

www.drtracyking.co.uk

DR TRACY KING

CHARTERED CLINICAL PSYCHOLOGIST, CLINICAL
HYPNOTHERAPIST, HOLISTIC + SPIRITUAL
PRACTITIONER, JUNGIAN LIFE COACH, SPIRITUAL
EMERGENCE COACH[®], YOGA + MEDITATION TEACHER
WRITER, MEDIA COMMENTATOR AND SPEAKER

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Dr Tracy

Hi, I'm Dr Tracy!

CHARTERED CLINICAL PSYCHOLOGIST, CLINICAL
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I bring together science and spirit, shaped not only by my career as a Clinical Psychologist and Expert Witness but also by my lived experience as a mum of three neurodivergent children (ADHD, Autism, and Dyslexia), navigating divorce, single parenting, early childhood trauma, birth trauma, ADHD, and recovery from a spinal injury, following a horse-riding accident. These experiences give me a unique lens on resilience and transformation.

I work with trauma, relationships, abusive and narcissistic dynamics, parenting, menopause, neurodivergence, and workplace wellbeing, as well as altered states of consciousness, dream states, and sleep. Alongside clinical and forensic psychology, I weave in energy healing, shamanic practices, yoga, astrology, feng shui, and storytelling to support healing of mind, body, and spirit.

At the heart of everything is the nervous system and the stories we carry, because healing begins when we can regulate, reframe, and rewrite our life narrative.

Linktree*



Expert Insights I Can Offer

I work at the intersection of science and spirit, drawing on my background as a Clinical Psychologist, Expert Witness, Writer, and storyteller. My career has spanned corporate, media, and forensic settings, including prisons and Broadmoor Hospital, where I assessed and worked with people who had committed serious offences. I then moved to private practice supporting individuals, couples, and groups across the lifespan. This breadth of experience gives me a deep understanding of the human psyche, the importance of life narratives, and the way nervous system states shape who we become.

I specialise in trauma recovery, relationships, and abusive or narcissistic dynamics, as well as parenting, workplace wellbeing, spiritual emergence and development and the forensic psychology of offending. I also work extensively with neurodivergence, particularly ADHD and Autism and the unique strengths and struggles they bring.

Alongside these scientific and clinical foundations, I explore altered states of consciousness through clinical hypnotherapy, dream work, and sleep psychology, and integrate energy healing, shamanic practices, yoga, astrology, and feng shui to address mind, body, and spirit in a unified way. My work supports women navigating menopause, spiritual emergence, and life-purpose transitions, and I use writing and storytelling as powerful tools for meaning-making and transformation.

Whether working in the courtroom, in therapy, or in the media, my work is always underpinned by nervous system regulation and the re-writing of narratives creating a bridge between evidence-based science and deep, soul-level healing.



My scientific training provides a solid foundation for understanding complex psychological issues leading to work as an Expert Witness, while my intuitive approach allows me to connect deeply with my clients, offering personalised and empathetic guidance. I specialise in trauma, neurodiversity, and offender behaviour (particularly sexually based offences). I have a particular interest in somatic approaches to healing and helping others to work with the nervous system rather than have it work against them. I was diagnosed with ADHD as an adult offering explanation to my need for a varied and multipronged career and creative leanings.

I have shared my insights on holistic health and well-being through contributions to publications such as Elephant Journal, OM Lifestyle, The Transactional Analysis Journal, and Natural Parenting.

I have previously worked as a book reviews Editor for the therapeutic Transactional Analysis Journal and an Honorary Editor for the Journal Of Sexual Aggression. Prior to becoming a psychologist, I worked in Management Consultancy within an Internal Communications department, editing their corporate newspaper. I have also edited a biography of a male survivor of familial physical and emotional abuse.

AS SEEN ON



I have contributed to research for peer-reviewed journals in the areas of offender behaviour patterns (sexual offending, firesetting, substance abuse). I have contributed to theoretical book chapters for the Sage Handbook of Counselling and Psychotherapy (second edition), Secure Recovery Approaches in Forensic Mental Health Settings (first edition).

I have my own childrens book published with a focus on nervous system regulation in children and I write a series of blogs on Substack, Medium and Linked in & Twitter. I also track narratives through photography and sell my images. Click the image below for image useage.



