



**Dr Kinza Janjua**

B.Sc., PGCert., MRes., D.Clin.Psych.

**Chartered Clinical Psychologist**



Chartered Psychologists



[www.hpc-uk.org](http://www.hpc-uk.org)

Health Professions Council Registration: **PYL37691**  
British Psychological Society Membership: **29821**

Dr Janjua is a Chartered Clinical Psychologist with 9 years' experience of working across a range of NHS mental health and physical health services, private inpatient settings, private practice, within the voluntary sector and academic settings. She is skilled in using an integrative approach drawing upon evidence-based models to fit to client's individual needs. These models include Cognitive Behavioural Therapy (CBT), Acceptance & Commitment Therapy (ACT), Compassion-Focused Therapy (CFT) and aspects of Mindfulness. Strong values of honesty, empathy and compassion underpin her practice.

Dr Janjua is currently developing supervision skills through a mentoring role with The Pathfinder West Midlands Mentoring Scheme (funded by Health Education England) and Staffordshire University. She is offering individual mentoring to support people from ethnic minority backgrounds in their journey of entering the profession of clinical psychology.

#### **AREAS OF SPECIALISM**

- Long-term health conditions and persistent pain
- Common Mental Health Difficulties
- Life Transition and Adjustment Difficulties
- Holistic Assessments based on approaches of CBT, ACT and CFT

#### **PROFESSIONAL QUALIFICATIONS**

- 2019**          Doctorate in Clinical Psychology – Staffordshire University
- 2015**          Masters Research – University of Birmingham
- 2014**          Postgraduate Certificate in Low Intensity Psychological Interventions in Primary Care – University of Birmingham
- 2011**          Bachelor of Science in Psychology - University of Hull

#### **WORK HISTORY**

**2020 – Present    Clinical Psychologist – Persistent Pain Team, Sussex Partnership NHS Foundation Trust**

Conducting psychological assessments and undertaking individual therapy drawing upon CBT and ACT approaches to help patients living with persistent pain to develop skills in managing pain and distress. Facilitating and leading online pain management programmes alongside MDT members (psychoeducational groups focused on self-management of pain). Administering outcome measures to evaluate efficacy of interventions.

**2021 – Present    Associate Clinical Psychologist – Swan Consulting Ltd**

Conducting remote assessments and individual therapy in private practice with clients with a wide range of difficulties including Anxiety Disorders, Depression, Long-term health conditions

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and chronic pain, Stress, Sleep difficulties, Life transitions and/or adjustment difficulties. Attending monthly peer supervision.

**2021 – Present Specialist Clinical Psychologist – Community Specialist HIV Service, Sussex Community NHS Foundation Trust**

Conducted assessments and individual therapy for patients living with a HIV diagnosis and experiencing emotional difficulties within a community MDT Team. Facilitated team formulation sessions to develop psychological understanding of patient difficulties. Provided consultation to wider MDT. Attended MDT meetings and liaised with HIV clinics, mental health services and third-sector organisations. Lead on and developed psychology protocols during the pandemic.

**2019 – 19 Trainee Clinical Psychologist – South Staffordshire & Shropshire NHS Foundation Trust and Midlands Partnership NHS Foundation Trust**

Worked as a trainee clinical psychologist in acute inpatient settings, paediatric psychology services, child & adolescent community mental health services, child learning disability services, drug & alcohol recovery services and community mental health teams (specialist cognitive and analytic therapy placement).