



Neuro Rehab
Group

DR LAUREN HAMPSON

CURRICULUM VITAE

Dr Lauren Hampson is a Principal 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 covers a community specialist rehabilitation team, with further supervision and management of others, across inpatient services. Spanning her career, Lauren has worked at each stage of the pathway, from ICU/major trauma through to community working. Lauren has 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 focused 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. Lauren has a key interest in research, recently attending international conferences and disseminating research.

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.