Additionally, I have had the opportunity to consult with a UK production company on the psychological aspects of scriptwriting from an existing novel. This was for a Disney series involving the narrative being delivered via the therapeutic process. I have also provided psychological input for a true crime documentary.

Recently, I was interviewed by UK Health Radio, where I discussed why talking therapy doesn't always work. I often present at national and international conferences and the topics have been: Offender Behaviour and treatment, Trauma, Past Life Regression, Spiritual Emergence and Crisis and altered states of Consciousness.

I work with both adults and children, and I am dedicated to sharing my expertise in many ways to help guide others on their journey.

Topics

Mental Health
Personality
Dissociative Identity Disorder (multiple personalities)
Narcissistic Abuse
Domestic Violence
Forensic Risk
Relationships and couples therapy
Understanding and Addressing Offender Behavior
Managing Family Stress and Conflict
Balancing Work and Family Life
Burnout, productivity and Distractibility
Strategies for Managing Stress and Anxiety
The Impact of Trauma and ways to Heal
Supporting Children's Mental Health
Navigating Adolescent Mental Health Challenges
Neurodiversity (ADHD/AUTISM)
Nervous System Regulation
Therapeutic Approaches including Clinical Hypnotherapy
The Therapeutic Potential of Psychedelics
Parenting Strategies
The Impact of Social Media on Mental Health
Mental Health in the workplace
Mental Health Stigma
Ethical Considerations in Therapy
Spiritual Emergence and Crisis
Altered States of Consciousness
Spiritual Development
Shamanic Practices
Past Life Regression
Divination
Yoga & Meditation
Kundalini Awakening
Energy Healing

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Non-Fiction Writing

Consultancy regarding psychological matters for

TV Production

Authors

Screenwriters

Playwrites

Provision of Stock Images

Mental Health Readiness Assessments and intervention for
specific roles and reality shows
(before, during and after)

The logo for HollywoodIN5 features the word "Hollywood" in a dark blue, sans-serif font. The letter "y" is stylized with a red dot. To the right of "Hollywood" is a red rectangular box containing the letters "IN" in white, followed by the number "5" in white.

The logo is contained within a white rectangular box with a thin black border. The word "CALIFORNIA" is written in a large, grey, sans-serif font. The letter "F" is replaced by a circular emblem featuring a palm tree and a sun. Below "CALIFORNIA", the word "HEADLINE" is written in a smaller, blue, sans-serif font, with each letter separated by a small gap.

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PMDD- Premenstrual Dysphoric Disorder



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Newsweek

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Emotional Bonds with Pets

THE **i** PAPER

IMPARTIAL NEWS + INTELLIGENT DEBATE

happy, healthy dog, according
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spend so much.

"Pets offer unconditional love, routine and emotional regulation in a world that feels uncertain," she says. "This is particularly powerful for younger people navigating identity, loneliness or stress. Spending on pets isn't just indulgence, it's a form of emotional expression and connection."

Tracy King, a chartered clinic psychologist, has explored the "deep emotional bonds humans form with animals", and isn't surprised people

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The dos and don'ts of napping as an adult, according to experts

A little downtime in the day can boost energy levels – but lie down for too long, and you'll banish the benefits. Here's how to get it right | [Follow us on Instagram](#)



Sometimes a nap is just what you need (Photo: ajjchar/Getty)

Judy Cogan

January 19, 2024 6:00 am (Updated January 20, 2024 3:04 pm)

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To nap or not to nap, that is the question. Traditionally reserved for toddlers and the elderly, adults rarely get a look in when it comes to catching 40 winks in the day. Even if you do find time to close your eyes, it's likely you'll be interrupted, fired or wake up feeling groggy. But the truth is we all need to nap.

"A short nap can help us boost alertness, cognitive function, and overall energy levels," says [Dr Tracy King](#), a clinical psychologist, clinical hypnotherapist and yoga and meditation teacher. "Napping can help reduce stress, improve mood, and enhance emotional wellbeing by giving the brain a chance to rest and the muscles a chance to repair and grow."

Here, Dr King and a variety of other sleep experts share what to do and not to do when it comes to nailing the nap.

Do

Nap mindfully

"Make sure you establish a consistent nap routine to regulate your sleep cycle and optimise its benefits and use napping as a way to recharge and boost your daytime productivity," says Dr King. "The benefits are all great, however there is a 'but'. We have to make sure we are napping in line with the natural stages of sleep to reap the good stuff. Here's how this can be achieved."

