

**Dr Hestia Moningka**  
M.Sc, M.Res, D.Clin.Psych  
**Clinical Psychologist**



Health Professions Council Registration: **PYL040421**

Dr Hestia Moningka is a Clinical Psychologist registered with the HCPC and a Clinical Research Fellow at University College London (UCL). She holds an interest in working with individuals across the lifespan, in particular children, young people, and families; she has experience working across Child and Adolescent Mental Health Services (CAMHS) and social care settings. Alongside clinical work, Hestia conducts research that integrates neuroscience approaches with clinical psychology and supports the development of clinical psychology trainees on UCL's DClinPsy programme.

**Areas of Specialism**

- Psychological assessment and intervention for individuals and families
- Working with children, young people and families
- Adult mental health
- Neurodevelopmental conditions (ASD, ADHD, LD)
- Behaviours that challenge
- Systemic and Narrative Therapy
- Cognitive Behavioural Therapy
- Acceptance and Commitment Therapy

**PROFESSIONAL QUALIFICATIONS**

- 2021** Doctor of Clinical Psychology – UCL
- 2018** MRes Developmental Neuroscience and Psychopathology (Distinction) - UCL and Yale University
- 2016** BSc (Honors) Psychology (1<sup>st</sup> Class), The University of Nottingham

**WORK HISTORY**

**2022 – Present Clinical Psychologist, Lifespan Psychology**

- Providing psychological assessment and intervention as an associate psychologist at Lifespan Psychology

**2021 – Present Clinical Research Fellow, UCL**

- Conducting research integrating neuroscience approaches with clinical psychology
- Providing support for trainee clinical psychologists as a Course Tutor and Research

**2021 Trainee Clinical Psychologist, Hammersmith & Fulham Children's Services, London**

- Provided systemic consultations to social workers

- Worked with young people in care, and their families/carers through the family therapy clinic and individual direct work
- Conducted a service audit of clients' experiences of direct clinical work

**2020 – 21      Trainee Clinical Psychologist, Barts Health, London**

- Worked with adults with congenital heart conditions and those requiring inpatient care using narrative and CBT approaches.
- Provided staff support and reflective spaces for frontline workers working in the Covid-19 Intensive Care Unit.

**2019 – 20      Trainee Clinical Psychologist, Camden Mosaic CAMHS, London**

- Worked integratively using systemic, CBT and psychotherapeutic approaches with children and young people with disabilities (0-18 years), their families and their wider network.
- Conducted assessments, school observations and cognitive assessments (WPPSI-IV and WISC-V) to inform diagnosis and/or therapeutic intervention.
- Co-facilitated a CAMHS parent support group comprising a mixture of workshops and open discussion to provide peer support for parents with children with disabilities.

**2018 – 2019      Trainee Clinical Psychologist, iCope Islington (IAPT) Service, London**

- Conducted assessments and delivering CBT for clients with depression and anxiety disorders.
- Delivered low self-esteem CBT group workshops for clients in the service.
- Evaluated a CBT group for individuals with generalised anxiety disorder (GAD) as part of a service-related research project.

**2017 – 18      Postgraduate Fellow, Department of Psychiatry, Yale University**

- Conducted research on opioid and cocaine dependent individuals using resting-state functional neuroimaging (rsfMRI) techniques under the supervision of Dr. Sarah Yip.
- Assisted in participant recruitment by conducting phone screenings, assessments and interviews of methadone-maintained individuals.

## **PUBLICATIONS**

- 2019**      Moningka, H., Lichenstein, S., Worhunsky, P. D., DeVito, E. E., Scheinost, D., & Yip, S. W. (2019). Can neuroimaging help combat the opioid epidemic? A systematic review of clinical and pharmacological challenge fMRI studies with recommendations for future research. *Neuropsychopharmacology*, 44(2), 259-273. doi: 10.1038/s41386-018-0232-4
- 2019**      Moningka, H., Lichenstein, S. & Yip, S.W. (2019) Current understanding of the neurobiology of opioid use disorder. *Curr Behav Neurosci Rep*, 6: 1. doi: 10.1007/s40473-019-0170-4

## **PRESENTATIONS**

- 2017**      Moningka HM. 'Neural mechanisms of galantamine treatment in opioid and cocaine dependent methadone-maintained individuals.' 2017. Presented as part of the Research Training Program (RTP) at the Yale Child Study Center. New Haven, CT, USA.

**2018**

Moningka HM. 'Alterations in cue-induced craving in opioid-use disorder: findings from a systematic review.' 2018. Presented at the International Society for Research in Impulsivity (InSRI) Annual Meeting. Hilton Midtown, New York, NY.