

Lauren Jacobs

HCPC registered Counselling Psychologist and BACP registered Psychotherapist

Provides one-to-one short, medium, and long-term psychotherapy for people of all ages, backgrounds, and abilities. In addition, has experience as a guest lecturer delivering university-level teaching in psychology and psychotherapy, confidently presenting complex clinical concepts to large and diverse student groups. Has worked with a wide range of presenting issues (for example, depression, anxiety, identity-related issues, eating disorders, OCD, personality disorders, and trauma) in NHS settings, charities, and low-cost private services. Also has experience contributing to ADHD assessment processes, through conducting structured clinical interviews, integrating psychometric data, and supporting multidisciplinary diagnostic decision-making. Maintains a private practice and adheres to HCPC and BACP professional guidelines. Is trained in psychodynamic, person-centred, and CBT psychotherapy. Receives consistently positive client feedback for psychological interventions.

Most Relevant Clinical Work Experience

Psychologist

Online Psychiatry

August 2025 – present

- Provides ongoing psychotherapy to a caseload of patients, working with varied presentations across culturally diverse populations. Maintains ethical practice, liaises with the clinic psychiatrist to ensure effective, collaborative care.

Private Practice Psychologist / Psychotherapist

Online

December 2022 – present

- Sees private psychotherapy clients on a weekly basis. Clients come from diverse backgrounds and present with a wide range of issues. Works adhering to ethical standards, adapts practice to their needs and receives regular clinical supervision.

Neurodevelopmental Practitioner (ADHD Assessments)

Private Therapy Clinic Ltd via contract with NHS Suffolk

February 2026 – May 2026

- Conducted structured parent/carer interviews as part of ADHD assessments, utilising the Young DIVA to inform clinical judgement and diagnostic formulation.

- Independently managed allocated cases, coordinating psychometric questionnaires across home and school settings to ensure timely progression through the assessment pathway.
- Acted as a key point of contact for parents/carers, providing clear, sensitive communication throughout the process, including responding to queries regarding assessment outcomes and written reports.
- Contributed to multidisciplinary team (MDT) discussions, presenting relevant clinical information to support shared diagnostic decision-making.
- Completed detailed sections of ADHD assessment reports, integrating clinical interview and psychometric data to support evidence-based conclusions.
- Maintained accurate and contemporaneous clinical records, working autonomously within service KPIs and NHS “stop-the-clock” timeframes.

Trainee Counselling Psychologist

NHS OXLEAS Anxiety, Depression, Affective disorders, Personality Disorders and Trauma (ADAPT) Service - Bromley

April 2024 – October 2024

- Provided psychological integrative interventions for adult Bromley residents with referrals from primary care services. This included individual short to medium-term psychotherapy and preparatory psychoeducation interventions, such as Mentalization Based Therapy Introduction (MBT-i) and trauma stabilization interventions. Saw up to 6 clients weekly, both in-person and online. Completed collaborative assessments.
- Worked with complex and enduring presenting issues related to severe and enduring anxiety disorders, depressive disorders, schizoaffective disorders, PTSD and C-PTSD, and emotionally unstable personality disorders. Worked with clients with medium to high risk of suicide.
- Worked in multidisciplinary teams which included psychiatrists, GP’s, mental health nurses, social workers and employment advisors, to provide optimal patient care. Attended MDT and associated service meetings.
- Completed all administrative duties related to maintaining adequate patient medical records.

Trainee Counselling Psychologist

London Accessible Psychotherapy & Inclusive Supervision (LAPIS)

October 2023 – March 2024

- Provided open-ended therapy for London residents of all ages who have a disability (e.g., learning, physical, neurodevelopmental), or are closely related to someone with a disability, at a low-cost therapy service. Saw two clients weekly online.
- Worked with mild to complex presenting issues, for example: discrimination related distress, psychological impact of chronic health issues, and depression. Worked with clients with low to high risk of suicide.
- Worked with children and adolescents as well as adults. Occasionally liaised with case workers of clients under the age of 18 for safeguarding purposes.
- Responsible for developing bespoke counselling agreement with clients based on their individual needs.

Trainee Counselling Psychologist

Centre for Better Health

May 2023 – January 2025

- Provided long-term therapy (up to 1 year) for London residents of all ages at a low-cost therapy service based in Hackney. Saw four clients in-person on a weekly basis.
- Worked with more complex presenting issues, for example: borderline personality disorder, addiction, OCD and dual diagnosis.
- Worked with clients with low to high risk of suicide. Administered psychometric tests and conducted risk assessments and safety plans as part of the work.
- Worked with clients to identify goals for treatment and conducted periodic check-ins to assess the progress of the work.

Trainee Counselling Psychologist

Depaul UK

March 2022 to May 2023

- Provided medium-term therapy (up to 16 sessions) for young people aged 18-25 in London experiencing psychological distress and/or at risk of homelessness. Saw eight clients on a weekly basis, both in person and online via Zoom.
- Worked with a vast range of presenting issues, for example: eating disorders, relationship issues, family issues, trauma, child abuse, money-related and housing

issues, clinical depression and anxiety, sexuality, gender, race and ethnicity-related issues.

- Worked with clients with low to high risk of suicide.
- Administered regular psychometric tests, conducted clinical assessments and safety plans, and wrote GP referral letters.

Trainee Counselling Psychologist

The Awareness Centre and NHS Lambeth

October 2021 to March 2022

- Provided short-term therapy (up to 6 sessions) via NHS Lambeth's IAPT primary care service for people of all ages and backgrounds within the Lambeth area. Patients were referred to this service via their GP.
- Worked with a range of presenting issues, such as anxiety, depression, work related stress, birthing trauma, legal and family issues.
- Worked with low to medium risk clients and conducted weekly psychometric assessments, which indicated an overall reduction in presenting distress in most clients.
- Increased competence writing letters to GP's detailing client outcomes and conducting service referrals.

Education

2021-2026	University of Roehampton	PsychD in Counselling Psychology; MSc in Counselling Psychology.
2024	University of Roehampton	Introduction to Learning and Teaching in Higher Education (ILTHE): training in inclusive and culturally responsive teaching, session design, and assessment in university settings.
2020	CityLit	Level 3 Certificate in Counselling Skills
2016-2017	Kingston University	Psychology MSc. Achieved a Distinction.

2012-2015 Loughborough University Publishing and English Bachelor of Arts. Achieved an Upper 2:1.

Other Relevant Experience

Guest lecturer (2023)

Roehampton University

- Presented 2.5 hour lecture on identifying and working with our needs as practitioners to undergraduate counselling and psychology students.

Guest lecturer (2023)

IAPT High-Intensity Psychotherapeutic Counsellor training at Roehampton University

- Presented 2.5 hour lecture on working with race and difference to current cohort of counsellors in training.

Guest speaker (2023)

London Accessible Psychotherapy & Inclusive Supervision (LAPIS)

- Presented my doctorate research topic (internalised racism among Black practitioners) to staff members.

GCSE SEN English Tutor (2022 -2024)

Get Further

Integrated Community Support Volunteer (2021 - 2022)

Islington branch of nationwide mental health charity, MIND.

SEN and Mental Health Teaching Assistant (2021 – 2022)

Barnet and Southgate College

Listening Volunteer (2017 – 2018)

The Samaritans

Volunteer SEN Support Assistant (2017 – 2018)

The Fircroft Trust