Dr Lynsey Holmes, BSc, MSc, ClinPsyD

Highly Specialist Clinical Psychologist

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PERSONAL PROFILE

I am a Chartered Clinical Psychologist registered with HCPC and BPS. I have been qualified since 2005. I am experienced working with a wide range of psychological problems with both children and adults. My area of specialism is PTSD and Complex Trauma. My core doctoral training was in CBT and I have completed further training in various therapeutic modalities. I have achieved further training in EMDR and am an accredited EMDR Consultant. I have also completed further training in Transactional Analysis and am a certified Psychotherapist. I have also trained in schema focused therapy, ACT, and CFT. I work in both the NHS and private practice. I offer assessment, including medicolegal assessment, psychological therapy and supervision.

EMPLOYMENT

Associate - Highly Specialist Clinical Psychologist
Rowley Clinical Neuropsychology Services Ltd (February 2023 – present)
Highly Specialist Clinical Psychologist / Clinical Lead of Humber Traumatic Stress Service
Humber NHS Foundation Trust (June 2020 – Present)
Psychologist in Private Practice
(December 2007 - Present)
Principal Clinical Psychologist in Humber Traumatic Stress Service
Humber NHS Foundation Trust (January 2019 – June 2020)
Clinical Psychologist in Adult Mental Health
Humber NHS Foundation Trust (February 2006 – January 2019)
Clinical Psychologist in Child and Adolescent Mental Health
Humber NHS Foundation Trust (February 2006 – July 2011)
Trainee Clinical Psychologist
Department of Clinical Psychology, University of Hull (2002 – 2005)

EDUCATION

CBT Top Up training towards BABCP accreditation Oxford Cognitive Therapy Centre

Certificate in Psychoanalytic Approaches to Trauma Tavistock and Portman NHS Trust 2021-2022

MSc Applied Forensic Psychology by Distance Learning University of Leicester 2008-2010

Doctorate in Clinical Psychology University of Hull, 2002 – 2005

BSc (Hons) Psychology 2:1 University of Hull, 1997 – 2000

PROFESSIONAL REGISTRATIONS

British Psychological Society (BPS) // Health and Care Professions Council (HCPC) // EMDR Association UK and Ireland // European Association of Transactional Analysts (EATA)

FURTHER TRAINING

EMDR for Children and Adolescents Levels 1 and 2 2021/2022

Bond Solon Excellence in Report Writing 1 day workshop January 2021

Accredited EMDR Consultant 2020

EMDR and Depression 1 day December 2020

EMDR and Suicide 1 day October 2020

EMDR and Psychosis 1 day October 2020

EMDR in Perinatal services 1 day October 2020

Trauma Focused CBT 2 days workshop June 2020

Compassion Focused Supervision and Staff Support 2 days February 2019

Schema Focused Therapy training 1 year 2019

DBT Skills 2 day workshop September 2018

Provisional Training and Supervising Transactional Analyst qualification 2017

Certificate in Supervision 6 days, 2016

EMDR and OCD 1 day workshop 2017

EMDR practitioner accreditation 2016

Psy**chotherapy training leading to Certified Transactional Analyst status** 2011-2015

EMDR; Levels 1,2, and 3; Moving Minds; 2009

Medico-legal report writing training; Moving Minds; 2010

AIM2 training tool for the assessment of young people who sexually offend GMAP Manchester; Feb 2009

Interpersonal Psychotherapy training University of Edinburgh; November 2008

Introductory Supervisor Training (ISW) University of Leeds; 4 days 2009

REFERENCES

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