



**Dr Laura Blundell**  
D.Clin.Psych  
**Chartered Practitioner Psychologist**



Chartered Psychologists



[www.hpcp-uk.org](http://www.hpcp-uk.org)

Health Professions Council Registration: **PYL30680**  
British Psychological Society Membership: **228546**

Dr Laura Blundell is a warm, compassionate and open-minded clinician who works collaboratively with her clients to identify and build on strengths, values and resources whilst working towards positive change. Her approach is to create an ethos of thoughtfulness and curiosity, to learn about and adapt to the changing needs of the individuals she works with.

Dr Laura Blundell has over 8 years' experience within the NHS and private practice. She is a competent clinician trained in a variety of evidenced based psychological approaches for a diverse range of psychological and emotional difficulties. Some of the difficulties she has assessed and treated include PTSD, OCD, Depression, Panic Disorder, Anxiety, and Personality Difficulties. Furthermore, she specialises in offering psychological therapies for the assessment and treatment of PTSD and Trauma and draws upon therapeutic modalities of Cognitive Behavioural Therapy, Dialectical Behavioural Therapy and EMDR.

Dr Blundell is also interested and experienced in utilising psychological approaches such as Compassion Focused Therapy and Acceptance Based Therapy. Within the NHS Dr Laura Blundell is a senior psychological therapist leading on the provision of psychological therapies in forensic settings trust-wide for Oxleas NHS foundation Trust. Here and in previous roles working in community and adult mental health settings her core duties have included the assessment and treatment of individuals with who have suffered severe and complex trauma.

Dr Blundell has experience of preparing reports and providing oral evidence for the parole board and family/criminal courts.

### **PROFESSIONAL QUALIFICATIONS**

- 2013** Clinical Psychology Doctorate – Universities of Coventry and Warwick  
**2003** BSc Psychology 2:1 – University of Southampton

### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- Charlie Waller Institute – CBT for PTSD
- Charlie Waller Institute – CBT for OCD
- Fully trained in the use of HCR-20 risk assessment tool
- Fully trained in the use of the RSVP risk assessment tool
- Basic Training in Mentalisation based Therapy
- EMDR part 3 trained in October 2016
- Bond Solon report writing skills for expert witnesses
- Further CPD workshops in Compassion Focused Therapy (CFT) and Acceptance and Commit Therapy (ACT)

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## **WORK HISTORY**

### **2016 – Present Clinical Psychologist – OXLEAS NHS Foundation Trust**

- Lead clinician for the outpatient psychology service
- Co-ordinate the therapeutic group/individual programme
- Offer individual assessment and psychological intervention to outpatients
- Psychological consultant to the Greenwich prison cluster – Providing psychological formulation, training and consultation to the healthcare staff at numerous prisons,
- Mentalisation based therapist – to deliver group therapy to individuals in Lewisham probation
- Prepare risk and psychological assessment reports for Parole board/Criminal court proceedings
- Prepare reports for the clinical governance of healthcare for the prisons – leading on patient experience
- Assess and prepare psychology reports for child protection proceedings
- Lead on recruitment for psychologists, assistant psychologists and counsellors and provide a robust supervision and training programmes.

### **2020 – Present Visiting Lecturer – City University**

- Lecture on Forensic Psychology
- Module leader
- Mark assignments

### **2020 - Present Private Psychology Assessment and Treatment Service**

- Offer psychological assessment and treatment to self-funding clients
- Offer psychological assessment and treatment to clients with Health insurance
- Offer Supervision to trainee psychologists

### **2013 – Present Clinical Psychologist – Medium Secure Services, Southern Health NHS Trust**

- To provide specialist psychological assessments of clients
- To formulate and implement plans for the psychological treatment of a client's mental health problem drawing upon evidence-based models of therapy.
- To understand risk assessment and formulation and provide consultation to other professionals
- Supervise Assistant Psychologists

### **2015 – 16 Clinical Psychologist – Winchester Prison – Central and North West London NHS Trust**

- To create a new clinical psychology service at HMP Winchester
- To write protocols for service delivery
- To provide quarterly reports of the clinical effectiveness of the clinical psychology service
- To offer training and supervision to healthcare staff alongside prison staff
- To provide specialist psychological assessment of clients alongside individual therapeutic intervention
- To write psychological assessment reports for the parole board

**2013                      Multisystemic Therapist – NHS, Berkshire Healthcare NHS Trust**

- Conduct program specific assessment including review of referral information, identifying and engaging key participants, identifying systemic strengths and weaknesses, and developing an analysis of the fit of problem behaviours within the ecological context.
- Engage primary caregiver and other key participants in active change-oriented treatment by identifying and overcoming barriers to engagement.
- Maintain clear and concise documentation of treatment efforts that promote peer and supervisory review and feedback.
- Carry on call phone and participate in 24/7 on-call system

**2010 – 13                      Coventry and Warwick Clinical Psychology Doctorate Programme - Specialist Placement at Broadmoor High Secure Hospital**

- Carry own individual patient caseload assessing and treating patients for anger management, substance misuse relapse prevention and sexual offending work. To inform practice using a variety of approaches that included making adaption's to the standardized sex offending group programmes.
- To provide risk assessment with the use of standardized tools such as the HCR-20. Update and review various HCR-20s for patients on the ward.
- Attendance at Clinical Team Meetings and active part of the multi-disciplinary team.
- Create and facilitate therapy based groups such as 'Enhanced Thinking Skills'.