



**Dr Sian Armstrong**

BCPsychol, DPsych, Msc, Bsc (Hons).

**Practitioner Health Psychologist**



Health Professions Council Registration: **PYL039022**  
British Psychological Society Membership: **428724**

Dr Sian Armstrong is HCPC Registered Practitioner Health Psychologist. She qualified in 2020 and has worked clinically since then in multidisciplinary clinical health psychology, working with adults whose mental health has been impacted by their physical health condition or disability. She also completed over 100 expert witness reports to the court and undertaken specific associated expert witness report writing and courtroom skills training.

She holds a number of roles in the NHS and with private healthcare providers in the role of a Practitioner Health Psychologist, conducting psychological assessments and delivering psychotherapy. She is qualified in a number of psychological therapies including cognitive behavioural, acceptance and commitment and compassion-focused therapies as part of my clinical roles in pain management and psycho-oncology..

#### **AREAS OF SPECIALISM**

- Chronic pain
- Traumatic injury
- Road traffic accidents
- Oncology
- Physical health conditions
- Acceptance and commitment therapy
- Multidisciplinary working

#### **PROFESSIONAL QUALIFICATIONS**

- |             |   |
|-------------|---|
| <b>2020</b> | DPsych Health Psychology, Glasgow Caledonian University |
| <b>2017</b> | MSc Health Psychology, University of St. Andrews        |
| <b>2015</b> | BSc (Hons) Psychology, University of Dundee             |

---

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

## **WORK HISTORY**

### **Therapeutic experience**

Hold multiple part-time positions in the NHS and private sector, conducting psychological assessments and providing therapy for individuals impacted by life-altering events like traumatic injury or cancer.

#### **Sept 2022 – Present      NHS East Lancashire, Applied Psychologist**

Psychological assessment and psychological intervention using CBT, ACT, CFT, and integrative therapeutic intervention to support patients with a diagnosis of cancer. Role also includes supervision of clinical nurse specialists and cancer support workers.

#### **June 2022 – Present      Healthy Mind Psychology, Associate Psychologist**

Private psychological therapy intervention: specialising in pain psychology, weight management, cardiac rehab, and physical health conditions. Using adaptive, integrative therapy to aid the management of chronic physical health symptoms, health diagnoses, chronic pain and significant life changes.

#### **Dec 2020 – Sept 2022      Connect Health, Applied Psychologist**

Principal psychologist in multidisciplinary pain management team, providing clinical assessment, formulation, CBT & ACT therapy, and psychological consultation with third sector, MDT & IAPT services

### **Medico-legal experience**

Experienced in expert witness work, specializing in adult personal injury related to road traffic accidents and the effects of health conditions, particularly chronic pain, on clients. Produced over 150 expert witness reports for the court and undertaken specific associated training.

#### **October 2022 – Present      Psychology Direct, Independent Expert witness Psychologist**

Independent expert witness psychologist, report writing and prognosis determination for cases of personal injury and the impact of physical health conditions in criminal and civil case proceedings.

#### **March 2022 – Present      Equilibria Health, Independent Expert Witness Psychologist**

Independent expert witness psychologist specialising in report writing and prognosis determination for personal injury cases involving car accidents and workplace incidents. Provides recommendations for therapeutic intervention in civil proceedings.

### **Consultancy experience**

Consultancy projects in health psychology, global health, and mental health.

#### **Dec 2022 – Present      The psychology Collective, Director**

Leading projects to create learning modules in pharmacy, conduct research, and deliver training in Scottish mental health services. Also involved in university teaching and international healthcare provider education, both virtually and in-person in Kathmandu, Nepal, and Dili, Timor-Leste. Collaborators include Glasgow Caledonian University, University of St. Andrews, The Change Exchange, and the Commonwealth Pharmacists Association.

**SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

**2024** Excellence in Report Writing, Bond Solon

**2023** Courtroom Skills Training – Witness Familiarisation, Bond Solon

**PUBLICATIONS AND PRESENTATIONS**

- Health and Care Professional Council (HCPC). Membership number: PYL039022
- British Psychological Society (BPS). Membership number: 428724
- Disclosure Scotland Protection of Vulnerable Groups Scheme. Membership number: 103316268770354
- Disclosure and Barring Service (England and Wales). Membership number: 001717370510
- Member of Expert Witness Institute