Stage 1

"This is the initial stage of sleep where we transition from wakefulness to sleep. Napping for a very short duration, such as 10-20 minutes, may allow us to remain in this stage. These short power naps can help increase alertness and improve cognitive performance."

Don't

Nap too close to bedtime

"I advise avoiding taking naps too close to your regular bedtime, as it may interfere with your night-time sleep and cause you to then rely on napping as a substitute for getting sufficient night-time sleep and so the cycle continues. Avoid taking excessively long naps, as it can also disrupt your circadian rhythm and make it harder to fall asleep at night," according to Dr King.

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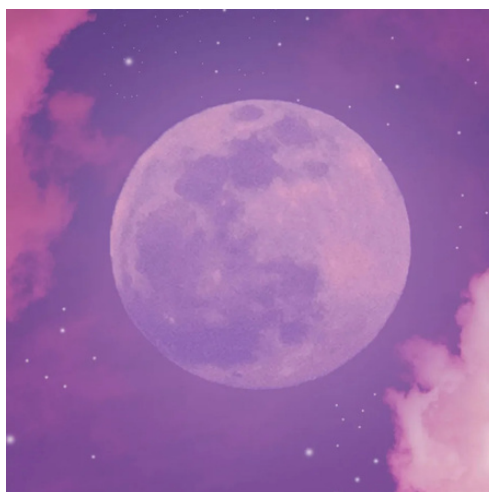
Workplace Psychology -
Distraction



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Travel - Holidays with Children

The Telegraph

Abigail Blasi
Travel writer
30 April 2025 10:00am BST

If you're looking to test your parenting mettle, try holidaying with teenagers. My three are 19, 18 and 13, with few converging interests. It's still worth it, apparently. Clinical psychologist and parenting specialist Dr Tracy King says, "Despite the eye rolls, family bonding is still crucial in adolescence. It provides an emotional anchor during a time of rapid change. Shared memories remind teens who they are and where they belong." She adds, "Novelty is powerful. It lights up the brain and creates stronger memories."

A survey by [Original Travel](#) shows that 62 per cent of parents consider their children's wants and needs more than their own when planning a family holiday. For teenagers, this is further complicated as often the last thing they want to do is hang out with their parents. King warns: "Many parents hope for quality time, but for teens, being seen in public with their family can feel socially risky. It's not personal – it's developmental."

yahoo!life

Travel - In person and Online Psychic Retreats

yahoo!news

Travel - Dr Tracy named in Best Psychic Retreats for 2025



INDEPENDENT

The best psychic retreats in the UK for 2025

Inner Vision Quest Virtual Psychic Awakening Retreat

If you're not entirely set on a psychic retreat yet or are just feeling a bit shy, Dr Tracy King's online one-day retreat encompasses a mix of personalised assessment and feedback, together with group sessions and follow-up coaching and is designed to help you overcome whatever obstacles you are currently facing in your life.

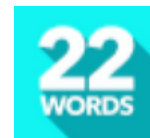
28 March 2025; from £350 (women only), drtracy.kartra.com

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Somatic healing of the nervous system for Trauma



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This week I talk to clinical psychologist Tracy about other ways to heal trauma apart from talk therapy. «

