

Name: Ashley Nyakonda

Profession: Counselling Psychologist
HCPC Registered Practitioner Psychologist
Chartered Psychologist (BPS)

Qualification: MSc Counselling Psychology (Great Zimbabwe University)
BSc (Hons) Psychology (Women's University in Africa)
Diploma in Systemic Family Counselling (Zimbabwe Institute of Systemic Therapy)

Special Interests: Neurorehabilitation, Neurocognitive Assessments, Capacity Assessments, Psychological Adjustment to Brain Injury, Trauma Work, Cognitive Behavioural Therapy (CBT), Systemic Family Work, Training/Staff Development.

Base: Leeds, Sheffield and surrounding areas.

Personal Statement, Experience and Employment:

Ashley Nyakonda is a Counselling Psychologist registered with the Health and Care Professions Council (HCPC) and a Chartered Psychologist with the British Psychological Society (BPS). She has extensive experience in counselling psychology and neurorehabilitation across a range of mental health and neurological conditions.

Ashley currently works for a private hospital as a Counselling Psychologist in a forensic setting. She previously worked for the largest charity organisation in the UK, which focuses on Acquired and Traumatic Brain injuries, delivering high-quality neuropsychological rehabilitation. She provides specialist psychological and neurocognitive assessments, develops individualised treatment plans, and contributes to multidisciplinary team formulations. She also supports families, staff wellness and service development.

Previously, Ashley was the Lead Counselling Psychologist at a Non-Governmental Organisation where she managed complex caseloads including complex trauma, depression and a wide range of mental health disorders. She also partnered with the United Nations Democracy Fund to develop referral tools for healthcare professionals supporting vulnerable groups. Her earlier roles include providing assessments, therapy, and capacity evaluations.

Ashley brings to the team, a strong background in psychotherapy, trauma work, neurorehabilitation, and systemic interventions. Her approach integrates evidence-based psychological models with a compassionate, person-centred style.

Continuous Professional Development (CPD):

Ashley maintains compliance with HCPC standards of CPD, actively developing her skills in neuropsychology, psychotherapy, and capacity assessments. She engages in ongoing training, supervision, and research, with published work in an international psychology journal.

Key areas of expertise:

- Neurocognitive and psychological assessment
- Neurorehabilitation and cognitive enhancement
- Capacity assessments
- Trauma-focused therapy and complex mental health presentations
- Systemic family and group interventions
- Training, supervision, and staff support
- Cognitive Behavioural Therapy (CBT)

Professional Affiliations:

- Practitioner Psychologist (HCPC)
- Chartered Psychologist (British Psychological Society)

Additional Information

Full UK clean driving Licence

CRB/DBS Checked