



Dr Keren Fisher B.Sc., M.Sc., PhD, FBPSS
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL29761**
British Psychological Society Membership: **003019**

Dr Fisher is a Clinical Psychologist who has specialised in the assessment and rehabilitation of physical injury since 1979. In this time, she has worked extensively with chronic pain arising from personal injury or disability. She specialises in working with amputation and phantom pain, publishing research articles in this field. As a therapist, she specialises in the field of trauma and PTSD. As an independent expert, she has worked extensively in areas of personal injury and clinical negligence and works extensively with physical pain in her private practice.

SPECIALIST AREAS OF EXPERTISE

- Physical pain arising from personal injury or clinical negligence
- Motorbike accidents and Brachial Plexus injury and associated pain
- Amputation, phantom limb and chronic pain
- Prosthetic limb and rehabilitation pathways.
- Psychological trauma and diagnostic assessments of PTSD
- Military injuries, amputation and psychological trauma
- Occupational injury and work-related stress
- EMDR and CBT specialist treatments for psychological trauma

PROFESSIONAL QUALIFICATIONS

- 2010** PhD, University of London
- 1972** MSc Clinical Psychology, University of Birmingham
- 1970** BSc Psychology, University of London

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2022** Fears, Blocks and Resistances in Compassion Focused Therapy. Gilbert. London
- 2022** Trauma focused Therapy with refugees and asylum seekers. Vann and Brady. Online
- 2022** Optimising CBT for severe treatment refractory OCD. Veale. Online

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- 2022** Regret, a Cognitive Behavioural Approach. Leahey. Online
- 2021** How to turn a thought into a feeling: integrating CFT into CBT. Welford. Online.
- 2021** New approaches trauma and complex grief. Duffy and Wild. Online
- 2020** Socratic Methods – Why Bother? Kennerley. Online
- 2020** Working with Complexity in PTSD memories and Non-memories. El-Leithy and Murray. Online
- 2019** CBT oriented Single session therapy and One-At-A-Time Therapies. Dryden. University of Bath.
- 2019** Cultivating Self-esteem: a Transdiagnostic Cognitive Behavioural Perspective. Fennell. Bristol.
- 2018** Working with Dissociation workshop. Kennedy. Bristol.
- 2018** Compassionate Mind Approach to recovering from shame-based trauma and PTSD workshop. Williams. Bristol.
- 2016** Using CBT in the treatment of chronic and recurrent depression workshop. Bristol
- 2016** Further Acceptance and Commitment Therapy workshop. Bristol
- 2015** Mental Health First Aid (MHFA) for military veterans. Bristol
- 2014** Workshop on treatment of patients with Complex Regional Pain Syndrome.
- 2014** Workshop on Compassion Focused Therapy. University Birmingham.
- 2010** Further Workshop on Acceptance and Commitment Therapy
- 2008** Workshop on Acceptance and Commitment Therapy
- 2008** Course on Mindfulness Based Cognitive Behaviour Therapy
- 2003** Course on Mental Health needs of refugees.
- 2000** EMDR training level I and level II.

WORK HISTORY

2016 – Present Consultant Clinical Psychologist – Self Employed

1991 – 2016 Consultant Clinical Psychologist, Prosthetics Rehabilitation Unit, Royal National Orthopaedic Hospital

- Deliver psychological treatment and advice to patients with chronic physical disabilities and pain states related to limb amputation, to their carers and to hospital staff. Develop innovative multidisciplinary treatment methods for chronic pain in the phantom and residual limb.
- Deliver psychological assessment and treatment of post trauma states to patients in the Prosthetics Rehabilitation Service.
- Supervise the Counselling Service.
- Undertake research with patients with amputations.

2003 – 06 Consultant Clinical Psychologist in Pain Service Wolfson Neurorehabilitation Centre

1991 – 2005 Consultant Clinical Psychologist, Royal National Orthopaedic Hospital Trust

1996 – 99 Consultant Clinical Psychologist and Professional Adviser in Pain Management Wolfson Neurorehabilitation Centre

- 1986 – 91** **Consultant Clinical Psychologist and Head of Health Psychology Services Bloomsbury Health Authority (based at RNOH)**
- 1983 – 86** **Principal Clinical Psychologist, Royal National Orthopaedic Hospital**
- 1979 – 83** **Senior Clinical Psychologist, Royal National Orthopaedic Hospital**
- 1972 – 79** **Basic Grade Clinical Psychologist**
- Various Mental Health settings involving service delivery to patients with physical disabilities and brain injury