PMDD - Premenstrual Dysphoric Disorder

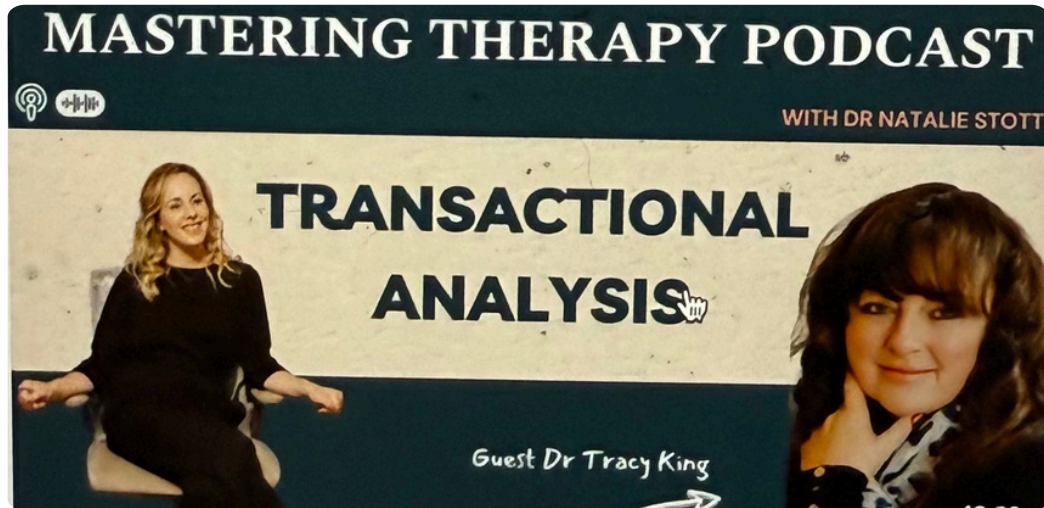


Spotlight
The Podcast

with Dr. Tracy King,
Clinical Psychologist

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Description



**Dr Tracy King: Many Midlife Women Are
Misread, Not Misdiagnosed**

Talking Engagements

Mental Health and Menopause



#9 Dr Tracy King, Mental Health & the Pause..... Karen Thom @ The Foundation Studio

Clueless in the Pause Peri/Meno/Post

Send us a textHi everyone, I'm Karen Thom, on this weeks episode the penultimate of Clueless in the Pause series 1, I talk to the incredible, Dr Tracy King. I love reading Tracy's...

Shamanic approaches to Trauma Healing

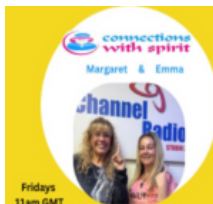


"Reclaiming Your Power: Using Shamanic Healing to Break Free from Trauma"

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Dr. Tracy King Introduces Revolutionary Approach to Mental Health by Linking Nervous System Responses to Diagnosis

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Dr. Tracy King, Chartered Clinical Psychologist, introduces an integrative approach to mental health, focusing on how nervous system responses shape diagnoses. Her method bridges clinical psychology with trauma-informed practices, offering new insights into healing and resilience.

United Kingdom, March 17, 2025 – **Understanding Nervous System Responses and Mental Health Diagnoses**

Dr. Tracy King, a Chartered Clinical Psychologist and trauma specialist, is transforming the way mental health is understood and treated by linking psychological diagnoses to the nervous system's adaptive responses. Traditional diagnostic labels often overlook how the body's survival mechanisms influence behavior, emotional regulation, and cognitive patterns. By focusing on the underlying nervous system responses—fight, flight, fawn, and shutdown (freeze/collapse)—Dr. King offers a more comprehensive framework for healing, going beyond symptom management to address the root causes of psychological distress.

CONTACT ISSUER

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Email: [Send Email](#)

Organization: Dr Tracy King

Website: <http://www.drtracyking.co.uk>

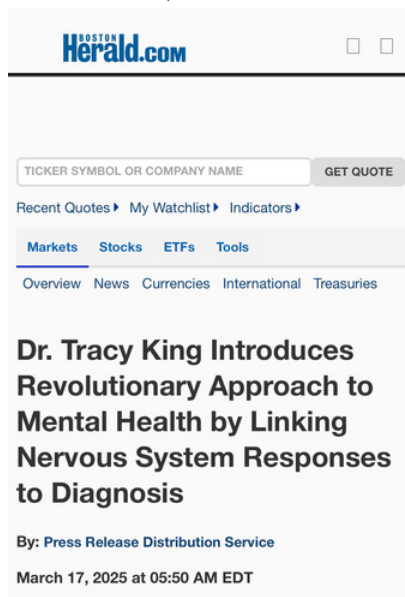
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Nervous System & Diagnoses

DAILY NEWS
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Dr. Tracy King Introduces Revolutionary Approach to Mental Health by Linking Nervous System Responses to Diagnosis

Mar 17, 2025

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The Scientific Journal



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Dr. Tracy King Introduces Revolutionary Approach to Mental Health by Linking Nervous System Responses to Diagnosis

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Dr. Tracy King Introduces Revolutionary Approach to Mental Health by Linking Nervous System Responses to Diagnosis

