



BioPsychoSocial Clinic

Dr. Lea Kendrick

Clinical Psychologist and CBT Therapist

Dr. Lea Kendrick is a DHA-licensed Clinical Psychologist and Cognitive Behavioural Therapist with 20 years of experience delivering evidence-based psychological therapies across the UK, Singapore, and the UAE. She has worked within the NHS and private sectors, specialising in Obsessive Compulsive Disorder (OCD), anxiety disorders, trauma, and women's mental health.

Experience:

Early in her career, Dr. Lea worked at the prestigious Centre for Anxiety Disorders and Trauma at the Maudsley Hospital in London, an internationally recognized center for research, training, and treatment of anxiety disorders. She was part of the National Specialist OCD Service, a UK government-funded programme treating the most severe OCD cases nationwide. This formative experience shaped her expertise in OCD and related anxiety disorders.

Dr. Lea holds a Doctorate in Clinical Psychology and completed advanced training in CBT at the Institute of Psychiatry, Psychology and Neuroscience, King's College London. She later returned to the institute as a clinical tutor and supervisor, helping to train and support the next generation of CBT practitioners.

Areas of Specialism:

- **OCD and related disorders:** Treatment of mild to severe and treatment-resistant OCD, as well as related disorders such as body dysmorphic disorder (BDD), hoarding disorder, trichotillomania, and excoriation (skin picking).
- **Anxiety disorders:** Supports clients with social anxiety, health anxiety, phobias (including emetophobia), generalized anxiety disorder, and panic disorder.
- **PTSD and trauma:** Extensive experience with single-incident and complex trauma, offering Trauma-Focused CBT and/or EMDR.
- **Women's mental health:** Passionate about perinatal mental health, Dr. Lea supports women throughout the perinatal period who are experiencing anxiety, OCD, tokophobia (fear of childbirth), and birth trauma. She also works with women to manage anxiety, low mood, and sleep disturbance related to perimenopause and menopause.

Approach to Therapy:

Dr. Lea is committed to delivering evidence-based treatments recommended by the National Institute for Health and Care Excellence (NICE). Her primary therapeutic approach is CBT, recognised worldwide as the most effective treatment for the disorders she treats. She combines

this with a compassionate, collaborative, and non-judgmental style, creating a safe space for lasting change.

She is also fully trained in Eye Movement Desensitisation and Reprocessing (EMDR), which she offers alongside Trauma-Focused CBT for clients recovering from trauma.

CBT Supervision for Clinicians:

Dr. Lea provides specialist clinical supervision in CBT to mental health professionals, fostering reflective practice and adherence to best-practice standards through a collaborative supervision style.

Works with Patients:

Adults, Adolescents (14 years and above)

Languages:

- English

Setting:

- In-person sessions
- Online sessions

Services Offered

- Psychological assessment
- Psychological Formulation
- Individual therapy for Adults and Adolescents
- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)



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Presenting Concerns for Adults and Adolescents:

- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD) and trauma
- Health Anxiety
- Social Anxiety
- Panic Disorder
- Hoarding
- Body Dysmorphic Disorder (BDD)
- Specific Phobias and Emetophobia
- Depression and Low Mood

Qualifications and Professional Memberships:

- Postgraduate Diploma in Cognitive Behavioural Therapy (with distinction), Institute of Psychiatry, Psychology and Neuroscience, King's College London, UK
- Doctorate in Clinical Psychology, University of East Anglia, UK
- Bachelor of Science in Psychology, Aston University, UK
- EMDR-Europe Association and EMDRIA approved EMDR training (Parts 1, 2 & 3)
- Accredited Psychologist, Health & Care Professions Council (HCPC), UK
- Licensed Clinical Psychologist, Dubai Health Authority (DHA)



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