

Making and Embedding Transformation Post-COVID
Clinical Psychologist Recruitment Crisis in Pain Services.
Why work in the field of pain?

Wed 24 February 2021 12.30-13.45

Speaker Bios

Gail Sowden, National Lead for Pain, Connect Health and Chair of a British Pain Society SIG

Gail is a Consultant Physiotherapist and the National Lead for Pain, Connect Health. Gail has extensive experience working in interdisciplinary pain services and is an Honorary Research Fellow at Keele University. Gail is Chair of the Pain Management Program Special Interest Group of the British Pain Society and has co-authored Faculty of Pain Medicine standards of practice, a Competencies Framework for Physiotherapists relating to pain on behalf of the Physiotherapy Pain Association and the Chartered Society of Physiotherapy, a Guide to Alternatives to In-person Pain Management Programs (in press) and led an International Association for the Study of Pain (IASP) task and finish group as part of the IASP Global Year in Pain Education. She is currently sitting on the BPS Pain Management Program Guideline Review Committee.



[@GailSowden](#)

Dr Tess Maguire, Clinical Psychologist and Clinical Tutor for the Doctorate in Clinical Psychology at the University of Southampton, Clinical Director



My main role is as Clinical Director for the Doctorate in Clinical Psychology at Southampton. I also work supporting the CBT suite of programmes within the Psychology department. I am a chartered Clinical Psychologist with an interest in the experience and treatment of complex mental health difficulties. I worked as a clinical psychologist in acute care services for a decade before returning to work at the University.

I work training and supervising clinical psychology trainees, I also provide teaching, training and supervision for the psychosis module of the CBT programme. In addition, I supervise PhD, DClinPsy, MSc and Undergraduate research in the area of complex mental health and recovery orientated mental health care.

t.l.maguire@soton.ac.uk

Dr Lizzie Doherr, Clinical Psychologist, Lincolnshire Pain Management Service, Connect Health



Dr Lizzie Doherr qualified as a clinical psychologist from UEA in 2000 and has worked since then in the NHS in older people's mental health and community neurological rehabilitation and joined Connect Health in July 2019 to work in pain management as the Psychology Lead for Lincolnshire Pain Management Services.

She has a particular interest in using her understanding of both Acceptance & Commitment Therapy and Compassion Focused Therapy to support people living with health conditions to find ways to live their most meaningful lives possible. She is also interested in supporting and advocating for staff wellbeing and outside of work enjoys walks in nature, singing, dancing, yoga and laughing. Since joining Connect Health, inspired by both the achievements of some of her patients and by some of her physio colleagues she has started to enjoy running too!

Dr Lance McCracken, Professor of Clinical Psychology and Head of the Division of Clinical Psychology, Uppsala University in Sweden

For much of his career, Dr McCracken has been dedicated to chronic pain management and its treatment, via clinic-based research focused on the development of psychological and interdisciplinary methods. He is also interested in psychological flexibility, the primary treatment process within Acceptance and Commitment Therapy (ACT). Dr McCracken is also Visiting Professor at Kings College London and an Honorary Consultant Clinical Psychologist at INPUT Pain Management, Guy's and St Thomas' Hospital's NHS Foundation Trust.



Previous roles include Clinical Lead of the Bath Centre for Pain Services, and Head of Psychology, at the Royal National Hospital for Rheumatic Diseases, and Senior Visiting Fellow at University of Bath.

He is the author of the book *Mindfulness and Acceptance in Behavioural Medicine*, as well as many peer-reviewed articles and book chapters. He is a Fellow of the Association for Contextual Behavioural Science.

[@lance_mccracken](#)

Nikki Ellis, Patient Champion, Wolverhampton Pain Service

Nikki has been a patient with persistent pain for over 12 years now. Using her experiences with pain management in her daily life she has become a Patient Champion, working with the Wolverhampton Pain Team since April 2019. Nikki uses her knowledge to inspire other pain patients to learn how to live a fulfilled life with pain. Recently, she has also started working with a community interest company as a Women Wellbeing Champion, reaching out to women in the community who need help and guidance.



[@nikkiellis2](#)