

Lauren Creese

Lauren Creese is a Senior Clinical Psychologist at Fort England Hospital (FEH) in the Eastern Cape, South Africa, with over 20 years of clinical experience in both state and private sectors. She is currently pursuing a PhD at Rhodes University and has been a guest lecturer for nearly 15 years in the Clinical Psychology Masters programme, specialising in Psychopathology and Dialectical Behaviour Therapy (DBT).

Her doctoral research evaluates an adapted DBT skills training programme at FEH, focusing on its effectiveness, feasibility, and acceptability in resource-limited settings. Given that 90% of the Eastern Cape population relies on state healthcare services, her work highlights the urgent need for scalable, evidence-based mental health interventions. Recognised as a transdiagnostic treatment, DBT has a strong evidence base and is applicable to various mental health conditions. Lauren aims to improve access to quality mental health care for underserved populations.