



## **Dr Kirsten Nokling**

BSc (Hons), D.Clin.Psy, MSc Clin  
HCPC Number: PYL34173

### **Services offered**

- Personal Injury Assessment (Psychological)
- Medical Negligence



### **Areas of involvement**

- Personal Injury (Adults and Children)
- PTSD
- Personality Disorders
- Complex Trauma Disorders
- Attachment Difficulties
- Adjustment Disorders
- Cognitive Behavioural Therapy
- Depression
- Road Accident
- Effects of Automatism in Traffic Situations
- Work Accident
- Psychological Aspects of Medical Negligence

### **Employment History**

#### **September 2017- Current**

Clinical Psychologist and Company Director

EMDR and Fresh Air LTD

### **October 2017- Current**

Independent Clinical Psychologist in private practice.

### **September 2018- March 2019**

Clinical Psychologist (Band 8a): Recovery Team

Marlowe unit, Men's low-secure locked ward

### **March 2018- March 2019**

Private practitioner psychologist for 'After Adoption'

### **July 2018 - July 2018**

Clinical Psychologist (Band 8): Wigan Recovery Team

### **July 2017- July 2018**

Clinical Psychologist (Band 7): Halton Recovery Team

### **September 2017- Current**

Clinical Psychologist and Company Director

EMDR and Fresh Air LTD

### **December 2017- Current**

Owner, founder and Director

Standish Equestrian Centre- Lancashire

## **Publications**

- **Publication title: The Psychological Functions of Online Self-Injury Forums.**  
Dissertation submitted in partial fulfilment of the requirement for the degree of D. Clin. Psych.  
At Cardiff University, and the South Wales Doctoral Course in Clinical Psychology. Cardiff

University Online Library. Nokling, K. E. (2016).

- **Publication title: Clinical effectiveness and acceptability of structured group psychoeducation versus optimised unstructured group support for remitted bipolar disorder: a multi-centre pragmatic randomised controlled trial.**  
Morriss, R. et al. (2016). *Lancet* in press, 2016.
- **Publication title: Review of the book 'Perverse Psychology' - The pathologization of sexual violence and transgenderism. The Psychologist.**  
Nokling, K. E. (2015).
- **Publication title: Review of the book 'Treating Traumatic Bereavement - A Practitioner's Guide.' The Psychologist.**  
Nokling, K. E. (2014).
- **Publication title: Review of the book 'Hardwiring Happiness.' - The practical science of reshaping your brain - and your life. The Psychologist.**  
Nokling, K. E. (2014).
- **Publication title: Review of the book 'The Bitterest Pills - The Troubling Story of Antipsychotic Drugs.' The Psychologist.**  
Nokling, K. E. (2013).
- **Publication title: Review of the book 'A sneetch is a sneetch' - Out of the mouth of babes... The Psychologist.**  
Nokling, K. E. (2013).
- **Publication title: Review of the book Chasing The Lost Times, by G.Beattie, B. Beattie - The Psychology of Obsessive Sportmanship. The Psychologist, 25(9), 608.**  
Nokling, K. E (2012).
- **Publication title: Dyadic relationships between borderline personality disorder and Hypomania visible in the non-clinical population.**  
Nokling, K. E (2012). . *Cumbria Partnership Journal of Research, Practice and Learning*. Vol 2(1).
- **Publication title: The interactions between self harm and borderline personality disorder and bipolar disorder demonstrated in a non-clinical population.**  
Nokling, K. E (2012). *Cumbria Partnership Journal of Research, Practice and Learning*. Vol 2(2).
- **Publication title: Review of the book 'Intimacy' by Z. Marar - A Necessary Component of a Fulfilled Life. The Psychologist, 25(11), 609.**  
Nokling, K. E (2012).
- **Publication title: Parades Psycho-Education Dissemination Event for Barrow. May 2012. A debrief and reunion for participants two years on from the start of the Clinical Trial.**  
Nokling, K. E, Riste, L., & Long, R. (2012).
- **Publication title: The Spectrum Centre for Mental Health Research, Spring Newsletter 2012.**  
Nokling, K.E., Mulligan, L., Stevenson-Turner, K., Caddell, L., Todd, N. (2012).
- **Publication title: Is This Mania. [Published poem] Winner of the Spectrum Connect Poetry Competition. Read at the Spectrum Service User Conference September 19th 2012.**  
Nokling, K.E. (2012).

## Recent Training Courses

In private practice, CBT, EMDR, and provision of specialist assessment and reports. 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)

## Professional Qualifications

- **Qualification date: 2016**  
Doctorate in Clinical Psychology (D.Clin.Psy) University of Cardiff
- **Qualification date: 2011**  
Masters Degree and Doctorate in Clinical Psychology (ClinPsychD) Lancaster University
- **Qualification date: 2009**  
BSc (Hons) Psychology Durham University

## Memberships

- Health & Care Professions Council (HCPC): PYL34173
- British Psychological Society (BPS)
- EMDR Practitioner Levels 1, 2 & 3

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### Contact Address

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