



**Pain  
Relief  
Foundation**

The Walton Centre   
NHS Foundation Trust

*Excellence in Neuroscience*



## PAIN PSYCHOLOGY NETWORKING & STUDY DAY

### FRIDAY 17<sup>TH</sup> MAY 2019

research  
outcomes analytic  
individualised tertiary  
inclusions  
change nmod NHS AHPs  
discussion links  
complexity  
therapy specialised  
CBT debate  
care community  
exclusions  
network ACT

[www.painrelieffoundation.org.uk](http://www.painrelieffoundation.org.uk)

## THE HISTORY OF THE PAIN RELIEF FOUNDATION

The pain clinic at The Walton Centre is one of the largest in the UK, treating more than 3,000 patients a year. The clinic's founder and Director for nearly 30 years was the late Sam Lipton, who, together with later colleagues, pioneered many pain relieving techniques. Sam Lipton and two of his colleagues, John Miles, then Consultant Neurosurgeon, and David Bowsher, then a Reader at the University of Liverpool, set up **The Pain Relief Foundation** in 1979 as a Registered Charity. Supported entirely by voluntary contributions, the purpose of the Foundation was to create and run a **Pain Research Institute** in association with the clinic. The Pain Relief Foundation is currently situated in the Clinical Sciences Centre for Research and Education (CSCRE) on the Aintree University Hospitals Fazakerley site.

Chris Wells succeeded Sam Lipton as Director of the Walton Centre pain clinic in 1983, John Wiles took over in 1994 and the current Director, since 2011, is Manohar Sharma. In January 1995 a Finnish Consultant Neurologist, Turo Nurmiikko, and the then President of the Pain Society, Tim Nash, joined the Centre as full-time pain clinicians. In January 2001 Turo Nurmiikko was appointed as the **Pain Relief Foundation Professor of Pain Science**, at the University of Liverpool. Tim Nash retired in 2006. Manohar Sharma joined the Centre in 2004, Andreas Goebel in 2007, Bernhard Frank in 2009, Rajiv Chawla in 2010, Sumit Gulati in 2013 and Manish Gupta in 2015 as Consultants in Pain Medicine. In 2016 Andreas Goebel was appointed as a Clinical Reader at the University of Liverpool.

In 1993 Paul Eldridge joined as a neurosurgeon with a further colleague, Mr. Varma joining in 2000. John Miles retired in 2001 & Mr. Varma in 2008. Jibril Osman-Farah was appointed as a consultant neurosurgeon in 2008.

The Pain Team at Walton Centre Pain Clinic currently has seven Pain Consultants and two Neurosurgeons with an interest in pain, who work in close association with the Pain Research Institute. The Pain Team also includes 6 psychologists, three Pain Specialist Nurses, five Pain Specialist Physiotherapists and four Occupational Therapists. Walton Centre also has an outpatient Pain Management Programme.



Sampson Lipton OBE, 1922 - 1994

## Course Information

### Fee:

**£30 – Max 50 people**

**To register use the following link:**

**<http://www.painrelieffoundation.org.uk/events/>**

**Extra Social Event at The Cosy Club Restaurant, Liverpool One**

**Cost £17.95 for 2 course meal, if you are interested in attending, cost to be paid in full when registering online to reserve your place.**

### Venue:

Sid Watkins Building, Main Lecture Theatre, The Walton Centre, Liverpool

### Who Should Attend:

Registered HCPC Psychologists

## **DIRECTIONS TO WALTON CENTRE/SID WATKINS AND THE PAIN RELIEF FOUNDATION**

**Sid Watkins Building, 2<sup>nd</sup> Floor Lecture Theatre (T&D), Lower Lane, Fazakerley, Liverpool L9 7AL, Tel. 0151 529 5820**

**By Rail:** Rail users may travel to nearby Fazakerley Station, which is a main line station with regular service connections to central Liverpool and the North. Fazakerley Station is north of the hospital on Longmoor Lane. As you leave the station the hospital is on the other side of the road. The Sid Watkins Building is the large white building on the left as you enter into the hospital grounds entrance from the railway station side.

**By Bus:** The following bus routes travel close to the hospital with stops in Lower Lane and Longmoor Lane: 17, 20, 62, 102, 122, 159, 209 and 218.

The 102, 122 and 159 buses travel into the hospital grounds.

**By Road:** Situated to the northeast of central Liverpool and close to Junction 6 off the M57, on the A506, The Walton Centre & Aintree Hospital site is easily accessible from the UK motorway network via the M6 and M62. Pay and Display parking is available across the site.

**From M6 Southbound:** Leave the motorway at junction 26 (signposted Skelmersdale) and join the M58. Leave the M58 at its end and at the roundabout take the second exit to join the A59 (signposted Aintree). Travel along the A59 for approx 2 miles (passing Aintree Race Course) and then turn left onto the A506 Longmoor Lane. The University Hospital Aintree and Walton Centre buildings will be seen after 1 mile on the right-hand side.

**From M6 Northbound and M62:** Leave the M6 at Junction 21a and join the M62 (signposted Warrington, Liverpool). Leave the M57 at Junction 6 and at the roundabout take the first exit onto the A506 Longmoor Lane. The University Hospital Aintree and Walton Centre buildings will be seen after one and a half miles on the left-hand side.

**From West via the A580:** Travel along the A580, passing under the M57, and then continue for a further 2 miles and take the third turning right onto Lower Lane. The University Hospital Aintree and Walton Centre buildings will be seen after nearly 1 mile on the left-hand side.

