



Dr Lydia Rodney
MA(Oxon) DClInPsy.
Clinical Psychologist



Health Professions Council Registration: **PYL26522**

Dr Lydia Rodney is an HCPC registered Consultant Clinical Psychologist with 15 years post-qualification experience working in both adult mental and physical NHS services. Her experience in severe and enduring mental health services provides experience in assessing and treating a broad range of mental health presentations. She has extensive experience in working with adults suffering from chronic physical pain conditions following accident and trauma. She assesses the impact of incidences and provides tailor-made interventions to reduce the suffering associated with trauma. She has managed and supervised other psychologists and professionals within both mental and physical health services.

AREAS OF SPECIALISM

- Personal injury
- PTSD and complex PTSD
- Chronic pain and medically unexplained symptoms
- Fibromyalgia and chronic fatigue syndrome
- OCD and complex OCD
- Anxiety and depression disorders
- Long term physical health conditions
- EMDR

PROFESSIONAL QUALIFICATIONS

2007 – 2010 DClInPsy, University College London

2002 – 2005 BA(Hons) Exp Psychology, Worcester College (University of Oxford)

EMPLOYMENT HISTORY

June 2024 – Present Woodcote Practice as sole-trader

Clinical Psychologist in Private Practise

- Assessment, formulation, intervention planning and treatment carried out with individuals on behalf of insurance companies or self-funded.

Jul 2020 – Jul 2024 Oxleas Mental Health NHS Trust

Consultant Clinical Psychologist and Head of Pain Psychology in Bexley MSK, London

- Reconfigured and managed pain psychology service within large MSK team. Coordinated pain management programme for KCH NHS Trust, managed budgets and team of psychologists, assistants, provided teaching and training to MDT, ran MDT meetings, chaired Trust wide psychology meetings and attended SLT meetings.

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Jan 2015 – Jul 2020 Guys & St Thomas' Foundation Trust

Highly Specialist Clinical Psychologist in Oral Medicine Guy's Dental Hospital, London

- Established clinical health psychology service within oral medicine department. Assessment and treatment to individuals, establishing pain management programmes and psychoeducation patient groups, teaching and training to medical students and medic colleagues.

Oct 2014 – Jan 2015 Kingston Hospital NHS Foundation Trust

Clinical Psychologist in Chronic Pain Service, Kingston Hospital, Richmond, London

- Assessment, formulation and individual therapy to patients with chronic pain conditions. Delivering Pain Management programme together with MDT. Participating in MDT ward rounds.

Jan 2012 – Sept 2013 Barnet, Enfield & Haringey Mental Health Trust

Clinical Psychologist in Complex Care Needs Team, The Halliwick, St Anne's Hospital, London.

- Individual therapy to clients with severe and enduring mental health difficulties; including complex PTSD, complex OCD, eating disorders and depression and anxiety often with comorbid Axis II problems using a third wave CBT framework.
- Provision of group therapy to care coordinated clients and CBT supervision to assistant psychologists.

June 2011 – Dec 2011 South London & Maudsley Older Adults Psychology

Locum Clinical Psychologist

- Community out-patient setting; providing individual therapy to Older Adults' CMHT. Person-centred therapeutic model, using CBT, CAT and Systemic approaches. Specialist psychological consultation to care providers and families, as well as consultation on the application of clinical governance and legal guidelines.

June 2011 – Dec 2011 St Thomas' Neuropsychology and memory clinic

Locum Clinical Psychologist

- Administering complex neuropsychological testing to determine profile of executive function and memory impairments to aid in neurobiological disorder cognitive mapping and memory dysfunction diagnosis.

Oct 2007 – Oct 2010 East London Foundation Trust

- Trainee Clinical Psychologist on six placements across NHS Trusts in North London. Working in IAPT, CAMHS, LD, Older Adults, CAT, sexual health and chronic pain services.

Aug 2006 – Aug 2007 Child Psychiatry, Institute of Psychiatry, London

Research Assistant

- Child neuropsychometric assessments and parental interviews for ADHD diagnosis.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- EMDR Practitioner, EMDR Academy Europe, 2024
- Oxlead Early Leader's Training, Tavistock, 2022
- Psychology Supervisor training, Canterbury Christ Church University, 2020
- ACT for self-esteem, Contextual Consulting, 2019
- Intermediate skills in ACT training, Contextual Consulting, 2018
- ACT for beginners training, Contextual Consulting, 2015

PUBLICATIONS

Doctoral thesis written up for publication: Kamboj, S.K., Massey-Chase, R., Rodney, L., Das, R., Almahdi, B.,

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Curran, H.V., Morgan, C.J. (2011). Changes in cue reactivity and attentional bias following experimental cue exposure and response prevention: a laboratory study of the effects of D-cycloserine in heavy drinkers. *Psychopharmacology (Berl)*.