

Dr Chloe Saunders

MBBS MA(Oxon) MRCPsych



Interests

Persistent physical symptoms and functional disorders; neuropsychiatry and psychosomatic medicine; trauma and anxiety disorders; interoception; enactivism; personal and illness identity; medical ethics; phenomenology and post phenomenology; complex causality and intervention research; idiographic and mixed-methods approaches; participatory and patient-involved research; medical education, explanatory models of illness and disease, health communication, integrated healthcare, and sustainable healthcare.

Current Roles

PhD Researcher	Research Clinic for Functional Disorders and Psychosomatic Medicine, Aarhus University Hospital
Lecturer in medical ethics	Aarhus University Department of Clinical Medicine.
Founder/lead of bodysymptoms.org.	An international open access health education resource developed through the EU Horizon 2020 ETUDE project.

Education & qualifications

Expected February 2026	PhD Therapeutic explanations: <i>Co-designing a resource for shared understandings of functional somatic symptoms.</i>	Aarhus University, Faculty of Health
2019-2021	Member of the Royal College of Psychiatrists (Completion of psychiatric professional exams)	Royal College of Psychiatrists, UK
2015-2017	Postgraduate certificate in Medical Research Skills (<i>Distinction</i>)	University of Aberdeen
2012-2015	Bachelor of Medicine and Surgery	Kings College London
2009-2012	BA MA (Oxon), Preclinical Medicine <i>Intercalation in Neuroscience (2:1)</i> <i>History and Philosophy of Science (Distinction)</i>	University of Oxford
2007-2009	A Levels (AAAAA)	Nonsuch High School

Maths, Biology, Chemistry, Classical Greek, Critical Thinking

2007 **GCSEs (11 A*)** **Simon Langton Girls' Grammar School**

Employment History:

PhD researcher
November 2021-present *(Parental leave taken June 2024-May 2025.)* **Clinic for Functional Disorders, Aarhus University Hospital**

August 2021-October 2021 **ST4 Registrar in General Adult Psychiatry** **Lothian NHS Trust, Edinburgh**

August 2018-2021 **Psychiatry Core Training** **South London and Maudsley NHS Trust/IOPPN**

CT1	Clare Ward <i>General adult acute inpatient, male</i> Virginia Woolf Ward <i>General adult acute inpatient, female</i>	Ladywell Unit, Lewisham
CT2	Lambeth Older Adults <i>Older adult community mental health team</i> Liaison Psychiatry <i>Tertiary care center liaison psychiatry service</i>	Lambeth hospital, Brixton Guys Hospital, London Bridge
CT3	Lishman Neuropsychiatry Unit <i>National neuropsychiatry inpatient rehabilitation</i> Anxiety Disorders Residential Unit <i>Tertiary residential therapy unit</i>	Bethlem Hospital, Croydon

August 2015-2017	Foundation medical training	NHS Scotland
F1	Pediatrics Medicine of the Elderly General Surgery/Psychiatry	Aberdeen Royal Infirmary Western Isles Hospital
F2	General Surgery Medical High Dependency Unit Accident and Emergency	Aberdeen Royal Infirmary

Other Roles: Voluntary, Leadership, Teaching and Media

2025 Podcast Interviewee, *Healing 101* – [“Reading the Signals Beneath Your Symptoms.”](#)

2024–2025 Volunteer, Centre for Sustainable Healthcare (UK).

2024 Co-Organiser and Faculty, ETUDE Summer School: Encompassing Training in Functional Disorders across Europe, Lausanne, Switzerland.

2024 Podcast Writer and presenter [Not So Invisible: Treatment of Functional Disorders.](#)

2022–2024 Volunteer, Super Arts Collective and Community Space, Århus, Denmark.

2021–2024 Associate Trustee, Maudsley Philosophy Group.

2022–Present Peer Reviewer for academic journals (*BMJ Open*; *Acta Neuropsychiatrica*; *Journal of Psychosomatic Research*; *Scientific Reports*; *Psychological Medicine*; *Philosophy*, *Psychiatry and Psychology*).

2020–2024 Organiser of various Online Phenomenology Reading Groups (Through the European Association of Phenomenology, Psychopathology and Psychotherapy (EAPPP) and The Maudsley Training Programme)

2020–2021 Quality Improvement Lead, Junior Doctors Committee, South London and Maudsley & Oxleas NHS Foundation Trusts.

2019–2021 Member, Sustainability Steering Group, South London and Maudsley NHS Foundation Trust.

2019–2021 Established Lived Experience Network within medical education programme *PsychED-Up*, Institute of Psychiatry, Psychology and Neuroscience, King's College London.

2019–2020 Junior Doctors' Representative, Trust Clinical Board, South London and Maudsley & Oxleas NHS Foundation Trusts.

2018–2020 Co-Lead, *PsychED-Up* Teaching Programme, King's College London.

