

Dr Melissa Mehmet
Clinical Psychologist
DClinPsy, PgCert, MSc, BSc

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Clinical Registration:
HCPC: PYL046877



Academic History:

Doctorate in Clinical Psychology, DclinPsy, University of East London

PgCert Low Intensity Cognitive Behavioural Interventions, University of Central London

Early Intervention in Psychosis MSc, King's College London University

Psychology BSc Honours, University of Westminster

Areas of Expertise:

Family Support & Education
Clinical Assessment & Report Writing
Staff Teaching & Training
Multi-Disciplinary Teamwork
Neurorehabilitation

Individual & Group Therapy
Mental Health
(CBT, ACT, & systemic approaches)
Research and Audit
Social Justice Informed Approaches

Employment History

Clinical Psychologist in Neurorehabilitation, NPsych (November 2025- Present)

Provide psychological input to individuals who experienced a brain injury, targeting emotional/psychological needs, challenging behaviour and cognition. Delivered tailored interventions for diverse clients, with complexities impacting their brain rehabilitation journey, including systemic work through working with their families and the staff at the Neurorehabilitation service.

Trainee Clinical Psychologist (September 2022- September 2025)

Female Acute Inpatient Unit, NELFT NHS Trust

Provided psychological input to females in acute mental health crisis, including those presenting with Emotionally Unstable Personality Disorder (EUPD), psychosis,

severe self-harm, and suicidal risk. Delivered tailored interventions for diverse client groups, including pregnant women and individuals with learning disabilities. Actively contributed to multidisciplinary team (MDT) decision-making, offering psychological formulation to guide care and risk management.

CAMHS, ELFT NHS Trust

Delivered individual and systemic psychological interventions for children, young people, and families. Applied CBT and systemic approaches to address complex presentations and conducted neuropsychological assessments to inform care planning. Worked closely within MDT and multi-professional settings to ensure coordinated intervention and support.

Pain Management Centre, UCLH NHS Trust

Provided Acceptance and Commitment Therapy (ACT) and individual psychological support to patients with chronic pain, including those with learning disabilities. Responsibilities included assessment, formulation, therapeutic intervention, and discharge planning. Collaborated extensively with the MDT to develop holistic treatment plans and support functional improvement.

Neurorehabilitation Unit, Neurotrauma Ward, Barts Health NHS Trust

Worked with inpatients with traumatic brain injury (TBI) and spinal cord injury (SCI), delivering CBT, ACT, and neuropsychologically informed interventions. Conducted neuropsychological assessments, contributed to reports for rehabilitation planning, and provided family interventions to support adjustment and coping. Delivered staff training and facilitated reflective practice to enhance team understanding of psychological needs in neurorehabilitation.

Staff Wellbeing, University of Central London

Focused on staff wellbeing through leadership, consultation, and policy development. Developed and implemented initiatives to promote psychological wellbeing for staff, drawing on clinical expertise to inform organisational practice.

Psychological Wellbeing Practitioner (February- August 2022)

Provided evidence-based assessment and support for individuals with common mental health difficulties, using patient-centred interventions to promote recovery and self-management. My role included conducting risk assessments, maintaining accurate clinical records, and collaborating effectively within multi-disciplinary teams. I worked from an inclusive values base that respects diversity and empowers service users. I regularly prepared and presented case information in clinical supervision, implemented supervisory guidance into practice, and engaged in ongoing professional development to continually enhance my clinical competence.