



Natasha Forsyth

Clinical Psychologist

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HCPC-registered clinical psychologist with nine years of post-qualification experience working across NHS adult mental health and neurodevelopmental services. Currently lead psychologist for a community mental health team covering 38,000 adults in Lothian. Doctoral research focused on trauma-informed approaches in psychosis, and I maintain an active interest in service evaluation and staff training.

Experience

Lead Clinical Psychologist (Band 8b), NHS Lothian, Edinburgh

Sep 2021 – Present

Clinical lead for the South East Edinburgh Community Mental Health Team, managing a team of 3 psychologists and 2 assistant psychologists.

- Carry a caseload of **22–26 complex patients** at any time, primarily psychosis, PTSD, and personality disorder presentations
- Reduced average wait time for psychological assessment from **18 weeks to 9 weeks** by redesigning the triage pathway
- Deliver monthly **reflective practice sessions** for a multidisciplinary team of 28 staff
- Supervised **6 trainee clinical psychologists** across three doctoral programmes since joining

Clinical Psychologist (Band 8a), NHS Greater Glasgow and Clyde, Glasgow

Jan 2018 – Aug 2021

Worked within the adult primary care mental health team, delivering short-term and long-term psychological therapies.

- Delivered individual CBT, EMDR, and CAT to a caseload of **18–22 patients** at any given time
- Developed and facilitated a **12-week anxiety management group** — ran 8 cohorts with 10–12 participants each
- Completed a **service evaluation of IAPT step-up referrals** that led to changes in the referral criteria, reducing inappropriate step-ups by 35%

Clinical Psychologist (Band 7), Tayside NHS Board, Dundee

Oct 2016 – Dec 2017

First post-qualification role in an adult neuropsychology service.

- Conducted **neuropsychological assessments** for acquired brain injury, dementia, and epilepsy — approximately 6 assessments per month
- Provided post-diagnostic psychological support for **patients and carers** across Tayside

Education

DClinPsy in Clinical Psychology, University of Glasgow, Glasgow

Sep 2013 – Sep 2016

Doctoral thesis: *Trauma-informed care in early intervention for psychosis services: a mixed-methods evaluation*. Placements across adult mental health, older adults, neuropsychology, and child and adolescent services.

BSc (Hons) in Psychology, University of St Andrews, St Andrews

Sep 2009 – Jun 2013

First Class Honours. Awarded the departmental prize for best undergraduate dissertation.

Skills

Cognitive Behavioural Therapy (CBT) • EMDR (Accredited Practitioner) • Cognitive Analytic Therapy (CAT) • Neuropsychological Assessment • Clinical Supervision • Service Evaluation & Audit • Risk Assessment & Management • Reflective Practice Facilitation • Psychometric Test Administration (WAIS-IV, WMS-IV) • SPSS & Quantitative Research Methods

Certifications

HCPC Registration – Practitioner Psychologist, Health and Care Professions Council

Oct 2016 – Oct 2026

EMDR Accredited Practitioner, EMDR Association UK

Jun 2019

Chartered Psychologist (CPsychol), British Psychological Society

Mar 2017

Languages

English (native) • French (intermediate)

Projects

Triage Pathway Redesign – NHS Lothian CMHT

Jun 2022 – Mar 2023

Led a project to redesign how psychology referrals were triaged within the community mental health team.

- Introduced a **clinician-led triage meeting** replacing paper-based allocation — cut wait times from 18 to 9 weeks
- Created a **decision-support tool** adopted across 3 other CMHTs in Lothian

Trauma-Informed Psychosis Group – NHS GGC

Sep 2019 – Dec 2020

Developed and piloted a 16-session group intervention for people experiencing psychosis with comorbid trauma histories.

- Ran **3 pilot cohorts** with 6–8 participants each
- Pre-post outcome data showed a **significant reduction in PTSD symptoms** (IES-R mean decrease of 18 points)
- Findings presented at the **BPS Division of Clinical Psychology annual conference 2021**

References

Fiona MacLeod, Consultant Clinical Psychologist, NHS Lothian, fiona.macleod@nhs.scot, +44 7700 900 198

Rajan Patel, Clinical Director, Mental Health Services, NHS Greater Glasgow and Clyde, rajan.patel@ggc.scot.nhs.uk, +44 7700 900 342

Extra Curricular Activity

Volunteer – Edinburgh Crisis Centre (Samaritans Partner)

Jan 2019

Provide overnight telephone support one Saturday per month. Completed advanced suicide awareness training through the Samaritans.

Guest Lecturer – University of Edinburgh DCLinPsy Programme

Sep 2022

Deliver two lectures per year on trauma-informed care in community mental health settings to second-year doctoral trainees.