
Dr Laura Tozer

BSc (Hons), MSc (Hons), DClinPsy

Clinical Psychologist



Health Professions Council Registration: PYL35430

Profile:

Dr Tozer is a clinical psychologist currently working within NHS England's Mental Health Support Teams trailblazer project providing psychological interventions and assessments to children and adolescents in schools. She has worked with children, adolescents and adults with mental health difficulties and developmental disorders in an array of settings that span the NHS, private sector, social care and abroad. Prior to her current role she worked in the highly respected Family Safeguarding Service in Hertfordshire completing assessments of parents at the Public Law Outline stage or whose children were on Child Protection Plans and Child in Need Plans. In addition to her NHS commitments, Dr Tozer provides independent psychological assessments in family and criminal law.

Areas of Expertise:

- Care proceedings
- Parenting assessments/risk assessments
- Cognitive and psychological assessment of adults and children
- Impact of parental mental health difficulties on children
- Attachment to parents and siblings and impact of separation
- Capacity to instruct
- Assessment of child, adolescent and adult mental health
- Fostering and adoption

Employment History:

October 2020 - present: Clinical Psychologist, ReConnect, Oxford Health NHS Foundation Trust

- Conduct comprehensive psychological assessments incorporating parental mental health, the quality of the parent-child relationship and identifying risk.
- To offer individual work to parents within a mentalisation framework and other treatments aimed at improving the quality of the parent-child relationship.
- Offer advice, consultation and supervision and support the work of other psychological staff providing psychological treatment and care.

March 2019 – October 2020: Clinical Psychologist and Deputy Operational Lead, Buckingham Mental Health Support Team, Oxford Health NHS Foundation Trust.

- Undertook assessments and evidence based interventions for children and young people under the Mental Health Support Team.
- Involved in the development of this new trailblazer project, which aims to transform children and young people's mental health care in schools.
- Worked across agencies including public and the third sector organisations to provide comprehensive and holistic support for children and young people across educational environments.
- Contributed to the development of the MHST Standard Operational Procedure including the development of referral pathways, safeguarding procedures and the use of routine outcome measures.
- Disseminated the SOP and outcomes to commissioners and professionals within health and education.
- Provided case management and clinical skills supervision to Education Mental Health Practitioners, Family Resilience Workers and Youth Workers.

March 2019 – June 2019: Locum Clinical Psychologist, Buckinghamshire CAMHS, Pulse Psychological Therapies

- Provide evidence based psychological interventions including Cognitive Behaviour Therapy to young people under CAMHS.
- Undertake psychological assessments of children and young people accessing CAMHS.

January 2018 – March 2019: Clinical Psychologist, Family Safeguarding Service, Hertfordshire Partnership University NHS Foundation Trust

- Undertake comprehensive psychological assessments for families under Public Law Outline, Child Protection Plans and Child in Need Plans.
- Provide clinical supervision and line management duties to band 5 Assistant Psychologists. Contribute to the development and implementation of psychological group interventions.
- Provide reflective practice sessions to members of the social care team.
- Complete cognitive assessments using the Wechsler Adult Intelligence Scale (WAIS).

September 2014 – September 2017: Trainee Clinical Psychologist, Taunton & Somerset NHS Foundation Trust.

- Comprehensive training in Clinical Psychology and the completion of six placements in conjunction with completing Foundation and Intermediate Level Family Therapy and Systemic Practice training.
- Adult Learning Disability Service
- CAMHS
- CMHT
- Community Psychology
- Paediatrics
- Family Therapy Service

January 2014 – September 2016: Assistant Psychologist, CAMHS, South Essex Partnership university NHS Foundation Trust.

- Undertook individual therapy sessions for children and adolescents with mental health presentations including depression, anxiety and obsessive-compulsive disorder.
- Created and disseminate audit reports for commissioners based on routine outcome measures used within the service.

June 2013 – November 2013: HIV Counsellor & tester, Agape Volunteers.

- Worked in Kenya with people who are HIV positive, providing support and advice on issues such as sex, relationships, disclosure and positive living.
- Provided pre-test and post-test counselling to clients both within the voluntary counselling & testing clinic or on outreach in the local community.
- Tested people for HIV using rapid test kits.

