

Dr Sarah Woods

DClinPsychol, BSc (Hons)

Registered Clinical Psychologist



Health Professions Council Registration: **PYL22296**

Dr Woods has extensive experience as a Clinical Psychologist. Qualifying in 2008 Dr Woods has worked with adults with chronic / persistent pain, post-COVID syndrome, general mental health problems and trauma / post-traumatic stress disorder (PTSD). Dr Woods has been writing expert witness reports for the civil courts since 2013 (with a break from 2014-2019 for childcare), having provided around 30 reports for personal injury and more recently writing reports for clinical negligence. Her reports are well researched and supported by thorough review of documents and a clinical interview to understand issues of causation, condition and prognosis. Dr Woods provides around 2-4 reports per month.

Having held senior leadership roles in the NHS, Dr Woods has a solid clinical background. Alongside direct assessment and therapy work with clients, Dr Woods has many years' experience developing evidenced-based clinical services, clinically supervising psychologists, ensuring governance in psychological services and advising NHS partners about the development of clinical services.

Dr Woods has a strong background in the provision of therapy and rehabilitation, providing Acceptance and Commitment Therapy, Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation and Reprocessing Therapy (EMDR)

AREAS OF SPECIALISM

- Chronic / persistent pain
- Physical disability and injury
- Adjustment disorder
- Depression
- Adult trauma / PTSD
- Anxiety
- 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

- 2022** Experts Discussions and Joint Statements From Law to Practice, Expert Witness Institute
- 2022** Law for Experts (England and Wales), Expert Witness Institute
- 2021** Acceptance and Commitment Therapy advanced with Ray Owen, 2 days
- 2020** Excellence in Report Writing, Bond Solon, one day
- 2020** Civil Litigation for Clinical Psychologists, Expert Witness Institute part one, 3 hours

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

-
- 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

WORK HISTORY

2019 – Present Independent psychological therapy and Expert Witness Reports.

Psychological therapy: referrals for therapy from a variety of sources including self-referral, health insurers and medico legal referrals. Including Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation and Reprocessing Therapy (EMDR).

Expert Witness: completing court compliant expert witness reports for personal injury and clinical negligence, specialising in persistent / chronic pain, health psychology depression, anxiety and post-traumatic stress disorder (PTSD). Completing an average of 12 reports per year.

2021 Secondment – Principal Clinical Psychologist, lead for post-COVID psychology

Development of clinical service for post-COVID psychology.
Clinical assessment and specialist therapy.
Recruitment, service development and clinical supervision of staff.

2017 – 2021 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 re design the service from a pain service into a Living Well with Pain Service, including pathway development and workforce planning. Line management and clinical supervision of 5 psychologists and management of the whole team of 11 staff.

Specialist assessment of psychological impact of pain and recommendations for therapy. Delivering Pain Management Programmes to British Pain Society standard. Individual psychological therapy for people suffering persistent pain and psychological difficulties 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 court compliant expert witness reports for personal injury. Offering psychological therapy to clients who have suffered personal injury. 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 Trainee Clinical Psychologist. Leeds Teaching Hospitals NHS Trust.

2004 – 05 Assistant Clinical 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

- 2010** Lewin, R.J.P. (2010) The Pain Management Plan: How people living with pain found a better life. York: Npowered. 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** 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).
- 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.