By: Press Release Distribution Service March 17, 2025 at 05:50 AM EDT

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The Morning Herald



DR. TRACY KING INTRODUCES REVOLUTIONARY APPROACH TO MENTAL HEALTH BY LINKING NERVOUS SYSTEM RESPONSES TO DIAGNOSIS

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The Morning Herald



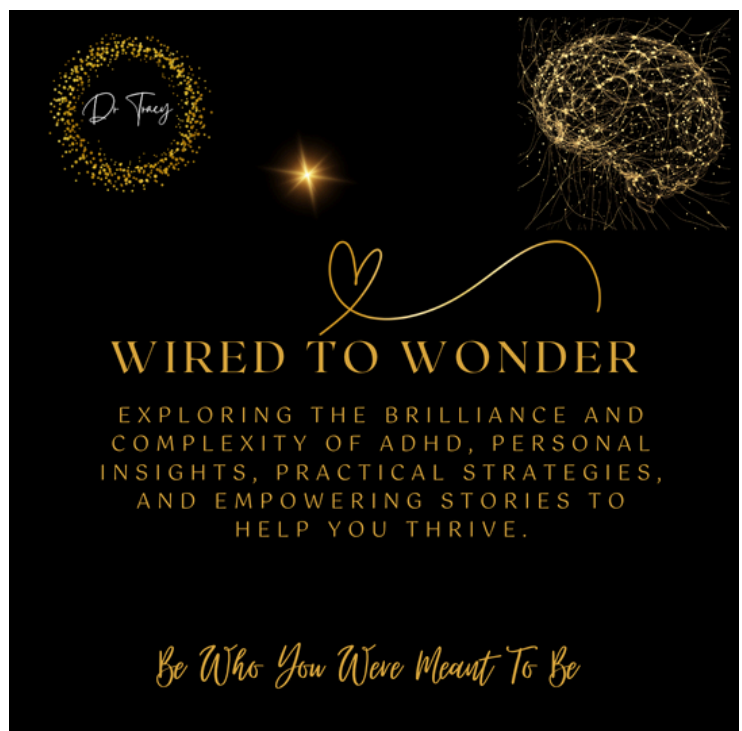
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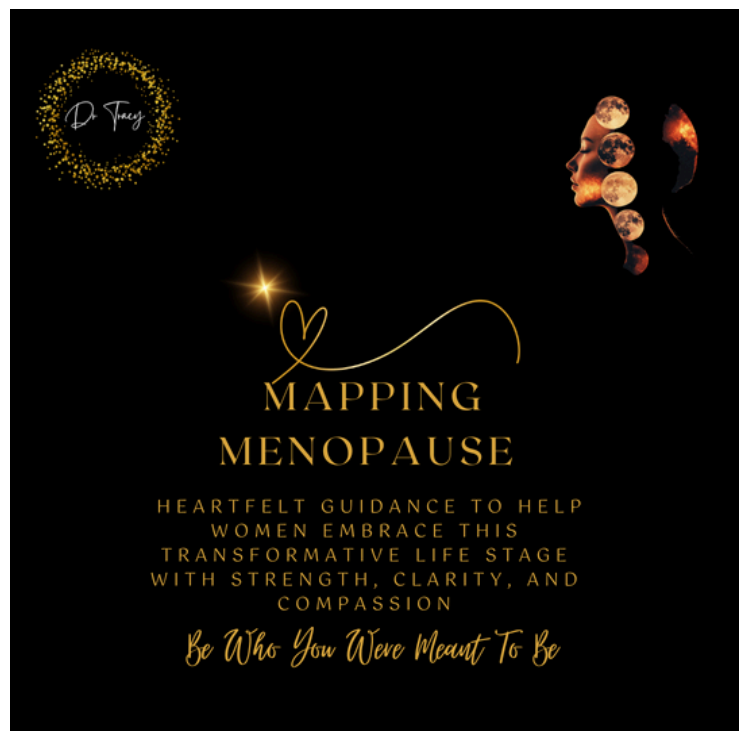
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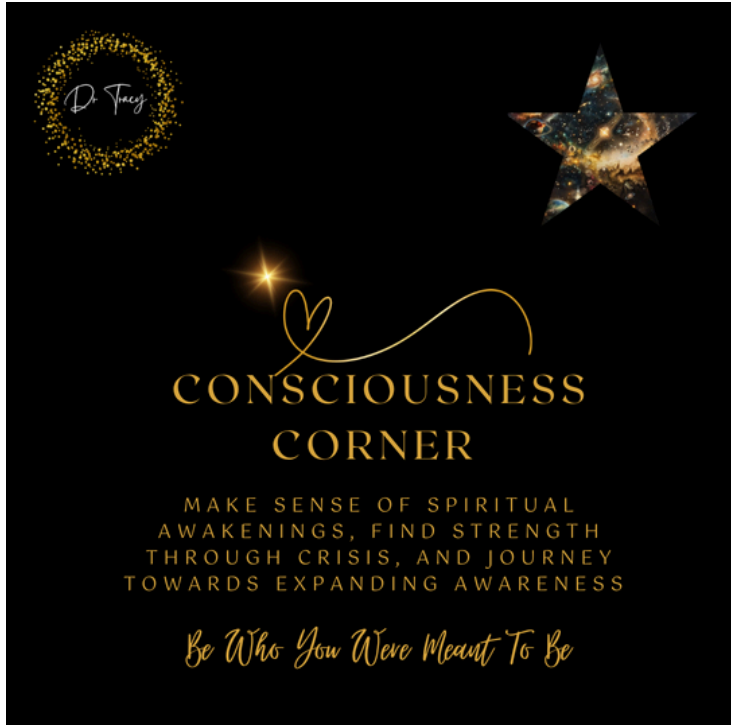
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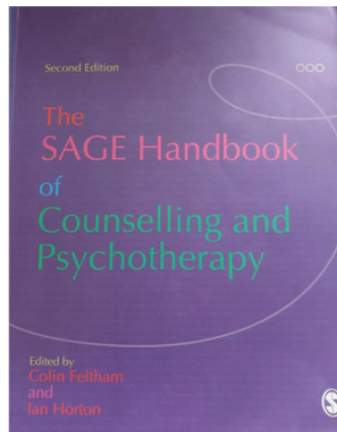


