

Dr Leah Marriner
D.Clin.Psych., B.Sc.
Clinical Psychologist



Health Professions Council Registration: **PYL039395**

Dr Leah Marriner is a Clinical Psychologist and registered practitioner psychologist with the Health and Care Professions Council (HCPC). She has been working in the field of mental health since 2013. She offers extensive experience of working with wide ranging clinical complexity, across the life span, in a range of settings. This includes community, inpatient, forensic, and clinical research settings.

Since qualifying as a Clinical Psychologist in 2021 she has worked in a secondary care Community Mental Health Team (CMHT), supporting adults with complex and enduring serious mental illness and high levels of risk to self. She completes specialist psychological assessment, formulation and intervention with individuals with Post Traumatic Stress Disorder (PTSD), complex trauma, personality disorders, and severe anxiety and depression.

Dr Leah Marriner utilises a trauma-informed integrative approach to her work. Namely drawing on principles of Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Compassion Focussed Therapy (CFT), Cognitive Analytic Therapy (CAT), attachment theory, and Eye Movement Desensitisation and Reprocessing therapy (EMDR).

AREAS OF SPECIALISM

- Adult Mental Health
- Specialist psychological assessment and treatment
- Post Traumatic Stress Disorder (PTSD)
- Complex trauma
- Personality disorder presentations
- Severe anxiety and depression
- Risk of self-harm and suicide

PROFESSIONAL QUALIFICATIONS

2021 Doctorate in Clinical Psychology, University of Birmingham

2011 First Class BSc Degree in Psychology (with Honours), University of the West of England, Bristol

WORK HISTORY

Mar 2023 – Present **Senior Clinical Psychologist (band 8a)**

Mar 2021 – Mar 2023 **Clinical Psychologist (band 7)**

Solihull Adult Community Mental Health Team (CMHT), Birmingham and Solihull Mental Health NHS Trust

- Conducting specialist psychological assessments including in-depth case reviews, clinical interviewing, observational methods, and complex psychometric testing.
- Delivering specialist psychological intervention in both 1:1 and group settings, drawing on a broad range of therapeutic models and applying these to a diverse range of presenting problems.

- Providing psychological consultation and team formulations to support the wider multidisciplinary team in case and risk management.
- Planning and delivering training for CMHT-staff, to increase psychological knowledge and understanding.
- Providing clinical supervision to a wide range of psychological staff.
- Lead role in the Honorary Assistant Psychologist programme in conjunction with local universities, including shortlisting applicants, interviewing, and developing and delivering training as part of the students in-house teaching programme.
- Lead role for CORE annual outcome monitoring, including overseeing data quality, analysis and report writing.
- Lead role in managing referrals including triaging and liaising with wider MDT staff.
- Communicating complex, difficult, and emotive information in a sensitive way, in a variety of formats, tailoring the information to suit the audience e.g., formal assessment reports or feeding back to service users.

Sept 2016 – Mar 2021 Trainee Clinical Psychologist, Birmingham and Solihull Mental Health NHS Trust

- Placements completed across all 4 core areas including Adults, Learning Disabilities, Older Adults, and Child.
- Foundation placement based within a medium secure forensic inpatient unit, developing expertise in structured risk assessment (e.g. HCR-20; SAPROF), and the assessment and management of risk to self/others.
- Final year specialist placement completed within an enhanced personality disorder service, developing expertise in working with complex presentations, managing high levels of risk to self, and working with and supporting relevant staff teams.
- Doctoral level research thesis focussed on the experiences of living with, and receiving a label of, borderline personality disorder.

Jan 2016 – Sept 2016 Senior Clinical Research Assistant, Warneford Hospital, Oxford Health NHS Foundation Trust

- Co-ordinating large-scale, nation-wide clinical research studies at local level.
- The deputy management of junior research assistants, including providing line management.
- Developing and maintaining links with Third Party organisations in order to make research opportunities as available as possible.

Sept 2014 - Jan 2016 Clinical Research Assistant, North and West Oxon CMHT, Oxford Health NHS Foundation Trust

- Dual research/clinical role involving managing a portfolio of service users and delivering low intensity psychological interventions.
- Driving recruitment and conducting data collection and study procedures with clinical patients across a broad portfolio of clinical research studies.
- Seminar presentation and poster presentation at the 2nd European Congress for Social Psychiatry, held in Geneva in 2015.

Sept 2013 – Sept 2014 Health Care Assistant, The Priory Hospital Roehampton, Personality Disorder Inpatient Service

- Based within a highly specialist DBT-led inpatient unit for service-users diagnosed with a Personality Disorder, admitted onto an intensive 12-month DBT programme.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

Professional Qualifications

- **Report Writing for Expert Witnesses**, Bond Solon, 2026
- **Supervision Skills**, British Psychological Society, 2024
- **4-part full Europe Accredited Eye Movement Desensitisation and Reprocessing (EMDR) Training**, EMDR Academy, 2023
- **An Introduction to Theory and Practice of Compassion Focussed Therapy (CFT)**, Compassionate Mind Foundation, 2023
- **STAR supervisor 4-part training**, University of Birmingham, 2022
- **Cognitive Analytic Therapy (CAT) Foundation Certificate**, University of Birmingham, 2018

Awards

- **2024: Trust Values Award: Committed Category – Bronze Award**

PUBLICATIONS AND PRESENTATIONS

- Marriner L, Larkin M, Urquhart Law G, Kaur Bhogal S. (2025). 'I'm ruined': Young people's and their mothers' experiences of living with, and receiving a diagnosis of, borderline personality disorder: An interpretative phenomenological analysis. *Psychology and Psychotherapy: Theory, Research and Practice*. 98(2). 361-372. doi: 10.1111/papt.12549. Epub 2024 Oct 7. PMID: 39373270; PMCID: PMC12065063.
- Atkinson, L., Forrest, A., Marriner, L., Geddes, John., and Cipriani, A. (2017). Implementing tools to support evidence-based practice: a survey and brief intervention study of the National Elf Service across Oxford Health NHS Foundation Trust. *Evidence-based mental health*. 20. 10.1136/eb-2017-102665.
- Carmichael, J., Misselbrook, T., Marriner, L., Forrest, A., and Molodynski, A. (2016). Clinicians' attitudes towards patient involvement in mental health research. *Progress in Neurology and Psychiatry*. 20. 22-25. 10.1002/pnp.413