

Registered Consultant Clinical Psychologist (HCPC Reg: PYL26160); MA(Hons), PGDipPsych, DClinPsy, BABCP Accredited psychotherapist (110792); Director, ReSTART Psychology Ltd (Company No. 17057712)

Profile

I am an HCPC-registered Consultant Clinical Psychologist with over 25 years' NHS experience. I specialise in the assessment and treatment of psychological difficulties following personal injury, particularly major physical trauma, spinal cord injury, limb loss, traumatic brain injury, and intensive care admission.

I am Clinical Lead for Adult Psychology at Oxford University Hospitals NHS Foundation Trust, and Psychology Lead for the Oxford Major Trauma Centre and the Physical Rehabilitation Psychology Team.

I have extensive experience working with PTSD, depression, and anxiety, as well as adjustment difficulties following changes in appearance and functional ability. I have specialist training in evidence-based trauma therapies, including trauma-focused CBT (TF-CBT), trauma-focused ACT (T-FACT), and Eye Movement Desensitisation and Reprocessing (EMDR, Parts 1–3 trained).

I am a founding Director of Restart Psychology Ltd, a specialist service providing medico-legal work, psychological and neuropsychological assessment and treatment, and psychiatric consultation. I have co-authored guidelines on the psychological management of trauma patients and individuals with open fractures. I also lecture on intensive care and trauma-related psychological interventions for the Oxford University Doctorate in Clinical Psychology and the PGCert in Advanced Trauma Practice at Oxford Brookes University.

I prepare medico-legal reports for the courts in complex personal injury and clinical negligence cases. I have completed specialist training with the Expert Witness Institute (EWI) and accept instructions from both Claimants and Defendants, providing expert opinion on causation, condition, and prognosis

Professional History

- 2025 – Present: Director / Consultant Clinical Psychologist, Restart Psychology Ltd
- 2023 – Present: Consultant Clinical Lead, Head of Clinical Health Psychology Services, Oxford University Hospitals NHS Foundation Trust (OUHFT)
- 2020 – Present: Consultant Clinical Psychologist and Service Lead, Physical Rehabilitation Psychology Service (specialising in Major Trauma, Spinal Cord Injury, and Limb Loss), OUHFT
- 2020 – 2026: Consultant Clinical Psychologist and Service Lead, OUHFT Staff Psychological Health Service
- 2017 – 2020: Principal Clinical Psychologist, Oxford Major Trauma Centre; OUHFT Clinical Governance Lead for Clinical Health Psychology
- 2015 – 2017: Senior Clinical Psychologist, NF2 and Cleft Psychology Services, OUHFT
- 2009 – 2015: Clinical Psychologist, Oxfordshire Talking Therapies, Oxford Health NHS Foundation Trust
- 2007 – 2008: Clinical Psychologist, Older Adult Services, Central and North West London NHS Foundation Trust
- 2004 – 2007: Trainee Clinical Psychologist, University College London (Camden & Islington NHS Foundation Trust)

Selected Publications

- **Quarmby, L.M.** (In Press). *Major Trauma Psychology*. Oxford Specialist Handbooks in Psychiatry (Solomons & Jones), Oxford University Press.
- **Quarmby, L.M.**, & Wood, F. (In Press). *Brief Psychological Interventions*. Oxford Specialist Handbooks in Psychiatry (Solomons & Jones), Oxford University Press.
- Fordham, B., **Quarmby, L. M.**, et al. (in press). Rehabilitation to Optimise Major Orthopaedic Trauma REcovery (PROMOTE) versus usual care: A multi-centre, parallel group, randomised feasibility trial with an embedded qualitative study. *The Bone & Joint Journal*.
- **Quarmby, L.M.**, Hotton, M., Jenner S., Kalthoff, Patterson, E., Scholcz, A., Springham, E. (2024) Psychological support during a pandemic: an intervention for hospital teams. *Occupational Medicine* 74(3):208-210.
- Blighe, S., Hotton, M., **Quarmby, L. M.**, Pollard, T., Neilan, N., Scholcz, A., Pinckston, M., & Samuel, R. (2022). Staff support during COVID-19 within an acute hospital trust. *Occupational Medicine*, 72(5), 298–304.
- Hanna, J. R., Rapa, E., Dalton, L. J., Hughes, R., **Quarmby, L. M.**, McGlinchey, T., Donnellan, W. J., Bennett, K. M., Mayland, C. R., & Mason, S. R. (2021). Health and social care professionals' experiences of providing end of life care during the COVID-19 pandemic: A qualitative study. *Palliative Medicine*, 35(7), 1249–1257.
- **Quarmby, L. M.**, & Tutton, E. (2020). Patient experience of open fracture of the lower limb and practical psychological support. Standards for the management of open fractures (BOAST guidelines). *British Orthopaedic Association and British Association of Plastic, Reconstructive and Aesthetic Surgeons*. (Chapter 17).
- **Quarmby, L. M.** (2020, March 30). Dropping the anchor in the COVID-19 storm. *British Orthopaedic Association*. Boa.ac.uk/resources
- **Quarmby, L. M.**, Dalton, L. J., Woolrich, R. A., Clarke, R., Emmanouil, B., Patel, S., Rands, G., Parry, A., & Halliday, D. (2019). Screening and intervening: Psychological distress in neurofibromatosis type 2 (NF2). *Psycho-Oncology*, 28(7), 1583–1587.

Education

MA (Hons), First Class, University of Edinburgh (1999)

PGDipPsych, Distinction, Royal Holloway, University of London (2002)

Doctorate in Clinical Psychology, University College London (2007)

Specialist Assessment Areas & Cases Accepted

- Major trauma, Critical Illness, Personal Injury
- Claimants aged 18+, Clinical Assessments, nationwide (incl remote).
- Report turnaround 4-6 weeks.

