



Dr Alice Knight

Brief Curriculum Vitae

Employment

Aug 2014 – present	Director and Consultant Clinical Psychologist The Psychology Partnership
Dec 2011 – present	Founding Director and Consultant Clinical Psychologist The Networking Community of Psychologists in Independent Practice
Aug 2010 – Aug 2014	Director and Consultant Clinical Psychologist PACTT Ltd
May 2010 – Dec 2011	Clinical Psychologist Cornwall Foundation Trust
Dec 2004 – Mar 2010	Clinical Psychologist Bolton Primary Care Trust

Qualifications

Doctor of Clinical Psychology - University of Manchester - Sept 2004

Psychology BSc – 2.1 (Hons) – Lancaster University - Jun 1998

Professional Memberships

Associate Fellow of the British Psychological Society
Registered Practitioner Psychologist with the Health and Care Professions Council
Registered Expert Witness with the British Psychological Society and the Law Society
Member of the Association of Cognitive Analytic Therapy

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Expertise and Experience

I enjoy creatively developing new ways of working that enhance the accessibility of psychology services. I also enjoy being able to support fellow professionals and encourage the free-flow of information and support systems within the profession. This led me to develop the Networking Community of Psychologists in Independent Practice (NCPIP) in 2011. The NCPIP offers unique professional networking opportunities for psychologists working in independent practice across the UK and also helps people to find the right psychologist for them.

My interest in supporting fellow professionals has followed me throughout my career. My book, 'How to Become a Clinical Psychologist: Getting a Foot in the Door' was published by Brunner-Routledge when I was training and became a best-seller which has helped thousands of people take those first steps into the profession. I have also been involved with professional organisations such as the British Association of Behavioural and Cognitive Psychotherapists (BABCP) and the Association of Cognitive and Analytic Therapists (ACAT). I chaired the North-West Branch of the BABCP, organised branch conferences and workshops, and sat on the national communications committee. I took on the role of research reviewer for ACAT and have contributed to the professional research literature in the areas of psychosis, PTSD and dementia care.

My background experience both in the NHS and in the private sector has enabled me to work across the lifespan, with a range of psychological issues in a wide variety of settings. In particular, I have developed expertise in adult mental health, especially in the area of complex trauma and dissociation. Clinically my background lies within the use of interpersonal and cognitive therapies, such as Cognitive Analytic Therapy, and the use of mindfulness-based approaches. My current specialist interests focus on developing innovative ways of applying these theories and practices to promote early intervention and prevention services that enhance resilience and well-being in partnership with individuals, families and communities.

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Research and Publications

- Knight, A.K. & Proctor, R. (2013). The Silent Drift from the NHS to Private Practice. *The Psychologist*, 26 (8), 598-599.
- Kilcommons, A.M., Morrison, A.P., Knight, A. & Lobban, F. (2008). Psychotic experiences in people who have been sexually assaulted. *Social Psychiatry and Psychiatric Epidemiology*, 43(8).
- Knight, A. (2008). Clinical implications of the pregnant CAT therapist. *Reformulation*, 30, 38-41.
- Wells, A., Welford, M., Fraser, J., King, P., Mendel, E., Wisely, J., Knight, A., Rees, D. (2008). Treating chronic PTSD with metacognitive therapy: An open trail. *Cognitive Behavioural Practice*, 15, 85-92.
- Morrison, A.P., Renton, J.C., Williams, S., Dunn, H., Knight, A., Kreuz, M., Nothard, S., Patel, U. & Dunn, G. (2004). Delivering Cognitive Therapy to people with psychosis in a community mental health setting: An effectiveness study. *Acta Psychiatrica Scandinavia*, 110, 36-44.
- Shlosberg, E., Browne, C., Knight, A. & Baldwin, R.C. (2004). What Users and Carers think of a service for younger people. *The Journal of Dementia Care*, 12 (1), 36-37.
- Shlosberg, E., Browne, C. & Knight, A. (2003). Views on users and carers. In R.Baldwin & M.Murray (Eds), *Younger People With Dementia: A Multidisciplinary Approach*, pp.179-193. London Martin Dunitz.
- French, P., Morrison, A.P., Walford, L., Knight, A. & Bentall, R.P. (2003). Cognitive therapy for preventing transition to psychosis in high risk individuals: A case series. *Behavioural & Cognitive Psychotherapy*, 31, 53-68.
- Knight, A. (2002). *How to Become a Clinical Psychologist: Getting a Foot in the Door*. Hove: Brunner-Routledge.
- Morrison, A.P., Bentall, R.P., French, P., Walford, L., Kilcommons, A., Knight, A., Kreuz, M., & Lewis, S.W. (2002). A randomised controlled trial of early detection and cognitive therapy for preventing transition to psychosis in high risk individuals: Study design and interim analysis of transition rate and psychological risk factors. *British Journal of Psychiatry*, 181 (suppl.43), 78-84.
- Knight, A. (2002). Relapse prevention intervention in psychosis. In N. Harris, S. Williams, & T. Bradshaw (eds). *Psychological Interventions for People with Schizophrenia*, pp. 130-142. Hampshire: Palgrave MacMillan.
- French, P., Morrison, A.P., Walford, L., Knight, A. & Bentall, R.P. (2001). Cognitive therapy for preventing transition to psychosis in high risk individuals: a single case study. In A.P. Morrison (Ed). *A Case Book of Cognitive Therapy for Psychosis*, pp.219-235. Brighton: Psychology Press.

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