

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

Tuesday, February 24, 2026

Noon to 1:30 p.m. PDT
(No meals or breaks provided)

SPEAKER:
Dave Talavera, PhD

Please register at:
[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for non-attendance.



Chronic Pain: Team-Based Psychological Care

Chronic pain is a complex, brain-based condition influenced by biological, psychological and social processes. Effective treatment often requires coordinated care across disciplines. This presentation introduces evidence-based psychological approaches to chronic pain, including cognitive-behavioral and acceptance-based strategies, and emphasizes the importance of collaborative care models. Participants will learn how psychological treatment improves functioning and quality of life, how provider messaging influences patient engagement, and how interdisciplinary collaboration can reduce burden on individual providers while improving patient outcomes.

LEARNING OBJECTIVES:

Participants will be able to:

- Identify at least three psychological or behavioral factors that contribute to chronic pain severity and impact.
- Describe at least two evidence-based psychological treatment approaches used in chronic pain care and their shared focus on functional improvement.
- Explain at least three ways interdisciplinary collaboration can improve patient engagement and outcomes in chronic pain management.



Dave Talavera, PhD, is a bilingual (Spanish/English) licensed clinical psychologist specializing in pain psychology. He earned his PhD from the University of Houston, completed his pre-doctoral internship at Harvard Medical School/Cambridge Health Alliance, and did advanced training at an APA-accredited postdoctoral fellowship in pain psychology at Stanford School of Medicine. Dr. Talavera previously served as a

Clinical Assistant Professor at both Stanford and the Keck School of Medicine of USC, providing treatment for chronic pain while engaging in clinical research. His expertise also includes conducting pain psychology evaluations for spinal cord stimulators, ketamine treatment for pain, rehabilitation candidacy, interventional procedures, and implantable pain pumps. Dr. Talavera has published peer-reviewed research on chronic pain, behavioral medicine, and health disparities. He currently serves as Adult Mental Health Division Director at The Center for Connection in Santa Barbara, where he leads pain psychology and adult assessment services.

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PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Kim Blair, BSN, RN-BC, PMH

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Physicians

Psychologists

Psychotherapists

Social Workers

02/2026 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.