

Dr Sarah Angela Kriakous
CLINICAL PSYCHOLOGIST
BSc (Hons), MSc, DClinPsych, CPsychol, AFBPsS



Tel: 07444102817 / Email: drsarahkriakous@gmail.com

EDUCATION

- 1999-2002:** Leeds University, BSc Hons Psychology.
2003-2004: York University, MSc in Applied Forensic Psychology.
2012-2015: Bangor University, Doctorate in Clinical Psychology.
2021- Current: Bangor University, Postgraduate Diploma in Dialectical Behavioural Therapy.

FURTHER RELEVANT QUALIFICATIONS

- 2003:** Certificate in Drug Awareness Studies, Joseph Priestley College, Leeds.
2005: Introduction to Counselling Skills, Park Lane College, Leeds.
2007: Introductory Certificate in First Line Management Level 3, HM Prison Service.
2014: Certificate in Leadership & Management Level 5, Bangor University.
2017: Directory of Expert Witnesses, British Psychological Society.
2018: Standard Level Schema Therapist in Individual Schema Therapy.
2019: Register of Applied Psychology Practice Supervisors, British Psychological Society.
2020: Advanced Level Schema Therapist in Individual Schema Therapy.

RELEVANT TRAINING

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



2020: Eye Movement Desensitization and Reprocessing (EMDR) Therapy Part 1, EMDR Masterclass.
2020: Eye Movement Desensitization and Reprocessing (EMDR) Therapy Part 2, EMDR Masterclass.
2020: Eye Movement Desensitization and Reprocessing (EMDR) Therapy Part 3, EMDR Masterclass.

PROFESSIONAL AFFILIATION

Chartered Clinical Psychologist and Associate Fellow: The British Psychological Society and Division of Clinical Psychology.

Member of the Faculty of Forensic Clinical Psychology, Division of Clinical Psychology, and the Division of Forensic Psychology.

Registered Clinical Psychologist: Health and Care Professions Council.

Register of the Applied Psychology Practice Supervisors: The British Psychological Society.

Directory of Expert Witnesses: The British Psychological Society.

Full Member of the International Society of Schema Therapy.

EXPERIENCE

2004-2005: Her Majesty's Prison Service, HMP Hull, Hull, Assistant Psychologist.

2005-2007: Her Majesty's Prison Service, HMP Hull, Hull, Trainee Forensic Psychologist.

2008-2011: Stockton Hall Psychiatric Hospital, York, Trainee Forensic Psychologist.

2012: Waterloo Manor Independent Hospital, Garforth, Leeds, Assistant Psychologist.

2012-2015: 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.

2012-2015: Trainee Representative for the British Psychological Society and Division of Clinical Psychology Wales.

2015-2020: Clinical Psychologist and Head of Psychology at a High Dependency Inpatient Rehabilitation Service in North Wales.

2015-Present: 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.

2017-Present: Division of Clinical Psychology Faculty of Clinical Forensic Psychology, Committee Member and Welsh Representative.

2018-Present: Undertake expert witness work specialising in family court reports, parole reports and medico-legal reports. Further, have a caseload of therapeutic clients as part of private practice.

2020-Present: Lead Clinical Psychologist, Dialectical Behavioural Therapy (DBT) Lead and Head of Psychology at a High Dependency Inpatient Rehabilitation Service in North Wales.

PRESENTATIONS AND PUBLICATIONS

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-minded 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., 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.

