



DR RACHEL MCGOWAN

CLINICAL PSYCHOLOGIST

D.CLIN.PSYCH, DIP PSYCH, BA (HONS)

HCPC NO: PYL27548

The Liverpool University Hospital NHS Trust
(2021 - Present)



EXPERT INFORMATION

SPECIALIST AREAS:

- Chronic pain
- Gastrointestinal cancers/stomach & traumatic birth

CASES ACCEPTED:

Claimant age: 18+

- Clinical assessments
- Remote assessments*
- Home visits*
- Prison visits
- Criminal cases
- Screening reports
- Desktop reports
- Family cases



*Case-by-case



SCAN ME



EXPERT RATIO



CLAIMANT **70%**
DEFENDANT **30%**



PI **40%**
CLIN NEG **60%**



*Annual report from 2025

VENUES:



- Chamberlain Clinic, 81 Harbourne Road, Birmingham, B15 3HG
- Aigburth Counselling and Psychotherapy, Liverpool, L17 0BL
- Keats House, London, SE1 9RS

FURTHER INFO:

- Court experience
- Bond Solon trained
- Legal aid (LAA)
- Personal Injury
- NHS contracted
- Clinical Negligence:
 - Causation
 - Liability
 - Breach of Duty
 - Condition & Prognosis



CONTACT

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CASES RELATING TO:

Personal injury and clinical negligence relating to:

- Pre and post-surgery anxiety and adjustment
- Traumatic birth experience
- Multiple Sclerosis (MS)
- Unsuccessful or repetitive surgery
- Late diagnosis or treatment
- Chronic pain conditions:
 - Fibromyalgia
 - Chronic Regional Pain Syndrome (CRPS)
 - Widespread pain
 - Chronic pain-related stress
 - Cauda Equina Syndrome (CES)
 - Pain-related disability and work capacity
- Disorders:
 - Somatic symptom disorder (SSD)
 - Adjustment disorder
 - Major depressive disorder
 - Anxiety disorder
 - Post-traumatic stress disorder (PTSD)
 - Psychosis
 - Borderline Personality Disorder (BPD)
 - Bipolar Disorder (BD)
- Psychological injury following:
 - Broken bones
 - Amputation
 - Soft tissue injury
 - Permanent foot drop
 - Chemotherapy
 - Nerve damage
 - Chronic fatigue syndrome
 - Infections post-decompression surgery
 - Visible and permanent scarring post-surgery
 - Road Traffic Accidents (RTAs)
 - Work-related incidents

• Trauma-related stress:

- Psychological adjustment in relation to injury
- Flashbacks
- Mood disturbance
- Recall problems
- Social withdrawal
- Nightmares
- Phobia (injury/incident)
- Travel anxiety

• Therapies:

- Cognitive Behavioural Therapy (CBT)
- Compassion-Focused Therapy (CFT)
- Dialectical Behaviour Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Cognitive Analytic Therapy (CAT)

• Gastrointestinal disorders (inflammatory and structural):

- Visceral hypersensitivity
- Medically unexplained gastrointestinal symptoms (MUS)
- Eating-related gastrointestinal dysfunction (secondary to anxiety or trauma)
- Post-surgical adjustment and psychological recovery
- Functional and psychosomatic disorders
- Impact of trauma, stress, and adverse life events on gastrointestinal function
- Gastrointestinal cancers
- Gastrointestinal surgical treatments

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MEDICO LEGAL EXPERIENCE:

Dr Rachel McGowan is an experienced, HCPC-registered Clinical Psychologist and expert witness. She completed the Bond Solon training course in 2017 and attended the Civil Litigation for Clinical Psychologists course in 2020.

Both claimants and defendants instruct Dr McGowan in personal injury and clinical negligence cases. She can opine on clinical negligence cases relating to breach of duty, liability, and causation. Throughout her time as an expert witness, working alongside a busy NHS practice, Dr McGowan has completed over 200 reports, with over 75 of these being clinical negligence reports.

Dr McGowan has covered a wide range of medicolegal cases, including, but not limited to, adjustment disorder, Cauda Equina Syndrome (CES), amputation, and medically unexplained gastrointestinal symptoms (MUS). She has particular specialist knowledge of chronic pain and gastroenterology, and has completed many reports covering these topics.

She has built a rapport for her methodical and evidence-based approach to reporting and has received numerous witness summons, but has yet to give evidence in court; she is available to provide oral evidence in court when required.

CLINICAL EXPERIENCE:

Dr McGowan has over 15 years of clinical experience in mental health and has specialised in chronic pain Gastroenterology for over 5 years. Alongside her private practice work, Dr McGowan is the Principal Clinical Psychologist (gastroenterology) at The Liverpool University Hospitals NHS Trust. Before this, she worked in generic mental health services, having gained over 15 years of extensive experience across a range of settings, including primary and secondary care.

Since qualifying as a Psychologist, Dr McGowan has completed a range of further training to enhance her clinical practice, including advanced training in Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy, and specific training in Cognitive Analytical Therapy (CAT) for physical health difficulties. She has also received further training in risk assessment, utilising specific measures such as the RSVP, HCR-20, and Mindfulness.

In order to ensure that she keeps up to date with research development and national guidelines, Dr McGowan has attended various conferences, including those by The British Pain Society. Dr McGowan set up a clinical psychology service within an inpatient environment and is currently establishing clinical health psychology provision within an NHS gastroenterology service.

Furthermore, she has lectured on the Clinical Psychology Doctorate courses on chronic pain and has presented to Pain Consultants, Occupational Therapists, and Physiotherapists on pain psychology. She is also a Clinical Supervisor to Trainees and Assistant Psychologists.

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 **Medical & Legal
Admin Services**