



**Dr Sharon Kalsy PsychD., CPsychol., AFBPsS**  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL16304**  
British Psychological Society Membership: **074607**

Dr Sharon Kalsy is a clinical psychologist with 20 years' experience of working with adults with complex mental health, clinical health, forensic and cognitive difficulties. She has worked with adolescent sex offenders in the prison service and in low, medium and maximum-security hospitals, adults with brain injuries which have resulted in mood and behavioural changes. HIV positive adults who have been sexually abused or who have sexual offended, child protection issues relating to HIV positive pregnant women and sexually active children, and she has assessed capacity in people with learning and developmental difficulties who engage in risk taking behaviours.

### **PROFESSIONAL EXPERTISE**

- Adults with severe and enduring mental health problems
- Complex personality disorder and parental risk.
- Developmental trauma and the impact on parenting
- Addictive behaviours including gambling and substance abuse
- Sex offender risk assessments
- Assessment of sexualised behaviours in adolescents and young people
- Family practitioner assessing family dynamic and abuse within relationships
- Risk of criminal re-offending for sentencing or family proceedings
- Understanding motivation to change and the ability to engage in treatment
- Assessment of fitness to plead and mental capacity
- Cognitive Behavioural Therapy for adults and adolescents

### **WORK HISTORY**

#### **2014-Now Clinical Psychologist, Private Practise**

Dr Kalsy runs a private clinic offering therapy to individuals, couples and groups to help manage depression, anxiety, life changes, psychological trauma, bereavement and stress management. She also conducts fitness to work insurance cases and medicolegal assessments to examine appropriateness for deportation in asylum seekers. She also assesses the impact of cognitive motor impairment on criminal behaviour.

#### **2015-Now Executive Director of the Institute of Group Analysis**

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Dr Kalsy currently works as the strategic and operational lead for the Institute of Group Analysis, responsible for training and membership, promoting the importance of group-based psychological interventions and to develop the organisation across the UK and abroad.

**Jan-Mar16      Interim Chair of the British Psychological Society Work & Health Working Party**

Dr Kalsy led a BPS working party which focused on the wellbeing and mental health in the workplace. This is a cross divisional group which incorporates expertise from the Divisions of Clinical Psychology, Counselling Psychology, Health Psychology and Occupational Psychology, amongst others.

**2012-14      Business Consultant, OR Consulting Ltd., Somerset**

Executive coaching and leadership development to business leaders and teams in multinational companies undergoing major organisational change. Involving improving personal resilience, team performance, staff engagement, customer service, stress and trauma relating to work injuries.

**2009-12      Clinical Services Director, GamCare, London**

Dr Kalsy was was Operational, Strategic and Governance Lead for a national charity for problem gamblers and led its national helpline, its national network of treatment agencies and workforce training services. I was clinical lead for all treatment services and carried a small clinical caseload of high risk clients for one to one and online therapy, and clinically supervised individual, group and online therapists.

**2007-11      Freelance Psychologist and Trainer, British Psychological Society**

I conducted medicolegal assessments for court cases, and fitness to practice assessments for the British Psychological Society. I also trained pharmaceutical representatives and NHS medical staff in motivational interviewing to manage resistance in patients. Finally, I worked as a freelance lecturer on undergraduate, postgraduate and doctorate psychology degree courses.

**2003-09      Clinical Psychologist, Central & North West London (CNWL) Foundation NHS Trust**

Dr Kalsey developed the HIV and Sexual Health Psychology Service to increase access and treatment pathways for HIV+ asylum seekers, sexually active children, sexual dysfunction patients, and survivors of sexual abuse. I led a large caseload of clients and offered individual couples-based, family and group therapy solution focussed interventions using CBT, motivational interviewing, narrative therapy, mindfulness and systemic psychotherapy.

**PROFESSIONAL QUALIFICATIONS**

**2006**      Certificate in Systemic Practice, University of Bedfordshire, Luton

**2003**      PsychD Doctorate in Clinical Psychology, University of Surrey, Guildford

**1997** BSc (Hons) in Psychology, Brunel University, Uxbridge.

**SPECIALIST TRAINING**

- 2016** Advanced Motivational Interviewing for Therapists & Trainers Refresher, Stephen Rollnick, Cardiff <sup>[UK]</sup><sub>[SEP]</sub>
- 2016** CBT for substance misuse disorders, SDS Psychology, London
- 2016** CBT training courses in Depression, Trauma, and Personality Disorders with Christine Padesky, Institute of Education, London
- 2015** Certificate in Neuro-Linguistic Programming Executive Coaching, NLP Dynamics, London
- 2012** Certificate in Neuro-Linguistic Programming, NLP Dynamics, London
- 2005** Compassionate Mind Therapy, Deborah Lee, Oxford Cognitive Therapy Centre