

Natasha Forsyth

Clinical Psychologist

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Dr Ewan Gilchrist
NHS Fife

Dear Dr Gilchrist,

I am writing to apply for the Consultant Clinical Psychologist post within the Fife Adult Community Mental Health Team. I have nine years of post-qualification experience, the last four and a half of them as lead psychologist for the South East Edinburgh CMHT at NHS Lothian, where I manage a team of 3 psychologists and 2 assistant psychologists providing services for a catchment of 38,000 adults.

At NHS Lothian, I redesigned the triage pathway and halved the wait time for psychological assessment from 18 weeks to 9. A decision-support tool I developed has since been adopted by 3 other CMHTs across the board. I carry a caseload of 22-26 complex patients at any time, primarily psychosis, PTSD, and personality disorder presentations, and I deliver monthly reflective practice sessions for a multidisciplinary team of 28 staff. I've supervised 6 trainee clinical psychologists across three doctoral programmes. My earlier work at NHS GGC included developing a trauma-informed psychosis group that showed significant PTSD symptom reduction and was presented at the BPS Division of Clinical Psychology annual conference.

The Fife post appeals because it offers a consultant-level role with direct clinical work, service development responsibilities, and close links with the University of St Andrews. Where I completed my undergraduate degree. I hold HCPC registration, EMDR accreditation, and Chartered Psychologist status. I would welcome a conversation about the role and am happy to visit the service.

Yours sincerely,
Natasha Forsyth