



**Dr Sarah Kriakous**

B.Sc., M.Sc., D.Clin.Psych., C.Psychol., AFBPsS.

**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL32254**  
British Psychological Society Membership: **151959**

Dr Sarah Kriakous is a Chartered Clinical Psychologist and Associate Fellow of the British Psychological Society (BPS), Division of Clinical Psychology and the Health and Care Professions Council (HCPC). With many years of experience, She currently works in private practice specialising in working with adult with complex mental health needs, personality difficulties, behaviours that challenge and forensic histories. Dr Kriakous has worked creating care pathways and planning processes for clients as well as undertaking psychological assessments including neuropsychological assessments and psychological formulations in order to assist in future interventions.

Dr Kriakous is also knowledgeable in treatment modalities such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Schema Therapy and Eye Movement Desensitisation and Reprocessing (EMDR). As well as being trained in multiple personality assessments such as International Personality Disorder Examination (IPDE) and Psychopathy Checklist-Revised (PCL-R). Dr Kriakous is also a keen researcher and has presented her work at various conferences as well as researching for publication. Areas of interest for Dr Kriakous lie in working with clients with complex trauma and forensic mental health presentations as well as helping clients to develop a better quality of life and achieving personal goals. Dr Kriakous also enjoys helping in the development of other staff members, so they can attain their full potential. With many years' experience in various settings. Dr Kriakous has the clinical skills and expertise required for undertaking expert witness reports.

#### **AREAS OF SPECIALISM**

- Psychological Assessment and Treatment
- Forensic Mental Health
- Forensic Risk Assessment
- Schema Therapy
- Complex Mental Health
- Personality Disorder
- Trauma and Post Traumatic Stress Disorder
- Medico-Legal Reports
- Criminal Case Reports
- Family Court Reports

#### **PROFESSIONAL QUALIFICATIONS**

- 2022** Postgraduate Certificate in Dialectical Behaviour Therapy, Bangor University
- 2015** Doctorate in Clinical Psychology, Bangor University.
- 2004** MSc in Applied Forensic Psychology, York University.
- 2002** BSc Hons. Psychology, Leeds University.

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## **WORK HISTORY**

- 2018 – Present** Undertake expert witness work specialising in family court reports, forensic risk assessment reports and medico-legal reports. In addition, have a caseload of therapeutic clients as part of private practice. Further, supervision is also provided to other professionals.
- 2017 – Present** Division of Clinical Psychology Faculty of Clinical Forensic Psychology, Committee Member and Welsh Representative.
- 2015 – 21** Division of Clinical Psychology Wales, Committee Member. Since April 2018 the North Wales Clinical Psychology Programme Representative and since October 2018 the CPD Lead for North Wales.
- 2015 – 22** Clinical Psychologist and Head of Psychology at a High Dependency Inpatient Rehabilitation Service in North Wales.
- 2012 – 15** Trainee Representative for the British Psychological Society and Division of Clinical Psychology Wales.
- 2012 – 15** Betsi Cadwaladr University Health Board, North Wales, Trainee Clinical Psychologist including specialist placements within the North Wales Forensic Adolescent Consultation and Treatment Service (FACTS) and North Wales Forensic Psychiatric Service, Ty Llywelyn Medium Secure Unit, North Wales.
- 2012** Waterloo Manor Independent Hospital, Garforth, Leeds, Assistant Psychologist.
- 2008 – 11** Stockton Hall Psychiatric Hospital, York, Trainee Forensic Psychologist.
- 2005 – 07** Her Majesty's Prison Service, HMP Hull, Hull, Trainee Forensic Psychologist.
- 2004 – 05** Her Majesty's Prison Service, HMP Hull, Hull, Assistant Psychologist.

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

### **Professional Development**

- 2020** Advanced Level Schema Therapist in Individual Schema Therapy.
- 2018** Standard Level Schema Therapist in Individual Schema Therapy.
- 2014** Certificate in Leadership & Management Level 5, Bangor University.
- 2007** Introductory Certificate in First Line Management Level 3, HM Prison Service.
- 2005** Introduction to Counselling Skills, Park Lane College, Leeds.
- 2003** Certificate in Drug Awareness Studies, Joseph Priestley College, Leeds.

### **Specialist Training**

- 2022** Healing Complex Trauma and Dissociation with Ego State Therapy and EMDR, EMDR Masterclass.
- 2022** Supervisor Skills Development Training Webinar, International Society of Schema Therapy.
- 2022** Fine Tuning Experiential Techniques Workshop, Schema Therapy Scotland.
- 2021** The Utilisation of EMDR in Eating Disorders, EMDR UK.
- 2021** Online Doing Individual DBT Sessions: A Step-by-Step Workshop, British Isles DBT Training.
- 2021** Methods to Manage Emotions: DBT and Emotional Regulation Skills in a Schema Therapy Framework, Schema Therapy Training Online.