**By Air:** Liverpool Airport is within easy reach of University Hospital Aintree (30 minutes by car or taxi) and has regular scheduled flights to all parts of the UK and Europe.

**Maps:** Interactive maps are available on the Walton centre website. [www.thewaltoncentre.nhs.uk](http://www.thewaltoncentre.nhs.uk)

### **ORGANISERS**

**Dr Kerry Mathews, Consultant  
Clinical Psychologist and PMP  
Service Lead**

**Dr Hannah Twiddy, Specialist  
Clinical Psychologist and PMP  
Research Lead**

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### **GENERAL INFORMATION**

#### **Registration**

On the Day registration will be in The Sid Watkins Building, 2<sup>nd</sup> floor, T&D Lecture Hall

#### **Lectures**

Lectures, Symposia will be held in the Sid Watkins Lecture Theatre located on the 2<sup>nd</sup> Floor of Sid Watkins Building.

#### **Lunch**

Lunch will be served in the Common Room located on the second floor of the Sid Watkins Building.

#### **Parking**

There are 1100 parking spaces available in the multi-storey car-park adjacent to the Clinical Sciences Centre. Other car-parks are scattered in various other places around the hospital including a large open car-park at the rear entrance to the hospital. All parking areas cost £5.50 per day.

#### **Course Assessment**

We would be very grateful if you would fill out the assessment form, which will be in your meeting folder at the end of day. This is very helpful to us in planning future courses.

**08:30 - 09:00** Registration and refreshments – *Sid Watkins building 2<sup>nd</sup> floor*

**09:00 - 09:15** Welcome and introduction: Dr Hannah Twiddy

**09:15 - 10:45** **Session 1 Hot Topic Debate Part 1**

**09:15 - 09:45** Specialised PMPs – are they necessary? *(Dr Richard Johnson & Dr Sarah Blackshaw, Salford Royal NHSFT)*

**09:45 - 10:15** IAPT services delivering pain. *(Dr Susie White & Dr Katie Hatton, Blackpool Teaching Hospital NHSFT)*

**10:15 - 10:45** Tea/Coffee Break & Networking - *Sid Watkins building 2<sup>nd</sup> floor*

**10:45 - 12:00** **Session 2: Hot Topic Debate Part 2**

**10:45 - 11:15** Should Psychologists working in Pain, including legal contexts have additional accreditation or minimum levels of experience? *(Dr Lily Lamb, St Helen's and Knowsley Hospitals NHS Trust & Dr Joan Crawford, St Helen's and Knowsley Hospitals NHS Trust)*

**11:15 - 11:45** Should Psychologists be involved in opioid management? *(Dr Katie Herron, Clinical Psychologist, Royal Liverpool and Broadgreen NHS Foundation Trust & Dr Natalie Lane, The Walton Centre NHSFT)*

**11:45 - 12:00** Pain Pub Quiz

**12:00 - 12:45** Lunch & Networking - *Sid Watkins building 2<sup>nd</sup> floor*

**12:45 - 17:00** **Session 3: Complex Case Management & Formulation**

**12:45 - 13:45** Trust Professional Lead for Psychological & Psychological Therapies, Dorset Community Pain Service, Cognitive Analytic Therapy in Pain Management *(Mrs Meherzin Das, Dorset Community Pain Team)*

**13:45 - 14:45** Compassion Focused Approaches in Pain Management *(Dr Chris Penlington, Newcastle University)*

**14:45 - 15:15** Tea/Coffee Break - *Sid Watkins building 2<sup>nd</sup> floor*

**15:15 - 16:15** Psychodynamic Interpersonal Therapy (PIT) in complex chronic pain management *(Dr Richard Brown, University of Manchester)*

**16:15- 16:45** Questions, Case Discussions and Reflections

**16:45 - 17:00** Close of meeting

## FACULTY

Dr **Sarah Blackshaw**, Clinical Psychologist Salford Royal NHS Foundation Trust Pain Team

Dr **Richard Brown**, Consultant Clinical Psychologist and Programme Director ClinPsyD, University of Manchester.

Dr **Joan Crawford**, Counselling Psychologist, St Helen's and Knowsley Hospitals NHS Trust.

Mrs **Meherzin Das**, Consultant Clinical Psychologist, Dorset Community Pain Team

Dr **Katie Hatton**, Clinical Psychologist, Blackpool Teaching Hospital NHS Foundation Trust

Dr **Katie Herron**, Clinical Psychologist, Royal Liverpool and Broadgreen NHS Foundation Trust, Liverpool

Dr **Richard Johnson**, Consultant Clinical Psychologist, Salford Royal NHS Foundation Trust Pain Team

Dr **Natalie Lane** Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Lily Lamb**, Clinical Psychologist, St Helen's and Knowsley Hospitals NHS Trust

Dr **Kerry Mathews** Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Chris Penlington**, Clinical Psychologist Newcastle University

Dr **Hannah Twiddy**, Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Susie White** Clinical Psychologist, Blackpool Teaching Hospital NHS Foundation Trust

## COURSE ORGANISERS

Dr Kerry Mathews

Dr Hannah Twiddy

## PAIN RELIEF FOUNDATION STAFF

Mrs **Julie Williams**, Administrator

Mrs **Lorraine Roberts**, Assistant Administrator, Pain Relief Foundation

Mrs **Brenda Hall**, Administrative Assistant, Pain Relief Foundation, Liverpool



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