

Dr Rachel Lavin

BSc (Hons), ClinPsyD, PG Dip, CPsychol

Clinical Psychologist Specialising in Neuropsychology



I have experience of working as a Clinical Psychologist providing neuropsychological services across inpatient and community settings. I have experience of working across various multidisciplinary teams and I am available to work with adults and children providing assessment and interventions.

I utilise a variety of relevant therapeutic approaches to support individuals following acquired brain injury, ensuring a person-centred strengths-based approach, alongside collaborative goal setting. I have a background and training in: Cognitive Behavioural Therapy, Psychodynamic Interpersonal Therapy, and third wave approaches (Compassion Focused Therapy, Mindfulness, Acceptance and Commitment Therapy). My experiences of working with children has included additional training in and the application of: Positive Behavioural Support, and attachment informed approaches.

Contact details

I undertake private work as an associate with Newby Psychological Services and can be contacted at: info@newbypsychological.co.uk / +44 (0)7759 148284.

Qualifications

MSc in Clinical Neuropsychology – practice component ongoing

University of Bristol (2024-current)

Postgraduate Diploma in Clinical Neuropsychology

University of Bristol (2024-2026) (Distinction)

Doctorate in Clinical Psychology

University of Manchester – (2015-2018)

BSc (Hons) in Psychology

University of Liverpool – (2008 – 2012 inclusive of access year) (First Class)

Membership of Professional Bodies

- Registered Practitioner Psychologist - Health Care Professions Council (HCPC PYL36500)
- Registered as a Chartered Psychologist with the British Psychological Society
- Member of the British Psychological Society (BPS No. 342266)

Experience

Associate Clinical Neuropsychologist March 2026 – present

Newby Psychological Services Ltd

In my role with Newby Psychological Services, I undertake neuropsychological and capacity assessments and provide neuropsychological rehabilitation and therapy to support clients – adults and children, families and staff with managing the impact of neurological injury and illness.

Highly Specialist Clinical Psychologist in Acquired Brain Injury Service

April 2020 – July 2026

Cheshire and Wirral Partnership NHS Foundation Trust

I provide neuropsychology services (assessment/cognitive testing, formulation, interventions) supporting individuals following acquired brain injury and their families/carers within community settings. Duties include supervision and management of assistant psychologists, service evaluation/audit, providing consultation and training. I previously provided neuropsychology services within inpatient and community stroke rehabilitation settings.

Senior Clinical Psychologist July 2019 – March 2020

Liverpool Heart and Chest Hospital NHS Foundation Trust

I provided psychology cardiology services, working in inpatient and outpatient settings providing assessment, formulation, and intervention. I supervised recently qualified psychology staff, provided staff training, and facilitated psycho-educational groups for patients and families/carers.

Clinical Psychologist January 2019 – July 2019

Options Kinsale Outcomes First group children's care provider

My duties included completing psychological assessments, observations, updating positive behaviour support plans, and providing reflective practice sessions for staff. I provided staff training on trauma informed approaches and attachment. I supervised assistant psychologists, worked as part of the multidisciplinary team, created risk assessments, and contributed to service development.

Trainee Clinical Psychologist September 2015 – September 2018

Greater Manchester Mental Health NHS Foundation Trust and University of Manchester

Completing academic and training requirements as part of the Clinical Psychology Doctorate. I completed training placements in paediatric neuropsychology, adult learning disability, older adults, child psychology and adult mental health.

Relevant CPD

- University of Bristol: Post Graduate Diploma in Clinical Neuropsychology – January 2026.
- Sex and Brain Injury: Controversy & Opportunity (covering topics such as sexuality, legal contexts, implications for practitioners) - July 2024.
- ADHD and Brain Injury: Brain Injury Support Services – June 2024.
- Acceptance and Commitment Therapy in Brain Injury (in service training) - May 2022.
- Positive Behavioural Support: NHS Education for Scotland & Edinburgh Napier University - March 2019.
- Cognitive Analytical Therapy for complex cases: 2-day workshop – Association for Cognitive Analytical Therapy - May 2018.
- Incredible Years attachment-based Parenting Programme training as a Group leader /Facilitator – University of Manchester & Webster Stratton - 3-day trainer programme - June 2016.

Publications

Lavin, R., Bucci, S., Berry, K., & Varese, F. (2019). The relationship between insecure attachment and paranoia in psychosis: A systematic literature review. *British Journal of Clinical Psychology*. 59. 10.1111/bjc.12231.

Medforth, N., Timpson, H., Greenop, D & Lavin, R. (2015). Monkey's health service: an evaluation of the implementation of resources designed to support the learning of primary school-aged children in England about healthy lifestyles and NHS services. *Issues in Comprehensive Pediatric Nursing*, 38 (3), 181-201.

Lavin, R. & Wilson, C. (2014). An evaluation of a psycho-educational group for adults with brain injury: Cheshire and Wirral Partnership Big Book of Best Practice.

Eckley, L., & Lavin, R. (2013). Evaluation of The Quays project Wirral: A mixed-method evaluation of peer-led recovery services. *Applied Health & Wellbeing Partnership*, Liverpool John Moores University: Centre for Public Health.

Lavin, R., & Timpson, H. (2013). Developing Sefton & Knowsley treatment services for substance misuse: Service User & Stakeholder Consultations. *Applied Health & Wellbeing Partnership*, Liverpool John Moores University: Centre for Public Health.

Lavin, R., & Timpson H. (2013). An evaluation of The Willow Project counselling service: Young people and Counsellor experiences, *Applied Health & Wellbeing Partnership*, Liverpool John Moores University: Centre for Public Health.

Lavin, R., & Hughes, L. (2013). Developing Guernsey Treatment Services for Substance Misuse: Service User & Service Provider Consultations. *Applied Health & Wellbeing Partnership*, Liverpool John Moores University: Centre for Public Health.

References

Reference contact details available on request