2018–2019 Local Representative, Junior Doctors Committee, South London and Maudsley & Oxleas NHS Foundation Trusts.

2018–2019 Quality Improvement Project Lead, Right Care and Risk Forum, Lewisham, South London.

2017 Volunteer Doctor, Moira Refugee Camp, Lesvos, Greece.

2016–2017 Trainee Representative, Performance Support Unit, NHS Education Scotland.

2016–2017 Quality Improvement Project Lead, Self-Harm Presentations, A&E, Western Isles NHS Trust.

2016 Quality Improvement Project Lead, Delirium Communication, Acute Care of the Elderly, Aberdeen Royal Infirmary.

2016 Course Organiser, *Debating for Doctors*, Suttie Centre, Aberdeen.

2015–2017 BMA Representative (North of Scotland), BMA Scottish Junior Doctors Committee.

2015–2017 PGCert Research Thesis, "Anticholinergic Burden and Outcomes for the Oldest Old," University of Aberdeen / Aberdeen Royal Infirmary.

2014 Laboratory Research Intern, Molecular Neurobiology, Camilla Larsen Group, MRC Centre for Developmental Neurobiology, King's College London.

2014 Organising Committee Member, Student Neuroscience Symposium, King's College London.

2012 Summer Research Intern, Prostate Clinical Trials Research Team, Royal Marsden Hospital.

2011 Laboratory Research Intern, IGF Receptor Nuclear Localisation, Weatherall Institute of Molecular Medicine, University of Oxford.

Publications

Saunders, C., Pedersen, H. F., Rask, C., & Frostholt, L. (2026). bodysymptoms.org: Postlaunch evaluation and update. *Journal of Psychosomatic Research* 200 112445
<https://doi.org/10.1016/j.jpsychores.2025.112445>

Saunders C, Pedersen HF, Rask CU, et al. (2025) Embodied wisdom: towards acceptable and helpful explanations for functional somatic symptoms. *Medical Humanities*. Published Online First: 23 September 2025. doi: 10.1136/medhum-2025-013380

Saunders, C., Bawa, H., Aslanyan, D., Coleman, F., Jinadu, H., Sigala, N., & Medford, N. (2024). Treatment outcomes in the inpatient management of severe functional neurological disorder: a retrospective cohort study. *BMJ Neurology Open*, 6(2), e000675.

Saunders, C., Gordon, M., Righini, C., Pedersen, H. F., Rask, C. U., Burton, C., & Frosthalm, L. (2024). Participatory design of bodysymptoms.org: An interactive web resource to explain multisystem functional somatic symptoms. *Journal of Psychosomatic Research*, 111827.

Saunders, C. (2024). Philosophy's Role in Psychopathology Back to Jaspers and an Appeal to Grow Practical. *Philosophy, Psychiatry, & Psychology*, 31(1), 13-15.

Saunders, C., Treufeldt, H., Rask, M. T., Pedersen, H. F., Rask, C., Burton, C., & Frosthalm, L. (2023). Explanations for functional somatic symptoms across European treatment settings: A mixed methods study. *Journal of Psychosomatic Research*, 111155.

Saunders, C., Sperling, S., & Bendstrup, E. (2023). A new paradigm is needed to explain long COVID. *The Lancet Respiratory Medicine*.

Saunders C, Sperling S, Bendstrup E. Concerns regarding a suggested long COVID paradigm - Authors' reply. *The Lancet Respiratory Medicine* 2023 Apr;11(4):e36-e37. doi: 10.1016/S2213-2600(23)00087-5. PMID: 36997265.

Saunders, C. (2023). Psychiatric Diagnosis as Recognition in Disorder Identified Individuals. *Philosophy, Psychiatry, & Psychology*, 30(3), 263-277.

Saunders, C., Love, M., Harris, S., Moon, Z., & Veale, D. (2023). Redefining Beauty: A Qualitative Study Exploring Adult Women's Motivations for Lip Filler Resulting in Anatomical Distortion. *Aesthetic Surgery Journal*, sjad050.

McGhie-Fraser, B., Tattan, M., Cabreira, V., Chaabouni, A., Kustra-Mulder, A., Mamo, N., McLoughlin, C., Munker, L., Niwa, S., Pampel, A. M., Petzke, T., Regnath, F., Rometsch, C., Smakowski, A., Saunders, C., Treufeldt, H., Weigel, A., & Rosmalen, J. (2023). Quality assessment and stigmatising content of Wikipedia articles relating to functional disorders. *Journal of Psychosomatic Research*, 165, 111134. <https://doi.org/10.1016/j.jpsychores.2022.111134>

Zac-Williams, L., Kohara, S., Canon, A., Saunders, C., & Zhang, S. (2021). Collaborative development of course feedback with students for psyched up. Put more in, get more out. *European Psychiatry*, 64(S1), S593-S593.

