

**Dr Paula Christmas BA ClinPsyD CPsychol  
Consultant Clinical Psychologist**

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<b>Name:</b>	Paula Christmas	
<b>Date of birth:</b>	28.01.1970	
<b>Nationality:</b>	British	
<b>Address:</b>	Pain Expert Limited	
<b>HCPC status:</b>	Registered with the Health and Care Professions Council	
<b>Registration number:</b>	PYL24091	
<b>Education:</b>	Wymondham College	1981-1986
	Gresham's School	1986- 1988
	Durham University	1989-1992
	University of East London	1993-1996
<b>Qualifications:</b>	BA (Dunelm)	1992
	ClinPsyD	1996
	Member of the British Psychological Society	
	Chartered Psychologist	2004
	The British Pain Society	2004
<b>NHS employment:</b>	St Mary's Hospital, Paddington	1996 – 2000
	Camden and Islington	2000 – 2003
	Norfolk and Norwich University Hospital	2003 - present
<b>Medicolegal practice:</b>	The Global Clinic, Colney Hall, Norwich, NR4 7TY	

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**Professional qualifications:** I qualified as a Clinical Psychologist in 1996 (ClinPsyD). I joined the Charter of Psychologists (CPsychol) in 2004.

**Consultant appointments:** I qualified as a Clinical Psychologist in 1996. I have always worked in the field of Health Psychology and since 2003 my clinical practice has been dedicated to the specialty of Pain Management. I was appointed Consultant Psychologist in Pain Management at Norfolk and Norwich University Hospital, Norwich in April 2003.

**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 and occupational therapists.

I co-established 'Pain Management Seminars' at Norwich, which is a method of introducing the biopsychosocial model of chronic pain to patients early in their pathway through treatment. I have developed and co-founded outpatient 'Pain Management Programmes' and I have been active in collecting the associated data to measure clinical outcome.

I have a sound knowledge of clinical outcomes for patients treated with multidisciplinary pain management programmes and I have presented outcome data from the Norwich Pain Management Programme at the Pain Management Programmes Conference of the British Pain Society.

I have established and run psychological therapy groups for patients with chronic pain using both Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT). I have established and run multidisciplinary outpatient Pain Management Programmes using CBT and ACT. I have also trained my multidisciplinary pain management colleagues in the principles of CBT and ACT.

**Individual psychological therapy experience:** I have experience of offering psychological assessments, individual psychological pain management therapy using CBT and ACT, and group psychological therapy using CBT and ACT.

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/post-traumatic 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 busy neuromodulation centre, I have performed many psychological assessments to evaluate patient suitability for spinal cord stimulation procedures.

I have extensive clinical experience of the psychological responses seen in individuals experiencing chronic pain, including catastrophising, fear avoidance, post-traumatic stress disorder (PTSD), depression, anxiety, anger and poor acceptance. I am trained in Eye Movement Desensitisation and Reprocessing (EMDR).

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**Presentations:** I have presented at both regional and national meetings/conferences. I have taught on four Clinical Psychology doctoral courses. I have taught on the University of East Anglia's Clinical Psychology course in Pain Management for over 10 years.

**Expert witness training:**

I attended a Pain Management focused Excellence in Report Writing and Witness Familiarisation Course run by Bond Solon in October 2017

**Medicolegal report writing experience:** At the time of preparing this CV, I am just starting my career as an expert witness.

Membership of expert witness organisations: UK Register of Expert Witnesses.

**Paula Christmas  
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