

Dr Laura Haigh
Chartered Clinical Psychologist
CBT Therapist & EMDR therapist

I am an experienced Chartered Clinical Psychologist and Cognitive Behavioural Therapist (BABCP accredited) working in private practice and previously the NHS with adults experiencing a wide range of psychological difficulties.

I specialise in using both Cognitive Behavioural Therapy (CBT) and EMDR in my work because they are both very focussed, pragmatic and evidence-based therapies. I am also able to draw on other psychological models such as Mindfulness-based Cognitive Therapy, where appropriate and helpful to the client. My training means I have extensive scientific knowledge of other factors which may impact on people's current functioning and difficulties. These include developmental psychology, specific diagnoses and attachment theory.

My experience with a wide range of clients working in fast-paced and pressurised environments has given me expertise in treating them. The treatments I specialise in are highly effective for helping people to regain control of their anxiety and low mood, become more productive at work and manage their mood more generally. This leads to enhanced performance and engagement with work and equips my clients with psychological tools and techniques to navigate difficult situations and demanding environments. Ultimately, my approach is to facilitate and promote mental fitness and resilience in my clients, giving them ways to maintain this for the long-term.

Professional accreditation/qualifications

- Chartered Clinical Psychologist, British Psychological Society
- Associate Fellow, British Psychological Society
- Cognitive Behavioural Therapist, BABCP accredited
- Registered Clinical Psychologist, Health Professions Council
- Doctorate in Clinical Psychology, University College London
- PGDip in Cognitive Behavioural Therapy, Institute of Psychiatry (merit)
- BSC (Hons, 1st Class Honours) in Psychology, Open University
- Member, Division of Clinical Psychology, British Psychological Society
- Member, Special Interest Group for Coaching Psychology, British Psychological Society
- Senior Associate Member, Royal Society of Medicine



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