has given keynote lectures and clinical workshops in dozens of countries and his work as been featured on both national and international news outlets on numerous occasions over the past 30 years. Dr Patterson's book with Elena Mendoza entitled Clinical Hypnosis for Pain Control was published in 2024.

