



**Mr Justin van Niekerk**

Ma Clinical Psychology.

**Clinical Psychologist**



Health Professions Council Registration: **PYL040809**

Justin is a HCPC-registered Clinical Psychologist with over five years of post-qualification experience across adult mental health, physical health conditions, and neuropsychology. His work spans NHS and private settings, including complex adult mental health, hospital-based psychological services, and acquired brain injury.

He is passionate about promoting adaptability, wellbeing, and personal development, and takes a holistic view of psychological health. His services include psychological therapy to individuals and couples, where he draws from a range of evidence-based therapies which are adapted to client needs.

Alongside therapy, Justin provides services in the medico-legal field, professional consultation and coaching, and is open to referrals relating to occupational wellbeing and other adjustment-related matters. He has a particular interest in personal injury and clinical negligence cases, supported by expertise in rehabilitation and the psychological adjustment of individuals living with acquired brain injuries and long-term health conditions. He is committed to ethical, scientifically grounded practice and continuing to develop his skills.

#### **AREAS OF SPECIALISM**

- Common & severe mental health problems, including anxiety, stress, depression, marital/relational problems
- Adjustment, recovery and rehabilitation
- Physical health conditions & acquired brain injuries
- Trauma, PTSD & emotion regulation
- Return to work
- Assessment and report writing, including neuropsychological and risk assessment
- Professional consultation and liaison

#### **PROFESSIONAL QUALIFICATIONS**

<b>2017 – 2020</b>	MA Clinical Psychology (Cum Laude)   University of South Africa
<b>2015</b>	B.Soc. Sci Honours, Psychology (Distinction)   University of Pretoria
<b>2014</b>	B.Sc Honours, Human Physiology (Distinction)   University of Pretoria
<b>2011 – 2013</b>	B.Sc Human Physiology, Genetics and Psychology (Distinction)   University of Pretoria

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## WORK HISTORY

### **Nov 2024 – Present      Senior Clinical Psychologist | South East Essex Community Stroke Team, EPUT**

- Overseeing the provision of psychological care within the intermediate and community stroke rehabilitation pathways
- Supporting rehabilitation through neuropsychological assessments, therapy, consultation and liaison to professionals, service-users and carers.
- Collaborating with multidisciplinary teams (MDT's) for complex patient needs.
- Supervision of junior psychology staff and trainee psychologists.
- Initiation of a user-led service development project.

### **May 2022 – Oct 2024      Clinical Psychologist & Senior Clinical Psychologist | Adult Community Psychology Southwest Essex, EPUT**

- Provided psychological services for service-users affected by severe, complex and enduring mental health conditions.
- Represented psychology in the MDT meetings for one of two care pathways within the Community Mental Health Team.
- Consulted, liaised and offered joint working to support service-users with complex and high-risk presentations.
- Contributed to the development and implementation of an adherent Dialectical Behaviour Therapy (DBT) programme.
- Supervised junior psychology staff and trainee psychologists.

### **Oct 2021 – Apr 2022      Clinical Psychologist | Netcare Milpark Hospital | South Africa**

- Provided mental health liaison and clinical psychology services within a level 1 specialist Trauma unit and hospital.
- Supported the regional transplant program by providing psychosocial assessments for candidate donors and recipients.

### **Oct 2021      Clinical Psychologist | Private Practice**

- Working in private practice in South Africa and since 2025 in the United Kingdom.

### **Sep 2020 – Sep 2021      Clinical Psychologist | Chris Hani Baragwanath Academic Hospital | South Africa**

- Provided mental health liaison and outpatient psychology services within one of the world's largest hospitals, serving a socioeconomically diverse population

### **2019      Intern Clinical Psychologist | Weskoppies Psychiatric Hospital | South Africa**

- Rotations in Forensic, Long-term Care, and Complex Psychotic Disorders Units while delivering supervised psychological care and completing an internship training program in a 1400-bed tertiary psychiatric hospital.

## SKILLS AND INTERESTS

**Therapeutic Approaches:** Acceptance and Commitment Therapy (ACT, training completed 2024); Cognitive Behavioural Therapy (CBT, training completed 2021/2022); Dialectical behaviour Therapy (DBT, training completed 2023); Systemic Therapy and Person-Centred Therapy (MA training).

**Volunteer and other work experience:** Co-Founder & Chairperson: Blue Palm Non-Profit & Blue Palm Society (2013–2016): supported disadvantaged and orphaned youths through student-driven initiatives; Volunteer at Headways (Gauteng)

**Interests:** Tennis, fitness and health, nature, travel, fishing, series and reading.