



Jane Eastwood

Case Manager and Cognitive Behavioural and EMDR
Specialist Pain Therapist

Types of Reports Undertaken: Quantum Care Reports

Locations Covered: Yorkshire & Humber, West Midlands, East
Midlands, North & Mid Wales

Client Age Categories: Adult



Specialisms:

- Adult Mental Health
- Single Incident Trauma
- Complex Psychological Trauma (PTSD)
- Childhood Trauma
- Claimant related trauma experiences
- Psychological management of Chronic and Persistent Pain Symptoms
- Medically Unexplained Symptoms
- Chronic Regional Pain Syndrome
- Amputee management
- Hospital Related Trauma
- Medical Trauma
- Complex orthopaedic Injuries
- Depressive Disorders
- Relational Trauma
- Anxiety
- Health Anxiety
- Panic Disorder
- Adjustment Disorder to physical injury and Disability
- Phobias including Travel Anxiety

Profile:

I am a highly experienced CBT and EMDR practitioner with extensive expertise in the assessment and treatment of individuals with complex chronic pain disorders and trauma-related psychological injury. I have worked for over two decades across adult mental health services and over 12 years in catastrophic injury rehabilitation as a Medical Case Manager, with particular specialist experience in accident-related and trauma-induced chronic pain presentations.

My clinical practice includes significant experience working with individuals presenting with Complex Regional Pain Syndrome (CRPS), persistent pain following serious injury, and pain conditions arising in the context of trauma, medical negligence, and life-threatening events. I have a particular interest in understanding and addressing pain-



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related distress, fear-avoidance behaviours, functional impairment, and the psychological impact of long-term pain on daily living, employment, and quality of life.

Alongside my therapeutic work, I have extensive experience as a Catastrophic (CAT) level Case Manager, providing assessment, care coordination, and rehabilitation planning for individuals with complex orthopaedic, psychological, and pain-related injuries. This gives me a strong understanding of functional impact, treatment pathways, rehabilitation needs, and recovery trajectories, all of which are directly relevant to Quantum assessment.

I have specialist expertise in the interaction between trauma, chronic pain, and the nervous system, and utilises trauma-informed psychological approaches, including the EMDR Pain Protocol, to inform formulation, treatment planning, and prognosis. My clinical supervision is expert led with Dr Mark Grant (Australia), a leading international authority in EMDR for pain and trauma.

I am the Clinical Director and Owner of Cheshire Trauma Therapy and The Pain Lab, where I work on specialist trauma and chronic pain cases and lead a network of clinicians delivering psychologically informed pain and trauma interventions. I regularly receive referrals from solicitors, insurers, and rehabilitation providers, and am experienced in working within medico-legal frameworks.

Qualifications and Memberships:

- BSc Applied Psychology
- PG Dip Primary Mental Health Care
- PG Diploma Cognitive Behaviour Therapy
- EMDR Europe Accredited Practitioner
- Membership – British Association for Behavioural and Cognitive Psychotherapies
- Membership – EMDR UK