



DR LUCY ATTENBOROUGH

CLINICAL PSYCHOLOGIST
0191 226 7966

EDUCATION

Doctorate in Clinical Psychology – Lancaster University: 2004

BSc (Hons) Psychology (2:1) – Manchester Metropolitan University: 1997

PROFESSIONAL QUALIFICATIONS, MEMBERSHIPS AND TRAINING

Eye Movement Desensitisation Reprocessing (EMDR) Therapy Training

Compassion Focused Therapy (CFT) Introduction

Acceptance and Commitment Therapy (ACT): Introduction and Skills Building

Postgraduate Certificate in Cognitive Behavioural Studies

Introductory Training in Principles of Cognitive Analytic Therapy (CAT)

Introductory Course on Solution Focused Brief Therapy

EMPLOYMENT HISTORY

Clinical Psychologist, Cardiothoracic Transplantation, Freeman Hospital

(2012 - present)

- Provision of psychological assessment, treatment and support to patients and their carers within the care pathway of an internationally recognised centre for transplantation.
- Assessing patients and devising individual treatment plans.
- Working with partners and families of patients to aid adjustment to transplant or related problems.
- Joint working with a range of other health professionals, including surgeons, physicians, anaesthetists, nurses, social workers, nurses and GPs.
- Delivering formulations to help inform patients and the service.
- Providing consultation to wards and local services to ensure patient care is consistent and patient-centred.
- Monitoring patient care.
- Attending MDT transplant assessment meetings to provide a psychological opinion.
- Provision of training for staff on psychological approach to working with adults with congenital heart problems.

Clinical Psychologist, Newcastle Primary Care Mental Health Service

(2004 - 2013)

- Provision of comprehensive psychological therapies within primary care settings in the West of Newcastle.
- Assessing patients to inform formulation and delivery of tailor-made interventions.
- Negotiating and working closely with GPs and attached health professionals.
- Writing informative and succinct reports to help inform both patients and GPs.
- Liaising with patient's families when required.
- Working with former patients to set up a service-user panel to inform on service development.

John Buddle Work Village - Buddle Road - Newcastle upon Tyne - NE4 8AW
Telephone: 0191 226 7966 Fax : 0191 226 7301
Email: enquiries@neurocog.co.uk
www.neurocog.co.uk www.sportconcussion.co.uk

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