

# Dinuli Senaratne

MSc Occupational Therapy

e-mail: [ds@benholden.net](mailto:ds@benholden.net)



## Position

**Vocational Rehabilitation &  
Occupational Health Service Lead  
Case Manager**

Based in Hitchin, Hertfordshire



## Professional Registration & Memberships

- Health & Care Professionals Council (HCPC) - **Registration No. OT082545**
- Member of the British Association of Brain Injury Case Managers (BABICM) - **Membership No. 2368588**
- British Association of Occupational Therapists (BAOT) - **Membership No. BT0821654**
- Vocational Rehabilitation Association (VRA) - **Membership No. VRA2174**
- Association of Occupational Health and Wellbeing Professionals - (iOH)

## Skills & Experience Summary

Dinuli Senaratne is the Service Lead for Vocational Rehabilitation & Occupational Health at Ben Holden Ltd, providing strategic, clinical and professional leadership across work-focused rehabilitation services. She is an occupational therapist with over five years' post-qualification experience, specialising in vocational rehabilitation, occupational health-informed practice and rehabilitation case management.

She supports individuals affected by injury, illness, disability, impairment and neurodiversity to return to, remain in and sustain employment, applying a biopsychosocial, person-centred and evidence-based approach. Her practice translates complex clinical presentation into practical, defensible and proportionate workplace solutions, aligned with organisational capability, employment frameworks and governance expectations.

Dinuli has extensive experience delivering vocational rehabilitation and occupational health-informed interventions across assessment, planning, implementation and review, within multidisciplinary and case management contexts. She provides clear, evidence-informed opinions on work capacity, employability, reasonable adjustments, restrictions and prognosis, supporting confident decision-making by insurers, employers and legal stakeholders.

A key strength of her practice is the integration of over ten years' prior human resources experience with occupational therapy and vocational rehabilitation. This enables her to

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align clinical recommendations with workplace systems, Equality Act 2010 considerations, organisational processes and risk management, ensuring recommendations are realistic, implementable and sustainable.

## Continuous Professional Development (CPD)

To maintain high standards of service by our team members, Ben Holden Ltd provides regular in-house training and attendance of annual statutory and mandatory refreshers. As part of CPD, members regularly attend external events/courses and maintain a personal CPD Folder. All staff are subject to regular supervision and mentoring sessions.

## Disclosure & Barring Service (DBS) – Enhanced Certificate

To remain up to date and enable regular annual rechecks our team members are all registered with the online Update Service.

## Clinical Employment History

### January 2026 - Present

Ben Holden Ltd

Vocational Rehabilitation & Occupational Health Service Lead and Case Manager

### January 2025 – Present

Ben Holden Ltd

Case Manager

### October 2024 – November 2024

North Middlesex University Hospital NHS Trust

Band 7 Locum Community Neurological Occupational Therapist

### May 2024 – October 2024

Brainkind

Senior Specialist Occupational Therapist

### August 2023 – Present

Central London Community Healthcare NHS Trust

Freelance Band 7 Neurological, Rehabilitation, and Community Occupational Therapist

### February 2024 – March 2024

Design for Independence

Housing Occupational Therapist

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**September 2023 – January 2024**

The OT Practice

Associate Occupational Therapist

**December 2022 – August 2023**

Central London Community Healthcare NHS Trust

Neurological and Rehabilitation Occupational Therapist

**October 2020 – June 2022**

Royal Free Hospital, London

Rotational Occupational Therapist

## Personal Summary

Dinuli enjoys spending time in nature and practising meditation, alongside active hobbies such as dancing, hiking and squash. She is trilingual, speaking fluent English, French and Sinhalese. As co-founder of *StartingOuT*, she supports newly qualified occupational therapists in their career development. She has a strong interest in vocational rehabilitation leadership, occupational health-informed practice and service development, bringing a holistic and culturally responsive perspective to her work.

[CLICK HERE: to Submit an Enquiry or Instruction](#)

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