

# Dr Cara Pelsler

**BSc. PGCert. DClinPsych. CPsychol**



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## CONTACT



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www.hughkochassociates.co.uk

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## PROFESSIONAL QUALIFICATIONS

### Masters in Clinical Neuropsychology

University of Glasgow ongoing

### Doctorate in Clinical Psychology

University of Liverpool

2011-2014

### Post Graduate Certificate in Primary Care Mental Health Practice

UCLAN 2009-2010

### Psychology BSc

Durham University

2005-2008

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## PROFESSIONAL MEMBERSHIPS

British Psychological Society, Membership Number: 241985

Chartered Clinical Psychologist, British Psychological Society

Full member of the Division of Clinical Psychology, British Psychological Society

Full member of the Division of Neuropsychology, British Psychological Society

Health and Care Professions Council, Registration Number: PYL31612

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## CURRENT TRAINING

Completed Expert Witness Training Seminars (The Role and Duty of the Expert Witness; Skills in Report Writing; Skills in preparing Joint Statements; Cross-examination and Courtroom Skills)

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**CLINICS:** Chorley.

## PROFESSIONAL EXPERIENCE

### Clinical Psychologist

2019 - Current

Independent Private Practice.

### Clinical Psychologist, St Helens and Knowsley Community

2016 - Current

Specialist Rehabilitation Service, Cheshire and Merseyside

Rehabilitation Network, Bridgewater Community Healthcare

NHS Foundation Trust

### Clinical Psychologist, Liverpool Community Specialist

2014 - 2016

Rehabilitation Team, Seddon Suite Rehabilitation Ward,

Brain Injury Rehabilitation, Cheshire and Merseyside

Rehabilitation Network, Mersey Care NHS Foundation Trust

### Trainee Clinical Psychologist, Liverpool University, Mersey

2011 - 2014

Care NHS Foundation Trust,

### Psychological Wellbeing Practitioner, IAPT services, Healthy

2009 - 2011

Minds Team, East Lancashire NHS Trust

### Rehabilitation Coach, Transitional Rehabilitation Unit Ltd

2008 - 2009

Haydock

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## TYPICAL AREAS OF INVOLVEMENT

Personal Injury (Adults and Children); PTSD; Anxiety Disorders; Depression; Road Accident; Effects of Automatism in Traffic Situations; Work Accident; Housing Stress; Psychological Aspects of Medical Negligence; Chronic Pain; Reliability of Witness; Employment Cases; Neuropsychological/psychometric assessment; Cognitive rehabilitation; Psychological therapy for acceptance and adjustment following injury/illness; Cognitive Behavioural Therapy; Acceptance and Commitment Therapy; Working with families and carers following injury/illness; Working with functional neurological disorders; Active committee member at Headway Blackburn with Darwen, 2010-present



## FURTHER TRAINING

Completed Expert Witness Training Seminars

Honorary Lecturer; teaching on the Level 7 Masters course "Complex Rehabilitation in a Multi-disciplinary Context", Liverpool John Moores University, ongoing.

Leading at the Speed of Trust, FranklinCovey, two day course, 2018.

Supervisor training, Lancaster University, 2017.

Sex and sexuality following acquired brain injury, Headway training, 2015.

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## RECENT PUBLICATIONS

**Koch HCH, Medley A and Pelsler C (2020)** Legal Mind Case & Commentary No.29 Risks of Unbalanced and Misleading Expert Evidence. PIBULJ. May 2020.

**Koch HCH, Laraway A, Pelsler C and Lamswood S (2018)**. Assessing distress post-cyber breaches. Legal Mind Case and Commentary No. 20. Personal Injury Brief Update Law Journal, 2018.

**Pelsler, C. & Whitelock, A. (2017)**. Adjusting to life after illness or injury. Cheshire and Merseyside Rehabilitation Network Information Leaflet, available online; <https://www.cmrehabnetwork.nhs.uk/Patient-information-leaflets-i10.html>

**Brunsdon, C.L, Kiemle, G. & Mullin, S. (2015)**. Male Partner Experiences of Females with an Acquired Brain Injury; An Interpretative Phenomenological Analysis. Neuropsychological Rehabilitation.

**Brunsdon, C.L (2011)**. Can IAPT be expanded to meet the needs of people with an acquired brain injury? Clinical Psychology Forum.