January 2012 – June 2013: Assistant Psychologist, Child Development Centre, South Essex Partnership university NHS Foundation Trust.

- Worked in the Child Development Service with children with social communication difficulties and Autism Spectrum Disorder.
- Ran parenting groups for children with Autism and social communication difficulties.
- Observed and administer psychological tests such as the Wechsler Intelligence Scale for Children (WISC) and Autism Diagnostic Observation Schedule (ADOS).

May 2011 – November 2011: Volunteer, Kiya Survivors.

- Volunteered for a charity specialising in the care of children who have special needs and had experienced severe abuse and neglect in Peru, South America.
- Worked directly within a multi-disciplinary team comprising of teachers, social workers and a psychologist.
- Worked within a culturally diverse team ensuring all beliefs, race and religion were respected and valued while gaining knowledge of non-western cultures and ideologies.

September 2010 – May 2011: Learning Support Worker, Oxfordshire County Council.

- Worked as part of a large multi-disciplinary team including educational psychologists, speech and language therapists and visual impairment coordinators.
- Responsible for ensuring all child protection policies are adhered to.
- Worked creatively to communicate with pupils who cannot communicate verbally.

September 2009 – September 2010: Graduate Mental Health Worker, Priory Healthcare Ltd.

- Carried out telephone assessments with adults referred to the service to assess their suitability for a primary care service and to contribute to devising a care plan.
- Ran all step two therapeutic interventions including Computerised Cognitive Behaviour Therapy and therapeutic psycho-educational groups for adults with anxiety and/or depression.

September 2006 – September 2007: Assistant Psychologist, The Cardinal Clinic.

- Co-facilitated groups for people experiencing a wide range of mental health presentations including depression, anxiety, obsessive compulsive disorder and eating disorders.
- Wrote and disseminated audits based on the completion of risk assessments.

September 2006 – September 2007: Assistant Psychologist, Berkshire Healthcare NHS Foundation Trust.

- Work with researchers and service users using a new Computerised Cognitive Behaviour Therapy (CCBT) program, "Beating the Blues". Including attending a launch of the programme and talking to other professionals about the benefits of this package.
- Assisted clients when using the computer program, advising them if they were having any difficulties.

Personal Qualifications:

March 2019 – December 2019: PGCert in Supervision for Children and Young People’s Mental Health, University of Reading (awaiting course completion).

September 2014 – September 2017: Doctorate in Clinical Psychology – University of Plymouth.

September 2016 – June 2017: Intermediate Level in Family Therapy and Systematic Practice – University of Plymouth.

September 2014 – June 2015: Foundation Course in Family Therapy– University of Plymouth.

September 2008 – September 2009: MSc Psychological Research methods – University of Plymouth.

September 2004 – June 2008: BSc Psychology – University of Plymouth.

Continued Professional Development:

- Mentalized – Based Treatment for Parents: Reflective Parenting, Anna Freud Centre
- Motivational Interviewing Training, Hertfordshire County Council (2 days)
- Good Practice in Supervision, University of Hertfordshire
- Supervising Trainees in CBT Competencies, University of Hertfordshire
- Supervising Trainees in Systemic Competencies, University of Hertfordshire
- Introduction to Solution Focused Therapy, Livewell Southwest (3 days)
- STORM Suicide Skills – Based Training on Risk Management, Livewell Southwest
- Understanding Child Protection, Plymouth Safeguarding Children Board
- Mindfulness Based CBT, University Of Essex (3 days)
- Introduction to CBT, Oxford Cognitive Therapy Centre, (8 days)

Publications:

- Tozer, L., Stedmon, J., and Dallos, R. (2018) ‘It is that bad but it isn’t that bad’: Exploring children’s experiences of their mother’s non-terminal cancer with a focus on attachment, resilience and trauma, *Clinical Child Psychology and Psychiatry*, 1-16
- Tozer, L. (2007) Exploring Reflective Function in Support Workers at a Homeless Centre, *Clinical Psychology Forum*, No. 298