

Dr Iain Lightfoot

CO-FOUNDER & PSYCHOLOGICAL CONSULTANT

Dr Iain Lightfoot is a highly skilled therapist and former Royal Navy Engineer Officer, bringing a unique blend of psychological expertise, analytical precision, and real-world discipline to paranormal investigation.

As co-founder of Paranormal Hunters UK, Iain combines his clinical background with a long-standing passion for the unexplained. He specialises in supporting individuals who have been emotionally affected or traumatised by paranormal experiences. His grounded, therapeutic approach helps clients process intense encounters, reduce fear and confusion, and regain stability and clarity.

Whether dealing with lingering hauntings, unsettling phenomena, or the psychological impact of the unknown, Iain provides a calm, reassuring presence. He guides people through overwhelming experiences with empathy, professionalism, and a commitment to helping them find meaning and peace.

Together with Barry Depp, Dr Lightfoot plays a vital role in delivering compassionate, evidence-based investigations that prioritise both the truth and the wellbeing of those involved.

KEY STRENGTHS

Clinical expertise Therapist specialising in trauma and emotional recovery

Naval discipline Former Royal Navy Engineer Officer analytical & precise

Client focus Prioritises wellbeing, clarity, and emotional safety