CLINICAL EXPERIENCE

- Multidisciplinary programmes for patients with chronic pain, including Complex Regional Pain Syndrome on behavioural lines. Team Leader.
- Innovative techniques to aid the management of patients with chronic physical disabilities and head injury.
- Psychological service for patients with amputations, including innovative techniques for the management of phantom pain.
- Biofeedback practice for neuro-muscular re-education.
- Psychological services to patients with spinal cord injury.
- Psychological treatments for patients with Post Traumatic Stress Disorder, anxiety and depression related to injury.
- Development of innovative techniques for managing pain.
- Development of goal attainment scaling approach to measuring outcome of rehabilitation.
- Self Help programmes for pain, anxiety reduction and management of depression.
- Booklets about management of pain, anxiety, depression and Post-Traumatic Stress Disorder
- Service to National and International referrers for specialist psychological intervention for patients with amputations.

TEACHING AND PRESENTATIONS

- Regular contributor to Specialist Registrar training – British Society of Rehabilitation Medicine. Annually.
- Workshop Organiser and Presenter Effective Communication Strategies with people with physical disability and amputation. Royal National Orthopaedic Hospital.
- Contributor to MSc in Understanding Pain – Kings College University of London
- Contributor to MSc. and D. Clin. Psych. Courses in Clinical and Health Psychology, University of London, University of East London and City University.

- Invited lectures to Pain Society, Disablement Services Centres, International Society for Prosthetics and Orthotics, Amputee Medical Rehabilitation Society.

PUBLICATIONS

- **GOODISON, W. FISHER, K. & SEDKI, I. (2021)** Phantom pain is less prevalent after amputation caused by diabetes compared with amputations due to other causes. Poster presented at International Conference on Phantom Limb Pain, Gothenburg, Sweden.
- **FISHER, K. (2020)** I Dare You Again. An updated version of Danforth's bestseller.
 - London: Austin Macauley Publishers.
- **OLIVER, S. & FISHER, K. (2017).** What psychological and physical changes predict patients' attainment of personally meaningful goals six months following a CBT based pain management intervention? *Disability and Rehabilitation* 39 (22): 2308 – 2314.
- **FISHER, K, OLIVER, S. SEDKI, I. & HANSPAL, R. (2016)** The effect of electromagnetic shielding on phantom limb pain: A placebo controlled double blind crossover trial. *Prosthetics and Orthotics International* 40 (3): 350-356.
- **SEDKI, I. & FISHER, K. (2015)** Developing prescribing guidelines for microprocessor-controlled knees in the South East England. *Prosthetics and Orthotics International* 39 (3): 250-4.
- **FISHER, K. & CHILDS, S. (2014)** *The Practical Pain Management Programme Handbook*. London: Speechmark Publications.
- **VALENTINE, J. SIMPSON, J. WORSFOLD, C. & FISHER, K. (2011)** A structural equation modelling approach to the complex path from postural stability to morale in elderly people with fear of falling. *Disability and Rehabilitation* 33: 352 – 359.
- **FISHER, K. (2009)** *Living with Physical Disability and Amputation*. London: Sheldon Press.
- **SIMPSON, J. WORSFOLD, C. FISHER, K. & VALENTINE, J. (2009)** The CONFBAL Scale: a measure of balance confidence - a key outcome of rehabilitation. *Physiotherapy* 95: 103 – 109.
- **NAIR, A. HANSPAL, R. ZAHEDI, M. SAIF, M. & FISHER, K. (2008)** Analyses of prosthetic episodes in lower limb amputees. *Prosthetics and Orthotics International* 32: 42-49
- **FISHER, K. (2008)** Assessing clinically meaningful change following a programme for managing chronic pain. *Clinical Rehabilitation* 22: 252-259
- **PRICE, E.M. & FISHER, K. (2007)** Further study of the emotional needs of amputees. *Journal of Prosthetics and Orthotics* 19: 106-108
- **TROTT, M. & FISHER, K. (2005)** Using video Assessment for Clients with Chronic Low Back Pain: is it Reliable? *British Journal of Occupational Therapy* 68: 538 – 544.
- **PRICE, E.M. & FISHER, K. (2005)** Additional studies of the Emotional needs of Amputees. *Journal of Prosthetics & Orthotics* 17: 52 – 56.

