

About us section:

Yiota has over 10 years experience providing assessments, treatment and therapy in a diverse array of settings including public mental health and drug and alcohol facilities, private clinics, and forensic institutions. She has worked with a wide range of individuals and groups of individuals assisting them to achieve their therapeutic goals. She is dedicated to assisting others learn how to cope with life more effectively and manage the effects of a chronic illness.

She is skilled in the use of a number of therapeutic modalities including Cognitive Behavioural Therapy, Schema Therapy, Acceptance and Commitment Therapy and Dialectical Behaviour Therapy. For some conditions, therapy and medication are a treatment combination that works best. For those who benefit from medication, Yiota works in collaboration with primary care physicians and psychiatrists on their overall treatment.

Yiota is bi-lingual and also provides interventions in Greek. Her areas of specialty include the treatment of substance abuse, mood, anxiety, adjustment and psychotic disorders, forensic assessment and treatment, as well as therapy for behavioural issues such as anger management and problematic gambling.

Yiota is committed to the further development of her skills through receipt of ongoing professional supervision and continuing professional development. She is fully registered with the Psychology Board of Australia and has specialist endorsement in Forensic Psychology. She has also worked with a range of psychology colleagues as a supervisor, and is often sought out for her ability to confidently guide others by sharing her knowledge.

Career snapshot

Yiota graduated from Lancaster University (UK) in 2003 with a Bachelor of Science with Honours in Psychology and Criminology. She graduated the University of New South Wales in 2006 with a Masters in Psychology (Forensic).

She has held clinical roles in community mental health, pain clinics, community drug and alcohol, inpatient and community forensic mental health settings. Since 2009 she has predominantly worked with individuals whose lives have been interrupted by mental health conditions and have come into contact with the legal system.

Professional associations

- Full Member of the Australian Psychological Society and Forensic College
- AHPRA supervisor level Registrar Program Forensic Psychology, Higher Degree Program
- Member Australia and New Zealand Association of Psychiatry Psychology and Law (ANZAPPL)

Services

Psychology

Clinical Interventions

Short and long-term therapeutic interventions for adult individuals and couples.

Forensic Interventions

Treatment

Short and medium-term treatment for forensic matters including:

- violence and anger management
- substance abuse
- personality issues contributing to offending behavior

Assessment

Provision of expert opinion and court reports on forensic psychological matters including;

- Assessments of psychological injury
- Court diversion (Section 32 *NSW Mental Health (Forensic Provisions) Act 1990*)
- Fitness to stand trial
- General risk assessments and options for treatment related to offending behaviour.
- Mental Health Review Tribunal settings.

Supervision

Supervision is available both to individuals and groups. This includes psychologists, psychology registrars and mental health clinicians.