Dr Lauren Henshall

Principal Clinical Neuropsychologist

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PERSONAL PROFILE

I am a dedicated and motivated Principal Clinical Neuropsychologist. I am registered with the HCPC (PYL32280) and the British Psychological Society (430920), and I am entered on the Specialist Register of Clinical Neuropsychologists (SRCN). My experience includes neuropsychological assessment and rehabilitation for individuals in a range of settings, from secure hospitals through to community work, and across the life span and ability range. I am skilled in clinically leading complex cases, leading interdisciplinary teams and working alongside multiple other agencies. I have particular interests in third-wave approaches to therapy alongside my experience in Neurobehavioural approaches.

POSITIONS

Associate – Principal Clinical Neuropsychologist

Rowley Clinical Neuropsychology Services Ltd (February 2022 – Present)

I provide clinical neuropsychology services as a treating clinician to adolescent and adult patients with mild and moderate-severe Traumatic Brain Injury, and other neurological conditions. I regularly work as part of a broader community neurorehabilitation team, alongside case management, occupational therapy, physiotherapy, and speech & language therapy.

Principal Clinical Neuropsychologist

St James' University Hospital, NHS LTHT (October 2021 – September 2024)

I worked in the Neuropsychology Outpatients department at St James' University Hospital, Leeds Teaching hospitals NHS Trust.

- Experienced in completing neuropsychological assessment for a range of neurological conditions.
- Provision of therapy for individuals with a broad spectrum of neurological diagnoses, including functional neurological disorders.

Senior Clinical Psychologist/Clinical Lead

Daniel Yorath House, Brain injury Rehabilitation Trust (DT Group) (June 2020 – March 2022)

I held a senior post within a specialist residential neurorehabilitation service for individuals with acquired brain injury.

- Experienced in leading the interdisciplinary team in assessment, formulation and development of goal-based rehabilitation plans for individuals with emotional, behavioural, cognitive and physical brain injury sequalae.
- Ability to draw on a range of psychological models and theories, including Cognitive-Behavioural Therapy, Acceptance and Commitment Therapy, Compassion Focussed Therapy, and the Neurobehavioural model, to support individuals with a range of emotional and behavioural difficulties.
- Experienced in complex neuropsychological assessment and assimilation of information from a range of sources, including psychometric assessment, interviews and observations.
- Experience in cognitive rehabilitation, individual and group-based interventions.
- Provision of formulation meetings and training for therapy and support staff to improve understanding, and enhance effectiveness of interactions and interventions for clients.
- Ability to communicate sensitive and complex information, in both verbal and written form, to a range of audiences, at times within the context of heightened emotion or conflict situations.

- Skilled in systemic and family support, to enhance outcomes within rehabilitation for the client, and improve emotional wellbeing and understanding for families and caregivers.
- Experienced in co-ordinating and supporting complex discharge planning, and in joint working with external agencies such as commissioning, social care, legal teams and case managers.

Senior Community Clinical Psychologist

Community Services, Brain injury Rehabilitation Trust (DT Group) (October 2019 – September 2020)

For one year I committed one day per week to the Disabilities Trust's Northeast Community Services, providing Psychology support and oversight for the Trust's supported living services.

- Experienced in brief assessment and formulation of emotional and behavioural symptoms following acquired brain injury, in order to independently make decisions and recommendations about clients' needs, in a timely manner.
- Provision of short-term intervention for individuals within a community setting, with a focus on enhancing quality of life.
- Consultation with managers and support workers, and oversight of support plans, so as to maximise client's well-being and quality of life, and to reduce burnout and distress for caregivers.
- Experienced in making decisions about the commissioning of clinical services, and to weigh up the need for Psychology input at that time, including decisions about termination of therapy and clinical services where appropriate.

Clinical Psychologist/Clinical Lead

York House, Brain injury Rehabilitation Trust (DT Group) (October 2015 – June 2020)

After qualifying as a Clinical Psychologist in 2015, I worked within a specialist hospital providing assessment and rehabilitation for individuals with complex and challenging needs following acquired brain injury.