Talks and Presentations

2025 Oral Presentation, Centre for Interacting Minds Modelling Group, 'Modelling functional somatic symptoms.' (Aarhus Denmark)

2025 Poster award, EAPM Conference, Munich, Germany "bodysymptoms: reflections on developing an explanatory framework for functional somatic symptoms." (Munich, Germany)

2024 Poster presentation, Royal College of Psychiatrists (RCPsych) International Congress, "The body multiple: conceptualising the body to explain functional somatic symptoms." (Edinburgh, UK)

2024 Oral presentation, ETUDE Symposium: Mechanisms of Functional Disorders, EAPM 2024 Conference, "Towards a personalised explanatory model of FSS: insights from the bodysymptoms project." (Lausanne, Switzerland)

2024 Oral presentation, Institute of Psychiatry, Psychology and Neuroscience (IoPPN), Neuropsychiatry Meeting, King's College London, *"Towards a therapeutic online explanatory model of functional somatic symptoms: a participatory design study."*(London, UK)

2024 Oral presentation, Aarhus University PhD Day, *"Towards personalised explanation for functional somatic symptoms."*(Aarhus, Denmark)

2023 Workshop delivered. MHimprove network conference 'Sustainable Quality Improvement within mental health'. (Copenhagen, Denmark)

2023 Poster presentation, Danish International Personalised Medicine Network Conference, Denmark *"Towards personalized explanation in functional somatic disorders."*(Aarhus, Denmark)

2023 Oral presentation, SymPCA Conference, *"Participatory design of bodysymptoms.org: an interactive website to help patients make sense of multisystem functional symptoms."*(Tromsø, Norway)

2023 Oral presentation, ETUDE Symposium "Personal Encounters with Functional Symptoms," EAPM 2023 Conference, *"Navigating blame and responsibility in explanations of functional somatic symptoms."*(Wrocław, Poland)

2022 Oral presentation, Danish Association for Functional Disorders (DASEFU), Denmark *"How does patient education about functional somatic symptoms differ across treatment settings in Europe? Preliminary results from a mixed methods study."*(Odense, Denmark)

2022 Poster presentation, European Association of Psychosomatic Medicine (EAPM) Annual Conference, *"How does patient education about functional disorders differ across Europe."* (Vienna, Austria)

2022 Oral presentation, Maudsley Philosophy group. 'A Case of Mistaken Identity? A An Exploration of Diagnosis as Identity in the Social Media Era'. (London, UK)

2022 Oral presentation, Sheffield University Academic Unit of Primary Care 'A case of mistaken identity? Exploration of Diagnosis as Identity in the Social Media Era' (Sheffield, UK)

2019 Oral presentation at Association of University Teachers of Psychiatry Conference 'Co-Production and Innovative methods in Medical Education', (Leeds, UK)

2019 'Oral presentation RCPsych Med Education Conference 'Adapting simulation to teach the Hidden Curriculum.' (Glasgow, UK)

2016 Poster presentation at Scottish Medical Education Conference 'Debating for Doctors' (Edinburgh, UK)

Courses and Other Relevant Training

2025- PD3 level Danish qualification

2022-2025 Took part in 5 training schools as Part of the Innovative training network ETUDE

2025 Post-phenomenology Aarhus University PhD Course

2022 Project Management Aarhus University PhD Course

2022 Visualize your Science Course

2022 Causal Inference in Health Science Course

2021 Patient and Public Involvement in Health Research Course

2021 Introduction to Qualitative Research

2021 S22 AMP Course (Scotland)

2021 S12 Approved Clinician Course (England)

2021 Maudsley Lectures in Psychoanalysis

2019 Leadership training for sustainability in healthcare, Centre for Sustainable Healthcare

2019 Kings Health Partners Masterclass in Functional Neurological Disorders

2019 World Health Organisation MHGAP training

2018 Maudsley Lectures in Psychoanalysis

2018 'Weathering the Storms': Mindfulness in Psychosis Course

2016 Oxford Academic Psychiatry Autumn School

Prizes and Awards

2025- Conference Poster award at European Association of Psychosomatic Medicine

2024- Awarded junior fellowship of the European Association of Psychosomatic Medicine.

2017- Dean's Prize for Clinical Excellence, University of Aberdeen

2014- Sam Suttons Memorial Prize in Obstetrics and Gynaecology (St Thomas' Hospital)

2013- Genetics Association Grant for Summer Studentship

2011- Keble Association Grant for Research

Other Interests

I have been a practitioner of Iyengar Yoga since 2014 and my interest led me to India to study the principles of Ayurvedic Medicine in 2018. I Qualified as a Kum Nye (Tibetan Medical Yoga) teacher in 2024 through the Nyingma Institute, Berkely, and am currently enrolled on their advanced teacher training course. I enjoy contemporary dance, and nature, and I hike in the hills as often as I can.

References on request