

Dr. MOK Che Ling Michelle 莫紫寧

HKICP and HCPC accredited Clinical Psychologist qualified from UCL and currently working in the University of Hong Kong as a Research Assistant Professor with an Honorary Lecturer position at UCL. Experienced in conducting evidence-based research, teaching, and delivering psychological services to individuals, families, and multidisciplinary professionals in both Hospital Authority and the NHS on a wide range of emotional, relational, and physical health difficulties.

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EDUCATION

- Sep 2020 – Sep 2023 *Doctor in Clinical Psychology (DClinPsy) – Doctoral viva passed with no correction*
University College London
- Sep 2017 – Sep 2018 *MSc Mental Health Studies – Distinction*
King’s College London
- Sep 2016 – Sep 2017 *MSc Psychology of Mental Health – Merit*
The University of Edinburgh
- Sep 2013 – Sep 2016 *Bachelor of Arts (Honours) in English Studies – First Class Honours*
City University of Hong Kong

EMPLOYMENT

- Mar 2026 – Present *Research Assistant Professor*
The University of Hong Kong
 Department of Social Work and Social Administration
- Sep 2023 – Present *Honorary Lecturer*
University College London
 Research Department of Clinical, Educational, and Health Psychology
- Nov 2023 – Mar 2026 *Clinical Psychologist*
Hospital Authority
 Corporate Clinical Psychology Services
- Sep 2020 – Sep 2023 *Trainee Clinical Psychologist*
UK National Health Service
 Clinical Neuropsychology at Royal Free Hospital (12 months)
 Paediatric Psychology at Great Ormond Street Hospital for Children (6 months)
 Cancer Psychological Therapies at Queen’s Hospital (6 months)
 Psychosis Pathway at St Ann’s Hospital (12 months)
- Jan 2019 – Apr 2020 *Assistant Psychologist*
UK National Health Service
 Early Intervention for Psychosis, Lambeth (January – April 2020)
 Crisis Plus, Lewisham Hospital and Maudsley Hospital (January 2019 – January 2020)
- Mar 2018 – Jan 2019 *Honorary Assistant Psychologist*
UK National Health Service
 Split role between Occupational Health & Wellbeing, King’s College Hospital and Maudsley
 Inpatient Psychology, Maudsley Hospital

RESEARCH

Mok, C. L. M., Lai, H. Y., & Williams, A. (2026). Chinese people's experience of cancer in the UK: A reflexive thematic analysis. *Frontiers in Psychology*, 17:1745349. <https://doi.org/10.3389/fpsyg.2026.1745349>.

Mok, C. L. M., Cheah, A. K. M., Sin, K. M., Cheng, T. N., Cheung, S., Ho, H. H. H., Law, Y. Y., Lee, S. L. M., Lui, W. S., Poon, W. Y. V., So, Y., Sze, M. T., Tam, C. Y., Tong, M. Y., Wong, H. W., Li, J., Lim, H. C., Ng, C. Y., Wong, H. K., & Tam, W. Y. K. (2026). Self-compassion and mindfulness for healthcare staff: A brief hybrid intervention to mitigate stress and burnout in Hospital Authority. Hospital Authority Convention 2026. (Poster Presentation)

Mok, C. L. M. & Riches, S. (2022). Reflections on internet-based methods of increasing access and inclusion in clinical psychology. *Clinical Psychology Forum*, 355, 14-18. <https://shop.bps.org.uk/clinical-psychology-forum-no-355-july-2022>.

Kramarz, E., **Mok, C. L. M.**, Westhead, M., & Riches, S. (2022). Staff experience of team case formulation to address challenging behaviour on acute psychiatric wards: A mixed-methods study. *Journal of Mental Health*. <https://doi.org/10.1080/09638237.2021.2022611>.

McDonald, C., Thornton, F., **Mok, C. L. M.**, Jakobsen, H., & Riches, S. (2021). Impact on staff attitudes of brief personality disorder training for acute psychiatric wards. *Mental Health Review Journal*, 27(1), 89-99. <https://doi.org/10.1108/MHRJ-09-2020-0066>.

Feng, Y. C., Krahé, C., Meeten, F., Sumich, A., **Mok, C. L. M.**, & Hirsch, C. R. (2020). Impact of imagery-enhanced training on offline and online interpretations in worry. *Behavior Research and Therapy*, 124. <https://doi.org/10.1016/j.brat.2019.103497>.

Mok, C. L. M., Schwannauer, M., & Chan, W. Y. S. (2019). Soothe ourselves in times of need: A qualitative exploration of how the feeling of 'soothe' is understood and experienced in everyday life. *Psychology and Psychotherapy: Theory, Research and Practice*, 93(3), 587-620. <https://doi.org/10.1111/papt.12245>.

McDonald, C., **Mok, C. L. M.**, & Hutton, J. (2019). A pilot psychology service in Occupational Health at King's. *King's College Hospital NHS Foundation Trust*.

Mok, C. L. M.,... Stobie, B. (2018). A clinical audit report for Integrated Psychological Therapies Team Southwark and Central 2016/17. *South London and Maudsley NHS Foundation Trust*.

Curran, L. A.,... & **Mok, C. L. M.** (2018). Demographic Characteristics, Depression and Anxiety Scores, Work and Social Adjustment Scale of NHS Employees referred for an in-house Occupational Health Cognitive Behavioural Therapy. *King's College Hospital NHS Foundation Trust*. (Poster Presentation)

TEACHING

<u>Date</u>	<u>Institution</u>	<u>Topic</u>	<u>Audience</u>
Nov 2023 – Mar 2026	Hospital Authority	Positive Psychology	Clinical staff, ranging from new nurses to clinical preceptors/managers
Feb 2025	Hospital Authority	Psychological Screening, Documentation, and Giving Information on Psychoeducation Materials Effectively	Patient Care Assistants (Psychology Assistants)
Jan 2025	University College London	Clinical Psychology in Physical Health	Doctorate students at UCL clinical psychology training
Jul 2023	Royal Free Hospital	Culturally Sensitive Practice in Clinical Neuropsychology	NHS Clinical Neuropsychologists
Nov 2022	Chinese Association	Coping with the Emotional Impact of Living with Cancer	UK Chinese cancer patients and their families/ carers

May 2022	for Cancer Care Great Ormond Street Hospital	Compassion Focused Mindfulness	NHS hospital staff
Jun 2021	Haringey Social Work Forum 2021	Introduction to Mindfulness	NHS Social Workers

PROFESSIONAL REGISTRATIONS

Oct 2023 – Present	Health and Care Professions Council (HCPC) Practitioner Psychologist (PYL043162)
Oct 2023 – Present	British Psychological Society (BPS) Chartered Membership (CPsychol)
Apr 2024 – Present	Hong Kong Institute of Clinical Psychologists (HKICP) Department of Health Accredited Clinical Psychologist (CP00484)

LANGUAGE SKILLS

English – Native or bilingual proficiency

Cantonese – Native or bilingual proficiency

Mandarin – Native or bilingual proficiency

Korean – Professional working proficiency