

## Bio - D'Eon

Maya D'Eon, PhD, is a licensed clinical psychologist who helps individuals with mood disorders (such as depression and anxiety), chronic pain and chronic medical conditions that can impact mental health. She sees people in both general psychology and the pain psychology clinic.

Her practice focuses on delivering research-supported treatments (such as cognitive behavioral therapy, and acceptance and commitment therapy) that can empower individuals to learn strategies to improve quality of life and daily life functioning. She also conducts psychosocial assessments, and offers individual and group therapy for adults.

Dr. D'Eon is program director of the [chronic pain intensive outpatient program \(IOP\)](#) at UC San Diego Health. She is also a clinician-educator in the pain psychology clinic.