- Skilled in holistic neuropsychological assessment and person-centred formulation for individuals with one or more co-morbid neurological diagnoses, complex mental health difficulties, forensic histories and significant substance misuse.
- Experienced in psychological intervention through both direct client work and systemic support, to address high levels of aggression or distress, significant risk to self or others, and/or behaviours which limit a client's opportunities for social inclusion.
- Resilient and able to maintain a professional and therapeutic manner in the face of some intense, highly emotive or challenging situations.
- Skilled in complex and formulation-driven risk assessment and management.
- Experienced in rehabilitation for significant deficits in insight and executive functioning.
- Knowledge and experience of working with individuals who may be subject to Mental Health Act or Mental Capacity Act legislation; experience in complex capacity assessments and leading best interest decision meetings.
- Regularly delivered in-house training to all staff regarding acquired brain injury, as well as providing debriefs, tutorials and formulation meetings to support staff.

Trainee Clinical Psychologist

Humber NHS Foundation Trust (October 2012 - September 2015)

- Clinical Placements in: Older Adult Community Psychology Service; Child and Adolescent Mental Health Service; Inpatient and Community Learning Disability Team; Inpatient neurorehabilitation Service; Medium and Low Secure Forensic Inpatient Services; Residential Therapeutic Community for Females with Personality Disorder.
- Training in multiple psychological models and therapeutic approaches, including Cognitive-behavioural Therapy, Systemic and Family Therapy, Functional Analysis and Behavioural Therapy, Cognitive Analytic

Therapy, Compassion Focussed Therapy, Acceptance and Commitment Therapy, Cognitive Neuropsychology and Rehabilitation.

EDUCATION

Accredited EMDR training

EMDR Academy, Oct 2023 – March 2024

Postgraduate Practice Certificate in Clinical Neuropsychology

University of Bristol Jan 2021 – July 2023

Postgraduate Diploma in Clinical Neuropsychology

University of Bristol Jan 2018 – March 2020

Introductory Supervisor Training

Feb 2017- Jan 2018

Doctorate in Clinical Psychology

University of Hull Oct 2012 – Sept 2015

First Class Honours Degree in BSc Psychology

University of York Sept 2008 – July 2011

RESEARCH PUBLICATIONS & PRESENTATIONS

Hughes, R., Fleming, P. & Henshall, L. (2020) Shame, self-discrepancies and adjustment following acquired brain injury. Brain Injury, 34(8), 1061-1067

Ambridge, J., Fleming, P. & Henshall, L. (2020) The influence of self-compassion on perceived responsibility and shame following acquired brain injury. Brain Injury, 34 (7), 945-957.

Hughes, R., Fleming, P. & Henshall, L. (2020) Peer support groups after acquired brain injury: A systematic review. Brain Injury, 34(7), 847-856.

Henshall, L., Alexander, T., Molyneux, P., Gardiner, E. & McLellan, A. (2018) The relationship between perceived organisational threat and compassion for others: Implications for the NHS. Clinical Psychology and Psychotherapy, 25(2), 231-249.

Thompson, H.E., Henshall, L. & Jefferies, E. (2016) The role of the right hemisphere in semantic control: A case-series comparison of right and left hemisphere stroke. Neuropsychologia, 85, 44-61

PROFESSIONAL REGISTRATIONS

Practitioner Psychologist & Clinical Psychologist of the Health and Care Professions Council (HCPC) registered (Registration number: PYL32280)
Chartered Psychologist of the British Psychological Society (Membership Number: 430920)

PUBLIC ENGAGEMENT

2023: Irwin Mitchell Leeds: A Symposium on mTBI: Update on ARCM diagnostic criteria and a neuropsychological formulation of persistent cognitive symptoms post-injury.

REFERENCES

References from brain injury case managers, solicitors, and consultant clinical neuropsychologist colleagues can be supplied on request.