

# Ms Indira Josling

B.Sc. (Hons), PGCE, PG Dip, BPS Cert Forensic Psychology,  
CPsychol. AFBPsS

Clinical and Forensic Practitioner Psychologist



## SPECIALISMS

ADHD (Diagnosis)  
ASD (Diagnosis)  
ADD (Diagnosis)  
Asperger's (Diagnosis)  
ADHD  
ASD  
ADD  
Asperger's  
Addiction  
Alienation  
Anxiety  
Antisocial Behaviour  
Attachment  
Bereavement  
Bipolar  
Capacity  
Cognitive Behavioural Therapy  
Cultural Diversity  
Custody  
Depression  
Domestic Violence  
Drug/Alcohol/Substance Misuse  
Eating Disorder  
Fabricated Illness  
Gender Reassignment  
Historic Sex Abuse  
Learning Difficulties  
Learning Disabilities  
Mentalization Based Therapy  
Mood Disorder  
Munchausen  
Neglect  
Non-Accidental Injury  
OCD  
Paedophilia  
Personality Disorders  
Postnatal Depression  
Psychosexual  
Psychosis  
Psychosomatic  
PTSD  
Risk  
Sexual Harassment  
Schizophrenia  
Self Harm  
Sex Change  
Sex Offenders  
Sexual Abuse Victims  
Suicidal Ideation  
Together and Apart  
Trauma

## CASE TYPES

ADHD  
ASD  
Cognitive  
Criminal  
Family  
Fitness to Plead  
Forensic  
Global Family Assessment  
Historic Sexual Abuse  
Neuropsychological  
Risk Assessments

Ms Indira Josling has more than 20 years educational, forensic and clinical experience working with adolescents, adults and their families in multi-professional settings. She is a Chartered Psychologist with the British Psychological Society (BPS), an Associate Fellow of the BPS and is registered with the Health & Care Professions Council (HCPC # PYL02178).

Her qualifications include a BSc Honours Degree in Psychology (Middlesex University), a Post Graduate Certificate in Education (Greenwich University), a Postgraduate Diploma in Mental Health Interventions (Middlesex University) and British Psychological Society Professional Examinations in Forensic Psychology.

Ms Josling is a qualified registered user of a portfolio of psychometric tests and clinical procedures assessing risk, intelligence, personality & mental health and autism spectrum and ADHD conditions in adults. She holds a BPS Level A Certificate and has had many years of specialist assessment training on the above which she keeps current regarding any and all developments in the field via CPD with the BPS, as a BPS Registered Expert Witness.

Ms Josling particularly participates in ongoing continuing professional development training related to the Duties of an Expert, mental health and personality disorder assessment and treatment, risk assessment, neurodevelopmental conditions assessment and therapies, child abuse / protection issues and care and contact cases. She has completed postgraduate training in systemic family therapy, the Wechsler Assessment of Intelligence Scale/Wechsler Abbreviated Scale of Intelligence (cognitive functioning assessments), International Personality Disorder Examination, the Millon Clinical Multiaxial Inventory – III and IV, the HCR-20 versions 1,2 and 3 (to assess risk of future violence), the SARA (to assess the risk of future spousal abuse) and the SVR-20 and RSVP (for assessing risk of future sexual offending).

She has also attended numerous courses including parenting and personality disorder, the neuroscience of attachment and attachment disorders, psychosomatic illness, the impact of domestic violence and substance misuse on parenting and the Resolutions approach to the development of safety plans in disputed child abuse cases. Ms Josling has also completed ADOS-2, ADI-R and DDDI training run by the authors of these specialist assessments which are recognised as gold standard tools for the assessment of Autism Spectrum Disorder and ADHD.

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In her early career as an academic psychologist (1990–1999) Ms Josling was responsible for the assessment and training of adolescents and adults with a wide range of special educational needs including autism, dyslexia, dyspraxia and other learning difficulties as well as those in the general population at further and higher education college. She was also specifically tasked with training social workers on the Diploma in Social Work programme going on to work in Children and Families teams and Community Mental Health Teams. She has worked alongside a number of statutory and independent social care service providers for over five years (1994-1999). She then routinely prepared reports for prison sentence planning purposes and Parole Board hearings for mandatory and discretionary life sentenced prisoners with sexual and violent offences which included domestic violence and child abuse offences resulting in manslaughter and murder. She worked with prisoners placed on remand and prisoners with a range of mental health problems, including addictions to alcohol, substances and gambling and prisoners deemed to be dangerous to the public in high security establishments.

She has been trained in administering the PCL-R and assessing dangerous and severe personality disorder including psychopathy and sociopathy. During this time Ms Josling conducted seminal research into the aetiology and treatment of criminality and presented papers to conference on the enhancement of thinking and learning skills in offenders when she was the Treatment Manager for the Enhanced Thinking Skills group programme run by HM Prison Service at HMP Wormwood Scrubs (2000-2002). In 2001/2002 Ms Josling was invited by the Home Office to undertake a co-review of programme manuals used in cognitive skills programmes throughout the HM Prison Service estate. She went on to carry out specific requested research by prison Governors regarding the achievement of healthier, better functioning prisons (2002-2005). Ms Josling has also worked for the National Probation Service (2005-2009) in Offender Management and accredited programme delivery and Low and Medium Secure Units providing specialist mental health services in the private sector and the NHS (2009-2013). She continued to provide specialist assessment and treatment consultancy and supervision to trainee psychologists in the NHS (2013-2015). In 2015-2018 Ms Josling carried out mental health and personality disorder research at Lancaster University.

In 2009 Ms Josling went into private psychology practice providing assessment and treatment services (including assessments of ASC and ADHD) as an HCPC registered Practitioner Psychologist with specialisms in both clinical and forensic psychology.

Ms Josling has been a BPS Registered Expert Witness since 2008 and has provided expert witness assessments since 2009 within the context of Family Proceedings, Criminal Proceedings, Mental Health Tribunals and Private Law disputes. Ms Josling specialises in instructions relating to the assessment of:

- Parenting ability, adult learning disability, personality disorder and mental health and impact of alcohol and drug misuse
- Specialist assessment of mental health and personality issues
- Assessment of self-harm and suicidal ideation
- Adult attachment style, relationship issues and family dynamics including impact of domestic violence and / or substance misuse as well as issues of Parental Alienation
- Harm suffered by children or risk of future harm with respect to neglect and / or abuse (including emotional, sexual or physical)
- The nature of a child's attachment relationships and sibling relationships
- Therapeutic and support needs of parents and / or children, prospect of change and the likely time-scale for that change
- Assessment of Autism Spectrum Disorder and ADHD in adults
- Assessment of Trauma including PTSD in children and adults
- Non Accidental Injury
- Assessment of Risk of Harm including complex assessments of sexual offending
- Fitness to Plead
- Diminished Responsibility