- **HANSPAL, R., FISHER, K. & NIEVEEN R. (2003)** Prosthetic Socket Fit Comfort Score. *Journal of Disability and Rehabilitation* 25: 1278 – 1280.
- **SMITH, R. & FISHER, K.** Healthy limb amputation: ethical and legal aspects. *Clinical Rehabilitation* 3: 188.
- **PRICE, E.M. & FISHER, K. (2003)** The use of a Standard Measure of Emotional Distress to Evaluate Early Counselling Intervention in Patients with Amputations. *Journal of Prosthetics & Orthotics*. 15 : 31 – 34.
- **FISHER, K., HANSPAL, R.S. & MARKS. L. (2003)** Return to Work after Lower Limb Amputation. *International Journal of Rehabilitation Research*, 26: 51-56.
- **PRICE, E.M. & FISHER, K. (2002)** How does Counselling Help People with Amputation? *Journal of Prosthetics and Orthotics* 14: 102-106.
- **FISHER, K. & HARDIE, R. (2002)** Goal Attainment Scaling in Evaluating effectiveness of a multidisciplinary Pain Management Programme. *Clinical Rehabilitation*, 16: 871-877.
- **FISHER, K. & SMITH, R. (2000)** More work is needed to explain why patients ask for amputation of healthy limbs - letter. *British Medical Journal* 320: 1147.
- **FISHER, K. & HANSPAL, R. (1998)** Body image and patients with amputations; does the prosthesis maintain the balance? *International Journal of Rehabilitation Research*. 21: 355-363.
- **FISHER, K. & HANSPAL, R. (1998)** Phantom pain, anxiety, depression and their relation in consecutive patients with amputated limbs: case reports. *British Medical Journal*. 316: 903.
- **HANSPAL, R. & FISHER, K. (1997)** Prediction of achieved mobility in prosthetic rehabilitation of the elderly using cognitive and psychomotor assessment. *International Journal of Rehabilitation Research*. 20: 315-318.
- **FISHER, K. & JOHNSTON, M. (1998)** Emotional distress and control cognitions as mediators of the impact of chronic pain on disability. *British Journal of Health Psychology*.3: 225-236
- **FISHER, K. (1997)** Validation of the Oswestry Low Back Pain Disability Questionnaire. *Physiotherapy Theory and Practice* 13: 67 - 80.
- **FISHER, K. & JOHNSTON, M. (1996)** Emotional distress as a mediator of the relationship between pain and disability: An experimental study. *British Journal of Health Psychology*, 1: 207-218.
- **JONSSON, M. & FISHER, K. (1996)** Phantom pain. *Behavioural and Cognitive Psychotherapy*, 24: 275 - 281.
- **FISHER, K. & JOHNSTON, M. (1996)** Experimental manipulation of perceived control and its effect on disability in chronic pain. *Psychology and Health*. 11: 657 - 669.
- **HANSPAL, R., FISHER, K., CHAKRABARTY, B.K. MORTON, M. & ROBERTS, A. (1991)** Mobility grades in amputee rehabilitation. *Clinical Rehabilitation*. 5: 344.
- **HANSPAL, R. & FISHER, K. (1991)** Assessment of cognitive and psychomotor function and rehabilitation of elderly people with prostheses. *British Medical Journal*. 302: 940.

- **HANSPAL, R. & FISHER, K. (1991)** Rehabilitation of elderly people with prostheses – authors’ reply. British Medical Journal. 302: 1336.
- **FISHER, K. NURSE, M. & KENNEDY, P. (1989)** Teaching nurses behavioural methods for pain management: A pilot study. Behavioural Psychotherapy. 17: 283 - 289.
- **BEAIL N. & FISHER, K. (1988)** Two component solutions of Repertory Grid Data: a comparison of three methods. International Journal of Personal Construct Psychology. 1: 369-374.
- **FISHER, K. (1988)** Early experiences of a multidisciplinary pain management programme. Holistic Medicine. 3: 47 - 56.
- **KENNEDY, P. FISHER, K. & PEARSON, E. (1988)** Ecological evaluation of a Rehabilitation Environment for spinal cord injured people: Behavioural mapping and feedback. British Journal of Clinical Psychology. 27: 239 - 247.
- **FISHER, K. (1988)** Catherine: biofeedback treatment of recurrent shoulder dislocation. J. West and P. Spinks (eds). Clinical Psychology in Action. London : Wright.
- **FISHER, K. (1985)** Repertory Grids with Amputees. In Repertory Grid Technique and Personal Constructs. N. Beail. (ed) London : Croom Helm. 107 - 123.
- **FISHER, K. & FINDLAY, L. (1981)** Intellectual changes in optimally treated patients with Parkinson’s Disease, in Research progress in Parkinson’s Disease. F. Clifford Rose & R. Capildeo (eds) London: Pitman Medical. 53 – 60.