

Kirstan Lloyd

Clinical Psychologist

Kirstan Lloyd is a South African-trained Clinical Psychologist. She is known for her thoughtful, evidence-based approach to psychological care, with a focus on accurate diagnosis, collaborative treatment planning, and long-term wellbeing.

Kirstan's main areas of expertise include Neurodivergence (ADHD, Autism, Giftedness), Personality Disorders, and Complex Trauma. She is particularly skilled at working with adolescents and adults who have experienced misdiagnosis or feel misunderstood within traditional mental health systems.

Kirstan also specialises in working with individuals who have had limited success with previous psychotherapy attempts, particularly those based on CBT or short-term, solution-focused models. She offers a depth-oriented psychological approach that goes beyond symptom management to explore underlying diagnostic clarity, personalised treatment planning, and meaningful goal setting. Her work is especially valuable for clients with complex presentations, where first-line treatments may not have fully addressed the root of their difficulties.

She has a particular interest in treatment-resistant anxiety and depression, especially where these conditions feel deeply embedded and do not respond to conventional medication or talking therapies. In such cases, Kirstan helps clients to understand the psychological and neurobiological underpinnings of their difficulties and works collaboratively to build tailored strategies for relief and recovery.

Rooted in scientific rigour and clinical insight, Kirstan brings a thoughtful, structured approach to therapy. Depending on the needs of clients, she is able to draw from psychodynamic, systemic, and cognitive-behavioural models to help clients make sense of their inner world, develop healthier relationships, and improve day-to-day functioning.

Kirstan integrates a biopsychosocial model throughout her work, situating each client within their unique neurobiology, developmental history, environment, and social context. She considers all layers of influence to offer nuanced and individualised care.

Fluent in English and trained in multiple therapeutic modalities, Kirstan is committed to fostering clarity, confidence, and connection through every stage of the diagnostic and therapeutic process.

Works with Patients:

- Children (7 yrs+), Adolescents, Adults (18 yrs+), Couples, Families



BioPsychoSocial Clinic

Languages:

- English

Setting:

- Online

Services Offered:

- Individual Therapy for Adults, Adolescents and Children
- Psychodynamic and Relational Therapy
- Psychoeducational and Parental Guidance
- Psychoeducational, Cognitive, Emotional and Behavioural Assessment for Children
- Play Therapy
- Comprehensive Psychological Assessment for ADHD, Autism, Trauma, and Personality Functioning

Presenting Concerns for Children (General and Specific):

- Emotional outbursts and dysregulation
- Anxiety
- Social communication difficulties
- Autism Spectrum Disorder
- Attention-Deficit/Hyperactivity Disorder
- Low self-esteem
- Family conflict and post-divorce adjustment
- Sleep or eating challenges
- Repetitive behaviours or restricted interests
- Anger management
- Bullying and poor peer relationships

General and Specific Concerns for Adults:

- Mood instability, chronic depression, or anxiety
- Identity disturbance and self-esteem issues
- ADHD and executive dysfunction
- Autism and social communication challenges



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- Complex trauma and relational trauma
- Personality disorders (e.g. borderline, narcissistic, avoidant traits)
- Emotional regulation problems
- Burnout and work-related stress
- Parenting concerns
- Therapy impasses or repeated treatment failures

Qualifications and Memberships:

- M.Ed. (Psychology) – University of the Witwatersrand
- HPCSA Registered Psychologist (South Africa)
- HCPC Registered Practitioner Psychologist (United Kingdom)
- DHA Registered Psychologist (Dubai Health Authority)
- British Psychological Society (BPS) – Chartered Member (CPsychol)



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