



Dr Zulaikha Ali

BSc (Hons), MSc, D. Clin. Psych..

Clinical Psychologist



Health Professions Council Registration: **PYL041560**

Dr Zulaikha Ali is a HCPC registered Clinical Psychologist with specialist experience across forensic, mental health and learning disability services. She has worked in diverse settings including secure forensic hospitals, community forensic teams and inpatient mental health services, with expertise in the assessment and formulation of complex trauma, forensic risk and neurodevelopmental conditions.

She provides medico-legal assessments and expert reports across a range of matters, including personal injury, workplace incidents, and medical negligence, as well as a variety of other areas. She offers both comprehensive clinical assessments and desktop review reports, with appointments available remotely across the UK as well as through local face-to-face clinics. She produces clear, evidence-based reports for solicitors, insurers, courts and other professional bodies.

Dr Zulaikha Ali also supports adults experiencing a wide range of emotional and psychological difficulties, including complex trauma, anxiety, depression, and neurodevelopmental or cognitive needs. She adopts an integrative therapeutic approach, drawing on evidence-based models such as Cognitive Behavioural Therapy (CBT), Compassion-Focused Therapy (CFT), Dialectical Behaviour Therapy (DBT), and Schema Therapy.

AREAS OF SPECIALISM

- Individual Therapy
- Trauma Informed Formulation & Treatment
- Anxiety and Mood Difficulties
- Cognitive Assessments i.e., WAIS-5
- Risk Assessments i.e., HCR-20v3
- Civil litigation matters, including personal injury, workplace-related incidents, and other negligence claims
- Learning Disabilities and Developmental Conditions
- Forensic Behaviours

PROFESSIONAL QUALIFICATIONS

2022	Doctorate in Clinical Psychology – University of Leeds
2014	MSc Forensic Psychology – Manchester Metropolitan University
2013	BSc Honours in Psychology - University of Manchester

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WORK HISTORY

Jul 2025 – Present	Director & Lead Psychologist of The Psychology Consultants Ltd
May 2023 – Present	Expert Witness and Independent Psychological Therapist
Oct 2022 – Jun 2025	Specialist Clinical Psychologist – Community Forensic Learning Disability Service <i>Merseycare NHS Foundation Trust</i>
Sept 2019 – Sept 2022	Trainee Clinical Psychologist <i>Leeds Teaching Hospital NHS Trust</i>

PUBLICATIONS

- Ali, Z. (2022). Types and Characteristics of Challenging Sexual Behaviour Exhibited by Those with an Autism Spectrum Disorder Diagnosis: A Systematic Review. D.Clin.Psychol thesis, University of Leeds.
- Johnson, P., Evans, D. J. W., and Khan, Z. (2017). Testing technology to enhance patient safety in seclusion. *Journal of Intellectual Disabilities and Offending Behaviour*, 8 (1), 28-33
- Khan, Z., Chidambaram, A., Thomson, M., and Hurst, C. (2019). An exploration of MDT views on key factors to consider when determining a service users required level of security, (21 (1), 38-49