



Press Release

Immediate Release

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London Doctor Wins Psychologist of the Year Award

A psychologist from London's Cygnet Churchill Hospital has been named Psychologist of the Year at Cygnet Health Care's Annual Psychology Awards, which celebrate outstanding contribution, innovation and dedication across the organisation's psychology teams.

Dr Alice Davidson, Counselling Psychologist at Cygnet Churchill, a mental health hospital for men on Barkham Terrace, received the award in recognition of her exceptional impact on patient care, her commitment to innovation in clinical practice, and her role in championing psychology both within Cygnet Health Care and beyond.

The awards were presented by Matt Gill, Director of Psychology (North Region), and Erica De Lange, Director of Psychology (South Region), who praised the remarkable work delivered by psychology teams across the organisation throughout 2025.

The Psychologist of the Year category recognises individuals who demonstrate a positive impact on patient and carer wellbeing, raise the profile of psychology among internal and external stakeholders, show innovation in service development, act as positive role models for the profession, and contribute to achieving parity of esteem between mental and physical health.

Dr Davidson was commended for her warm, caring and compassionate approach, and for consistently going above and beyond to meet the needs of service users. She takes a holistic approach to care, working closely with multidisciplinary teams, families, carers and community mental health services to support both the psychosocial and physical health needs of patients.

Alongside occupational therapy colleagues, Dr Davidson helped facilitate a garden therapy group across acute and high-dependency rehabilitation services. The group creatively use gardening as a therapeutic way of promoting growth, recovery and wellbeing.

In addition to her clinical work, Dr Davidson is recognised as a positive role model for junior colleagues. She actively supports the development of assistant psychologists and students through supervision, advocates strongly for the psychology profession, and provides reflective practice opportunities for multidisciplinary teams to ensure high-quality, compassionate care.

One nomination described her impact by saying: "Everyone should have an Alice as she makes Churchill a warmer, more compassionate and caring place to work."

On receiving the award, Dr Davidson said: "I feel really privileged to have been acknowledged by my colleagues. I work with such a great team and am able to support our service users with such wonderful input and hard work from everyone."

Erica De Lange, Cygnet Health Care's Director of Psychology for the South Region, said: "Reading the nominations of excellent clinical practice, compassion and innovation is a reminder of the good work, dedication and talent of our psychology teams.

"Dr Alice Davidson has contributed significantly to raising the positive image of psychology across the service, both internally and externally. She consistently goes above and beyond for service users and is a valued role model for the profession. Her compassion, innovation and leadership exemplify the very best of psychological practice."