

### Dr Lorraine Bell

**T**HE Fellowships Committee is pleased to confer the status of Fellow on Dr Lorraine Bell, a consultant clinical psychologist with Portsmouth Primary Care Trust and Hampshire Partnership NHS Trust. Dr Bell was given this award for her exceptional contribution to three professionally challenging areas – eating disorders (ED), user empowerment and borderline personality disorder.

Lorraine Bell's work in eating disorders has developed from her initial establishment of one of the first multidisciplinary teams to focus on ED in 1994. The expertise developed in this clinical setting was soon recognised and she was invited to join the National Institute for Clinical Excellence working group on eating disorders leading to their publication of treatment



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guidelines in 2004. She has planned, organised and presented at a number of national day conferences since then on this topic.

Prior to this Dr Bell was influential in the empowerment of mental health service users for two decades. In 1987 she published 'Survivors speak out' as a chapter in *Good Practices in Mental Health*; from this, she developed the national self-advocacy group for people with mental health problems,

adopting her chapter title as their organisational title. For three years to 1990 she was on the South-West Regional Council of MIND.

More recently Lorraine Bell has developed and published the first self-help manual for borderline personality disorder (BPD). This initiative has led to a number of teaching opportunities to disseminate her psychological perspective on BPD to multidisciplinary audiences throughout the UK. She is currently working on developing a two-week residential training in the psychological treatment of patients diagnosed with BPD.

The committee recognises Dr Bell's outstanding contribution in developing and disseminating innovations in applied psychology that have had significant impact on local and national provision in the fields of mental health and well-being.