

Brief Curriculum Vitae

Employment

Director and Consultant Clinical Psychologist

The ReEmergence Process (2022 - Present)

Director and Consultant Clinical Psychologist

The Psychology Partnership (2014 - Present)

Director and Consultant Clinical Psychologist

The Networking Community of Psychologists in Independent Practice (2011 - 2015)

Director and Consultant Clinical Psychologist

PACTT Ltd (2010 - Present)

Clinical Psychologist

Cornwall Foundation Trust (2010 - 2011)

Clinical Psychologist

Bolton Primary Care Trust (2004 - 2010)

Qualifications

Systemic Family Constellations Facilitator Training

Centre for Systemic Constellations (Jan 2018 - November 2019)

Cognitive Analytic Practitioner

University of Manchester (Sept 2005 - Dec 2006)

Doctor of Clinical Psychology

University of Manchester (Sept 2001 - Sept 2004)

Psychology BSc – 2.1 (Hons)

Lancaster University (Sept 1995 - Jun 1998)

Expertise and Experience

Alice has a 25-year background of working in multiple therapeutic modalities and settings in the NHS and private practice. She draws from a deep well of knowledge, skills, and experience, and her focus lies in the healing of deep-rooted trauma and engendering well-being.

She has extensive high-level training in numerous traditional psychological approaches, including a variety of cognitive, analytical, and mindfulness-based approaches. Additionally, her training as a systemic family constellations practitioner particularly supports her work as a group facilitator. She is also heavily influenced by depth psychology, ecopsychology and somatic therapy. Taking an integrative approach enables her to work psychologically, phenomenologically and creatively, involving the body, mind, heart, and soul. Alice works therapeutically with individuals, groups and systems.

Alice is a keen researcher and trainer and has published in the fields of PTSD, psychosis, cognitive therapies and dementia care services. She is the author of the best-selling book *How to Become A Clinical Psychologist: Getting Your Foot in the Door*. Alice has served as an examiner for the Clinical Psychology Doctorate Programme at the University of Lancaster and as a research reviewer for the Association of Cognitive Analytic Therapy (ACAT). Alice is currently writing a book related to her work, *The ReEmergence Process*, which is a mythopoetic approach to supporting women during perimenopause.

Alice strongly believes in positive community contributions. She created the Networking Community of Psychologists in Independent Practice (NCPIP), which enabled registered psychologists to come together as a supportive and informative network. She has served on numerous professional committees in a strategic leadership role, such as the National Communications Committee of the British Association of Behaviour and Cognitive Psychotherapies (BABCP), as chair of the NorthWest Branch of the BABCP, and as chair of the Frontline19 advisory committee, and is currently a school governor. Alice co-founded PACTT Ltd in 2010 and The Psychology Partnership in 2014. She also offers training, consultation and clinical supervision to other professionals and organisations.

Professional Memberships

Registered Practitioner Psychologist with the Health and Care Professions Council

Associate Fellow of the British Psychological Society

Registered Expert Witness with the British Psychological Society

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.

Dr Alice Knight

Consultant Clinical Psychologist

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