

Career's Talk: Building resilience

Today's Speakers:



Lara Jonah

Registered and Chartered Forensic
Psychologist

Her Majesty's Prison Service (HMP)

National Specialist Lead for
Domestic Abuse Interventions

Lara Jonah is a registered and chartered Forensic Psychologist, who works for the Prison and Probation Service. During her 20 years in this service, Lara has worked in a number of prisons, including HMP Wormwood Scrubs, as the Head of Psychology.

In her current role, she is the National clinical lead for an offending behaviour programme that addresses, Intimate Partner Violence (formerly known as Domestic Violence). Lara has worked on international projects and is currently on a cross government working party, that is supporting the development of new legislation. In her current role at the HMP services, she is based in Central Croydon.



Aim High, Achieve More!

Lara Jonah

Current Role



Design and support for an offending behaviour programme



Design and delivery of training



Consultancy and advice

Previous roles

Group work

Writing Lifer reports

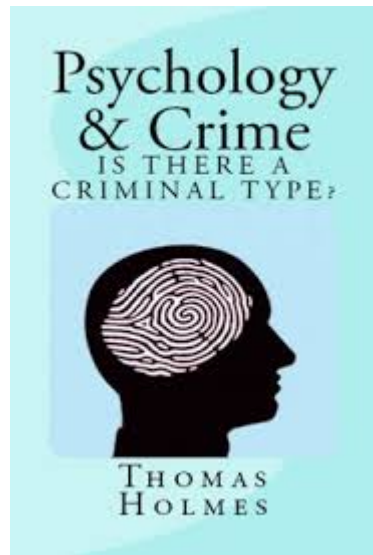
Management and supervision of trainee psychologists

Surveys of staff and prisoners

Staff training

Wing psychologist supporting prisoners on a busy wing

My Journey



www.shutterstock.com • 53018248



Highlights

Feeling you have made a difference

Learning about myself

Triumph over adversity!!!

Butler Trust award

Foreign Travel



Challenges



Workload

Potential to burnout

Hearing about offences

Difficult environment

Forensic psychology



Training Route

Graduate Basic
Chartered membership
– (check the course
you apply for has this
standard)

BPS Accredited
Masters in Forensic
Psychology

Stage 2 qualification
(minimum of two years
supervised practice)

Helpful skills



What I've learnt

- Do your own research
- Find your supporter
- Don't be afraid to ask for help
- See the journey in stages
- Know your strengths and areas of vulnerabilities and own them!
- Nothing is set in stone / you can change your mind!
- You get your inspiration from anywhere.... the rest is up to you



1

You are asked to design a support programme for person who steals cars

2

What would you want to know and why?

3

Name two things you would include in the programme?

Quick task