



# KIRSTYN KALLAR

*Trainee Educational Psychologist*

## Background

- I am originally from South London and I first moved to Norwich in 2014.
- My previous research has focused on the other-race effect and top down attentional modulation in children with ASD.
- I am an Arsenal season ticket holder and attend most home games with my family.
- I am an avid LEGO builder with an extensive collection, hence my interest in LEGO Based Therapy!



## Areas of Interest

- Social and Emotional Mental Health
- Autism
- ADHD
- Lego Based Therapy
- Adverse Childhood Experiences

## Education



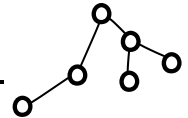
- **BSc Psychology**  
UEA - 2014 - 2017
- **MSc Developmental Psychopathology**  
Durham - 2017 - 2018
- **Dyadic Developmental Psychotherapy (Level 1)**  
DDP Network - 2019
- **PGCert Evidence Based Low Intensity CBT Psychological Wellbeing Practitioner**  
UEA - 2021 - 2022



## Languages

- English - Fluent
- Punjabi - Fluent
- Hindi - Fluent
- Spanish - Working Knowledge
- French - Basic Knowledge

## Professional Work Experiences



- **UEA Psychology Research Intern**  
Researching face processing in children with ASD and Williams syndrome.
- **Learning Support Assistant - Acorn Park Day and Residential School for Autism and Ormiston Victory Academy**  
Supporting and teaching young people with complex needs (aged 4-19).
- **Enabling Support Worker - Livability**  
Supporting disabled adults with physical and intellectual difficulties in a residential home.
- **Psychological Wellbeing Practitioner - Mind and IAPT**  
Delivering psychological interventions to young people and adults (personal caseload of 200 patients).
- **Assistant Psychologist - Child and Adolescent Eating Disorders Team**  
Working in both the community and intensive day treatment team (CEN-CAEDS).
- **Assistant Psychologist - Psychological Professions Team (NSFT)**  
Delivering trust-wide formulation and safety planning training to all staff and working in adult community mental health teams delivering psychological interventions.

## What is important to me?



- Promoting inclusive education (ED&I).
- Advocating for the children and young people with whom I work.
- Ensuring children feel safe and valued.