

Dr Imogen Sturgeon-Clegg is a Consultant Counselling Psychologist who spent nearly 10 years post-qualification working with older adults in Essex where she developed a special interest in trauma relating to the Second World War and subsequent conflicts as well as childhood abuse, traumatic separation and bereavement. She was awarded a grant to complete her Doctoral research which explored the long-term effects of being evacuated and experiencing the bombing of London during the Second World War.

Imogen also wrote two papers about trauma-focused therapy with veterans. During this time she contributed lectures and workshops to the MSc in Ageing and Mental Health at UCL. Following this, she worked for the charity Combat Stress for five years, treating ex-servicemen and women suffering from PTSD and other mental health difficulties. She now works for the Ministry of Defence as the Psychology Professional Lead Adviser at DMRC Headley Court and has recently been commissioned to provide teaching about trauma in later life for NHS Education for Scotland.