



# PAIN MANAGEMENT EXPERT

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**Dr Sarah Lack BA, MA, ClinPsyD CPsychol Specialist Clinical Psychologist**

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**Name:** Dr Sarah Lack

**Date of birth:** 10<sup>th</sup> December 1975

**Nationality:** British

**Address:** Pain Expert Limited

**HPCP status:** Registered with the Health and Care Professions Council

**Registration number:** **PYL23840**

<b>Education:</b>	North London Collegiate School	1982 – 1992
	Westminster School	1992 – 1994
	Cambridge University	1995 – 1998
	Courtauld Institute of Art	1999 – 2000
	Plymouth University (Bristol Doctorate in Clinical Psychology)	2005 - 2009

<b>Qualifications:</b>	BA & MA (Cantab)	1998
	MA (Courtauld)	2000
	ClinPsyD (Bristol)	2009
	Member of the British Psychological Society	
	Chartered Psychologist	2009
	British Pain Society	2018

<b>NHS employment:</b>	2Gether NHS Foundation Trust, Gloucester	2010 – 2012
	Talking Space Plus IAPT service, Oxford	2012 – 2016
	Royal Berkshire Hospital	2016 – 2018
	Oxford University Hospitals	2018 - present

**Medicolegal Practice:** The Nuffield Manor Hospital, Beech Road, Headington, Oxford

## **Dr Sarah Lack BA, MA, ClinPsyD CPsychol Specialist Clinical Psychologist**

**Professional qualifications:** I qualified as a Clinical Psychologist in 2009 (ClinPsyD). I joined the Charter of Psychologists (CPsychol) in 2010.

**Consultant appointments:** I qualified as a Clinical Psychologist in 2009. I have worked in the fields of Adult Mental Health and Clinical Health Psychology since 2009 and my clinical practice is dedicated to the specialty of Pain Management.

**Multidisciplinary experience:** In my clinical practice, I have always fostered a biopsychosocial approach to chronic pain management within a multidisciplinary team of healthcare professionals including specialist doctors, nurses, physiotherapists, psychiatrists and other psychologists.

I co-established multi-disciplinary assessment clinics at the Oxford Pain Management Centre, Churchill Hospital, which gives patients with chronic pain and comorbid mental health problems an opportunity for a 'one stop' assessment with a pain nurse, pain consultant and pain psychologist. This enables chronic pain patients to benefit from a biopsychosocial care plan early in their treatment. I have developed and co-founded 'Pain Management Programmes,' Pain Psychology Groups' and 'Insomnia with Pain' therapy groups and routinely collect outcome data for all such projects. The programmes and groups bring together Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Compassion-Focused Therapy (CFT) which include Mindfulness-based therapy. As part of my role I train pain nurses in the principles of CBT, ACT, CFT, and Mindfulness.

I have sound knowledge of clinical outcomes for patients treated by a multidisciplinary pain management team.

**Individual psychological therapy experience:** I have experience of offering psychological assessments, individual and group psychological therapy using CBT, ACT, CFT and Mindfulness for treating common mental health problems in the adult population (generalised anxiety disorder, depression, health anxiety, obsessive-compulsive disorder, post-traumatic stress disorder) and pain management therapy in the adult population.

I have experience in the assessment and psychological management of a wide range of chronic pain conditions including those arising out of personal injury and clinical negligence. Conditions include spinal pain, neuropathic pain, complex regional pain syndrome (CRPS), whiplash, chronic abdominal/pelvic pain, chronic post-surgical/posttraumatic pain, facial pain/headaches, phantom limb pain, pelvic pain and visceral pain.

National Institute for Health and Care Excellence (NICE) recommends multidisciplinary assessment of chronic pain patients before neuromodulation treatment such as spinal cord stimulation. As a clinical psychologist working in a hospital pain management centre, I have performed many psychological assessments to evaluate patient suitability for spin cord stimulation procedures.

I have extensive clinical experience of the psychological responses seen in individuals experiencing chronic pain, including catastrophizing, fear avoidance, post-traumatic stress disorder (PTSD), depression, anxiety, anger and adjustment/acceptance difficulties.

**Presentations:** I have presented at a national conference and at local meetings. I have taught on the Oxford Clinical Psychology Doctorate course and I have been clinical supervisor at the Oxford Cognitive Therapy Centre for four years.

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**Expert witness training:** I have attended an Excellence in Report Writing and Witness Familiarisation Course run by Bond Salon in 2012 and an Applied Psychology Solutions Medicolegal Workshop for Psychologists in 2019.

**Medicolegal report writing experience:** At the time of preparing this CV, I am just starting my career as an expert witness, having previously complete several brief psychological assessments for the court.

**Membership of expert witness organisations:** UK Register of Expert Witnesses and National Expert Witness Agency Ltd.

**Dr Sarah Lack  
Updated February 2019**