F. Cal Robinson, Psy.D, MSCP, ABMP

Newport News, Virginia 23606
doctorcalrobinson@yahoo.com • (757) 349-3525

Curriculum Vitae

Accomplished medical psychologist with extensive training and practice in pain medicine and psychopharmacology. Intrigued with using interdisciplinary, integrative approaches in the effective management of chronic pain. Flexible, curious, and determined to find a better, more comprehensive model for pain management. Communicative and personable with an aptitude for connecting with patients and working effectively with them to find an efficient, beneficial, and sustainable treatment plan.

Education and Credentials

Doctor of Psychology, Forest Institute of Professional Psychology

Master of Science in Psychopharmacology, Massachusetts School of Professional Psychology

Master of Arts in Rehabilitation Counseling, University of Cincinnati

Board Certified Medical Psychologist, American Board of Medical Psychology

Licensed Clinical Psychologist, Virginia, Missouri, Connecticut, Louisiana, Minnesota, Wisconsin, New Hampshire, Illinois, Indiana, Tennessee

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Recent Accomplishments

Implemented the Mindfulness Based Chronic Pain Management™ Treatment program.

- Worked with founder of the Mindfulness Based Chronic Pain Management (MBCPM™), Jackie Gardner-Nix, MD from the University of Toronto to configure insurance billing methods to use this program with the US.
- Implemented the premiere US personal and meditative and mindfulness-based pain management practice successfully serving over 100 patients thus far.

Instituted a Chronic Pain Anonymous (CPA) chapter.

- Established the CPA Tidewater Chapter, a weekly pain recovery program structured similarly to other 12-step programs.
- Hired a full-time psychometrist to administer the extensive psychological/neuropsychological battery necessary for a comprehensive pain evaluation.

Professional Experience

ORTHOPAEDIC & SPINE CENTER - Newport News, VA

Medical/Pain Psychologist, 2015 to Present

Work closely with two interventional pain physicians to offer comprehensive psychological services. Provide pain/medical psychology services for patients suffering from chronic pain within the context of full orthopedic surgery practice. Facilitate patient's reflection of malingering qualities and incentives for

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remaining ill. Use pain psychology assessments to determine treatment options for patients. Conduct forensic evaluations, when applicable.

- Developed comprehensive psychological evaluation processes for spine surgery candidates and for those considered for implantable devices.
- Utilized knowledge of the Bianchini criteria to assess the symptoms associated with malingering for worker's compensation and legal cases.
- Pioneered a program for psychological assessment in the post opioid era.
- Introduced clinic to MBCPM™ program from Canada, an integrated 13-week, pain management program.

HEARTLAND HEALTH REGIONAL MEDICAL CENTER -St. Joseph, MO

Medical/Pain Psychologist, 2014-2015

Served as the primary pain psychologist for the Center for Pain Management. Work with three pain interventionalists analyze patients' cases and devise comprehensive treatment plans.

INTERVENTIONAL PAIN AND PHYSICAL MEDICINE CLINIC -Sartell, MN

Pain/Medical Psychologist 2013-2014

Developed, assessed, planned, and monitored. Advised physicians and other health practitioners on the selection, dosages, interactions, and side effects of medications.

MARSHFIELD CLINIC -Eau Claire, WI

Pain Psychologist for Western Division, 2006-2008 & 2011-2013

Provided comprehensive services to help patients with pain management while overseeing the development of the ACT program.

- Provided comprehensive psychological services for the pain program of the entire western division.

SILVER HILL HOSPITAL -New Canaan, CT

Director of Chronic Pain and Addiction, 2011

Developed program to address chronic pain and addiction from within a private psychiatric Yale-affiliated hospital.

ELMENDORF AIR FORCE BASE -Anchorage, AK

Behavioral Health Consultant, 2010-2011

Gained significant experience in an integrated model of care making psychopharmacology recommendations for members of the armed forces and their families.

- Worked closely with primary care, internal medicine, pediatric, and women's health medical professionals to provide optimal care for the clinic's patients.

THE NEUROMEDICAL CENTER -Baton Rouge, LA

Medical/Health Psychologist, 2008-2009

Offered pain psychology services by conducting risk assessments and SCS evaluations. Utilized a propriety model without outcome evaluation.

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Additional experience as a Private Practicing Clinical Psychologist in Evansville, Indiana, focusing on the assessment and treatment of behavioral medicine disorders and clinical and rehabilitation psychology.

Selected Publications & Presentations

1. Cognitive Behavioral Interventions -First Line Treatment: March 26, 2018
   EUROSCICON 6TH INTERNATIONAL CONFERENCE ON PAIN MANAGEMENT -VIENNA, AUSTRIA
2. Mindfulness and Chronic Pain: May 17, 2017
   POSITIVE PSYCHOLOGY CONFERENCE -TORONTO, CANADA
3. Mindfulness & Cognitive Behaviorial Intervention -Alernative Interventions in Light of the Opioid Crisis: December 4, 2017
   FIRST NATIONS CONFERENCE -REGINA, CANADA
4. *Chronic Pain, Comorbidity, & Treatment Complexity.* The Carlat Report-Psychiatry, Vol. 10, Number 11. November 2012.

Professional Associations

American Pain Society
New England Pain Association, *former president*
New Hampshire Pain Initiative
American Cancer Society
Association of Contextual Behavioral Science
American Academy of Pain Management, *Diplomat*
Academy of Medical Psychology, Board Member

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Date

Name
Title
Organization Name
Address
City, State ZIP

Dear (Name or Hiring Manager):

As a results-oriented and motivated Medical Psychologist with rich experience in comprehensive pain management and a leader in the field, I am confident I will make immediate contributions to (Employer Name)'s goals in a (**Position Title**) role. My curriculum vitae is enclosed for your review.

The focus of my career to date has been in working closely with patients and medical professionals to develop integrated strategies that effectively manage pain while allowing patients to live fuller more mindful lives. Over the course of over 20 years, I have offered key contributions to this field through leading Elliot Hospital in Manchester, New Hampshire as Clinical Director to achieve full accreditation from CARF (Commission Accreditation Rehabilitation Facilities as an Interdisciplinary Pain Program. Based upon this background and (Organization)'s emphasis on (specific areas), I am confident of my ability to excel in this role.

Highlights of my credentials and background include:

- Founding clinical director and business partner of the Spine & Rehabilitation Institute of Evansville, Indiana.
- Numerous writings and publications focused on clinical outcomes of pain treatment and suffering.
- Favorable clinical data and personal experience administering mindfulness and meditative techniques in the treatment of chronic pain.
- An aptitude for managing patients' needs and empowering them to take responsibility for the state of their health.

- A natural inquisitive nature that does not stop until optimal solutions are achieved.

The wake of the post-opioid era is a crucial time for pain management specialists. We must come to recognize that helping patients develop cognitive-behavioral psychology skills with mindfulness meditative training is a necessary component of comprehensive care.

Should you need further information, I am available by phone or email. In the meanwhile, I look forward to the opportunity to speak with you at your earliest convenience.

Sincerely,

F. Cal Robinson, Psy.D, MSCP, ABMP
Board Certified Medical Psychologist
Enclosure