

DR FRANCESCA WOOD

Registered Clinical Psychologist (HCPC Reg: PYL38651)
BSc, DClinPsy, CPsychol, EMDR Europe Accredited Practitioner
Director, ReSTART Psychology Ltd (Company No. 17057712)
chessie@restartpsychology.co.uk • 07891 965597



SPECIALIST ASSESSMENT AREAS

- Major trauma
- Critical illness
- Personal injury
- Birth trauma

CASES ACCEPTED

- Claimants aged 18+
- Clinical assessments (incl. remote)
- Location: nationwide

Report turnaround: 2-4 weeks

PROFESSIONAL SUMMARY

I am an HCPC Registered Clinical Psychologist who specialises in assessing and treating psychological difficulties arising from physical trauma, including personal injury, critical illness, major trauma and birth trauma. I have worked extensively with individuals experiencing post-traumatic stress disorder, complex trauma, anxiety, grief, physical health problems (e.g. pain and fatigue) and relational difficulties. I have undertaken specialist training in various evidence-based treatments for trauma and am an accredited practitioner with EMDR Europe.

I provide medico-legal reports for the Court, including in complex personal injury and clinical negligence cases. I have completed training with the Expert Witness Institute (EWI). I am instructed by both Claimants and Defendants, providing expert opinions on causation, condition and prognosis.

In addition to expert witness work, I have developed and led NHS clinical psychological services in adult and neonatal intensive care units and worked across major trauma and specialist neurorehabilitation services. I am a founding director of ReSTART Psychology Ltd, a specialist service providing medicolegal work, psychological/neuropsychological assessment, treatment and psychiatric consultation. I have coauthored guidelines and presented at international conferences on the psychological management of critically ill patients. I have lectured on the PGCert in Clinical Practice (ICU) at the University of Brighton.

POSTS HELD

- ⇒ 2025 – Ongoing: Director / Principal Clinical Psychologist
ReSTART PSYCHOLOGY LTD
- ⇒ 2023 – Ongoing: Principal Clinical Psychologist in Neonatal Intensive Care
NORTH BRISTOL NHS TRUST
- ⇒ 2023 – Ongoing: Associate / Clinical Psychologist in Private Practice
BRISTOL PSYCHOLOGY SERVICES
- ⇒ 2022 – 2023: Associate / Clinical Psychologist in Private Practice
REIGATE PSYCHOLOGY SERVICES
- ⇒ 2021-2023: Lecturer on the PGCert in Clinical Practice (Intensive Care)
UNIVERSITY OF BRIGHTON

- ⇒ 2020 – 2023: Senior Clinical Psychologist in Critical Care
SURREY & SUSSEX NHS TRUST
- ⇒ 2017 – 2020: Trainee Clinical Psychologist
UNIVERSITY OF OXFORD / OXFORD HEALTH NHS FOUNDATION TRUST
- ⇒ 2016 – 2017: Assistant Psychologist in Neurorehabilitation
GLENSIDE MANOR HEALTHCARE LTD
- ⇒ 2014 – 2016: Assistant Psychologist in Eating Disorders
SOUTHERN HEALTH NHS FOUNDATION TRUST

PUBLICATIONS

I am the primary author of the following book chapters:

- ⇒ *'Intensive Care Psychology'*, Oxford Specialist Handbooks in Psychiatry (Solomons & Jones), Oxford University Press (*in press as of March 2026*).
- ⇒ *'Brief Psychological Interventions'*, Oxford Specialist Handbooks in Psychiatry (Solomons & Jones), Oxford University Press (*in press as of March 2026*).
- ⇒ *'Mum & baby: a tug of needs in cot space seven'*, A Treasury of Narratives from Neonatal Psychological Practice (Evans et al.), Taylor & Francis (*in press as of March 2026*).

Additional, peer-reviewed, publications include:

- ⇒ Beadman, M., Highfield, J., Wade, D., Ford, D., Scott, Z., & **Wood, F.** (2021). The health of intensive care unit teams: moving beyond a trauma focus. *Occupational Medicine*, 71(8), 386-387.
- ⇒ Turner, H., Bryant-Waugh, R., Marshall, E., & **Wood, F.** (2019). Patient expectations, eating disorder severity and personality features: Impact on eating pathology in psychological therapy for eating disorders. *Eating behaviours*, 32, 85-89.
- ⇒ Turner, H., Marshall, E., **Wood, F.**, Stopa, L., & Waller, G. (2016). CBT for eating disorders: The impact of early changes in eating pathology on later changes in personality pathology, anxiety and depression. *Behaviour research and therapy*, 77, 1-6.
- ⇒ Davies, A., Mallows, L., Easton, R., Morrey, A., & **Wood, F.** (2014). A survey of the provision of family therapy in medium secure units in Wales and England. *The Journal of Forensic Psychiatry & Psychology*, 25(5), 520-534.

Presentations at international conferences include:

- ⇒ *Do Parent Led Ward Rounds on a NICU Improve Family Experiences?* The British Association of Perinatal Medicine Annual Conference in Cardiff (September, 2025). *Lead author/presenter.*
- ⇒ *Comparing psychological outcomes for COVID vs non-COVID ICU patients.* The European Society of Intensive Care Medicine Annual Congress in Paris (October, 2022). *Solo author/presenter.*

EDUCATION & SPECIALIST QUALIFICATIONS

BSc (Hons) Psychology ⇒ Doctorate of Clinical Psychology ⇒ EMDR (Parts 1-3)
CARDIFF UNIVERSITY (2014) ⇒ UNIVERSITY OF OXFORD (2020) ⇒ RICHMAN EMDR TRAINING (2023)