



Neuro Rehab
Group

DR LAUREN HAMPSON

CURRICULUM VITAE

Dr Lauren Hampson is a Senior Clinical Psychologist specialising within neuro-rehabilitation, primarily with an adult population within both inpatient, acute and community settings. Lauren currently works in the NHS in a specialist neuro-rehabilitation hospital, with adults with complex physical and cognitive needs following neurological trauma or illness. The current role spans two wards, supporting on the complex rehabilitation unit and secondly taking the role of lead psychologist on the hyper acute unit. Spanning her career, Lauren has worked at each stage of the pathway, from ICU/major trauma through to community working. Lauren has more recent experience working with individuals with a diagnosis of FND. Prior to clinical training, Lauren worked largely within learning disability populations; mental health services; acquired brain injury services; and forensic units.

Lauren takes value in working with both the patient and the family, as well as maintaining open lines of communication with all members of the multi-disciplinary team. Building a supportive system around an individual is fundamental to support the person to achieve personal goals in keeping with key values. Lauren regularly draws upon many therapeutic techniques/modalities in practice, most often CBT, ACT, person-centred and solution focussed therapy approaches. Themes within clinical sessions often include adjustment; overcoming barriers; emotional impact; neurocognitive changes; and working with expectations. Lauren has considerable experience in the administration and interpretation of neurocognitive assessment. Such assessment is valuable in directing rehabilitation goals and aiding adjustment post-injury.

Lauren enjoys promoting well-being, for both staff, patients, and their relatives. Lauren has created a well-being space on the ward, alongside establishing and facilitating both staff and patient mindfulness groups. Lauren developed and facilitates a cognitive rehabilitation group for inpatients, alongside Occupational Therapy. Lauren regularly supervises others and delivers in-service training. Lauren is always keen to engage in additional opportunities within her working role, being an active member of the Rehabilitation Charity Committee; taking a role in service development projects; and establishing and facilitating patient rehabilitation groups on the wards.

Qualifications

2022 (current) MSc (Med Sci)/PgDip in Clinical Neuropsychology – University of Glasgow
2019 ClinPsyD Doctorate in Clinical Psychology – University of Manchester
2014 (MRes) Master of Research in Psychology – University of Manchester
2010 BSc (Hons) Psychology – Manchester Metropolitan University

Publications

Hampson, L., Lennox, C., Killilea, J., Awenat, Y., & Pratt, D. (2022). Intensive Cognitive Behaviour Suicide Prevention for Males in Custody: A Pilot Feasibility Case Series. *Journal of Forensic Psychology Research and Practice*, 1-30.