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- 2020** Eye Movement Desensitization and Reprocessing (EMDR) Therapy Part 1-3, EMDR Masterclass.
- 2020** Advanced Clinical Skills in DBT Skills for DBT Team Leaders to Promote Team Adherence, British Isles DBT Training.
- 2020** Dialectical Behaviour Therapy (DBT) Intensive Training Part Two, British Isles DBT Training.
- 2020** Assessing and Managing Risk of Intimate Partner Violence using the Spousal Assault Risk Assessment (SARA V3), Violence Risk Training Workshops.
- 2019** My Schemas and Me: Preventing Burnout, Improving Self-Awareness and Therapeutic Outcomes.
- 2019** An Introduction to Theory and Practice of Compassionate Focused Therapy.
- 2018** Supervision Skills Training: Ongoing Development – Supervision for Supervision, The British Psychological Society.
- 2018** Supervision Skills Training: Models of Supervision, The British Psychological Society.
- 2018** Supervision Skills Training: Enhancing Supervision Skills, The British Psychological Society.
- 2018** Supervision Skills Training: Essentials in Supervision, The British Psychological Society.
- 2018** Schema Therapy in Forensic Contexts, The British Psychological Society.
- 2018** Working Successfully in Independent Practice as a Psychologist.
- 2017** Expert Witness 4: Using Psychometrics, The British Psychological Society.
- 2017** Expert Witness 3: Court Room Evidence, The British Psychological Society.
- 2017** Expert Witness 2: Writing a Report, The British Psychological Society.
- 2017** Expert Witness 1: Essential Knowledge for the Expert Witness, The British Psychological Society.
- 2017** Risk for Sexual Violence Protocol (RSVP) - Assessing and Managing Sexual Violence Risk, Tully Forensic Psychology.
- 2017** Schema Therapy One Day Workshop - Working with Obsessive Compulsive Personality Disorder, Schema Therapy Workshops.
- 2017** Mindfulness Based Schema Therapy, Schema Therapy Associates.
- 2016** Schema Therapy - Beyond the Basics and Working with Complex Presentations, Schema Therapy Workshops.
- 2016** Assessing Personality Disorder - Critical Skills and the IPDE, Forensic Academy.
- 2015** Schema Therapy - The Model, Methods & Techniques & Working with Complex Clients, Schema Therapy Workshops.
- 2014** Introduction to Cognitive Analytic Therapy, Association for Cognitive Analytic Therapy.
- 2012** Mindfulness Based Cognitive Therapy, Centre for Mindfulness, Research & Practice.
- 2009** Dialectical Behaviour Therapy Foundation Training, British Isles DBT.
- 2008** Dialectical Behaviour Therapy applied to Substance Misuse, British Isles DBT.
- 2007** Psychopathy Checklist – Revised, Offender Behaviour Programmes Unit.

### **PUBLICATIONS AND PRESENTATIONS**

- Kriakous, S.A. & Basa, F. (2013, Jun 21). What sort of therapist am I becoming? Workshop facilitated at: All Wales Psychotherapy Network Eleventh National Conference: How do we get psychologically-

mindful care in Wales? Llangollen, Denbighshire, Wales.

- Kriakous, S.A., Elliott, K.A., Owen, R., & Surgey, A. North Wales Forensic Psychiatric Survey - Service User Satisfaction Survey 2013. Poster session presented at: International Association of Forensic Mental Health Services 2015 Conference; 2015 Jun 16-18; Manchester, England.
- Kriakous, S.A., Elliott, K.A. & Owen, R. Coping, Mindfulness, Occupational Stress and Burnout amongst Professionals Employed Within Secure Hospitals. Paper presented at: North Wales Clinical Psychology Programme Annual Conference 2015; 2015, Sep 10; Llandudno, Conwy, North Wales.
- Kriakous, S.A., Elliott, K.A. & Owen, R. Coping, Mindfulness, Occupational Stress and Burnout amongst Healthcare Professionals. Paper presented at: North British Pain Association, Winter Scientific Meeting; 2016 Nov 6; Edinburgh, Scotland.
- Kriakous, S.A., Elliott, K.A. & Owen, R. Coping, Mindfulness, Stress and Burnout among Forensic Health Care Professionals. Paper presented at: Division of Forensic Psychology Annual Conference 2017; 2017 Jun 14; Bristol, England.
- Kriakous, S.A., Elliott, K.A. & Owen, R. (2019) Coping, Mindfulness, Stress and Burnout among Forensic Health Care Professionals. *Journal of Forensic Psychology Research and Practice*, 19 (2), 128-146.
- Kriakous, S.A., Elliott, K.A. & Owen, R. (2019). The Effectiveness of Mindfulness Based Stress Reduction on the Psychological Functioning of Healthcare Professionals. *Mindfulness*. Accepted pending corrections.
- Kriakous, S.A., Elliott, K.A., Lamers, C., & Owen, R. (2021). The Effectiveness of Mindfulness-Based Stress Reduction on the Psychological Functioning of Healthcare Professionals: A Systematic Review. *Mindfulness*, 12 (1), 1-28.
- Tahseen, H., & Kriakous, S. (2021). Self-Esteem and I: A Service Users Psychological Perspective. Paper presented at: Faculty of Medical Psychotherapy Annual Conference 2021; 21-23 April 2021.
- Matson, R., Kriakous, S., & Stinson, M. (2021). The Experiences of Women with a Diagnosis of Borderline Personality Disorder (BPD) Using Sensory Modulation Approaches in an Inpatient Mental Health Rehabilitation Setting. *Occupational Therapy in Mental Health*, 37 (2), 311-331.