

## Biography

Dr. Blake Tearnan graduated from the University of Georgia's Clinical Psychology Program with a specialization in clinical and medical psychology. He has held positions at the University of Wisconsin, University of Nevada Medical School and the V.A.M.C. in Reno. He also serves as Director of Behavioral Medicine for the Northern Nevada Functional Restoration Program, as well as the N. NV. Pain Management and Detox Program. Dr. Tearnan is a founding partner of the Reno Spine Center, President of HealthNetSolutions.com and a consultant to various groups including Innovative Health Solutions and the American Academy of Pain Management.

Dr. Tearnan has published widely in the areas of medical rehabilitation, health, pain, and anxiety disorders. He is the developer of numerous psychometric instruments on general health, pain, and disability including the *Pain Disability Report*, *Behavioral Assessment of Pain*, and the *Life Assessment Questionnaire*. In addition, Dr. Tearnan is the author of *Ten Simple Steps to Managing Chronic Pain*- one of New Harbinger Publications' top selling self-help books.