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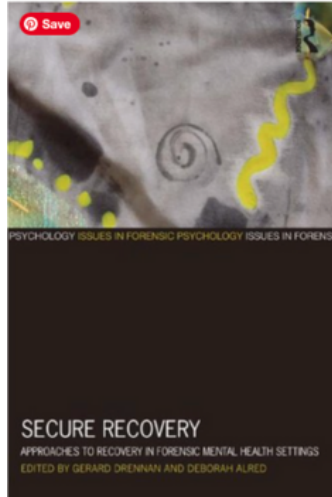


Children's Book Balancing the Nervous System



Writing & Publications

Chapter on 'Supporting Recovery' and 'Moving On' - The Recovery Approach Applied to Group Intervention Programmes in In-patient Settings.



Edited Book and wrote prologue - A story of male childhood abuse and recovery



My Life Naked And Raw Paperback – 13 April 2020

by [Mr Steve Stachini](#) (Author)

5.0 ★★★★★ 1 rating

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Steve Stachini reveals the tortured soul of a little boy who was raised by an abusive father. Unveiling the naked truth of the atrocities which occurred, in what appeared to be a normal family. He explains how he managed to control his demons, and live a life, full of creativity, yet full of emptiness and loneliness. With an array of events which seem totally bizarre and incomprehensible to most people. He tells of the strength gained by the love of his Nan and his passion for the music and life of David Bowie. This book also contains a selection of Steve's poetry which also helped him cope with a traumatic life. Written in a conversational style, some stories may shock, amaze and amuse. Edited by Dr. Tracy King (*Chartered Clinical Psychologist*) who also wrote the enlightening Prologue. The sequel "Amid The Flowers" will also contain a complete psychological review by neuroscientist Elie Lebbos (Co-Editor). Steve would very much like to offer his services for stage talks about a variety of family life abuses, the effects and how to deal with them. Find out more or contact Steve via <https://stachini.com>

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13 April 2020

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ISBN-13



979-8636824954

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Contact & Availability

"My work is about more than expertise; it's about humanity. I bring the insight of a Clinical Psychologist, the lived wisdom of navigating my own challenges, and the compassion of someone who knows what it means to rewrite a life story from the inside out. Whether I am speaking on stage, writing, or working one-to-one, my aim is always the same: to make complex ideas feel human, relatable, and transformative. If you are looking for a voice that bridges science and spirit, psychology and storytelling, then I would love to collaborate. Together, we can bring conversations that matter into the world."

I am UK based, so my timezone is: GMT or BST,
unless travelling.

Most days I can offer a same day response time for
comments and 48 hour turnaround for articles.

Email: tck@drtracyking.co.uk



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