

Dr Sarah Woods
DClinPsychol, BSc(Hons)
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL22296**

Dr Sarah Woods qualified as a Clinical Psychologist in 2008. Since qualifying she has worked with adults with physical health problems in the NHS, specialising in persistent / chronic pain. She is experienced in working with psychological trauma / post-traumatic stress disorder, depression and anxiety, both in the NHS and independent practice.

Sarah offers a range of therapies and has a particular interest in Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitisation and Reprocessing Therapy (EMDR). Sarah regularly supervises other psychologists in their clinical work.

AREAS OF SPECIALISM

- Chronic / persistent pain
- Adult trauma / PTSD
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)

PROFESSIONAL QUALIFICATIONS

2008 Doctor of Clinical Psychology, University of Leeds
2003 BSc (Hons) Psychology, 2.1, University of Newcastle

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2020 Excellence in Report Writing, Bond Solon, one day
2020 Eye Movement Desensitisation and Reprocessing, part one October 2019, part two January 2020 and part three July 2020
2018 Acceptance and Commitment Therapy with Ray Owen, 2 days
2017 CBT for post-traumatic stress disorder with Kevin Meares, 1 day
2016 Compassion Focused Therapy module with Deborah Lee, half day
2016 Advanced training in Acceptance and Commitment Therapy with Russ Harris, 24 hours
2014 Acceptance and Commitment Therapy with Paul Flaxman, 1 day
2012 CBT for post-traumatic stress disorder, Kevin Meares 1 day
2011 Pain Management Plan training with Frances Cole, 1 day
2010 Building Resilience using CBT, Christine Padesky, 1 day
2009 Yorkshire Psychologists Association, Compassionate Focussed Therapy with Paul Gilbert, 1 day

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WORK HISTORY

2019 – Present Independent psychological therapy and assessment

Referrals from a variety of sources including self-referral, health insurers and medico legal referrals. Offering psychological assessment and therapy, including some brief expert reports for the court.

2017 – Present Promotion - Principal Clinical Psychologist, lead for pain psychology and pain management multi-disciplinary team

Living Well with Pain Team, Northumbria Healthcare NHS Trust. Significant service development to redesign the pain service into a Living Well with Pain Service (LWWP).

Line management and clinical supervision for the multidisciplinary team. Specialist assessment of psychological impact of pain and recommendations for therapy. Delivering Pain Management Programmes to British Pain Society standard. One-to-one therapy for people suffering persistent pain which is impacting on their mental health including depression, anxiety and psychological trauma.

2011 – 2017 Highly Specialised Clinical Psychologist. Pain Management, Northumbria Healthcare NHS Trust.

Psychological assessment and therapy in a pain management multidisciplinary team. Provision of Pain Management Programmes to British Pain Society. Clinical supervision to psychologists and trainee psychologists, psychological consultation for multidisciplinary team.

2013 – 2014 Independent medico-legal work, personal injury

Completing psychological assessments with people who have suffered road traffic collisions. Compiling reports to referring company standard and deadlines. Offering psychological therapy to clients who have suffered personal injury; referrals from various instructing companies. Supervised by Consultant Clinical Neuropsychologist.

2013 – 15 Independent work – training

Delivering Pain Management Plan training packages with Dr Frances Cole, GP Specialist in Pain. Teaching low intensity psychological wellbeing practitioners about long term conditions. 1.5 days annually.

2008 – 11 Clinical Psychologist, Bradford Teaching Hospitals NHS Trust.

Providing individual psychology for people with chronic pain and people with cancer. Running Pain Management Programmes and joint assessments with physiotherapists. Teaching and training other staff in CBT approaches. Input into the review of the Pain Management Plan manual (acknowledgement in the manual). Teaching and training of Trainee Clinical Psychologists.

2005 – 08 Psychologist in Clinical Training. Leeds Teaching Hospitals NHS Trust.

2004 – 05 Assistant Psychologist. South Tees Hospital NHS Trust.

2003 – 04 Research Assistant. Northgate and Prudhoe NHS Trust.

PROFESSIONAL MEMBERSHIPS

Registered Practitioner Psychologist, Health and Care Professions Council PYL22296

Member of the British Pain Society (BPS)

PUBLICATIONS (UNDER MAIDEN NAME – WHARTON)

- 2010** Milne, D., Reiser, R., Aylott, H., Dunkerley, C., Fitzpatrick, H. & Wharton, S. (2010). The Systematic Review as an Empirical Approach to Improving CBT Supervision. *International Journal of Cognitive Therapy*, 3, (Special Section: Cognitive Processes in Anxiety), 278-294
- 2006** Milne, D., Wharton, S., James, I., & Turkington, D. (2006). Befriending versus CBT for schizophrenia: A convergent and divergent fidelity check. *Behavioural and Cognitive Psychotherapy*, 34, 25-30.
- 2005** Wharton, S., English, S., & Hames, A. (2005a). Assessing parenting skills when working with parents with learning disabilities. *Learning Disability Practice*, 8(4), 12-14.
- 2005** Wharton, S., English, S., & Hames, A. (2005b). Training for parents with learning disabilities. *Primary Health Care*, 15(1), 40-42.
- 2005** Wharton, S., Hames, A., & Milner, H. (2005). The accessibility of general NHS services for children with disabilities. *Child: Care, Health and Development*, 31(3), 275-282.
- 2004** Baker, R., Carlson, T., & Wharton, S. (2004). Factors influencing the continued and discontinued use of voice output communication aids for people with learning disabilities. *Communication Matters*, 18(3), 15-18.

CONFERENCES AND ACKNOWLEDGEMENTS

- 2004** Dunkerley, C., Milne, D., & Wharton, S. (2004). A NICE (R) systematic review of the clinical supervision literature. Paper presented at the European Association for CBT, Manchester, UMIST. (Presented by a colleague).
- 2010** Lewin, R.J.P. (2010) The Pain Management Plan: How people living with pain found a better life. York: Npowerd. Acknowledged as an expert contributor.
- 2007** Milne, D. (2007). An empirical definition of clinical supervision. *British Journal of Clinical Psychology*, 46(4), 437-447. Acknowledged by the author for my input.
- 2004** Wharton, S., Hames, A., & Milner, H. (2004). Improving the accessibility of general health services for children with disabilities and their carers. Paper presented at the Access to Acutes, Ideas into Action: Small Steps for Big Change, Telford. A poster presentation.