



Seattle Institute for Biomedical and Clinical Research

July - September 2023

Spotlight Feature

RHONDA M. WILLIAMS, PhD



Rhonda Williams, PhD, is a Clinical Psychologist specializing in Rehabilitation Psychology within the Rehabilitation Care Service Line at the VA Puget Sound Health Care System (VA Puget Sound), Seattle Division. Additionally, she holds the position of Professor in the Department of Rehabilitation Medicine at the University of Washington School of Medicine, and she is recognized as a Diplomate of the American Board of Professional Psychology. Dr. Williams has made significant contributions to the field since 2003 as the Attending Psychologist in the Polytrauma Program at VA Puget Sound, actively participating in its development and success.

Dr. Williams embarked on her academic journey by obtaining an undergraduate degree in Health Studies from the University of Waterloo in Canada. Subsequently, she pursued her doctoral training at Arizona State University and completed an internship and postdoctoral training at Harborview Medical Center and the University of Washington. Dr. Williams joined the VA Puget Sound in 2000.

Dr. Williams has led and co-led multiple clinical trials and contributed to the development of several interventions designed to improve psychological and cognitive function. Over the past decade, her work has been supported by the National Institutes of Health (NIH) and the Department of Defense (DOD), with SIBCR facilitating her research endeavors. Dr. Williams has focused on advancing complementary and integrative approaches for chronic pain, employing techniques such as hypnosis, meditation, cognitive therapy, and self-management. At present, she serves as the Co-Principal Investigator for the MATCH study (Matching Adults to Treatments for CHronic Pain), funded by the National Center for Complementary and Integrative Health (NCCIH), which explores moderators of pain treatment effectiveness. Collaborating with colleagues at the University of Washington, this study builds upon previous research comparing the efficacy of nonpharmacological treatments for chronic pain. Furthermore, as the site-Principal Investigator of a DOD-funded study, Dr. Williams is investigating the natural history of Veterans who receive a brief cognitive rehabilitation intervention within the Polytrauma Program. Dr. Williams is also an Affiliate Investigator with the R&D Center for Limb Loss and Mobility (CLiMB). Her collaborative efforts with CLiMB investigators have focused on developing a shared decision-making tool to enhance outcomes following limb amputation.

Beyond her research and clinical pursuits, Dr. Williams is actively involved in training future psychologists, making significant contributions as a valued member of the Training Committee at VA Puget Sound. She provides invaluable clinical and research supervision to numerous predoctoral interns and postdoctoral fellows, with over 90 individuals benefiting from her guidance and mentorship to date.

ANNUAL MEMBER INVESTIGATORS' MEETING

SIBCR Annual Member Investigators' Meeting: SIBCR had a good turnout for the Annual Members' Meeting held on June 6th with scientific presentations by Drs. Elizabeth Rhea and Bruce Montgomery. SIBCR's annual report can be found on our [website](#).